

# 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 2020

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



### Senior Center Coordinator's Message

Happy Holidays!! We hope that you're doing well and staying safe and healthy. We are getting ready for a holiday season unlike no other and we want to make sure that we spread good cheer and kindness.

Avon Senior Center continues to be a resource and provide outreach to older adults and families. If you need anything, please let us know. Even though we may not be able to see each other, we can still keep in contact by phone & virtually. We are here for you!

We have some great programs this month and you do not want to miss out. Please be sure to read the newsletter as information is throughout and it's good!

We continue with virtual classes, groups and programs. We want to make sure that everyone stays safe and healthy. CRT meals remain Grab & Go, so please feel free to call us and sign up. Every month, Jennifer & Elizabeth (Senior Center staff) prepare an entire delicious meal that is Grab & Go. Please be sure to sign up so we can add your name to the list and you can enjoy!

Thank you for another wonderful year! We appreciate you and our time spent together. As we prepare to wind down 2020, we want you to know that we value you and you are valuable to us. We have enjoyed our connections and conversations this year and we look forward to seeing you in 2021!

Happy Holidays!

Take care, **Jennifer Bennett, LMSW, CDP**



### *It's A Wonderful Life*

DECEMBER 18TH 1 PM - 2:30 PM  
A VIRTUAL GATHERING FOR  
CT SENIOR CENTERS

Renee DiNino, Master of Ceremonies  
Loretta Laroche, Stress Expert & Humor Consultant  
John Banker, Musician & Entertainer  
CT State Officials with Holiday Greetings  
Val Ramos, Flamenco Guitarist  
Fred Astaire Ballroom Dancers

Scheduled to  
Appear

Gina Berreca, Humorist  
Yale Trombone Quartet  
Hartford Gay Men's Chorus  
Branford Music Makers

Lyra Ross-Norman, International Opera Star  
Stephen Fries, On the Food Scene  
Ledyard High School Music  
The Mark Twain House and Museum  
CT Dance Academy Performance Team  
*And more of our favorite things!*

**Click Here to Register**

*The performers listed above are scheduled to appear. Final program and order of performers is subject to change without notice. For more information contact your senior center.*

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you by



CT Healthy Living  
COLLECTIVE



With thanks for support from

**AARP** Real Possibilities  
Connecticut



## On-line Activities to do at home

### Museums

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

### MOMA Classes:

[https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm\\_content=10&utm\\_medium=partners&utm\\_source=linkshare&utm\\_campaign=Cu8bOePBZBg](https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg)

New Britain Museum of American Art: <https://nbmaa.org/online>

Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>

Museums, Libraries, Zoos Offer Online Programs <https://www.wvxt.com/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian <https://www.edx.org/school/smithsonianx>

CT Historical Society <https://chs.org/bringchshome/>

### Courses

You can now take classes from prestigious universities in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

Ted Talks <https://www.ted.com/>

JIGSAW PUZZLES: <https://games.aarp.org/games/jigsaw>



### Documentaries

<https://documentaryheaven.com/>

<https://www.discovery.com/>

### Opera

[https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm\\_campaign=nym&utm\\_source=fb&utm\\_medium=s1&fbclid=IwAR1TXt9zz\\_SNyRYp\\_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l\\_I5mOuoYoMlwl](https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXt9zz_SNyRYp_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l_I5mOuoYoMlwl)

### Animals

<https://zoo.sandiegozoo.org/live-cams>

<https://www.youtube.com/user/LionWhispererTV>

<https://nationalzoo.si.edu/webcams>

### Webcams

Yellowstone-<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>

All different types: <https://www.earthcam.com/>

Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

### Games

Online games/crosswords/word searches, etc.

<http://games.courant.com/category/allgames/>

### Fitness/Yoga/Dance/Meditation

Online fitness classes from the YMCA:

[https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A)

Free Fitness Classes online: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

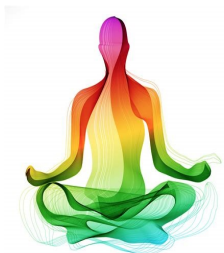
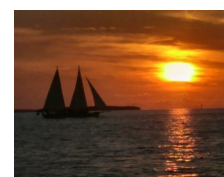
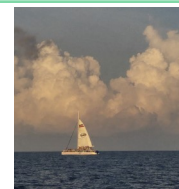
Free Adult Dance Classes:

<http://www.danceplace.org/virtual-adult-classes/>

Free Meditation: <http://www.freemeditation.com/>

YouTube Free Yoga Classes: <https://www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW>

[www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW](https://www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW)





**Avon Police Association Holiday Meal**

**Wednesday, December 9, 2020  
12:30 p.m. at Avon Senior Center  
("Grab and Go" only)**



Avon Police Association is sponsoring a Holiday Meal for all seniors!! The meal, prepared by Kane's Market, Simsbury, is free & available to the public. We thank the Police Association for caring about our older adults! When you arrive, please drive in the second driveway of the Avon Senior Center, stay in your car in line, pull up to the front door, and the meal will be handed to you safely. Masks must be worn for everyone's health and safety!

**Please call the Avon Senior Center  
at 860-675-4355 to sign up!**



# DECEMBER

**Grab & Go Meal**

**Tuesday, December 15 at 12:30 pm**



Join us for a special event as we celebrate December with a FREE Grab & Go Meal. Everyone signed up will receive a delicious meal. We will hand them out as you drive up to the front door of the Avon Senior Center. We want to celebrate you, in a safe and socially distant way, so please wear a mask. Please call 860-675-4355 to sign up. We look forward to seeing you!

**AVON SENIOR CENTER CLASSES**

Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.

**Tai Chi**

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

September 30 – December 16 (no class November 25)

Fee: \$80.00

Senior Fee: \$72.00

**Zumba Gold - Mondays**

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

September 28 – December 14 (no class October 12)

Fee: \$71.00

Senior Fee: \$63.90

**Zumba Gold - Wednesdays**

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

September 30 – December 16 (no class November 25)

Fee: \$71.00

Senior Fee: \$63.90

**Silver Sneakers Chair Aerobics**

Silver Sneakers Chair Aerobics is a chair work-out for people ages 65 and older paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class.

Mondays 3:00-4:00 p.m. & Thursdays 10:30-11:30 a.m. and 3:00-4:00 p.m. This class is ongoing; join any time.

Please call Avon Senior Center to register.

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

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

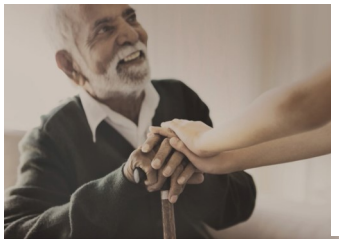
**Newsletter E-mail List**

If you would like our newsletter emailed to you, please send an email to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting to be added to the newsletter email list.

**CRT Lunch**

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk and other sides. The pick up is on Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.





### DEFINE YOUR OWN FUTURE

The future is full of unknowns, planning ahead can help you define the future that's best for you. For older adults & people with disabilities, information & resources are just a click away at MyPlaceCT.org.

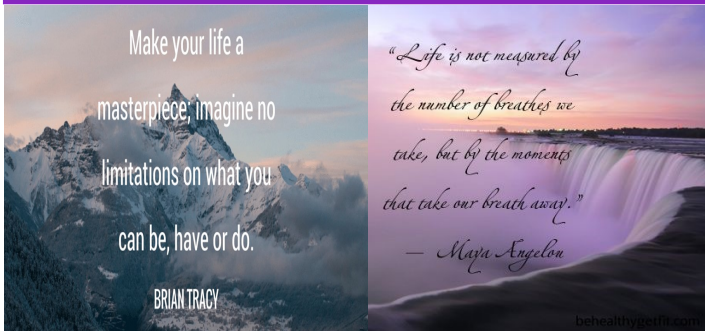
**MyPlaceCT.org**—a free web-based resource from the State of CT—offers a hub of information for you and your loved ones, on the following topics:

**Health and Well-being:** Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!

**Services and Supports:** In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!

**Learn:** Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!

**Family Caregivers:** Respite Services, Support Groups, Online Resources, Legal Matters, and more!



### AVON HISTORICAL SOCIETY VIDEO ON HISTORY OF 1865 PINE GROVE SCHOOLHOUSE AND WEST AVON



Pine Grove Schoolhouse closed due to the pandemic, Avon Historical Society turned to local resident, and Trustee of the Society to bring the story of the schoolhouse to life. The video is narrated by Jeannie Parker, a lifelong resident, former student and docent of this beloved school. Commenting on making this video, Brian Malone, AHS Class of 2014 stated, "I've worked on other amateur film projects but this was certainly the most fun I've had. I think a huge part of that had to do with how much curiosity there was among the community of Avon. Many residents stopped by when they saw our cameras, expressed interest in the film, shared personal stories about what the schoolhouse has meant to them, how much it means to the history and town of Avon, CT."

Originally named Schoolhouse No. 7, it opened in 1865 for students from Avon and Farmington grades 1-8. One teacher would oversee 5-25 students! Once they arrived, students would enter the building to separate areas, drop their belongings and prepare for a day of learning. Students would use slates and would write on the board with slate pencils wrapped in paper. The name was changed to Pine Grove Schoolhouse by students in the 20<sup>th</sup> century.

Jeannie Parker remarked, "It was a pleasure meeting and working with Brian and Kealey. These young men enthusiastically jumped into this project. It was heartening as it is their generation that will carry on the work of the country's historical societies in years to come. Pine Grove One Room Schoolhouse is a little gem. We hope the video will whet your appetite for an in-person visit."

<https://avonhistoricalsociety.org/html/sites/pine-grove.html>.

You Tube: <https://www.youtube.com/watch?>



Medicare frauds & scams: check out this excellent article by AARP. <https://bit.ly/2SRFBit> "JUST. HANG. UP." Great advice. If you or someone you know has been a victim of Medicare Fraud, please contact [CT Senior Medicare Patrol Program](#). 1-800-994-9422.



**Books, Movies & Puzzles**  
Available to borrow. Please call or email your request & items available for pick up.



"When you feel like hope is gone, look inside you and be strong and you'll finally see the truth—that a hero lies in you."

—  
MARIAH CAREY



# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355



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

## Programs Through March 2021 - Cancelled.

### Message from the Board of Directors . . .

We wish you Happy Holidays and hope that you enjoy this time keeping yourself occupied with things we never have time for. We've been busy going through closets and getting things organized. You are not alone in adjusting to this unpredictable environment. Please be patient and soon we will be able to live care free again.

The pandemic is again rising up and charging full speed ahead. We have to formulate a defensive plan to protect ourselves against this horrible disease. Please be sure to wear your mask and carefully social distance. We care about you.

Because things have continued to be fluid, we have decided to put off our reconnecting until April 2021. We are still planning to have a wonderful celebration for our 50<sup>th</sup> anniversary and it will be very special to mark this awesome occasion. We will continue to evaluate the status of getting together and will communicate any changes as we go from month to month.

### Happy Birthday to the following Members:

December 14<sup>th</sup> – Sal Liberatore  
December 17<sup>th</sup> – Barbara Durham  
December 23<sup>rd</sup> – Jeane Jennings

Please stay safe and know that during this trying time you are in our thoughts and we look forward to resuming our programs in the Spring of 2021.

Helen M. Toth



## SCHOOL BUS MONITORS WANTED

APPLY IN PERSON AT  
MARTEL TRANSPORTATION  
140 POWDER MILL ROAD  
COLLINSVILLE



# MUSICAL THEATRE

Free streaming musicals you might enjoy!

PBS will stream 5 full-length Broadway musicals for free, starting this month - click here for the complete list:

<http://filmedonstage.com/news/264-pbs-will-stream-5-fulllength-broadway-musicals-for-free-starting-this-month-heres-the-complete-list>

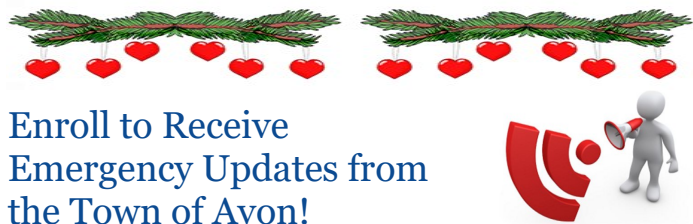
The King and I, In the Heights, Much Ado about Nothing and more!!!!

## Mutual of Omaha

In response to the loneliness & social isolation faced by many Seniors as a result of COVID-19, Mutual of Omaha has launched **Mutual Cares** an online resource for seniors to help them stay well, connected, active and entertained

(<https://cares.mutualofomaha.com/>).

life isn't  
about waiting  
for the storm  
to pass  
it's about  
learning  
to dance  
in the rain



## Enroll to Receive Emergency Updates from the Town of Avon!

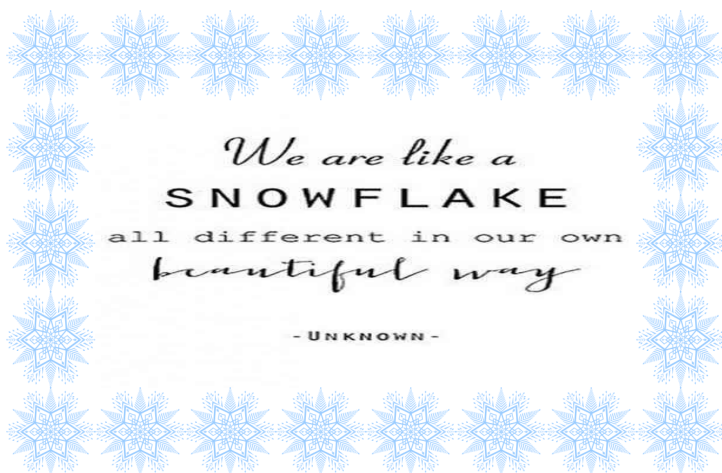
The Town of Avon is committed to providing up to date information about storm preparations and emergencies.

Below are three ways to make sure that you stay up-to-date when weather and emergencies strike.

**SUBSCRIBE TO NEWS** - To receive regular email updates about Town business, “Subscribe to News” on the Town’s website (<https://www.avonct.gov/subscribe>). Select “Town Alerts” & “Town News and Announcements” to receive updates regarding storms, emergencies, and other timely news.

**CT ALERTS** - To receive critical emergency information sign up for the CTAlert system (<https://portal.ct.gov/ctalert>) which sends time-sensitive notices wherever you specify: home, cell, business, text messages, email, hearing impaired receiving devices & more. **Both the State of CT and the Town of Avon have the ability to send alerts to those registered with the CTAlert system.**

When the State or the Town issues a message about an emergency, the message will be sent to all numbers & email addresses enrolled in the system in order of priority set by user. If you do not confirm receipt of the message, the system will attempt to reach your next contact entered into the system. **The Town suggests enrolling in both Subscribe to News and CTAlert to stay informed.**



1. NCAAA launched a service for people unable to *shop* for groceries & may be *unable to pay for groceries*. **Grocery Shopping and Delivery** service: we will cover delivery charges, any shopping fees, & cost of groceries at +/- \$100.00 per trip. We partnered with Supermarkets and [UR Community Cares](#) for delivery. Referrals here: (860)724-6443 x 268 “CHOICES”.

2. We have funding for: lift-chairs, incontinence supplies, emergency response systems for individuals who may be home-confined. Contact us at (860)724-6443 x 230 “Caregiver Team”



### Virtual Programs

#### Zoom Tutorial



Avon Senior Center offers virtual programs via Zoom. To watch a short tutorial on how to use Zoom, click on the link below:

<https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE>

Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!



### Money Matters with Mike Sloan of Mutual of Omaha

Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). <https://youtu.be/myYr3vTRphs>

# COOKING

N B K X R I T S Y R G W O A G S D  
D R K F K V R E C G H C A O P L F  
P O V C D E F E S I A R B N D H N  
L W N E M N E R T C B S B O I L H  
B N G M C E I N Y R T H E R Z B D  
O L I Y R U Z R E T G R Z E S G M  
D S E U R L D A G J X E A S B N I  
I Y P N X A D E J D U D L C B O B  
F F H V D P E B R R C L G S T X D  
N I V W Q Z Q S O D O I I L Q I Z  
R R Q D R X A A B W A K A E C S K  
J A P S E A S O N E T H U E N Y F  
I L E T D T U V U T M I N C E N S  
G C E J G P O K L S R V D E J V E

BLEND  
BOIL  
BRAISE  
BREAD  
BROWN  
CLARIFY  
COAT  
DICE

GLAZE  
GRIND  
JULIENNE  
MINCE  
POACH  
PUREE  
REDUCE  
ROAST

SEASON  
SHRED  
SIMMER  
STEW  
STIR

OCTOBER 2020

**RESERVED FOR  
SPONSORS**