

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



Jennifer Bennett, LMSW, CDP Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary

DECEMBER 2022

See our newsletter online at: <https://www.avonct.gov/senior-center>



Senior Center Coordinator's Message:

Happy Holidays!! Hope this message finds you well, warm, happy and safe. Hope everyone enjoyed Thanksgiving and you're getting ready for the December celebrations.

We are so excited for the holiday season. We have some fun and delicious programs this month. Elizabeth and I will be baking for our **Holiday Treats** programs, please see page 2!

Avon Police Association is having their Annual Holiday Meal on Monday, December 19 at 12:00 p.m. at the Avon Senior Center. This is free and open to the public. Please be sure to sign up so we can enjoy this delicious meal together. If you are unable to attend, sign up to have one of your friends bring your meal home.

Thank You for coming to the senior center and being a part of our senior center family. You are the reason why we have such a fabulous senior center!

Please take time to appreciate and delight in this special time of year. Spend time with family and friends, let someone know you care, make a new friend and get to the senior center! We're here for you and we value you!

Wishing you peace, love, health and joy this holiday season and throughout the coming year!

Please take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion



Monday Meals & Minds Program

Monday Meals and Minds is a bi-monthly program with meals served at the Avon Senior Center and an educational and informational opportunity for learning. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE. SIGN UP IS REQUIRED. ****Meals at 12:00 & program at 12:30****

Monday, December 5, 2022

This program is grant funded through NCAAA (North Central Area Agency on Aging) and is sponsored and hosted by Avon Senior Center.



Happy Holidays!

May the holiday season fill your home with joy, your heart with love, and your life with laughter.



...We can't practice compassion with other people if we can't treat ourselves kindly.

— Brené Brown

Hope itself is like a star

not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity.

Charles Haddon Spurgeon

"The truth is: Belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you're enough is what gives you the courage to be authentic, vulnerable and imperfect."

— BRENE BROWN





Please call
860-675-4355
to sign up!

December Events 2022

Seniors and Isolation,
Keeping Seniors Engaged

Thursday, December 1, 2022 at 6:30 pm



Monday Meals & Minds Program
Monday, December 5, 2022

Avon Police Association Holiday Meal
Monday, December 19, 2022 at 12:00 pm
Avon Police Association is sponsoring an Annual Holiday Meal for all seniors!! FREE & open to the public. Come & spend time with our local Police & enjoy a delicious meal together!

Holiday Treats
December 15 (Thursday) & 20 (Tuesday)
We will be sharing baked treats and goodies in honor of the holiday season. This is drop-in, so when you're at the Avon Senior Center on these days, please enjoy the delicious holiday treats.

**Avon Senior Center is closed on
December 14 for a Referendum Vote.**
Old Farms Road Phase I (North/South Section)
Project (State Project. No. L004-0001) 6am-8pm

**Avon Senior Center is closed on
December 26, 2022 for the Christmas
Holiday & January 2, 2023 for the New
Years Holiday.**



Senior Medicare Patrol
1-800-994-9422
www.smpresource.org

PROTECT, DETECT, REPORT. Help with fraud, errors, abuse, questions, concerns, complaints.

Free Tax Assistance Offered by AARP Tax-Aide at Avon Senior Center

We will start scheduling appointments in January.

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 1 through April 12. Special attention is given to those 50 and older. Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.

In scope tax returns: AARP volunteers are trained to assist taxpayers to file Form 1040 and other common schedules and forms. More complex or unusual tax returns may be out of scope and volunteers are prohibited from assisting tax payers with them.

What to bring:

Face Mask, phone and writing instruments.

Photo ID and proof of Social Security numbers for all household members.

Complete copy of last year's tax return, including all source papers.

Personal check showing bank account and routing numbers (if direct deposit or debit is requested).

All tax forms, including but not limited to:

SSA-1099, Social Security Statement

1099-R for pensions, IRA's and annuities

1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-MISC)

W-2, Wage and Tax Statement

W-2G Certain Gambling Winner Forms

Form 1444 – Notice of Economic Impact Payment

Unemployment Forms 1099-G must be printed out prior to appointment

All documents that relate to deductible expenses

Evidence of cash charitable donations, even if you will not be itemizing

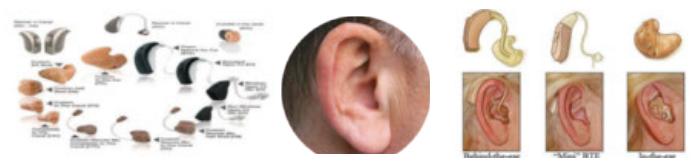
Stimulus payments documents

Documentation of cost basis of assets sold

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

Thursday, December 15 from 10-12.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.



AARP Fraud Watch Network: identity theft, investment fraud & scams. www.aarp.org/fraudwatchnetwork or 1-877-908-3360
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

Watch Your Credit Reports: www.annualcreditreport.com or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: www.donotcall.gov or call (888) 382-1222

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.

www.aarp.org/fraudsupport.

The Perfect Scam

https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN_FraudJuneTPS_Heavy-HERO-Hero-IMG-1643502_HVY-NA&encparam=FGUUVL%2baTSyQe1iQEGtW9bgwqup%2f1kzbHsQgMKvhcRQ%3d

Interested in Cornhole (Bean Bag Toss), Badminton, Billiards— please let us know. We have the equipment and the space, just bring you!

3-13 CARD GROUP

Tuesdays at noon. Join us!
 New players welcome.
 Easy to learn & fun to play.



Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

CRT CONGREGATE MEAL **Community Café/Lunch Program** **IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays
 Please call to sign up at 860-675-4355.

Blood Drive

Avon Senior Center

December 5, 2022 10:00-3:00



American Red Cross

Please call 1-800-RED CROSS
 (1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.

Fee: \$66.00

Non Resident Fee: \$72.60

Jan. 11—March 22

Senior Fee: \$59.40

Virtual Zumba Gold

Mondays, 5:45-6:45 p.m.

(no class 1/16, 2/20)

Fee: \$74.00

Non Resident Fee: \$81.40

Jan. 9—March 27

Senior Fee: \$66.60

Zumba Gold

Wednesdays, 5:45-6:45 p.m.

Fee: \$80.00

Non Resident Fee: \$88.00

Jan. 11—March 22

Senior Fee: \$72.00

Barre Stretch & Flex

Thursdays, 1:30-2:30 p.m.

Fee: \$77.00

Non Resident Fee: \$84.70

Jan. 12—March 2

Senior Fee: \$69.30

Line Dancing

Thursdays, 2:30-3:30 p.m.

Fee: \$77.00

Non Resident Fee: \$84.70

Jan. 12—March 2

Senior Fee: \$69.30

Badminton

Tuesdays, 6:30-8:30 p.m.

Fee: \$54.00

Non Resident Fee: \$59.40

Jan. 10—Feb. 28

Senior Fee: \$48.60

Badminton

Thursdays, 6:30-8:30 p.m.

Fee: \$54.00

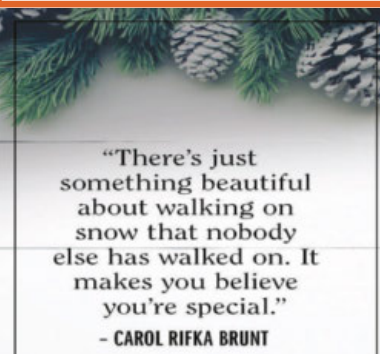
Non Resident Fee: \$59.40

Jan. 12—March 2

Senior Fee: \$48.60

For more information about registering, classes and setting up your account, please visit:

<https://avonct.myrec.com/info/>



Chess

Interested in playing Chess, please call.
 Looking for new players!

Avon Senior Center
3rd Monday of the month
7:00-8:30 pm



NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential*



Good news! Musical Moments has just published a new concert! Click on the YouTube link for our Classical Concert. Zach and Serena, both high schoolers, performed about 20+ minutes of their **favorite** classical pieces! We hope you will enjoy our music!

Many thanks, Serena Platt
Co-Founder of Musical Moments

<https://www.youtube.com/watch?v=HTw5aZuFp9c>



Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



BlessingManifesting

Receive Emergency Updates
from the Town of Avon!



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

"Town Alerts" & "Town News and Announcements"

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>)

MEDICARE OPEN ENROLLMENT PERIOD



AVON ACES WII BOWLING TEAM NEEDS YOU!



AVON ACES WII BOWLING TEAM is looking for a few more people to join us. We practice and play on Tuesday mornings from 10-12. We are a fun-loving group of people and would love to have you be a part of our team!



FRAUDS & SCAMS

Please be aware of frauds & scams, especially during the holiday season. Please do not answer calls if you do not know who is calling and do not open mail if you do not know the sender. Any questions or concerns, please contact the Senior Center and we will assist and help you.



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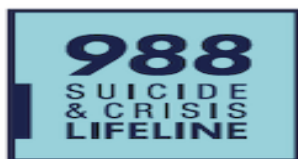
The Farmington Valley Health District is the local health department serving the towns of Avon, Barkhamsted, Canton, Colebrook, East Granby, Farmington, Granby, Hartland, New Hartford, and Simsbury.



**SCHEDULE ONLINE OR
BY PHONE**

Scheduling options:

- 1 Visit our website at fvhd.org/vaccination
- 2 Schedule by phone, (860) 352-2333 (8am-4pm, Monday-Friday)



988 Suicide & Crisis Lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress.

People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

E-mail List

Please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 Card Group- Tuesdays at 1:00 p.m.
 Scrabble- Tuesdays at 1:00 p.m.
 Knitting- Mondays at 1:00 p.m.
 Setback- Wed & Fri at 1:00 p.m.
 Chess- Wednesdays at 1:00 p.m.
 Wii Bowl- Tuesdays 10-2 & various
 Beading Group- Thursdays at 12:30 p.m.

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. The cost is a suggested \$3.00 donation for persons 60 years of age and over and a mandatory \$9.89 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See menu below:

TUESDAY		THURSDAY	
	 December	1	BBQ Pork Sweet Potato Fries Spinach Whole Wheat Bread Fresh Fruit
6	Orange Juice Lasagna w/ Creamy Tomato Sauce Steamed Broccoli Garlic Stick Pudding Cup	8	Fruit Punch Apricot Glazed Kielbasa White Rice Vegetable Blend Wheat Bread Jello Cup
13	Country Fried Steak Mashed Potatoes Seasoned Corn Whole Wheat Bread Fresh Fruit	15	Apple Juice American Chop Suey Peas Dinner Roll Fresh Fruit
20	Baked Chicken w/ Gravy Mashed Potatoes Buttered Corn Biscuit Fruited Yogurt Cup	22	Orange Juice Merlot Beef Tips w/ Mushroom Onion Gravy Egg Noodles Grilled Asparagus Wheat Dinner Roll Cookie
27	Tangerine Chicken Vegetable Fried Rice Broccoli Florets Whole Wheat Bread Fresh Fruit	29	Orange Juice Boneless Pork Chop w/ Apples & Onions Cornbread Stuffing Parslied Carrots 12 Grain Bread Eggnog & Cookie



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs– Helen M. Toth
Vice President & Cheer– Vivan Pane
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane
Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We wish you a Happy Holiday and hope that you are enjoying this special time of the year with your family and friends.

We look forward to seeing you in December for our Holiday celebration. The Avon Middle School Choral group will be here to sing Holiday songs.

Our luncheon will be stuffed shells, salad, rolls and butter from George's Restaurant. Fee for this event is \$10 pp. Attendance limited to 40 so please call Barbara Schicker and reserve your spot.

To confirm reservation, please send your check made payable to the Avon Senior Organization c/o Barbara at 27 Peachtree Village, Avon, CT 06001.

We are in the middle of our membership drive. Please consider becoming a member of the Senior Citizens of Avon Organization. Membership is \$10 for the 2022 – 2023 Season. Please see Barbara if you have any questions.

Happy Birthday to the following Members:

December 14th – Sal Liberatore
December 17th – Barbara Durham

Helen M. Toth



Senior Citizens of Avon Organization *Everyone is Welcome – Reservations Required*

LUNCHEON DATE:

December 12, 2022 at Noon - Luncheon

MENU:

Stuffed Shells, Salad, Rolls, Butter and Dessert

ENTERTAINMENT:

Entertainment will be provided by the Avon Middle School Choir under the direction of Jane Sitarz, Director.

Note: Due to a conflict the Avon High School Choir will not be able to be here this year.

FUTURE LUNCHEON EVENTS:


During the months of January and February we will be on Winter break. We will resume programs in March 2023. Enjoy the winter months. Please check newsletter for updates.



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>
Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
9:00 Wii Bowling 12:00 Sr Org 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	CLOSED FOR REFERENDUM VOTE 	HOLIDAY TREATS 9:00 Wii Bowling 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
9:00 Wii Bowling 12:00 Holiday Meal 1:00 Setback 1:00 Crafty Crew 	HOLIDAY TREATS 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS  Happy Holidays!	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 4:00 Tai Chi 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
CLOSED CHRISTMAS HOLIDAY 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 4:00 Tai Chi 	 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 

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Farmington Valley

Visiting Nurse Association

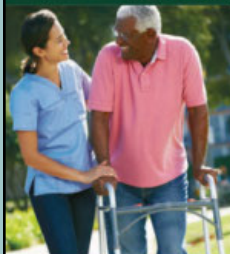
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health.uconn.edu/urgent-care

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Avon Senior Center, Avon, CT

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