

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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

DECEMBER 2019

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator's Message

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

We are so excited for the holiday season. We have so many programs this month, you're going to want to come to them all. We have programs for your health, programs for your mind, programs for your spirit and programs for your body. We have programs for you to enjoy by yourself or with friends. Be sure to read this newsletter for more information. There's something for everyone!

Avon Police Association is having their Annual Holiday Meal on Friday, December 13 at 12:00 p.m. This is free and open to the public. Please be sure to sign up so we can enjoy this delicious meal together.

Please be sure to say goodbye and thank you to Jennifer Solano, senior center intern and retired veteran. We wish her well.

As we get ready to end another year together, I would like to say *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 and joy this holiday season and throughout the coming year!

Take care, **Jennifer Bennett, LMSW**

Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 5 through April 15. 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.



Volunteer Needed

Greeter for AARP Tax-Aide Program at Senior Center

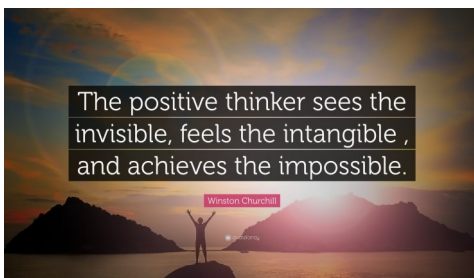
Responsibilities: making sure people have appointments & necessary paperwork. No tax training or experience necessary. Hours are: Wednesdays, 8:45 a.m. – 3:00 p.m., February 5 to April 15, 2020. If interested, please call Avon Senior Center at 860-675-4355 or Scott Murphy, Tax Aide at 860-670-5033.

AARP®
Driver Safety

AARP Safe Driver Course

Wednesday, December 11
9:00 a.m.—1:00 p.m.

Please call the senior center to sign up at 860-675-4355



“
**YOU CAN'T
POUR FROM
AN EMPTY
CUP! TAKE
CARE OF
YOURSELF
FIRST.**

DEVELOPGOODHABITS.COM



DECEMBER EVENTS 2019

Jennifer Bennett, LMSW Avon Senior Center Coordinator

Elizabeth Shaffer, Administrative Secretary

860-675-4355



Mondays 3:00-4:00 p.m. "Silver Sneakers Chair Aerobics"
Chair work out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, helps keep you active to live on your own longer! Please bring two free weights to class, everything else is supplied. If you do not have the program, you may still participate by paying three dollars per class at the door. Hope to see you in class!

Tuesdays "Thankful Tuesdays!"

Tuesday, December 3, 2019 from 11:30-1:30
"Free Blood Pressure/Blood Sugar Screening"
Farmington Valley VNA will be providing free Screening today.

Tuesday, December 3, 2019 at 12:00 p.m. December Lunch
Chef Mitch will be here to cook us a delicious lunch. This meal is free and open to the public. Please call the senior center to sign up so we save a spot for you! Menu will be: Chicken Scarpariello, Braised Spinach, Pasta and Vanilla Ice Cream with Caramel and Strawberries. CRT IS NOT SERVING A MEAL TODAY. AVON SENIOR CENTER IS PROVIDING THE MEAL!!

Tuesday, December 3, 2019 at 6:30 p.m.
"Taking Care of the Caregiver and Care Options"
Part of the Dementia and Caregiving Series for people caring for someone with dementia or interested in learning more about the disease. Presented by Amina Weiland, CDP, CDCP, Resource Coordinator, Hartford Healthcare Center for Healthy Aging.

Tuesday, December 3, 2019 at 6:30 pm Library
"A Meditator's Guide to De-stress the Holiday Season"
Join Jayaprabha, a meditation practitioner for the past 24 years and director of Vital Life Center, for a fun interactive meditation event. Together we will explore meditative tools to dissolve stress and bring joy back into your holiday preparations. Celebrate in peace with your loved ones and re-connect with the deeper spirit of the holiday season. Co-sponsored by Avon Free Public Library and Avon Senior Center.

Wednesdays 1-3 p.m. "Crafty Crew"
Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects and if you do not have a project, we do and we can help! We do have donations of yarn and you can bring your own!

Wednesdays 10:30 a.m. "Shuffleboard"

Wednesday, December 4, 2019 at 1:30 p.m. at the Library
"Iron Jawed Angels- Suffrage Film Series"
The trio of Avon's Historical Society, Library and Senior Center, who received a \$4,030.00 grant from CT Humanities to help fund the first half of a year-long series entitled *DEEDS NOT WORDS: 100 Years of the Vote for Women*, will offer this movie. The story of Alice Paul and Lucy Burns played by Hilary Swank and Frances O'Connor (2004: NR; 2 hr. 3 min.). All films will be shown in the Library Community Room.



Thursdays "Thinking Thursdays"

Thursdays 10:30-11:30 am "Silver Sneakers Chair Aerobics"

Thursday, December 5, 2019 at 1:00 p.m.
"Anti-Aging Whole Health Social"

Do you know someone who has cancer? Are you battling with digestion problems? Do you know someone who has anxiety or depression? Are you stressed and need more energy? Are you dealing with joint pain? Are you having trouble sleeping at night? Please join us to be educated, have fun, learn something new and find ways to take better care of your health. Special Speaker: Health Coach Betty Blackhurst & Registered Nurse Aida Hill. Please call the senior center at 860-675-4355 to sign up.

Thursdays 3:00-4:00 p.m. "Silver Sneakers Chair Aerobics"

Fridays 1:00 p.m. "Adult Coloring"

Monday, December 9, 2019 6:30 p.m. at the Library
"Fashioning Women's Suffrage"

The trio of Avon's Historical Society, Library and Senior Center, who received a \$4,030.00 grant from CT Humanities to help fund the first half of a year-long series entitled *DEEDS NOT WORDS: 100 Years of the Vote for Women*, will offer the following program in December: "Fashioning Women's Suffrage: How Suffragists Used Dress to Win the Vote." This is a lecture and discussion on how suffragists used dress and other outward symbols to promote their cause, by Professor Heather Prescott, History Department, Central Connecticut State University and a member of the Connecticut Commission on Women's Suffrage. In addition, the art gallery of the Avon Library will offer an exhibit from November through December 2019 showcasing highlights of the suffrage movement. Both events are free to attend.

Tuesday, December 10, 2019 "Birthday Cake!"
Sponsored by Brookdale Farmington (formerly The Gables).

Wednesday, December 11, 2019 from 9:00 a.m.-1:00 p.m.
"AARP Safe Driver Class"

The AARP Driving Safety Program will be held at the Avon Senior Center in the craft room. The cost is \$15 for AARP members and \$20 for non-members. Please make checks payable to AARP Driving Safety Program and include your AARP registration number on your check. Please call the senior center at 860-675-4355 to sign-up.

Friday, December 13, 2019 at 12:00 p.m.
"Avon Police Association Holiday Meal!"

Avon Police Association & Social Services are sponsoring a Holiday Meal!! This meal is free and open to the public. Avon Police Association will set up, serve and clean up the Holiday Meal & they're sponsoring the food made by Kane's Market in Simsbury. We thank the Police Association for caring about our older adults! Please call the senior center at 860-675-4355 to sign up.



DECEMBER EVENTS 2019

Thursday, December 19, 2019

"Sugar Plum Social"

Join us for our "Sugar Plum Social!" This is a drop-in event, so please feel free to come and visit. We will celebrate the holidays with delicious cookies, desserts, goodies and drink coffee, tea, hot chocolate and punch! We will listen to some holiday music and enjoy each other's company! This is a free event and open to the public.

Thursday, December 19, 2019 at 2:00 p.m.

"Grief: When Ho, Ho, Ho Becomes Woe, Woe, Woe"

The merriment, social engagement and frenzy of the holiday season can be upsetting for people who are wrestling with the loss of loved ones, illness, financial or family problems, and other challenges to physical, emotional and spiritual well-being. This program will explore the ways in which grief can be triggered during the holidays and will offer suggestions to reduce distress and boost spirits. Presented by Marilyn Sponzo who provides spiritual care at McLean Health Center. A retired lawyer with a specialty in investment law, she is currently a student in the Masters of divinity program at Chicago Theological Seminary, where her focus is on spiritual care for seniors. McLean Home Care and Hospice Team responds nonjudgmentally to individual needs and concerns to provide physical, social and emotional well-being- all while maintaining your loved one's personal dignity. They're a specially trained LGBT inclusive organization.

Tuesday, December 24, 2019

CLOSED FOR CHRISTMAS HOLIDAY

Wednesday, December 25, 2019

CLOSED FOR CHRISTMAS HOLIDAY

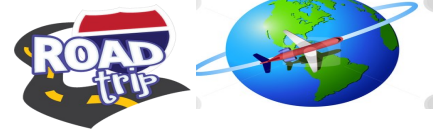
Tuesday, December 31, 2019

CLOSED FOR NEW YEAR'S HOLIDAY

Wednesday, January 1, 2020

CLOSED FOR NEW YEAR'S HOLIDAY

TRIPS



MGM Springfield

Wednesday, April 8

\$43.00 per person

Intrepid & Enterprise (New York City)

Sunday, April 26

\$135.00 per person

Bronx Zoo Saturday, May 9

\$101.00 per person

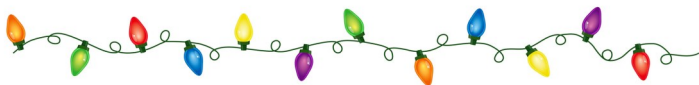
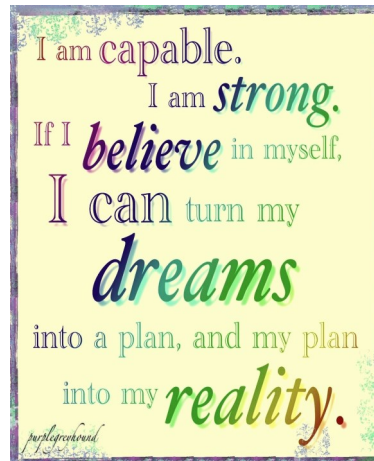
Coins & Claws - Lobster Lunch at Abbott's and Foxwoods Casino Friday, July 10

\$85.00 per person

Classical Greece November 8-17, 2020

\$3,279 per person (double occupancy) includes 10 days, 15 meals, airfare and transfers

For information, please call the senior center at
860-675-4355.



Setback Group

Wednesdays & Fridays 1:00

Looking for new players

And players from other senior centers



Writing Group

Tuesdays 10:00 a.m.

Craft/Pool Room Senior Center

No Experience Necessary

Join us!



Dementia and Caregiving:

Focusing on the Person while

Understanding the Disease Progression

Join us for the educational program:

Tuesday, December 3: Taking Care of the Caregiver and Care Options

Presented by: Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging

The policies of the Hartford Healthcare Center for Healthy Aging is to promote sharing resources.

We do not endorse any product, person or agency.

Free & open to the public. 6:30 p.m. at Avon Senior Center



WINTER CLASSES

Chair Yoga

Fridays, 10:00-11:00 a.m. - Senior Center
Jan. 17 – March 6 \$77.00 (\$69.30 Senior)

Silver Sneakers Chair Aerobics

Mondays & Thursdays, 3:00-4:00 p.m. - Sr Center
and
Thursdays, 10:30-11:30 a.m. - Senior Center
Ongoing, \$3.00 per class (drop in)
or free with Silver Sneakers

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
Jan.22 - March 18 \$56.00 (\$50.40 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
Jan. 13 - March 23 \$60.00 (\$54.00 Senior)
Wednesdays, 6:00-7:00 p.m. - Countryside Park
Jan. 15 - March 18 \$66.00 (\$59.40 Senior)

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

<http://www.avonct.gov/recreation-and-park-department>



3-13 Card Group

Tuesdays at 1 p.m.
New players always welcome.
The game is easy to learn.
Come join the fun!

Bridge Players Wanted

Bridge group meets Tuesday & Thursday
from 12:30-3:00 p.m.
Level of play is advanced intermediate.
Please call Avon Senior Center at
860-675-4355 to sign up, or stop by on
Tuesday or Thursday afternoon.



Mah Jongg— Mondays at 10:00 a.m.—Beginners & Intermediate
Bridge – Tues. & Thurs. at 12:30 p.m.— Intermediate
Card Group -Tuesdays at 1:00 p.m.
Scrabble – Tuesdays at 1:00 p.m.
Knitting—Wednesdays at 1:00 p.m.
Setback – Wednesdays & Fridays at 1:00 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. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 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	
3	NO CRT LUNCH Avon Senior Center Free Lunch Open to the public	5	Vegetable Soup Penne w/ Meatballs Garden Salad w/ Cherry Toms & Cucs Ranch Dressing/ Parmesan Cheese Saltine Crackers Gelatin Cup
10	Apple Juice Turkey Meatballs w/ Sweet & Sour Sauce Wholegrain White & Brown Rice Italian Blend Veggies Whole Wheat Bread Pears	12	Rosemary Chicken Roasted Potatoes Sliced Carrots 12 Grain Bread Banana
17	Grape Juice Seafood Salad on Wholegrain Bun Red, Green, Purple Cabbage Coleslaw Sweet Potato Wedges Ketchup Peaches	19	Sauerbraten w/ Gingersnap Gravy Parslied Potatoes Peas & Diced Carrots Whole Wheat Bread Banana
24	NO CRT LUNCH	26	Apple Juice Meatballs w/Sauce Pasta w/ Sauce Parmesan Cheese Italian Veggies Wheat Dinner Roll Vanilla Pudding w/ Whip Topping
31	Cr of Broccoli Soup Lemon Baked Chicken Egg Noodles Peas & Diced Carrots Wheat Dinner Roll Wholegrain Fruit Bar		



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



- *President & Cheer– Marie Evans**
• Vice President & Programs– Helen M. Toth
• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier
• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez
• Membership Committee– Lorraine Foster

Message from the Board of Directors . . .

We wish you a wonderful Holiday Season filled with the blessings of peace, love and happiness. May beautiful moments, happy memories and all the little joys surround you during this special time of the year.

We look forward to many special memories in the coming year. Please be sure to join us and partake in the events we plan especially for you.

Please join us on December 16th as we celebrate the Holiday Season with a Pot Luck, Birthday Cake and Ice Cream. Entertainment is provided by the Avon High School Choir under the direction of Andrew Brochu, Choral Director.

We will also have the election of Board Officers for the coming year. If you wish to be considered, please let one of the Board members know.

Happy Birthday to the following Members:

December 14th – Sal Liberatore
 December 17th – Barbara Durham
 December 22nd – John Kostrisak
 December 23rd – Jeane Jennings

The winter months are quickly approaching and we want to remind you that in the event there is inclement weather and the Avon schools are closed the senior center is closed and there will be no program offered that day. If Avon schools are on a delayed opening schedule the senior center is open and programs scheduled will be offered without interruption.

If you have any questions, please see a board member.

Helen M. Toth



Senior Citizens of Avon Organization

December 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended

December 2 nd	10:30 – Board Meeting Noon – Pizza & Salad, Dessert Bingo
December 9 th	Noon – Meat Ball Grinders and chips Bingo
December 16 th	Noon Holiday Celebration - Pot Luck and Birthday Cake

Entertainment will be provided by the Avon High School Choir under the direction of Andrew M. Brochu, Choral Director.






December 23rd The Senior Citizens of Avon Organization will not offer a luncheon today due to our Holiday Break. The Senior Center is open and will offer scheduled programs.

December 30th The Senior Citizens of Avon Organization will not offer a luncheon today due to our Holiday Break. The Senior Center is open and will offer scheduled programs.

The Board of Directors wishes you



DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 10:30 Sr Org Bd Mtg 12:00 Sr Org Lunch 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>3</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 Free Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 6:30 Caregiver Presentation 6:30 Meditation at Library THANKFUL TUESDAY</p>	<div>4</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 1:30 Movie- Library 3:30 Tai Chi 6:00 Zumba Gold -CSP</p>	<div>5</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Health Presentation 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>6</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div>9</div> <p>9:00 Wii Bowling Foot Care Clinic 10:00 Mah Jongg 11:00 Blood Pressure 12:00 Sr Org Lunch 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP 6:30 Suffrage Fashion</p>	<div>10</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>11</div> <p>9:00 Wii Bowling 9:00 Driver Safety 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold- CSP</p>	<div>12</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>13</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 12:00 APA Holiday Meal 1:00 Setback 1:00 Adult Coloring</p>
<div>16</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 12:00 Sr Org Lunch 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>17</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>18</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold- CSP</p>	<div>19</div> <p>9:00 Billiards 9:00 Wii Bowling Sugar Plum Social 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 Grief Presentation 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>20</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring</p>
<div>23</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics</p>	<div>24</div> <p>CLOSED FOR CHRISTMAS HOLIDAY</p> 	<div>25</div> <p>CLOSED FOR CHRISTMAS HOLIDAY</p> 	<div>26</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p>	<div>27</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div>30</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics</p>	<div>31</div> <p>CLOSED FOR NEW YEAR'S HOLIDAY</p> 			

RESERVED FOR SPONSORS

Avon Senior Center



AVON SENIOR CENTER
635 WEST AVON ROAD
AVON, CONNECTICUT 06001