

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



JANUARY 2019

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

Senior Center Coordinator's Message

Happy New Year! I hope everyone enjoyed the holidays! I know I did. We had some great fun in December and now we're looking at January!

Avon Free Public Library and Avon Senior Center have received a \$12,500 Community Engagement Award from the National Library of Medicine for a year-long series on 10 key concepts in mental health and wellness. The series will offer individual speakers, virtual reality demonstrations on the Library's HTV Vive Virtual Reality station, panel discussions, and add new books and resources to the library's circulating collection. We have partnered with the Farmington Valley VNA and the Farmington Valley Health District for this project. We want to define each condition, describe it, and discuss care and support with our audience. Check out our webpage and the flyers at the Senior Center for more information.

Avon Senior Center received a grant from the Avon Education Foundation for \$3,610 for "The Lost Boys of Sudan and Their Immigrant Experience", a Town-Wide Collaborative Project between the Avon Free Public Library, Thompson Brook School, Avon High School and the Avon Senior Center. We are excited to be able to see Alepho again and talk about his journey of surviving genocide, on being a refugee and living in the United States. We had a Town-Wide Collaboration when we hosted the Lost Boys in 2009, of which the AEF was a funder too. The community read the book *They Poured Fire on Us from the Sky* (2005) and we were fortunate to host 2 of the 3 Lost Boys. As we host this program series, we look forward to participation among residents of all ages. The topics are still important, timely and as relevant as they were in 2009. We thank Alepho for sharing his story with us.

Take care,
Jennifer Bennett, LMSW, CDP



*Moving for
Better Balance®*

Avon Senior Center is part of a Senior Center Collaboration with CCC (CT Community Care) & the CT Healthy Living Collective that received a NCAAA (North Central Area Agency on Aging) Grant for the program titled Tai Ji Quan: Moving for Better Balance® (TJQMBB). Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program where certified leaders teach classes of 10-15 participants that meet twice a week for 24 weeks. We will be scheduling sessions led by our certified & trained instructor, Tom Atwood for screening potential participants for this program. Stay Tuned for Info!

Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers through April 17.

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.

Chronic Disease Self Management– Chronic Pain Class

Chronic Pain is an evidence-based Self-Management Program. This workshop will give you the support you need to find practical ways to deal with your condition, discover better nutrition and exercise choices, and learn better ways to discuss your health and gain control of your life!

Justine Ginsberg, RN, BSN– Farmington Valley Health District
Thursday January 10th – February 14th from 2-4 p.m.
Avon Senior Center



JANUARY EVENTS 2019

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Tuesday, January 1, 2019
CLOSED FOR NEW YEARS DAY

Wednesday, January 2, 2019 at 10:30 a.m. "Shuffleboard"
Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, January 2, 2019 from 1-3 p.m.
"Knitting & Handwork Group"

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 & if you do not have a project, we do & we can help! We do have donations of yarn and you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, January 3, 2019 "Thinking Thursdays"
Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to "think" and work your brain muscles by completing the challenges!

Friday, January 4, 2019 at 1:00 p.m. "Pocket Billiards"
Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here on Fridays to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He's received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, January 8, 2019 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, January 8, 2019 "Birthday Cake to Celebrate Birthdays!"
Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people who celebrate a birthday this month.

Wednesday, January 9, 2019 "Shuffleboard"

Wednesday, January 9, 2019 from 1-3 p.m.
"Knitting & Handwork Group"

Thursday, January 10, 2019 "Thinking Thursdays"
Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to "think" and work your brain muscles by completing the challenges!

Friday, January 11, 2019 at 1:00 p.m. "Pocket Billiards"
Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here every 2 weeks on Fridays to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He's received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Monday, January 14, 2019 "Free Blood Pressure Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Monday, January 14, 2019 "Foot Care"
Dr. Lindsay will be at the Avon Senior Center on the 2nd Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Tuesday, January 15, 2019 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, January 15, 2019 at 12:30 p.m.
"Anthem Blue Cross and Blue Shield"
Anthem Blue Cross and Blue Shield Coffee Social with Rob DeHostos, our Sales and Services Representative. Come and join us for this informational and educational session. Get your questions answered and learn new information. Please call the senior center at 860-675-4355 to sign up.

Wednesday, January 16, 2019 at 10:30 a.m. "Shuffleboard"

Wednesday, January 16, 2019 from 1-3 p.m.
"Knitting & Handwork Group"
Please call the Senior Center at 860-675-4355 to sign up.

Thursday, January 17, 2019 "Thinking Thursdays"



JANUARY EVENTS 2019



Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to people & animals in need.

If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.

Friday, January 18, 2019 at 1:00 p.m. "Pocket Billiards"

Monday, January 21, 2019

CLOSED FOR MARTIN LUTHER KING JR. DAY

Tuesday, January 22, 2019 "Thankful Tuesdays!"

Wednesday, January 23, 2019 at 10:30 a.m. "Shuffleboard"

Wednesday, January 23, 2019 from 1-3 p.m.
"Knitting & Handwork Group"

Thursday, January 24, 2019 "Thinking Thursdays"

Friday, January 25, 2019 at 1:00 p.m. "Pocket Billiards"

Tuesday, January 29, 2019 **DRESS DOWN DAY!!!!**

Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Tuesday, January 29, 2019 "Thankful Tuesdays!"

Wednesday, January 30, 2019 at 10:30 a.m. "Shuffleboard"

Wednesday, January 30, 2019 from 1-3 p.m.
"Knitting & Handwork Group"

Thursday, January 31, 2019 "Thinking Thursdays"

Bridge Players Wanted

Bridge group is looking for new players. 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.

Trips

Chocolates, Wines and Good Times, Tuesday, April 9
\$128.00 per person

Corsets and Top Hats Not Required—A Gilded Age Driving Tour of Newport, Tuesday, April 16
\$105.00 per person

Mama Mia! at the Warner Theater, Sunday, May 5
Price: TBD

Southern Maine Coast and Coves Tour, May 29-31
\$525.00 per person, double occupancy

Tuscany & the Italian Riviera, October 4-11
\$3849 per person, double occupancy

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



Open Yale Courses **Thursdays, 1:00 p.m.**



Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center! Now showing: **"The American Novel Since 1945"** which will include a wide range of works from 1945 to the present. The course traces the formal and thematic developments of the novel in this period, focusing on the relationship between writers and readers, the conditions of publishing, innovations in the novel's form, fiction's engagement with history, and the changing place of literature in American culture.

Open Yale Courses provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

WINTER CLASSES

Tai Chi for Seniors -

Wednesdays, 3:30-4:30 p.m. - Senior Center
Jan. 16-March 13 \$56.00 (\$50.40 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
Jan. 14-March 25 \$60.00 (\$54.00 Senior)

Wednesdays, 6:00-7:00 p.m. - Countryside Park
Jan. 16-March 13 \$60.00 (\$54.00 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
Jan. 18-March 15 \$67.00 (\$60.30 Senior)

Line Dancing

Tuesdays, 3:30-5:00 p.m. - Senior Center
Jan. 15-March 5 \$80.00 (\$72.00 Senior)

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

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

Knitting & Handwork Group

Wednesdays from 1-3 p.m.

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! See you there!

**New
Card Group**
Tuesdays
1:00 p.m.
3-13 card game.
Easy to learn.
New players
welcome.




Mah Jongg— Mondays at 12:30 p.m.—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.
Discussion Group—Tuesdays at 12:30 p.m.
Knitting—Wednesdays at 1:00 p.m.
Shuffleboard – Wednesdays at 10:30 a.m.
Setback – Mondays, Wednesdays & Fridays at 1:00 p.m.
Ping Pong – Fridays at 10:00 a.m.
Adult Coloring— 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	
1	CRT CLOSED 	3	Cream of Broccoli Soup Baked Ham w/ Raisin Sauce Baked Potato Butternut Squash Saltine Crackers Peaches
8	Cranberry Juice Oven Fried Chicken Mashed Potatoes Corn Oatnut Bread Mandarin Oranges	10	Grape Juice Beef Chili w/ Beans / Shredded Cheese Elbow Macaroni Italian Green Beans Whole Wheat Bread Fresh Banana
15	Meatballs in Sauce Shell Pasta w/ Sauce Italian Mixed Vegetables Garden Salad w/ Cherry Tomatoes & Cucumbers, Ranch Dressing Wheat Dinner Roll Applesauce	17	Roast Turkey w/ Gravy Sweet Potatoes & Apples Capri Blend Vegetables Cranberry Sauce Corn Muffin Fresh Orange
22	Cranberry Juice Chicken Cacciatore Rotini w/ Tomato Sauce Brussels Sprouts Whole Wheat Bread Tapioca Pudding w/ Whipped Topping	24	Macaroni & Cheese Garden Salad w/ Cherry Tomatoes, Cucumbers, Onions, Ranch Dressing Stewed Tomatoes Wheat Dinner Roll Mandarin Oranges
29	Grape Juice Beef Chili w/ Beans Over Baked Potato / Shredded Cheese Italian Green Beans Wheat Dinner Roll Peaches	31	Turkey Stew w/ Potatoes Garden Salad w/ Tomatoes & Cucumbers, Ranch Dressing, Croutons Buttermilk Biscuit Peas & Diced Carrots Applesauce



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

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Mondays



***President– Bob Wade**

• Vice President, & Cheer- Marie Evans

• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier

• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez

• Programs – Helen M. Toth

Message from the Board of Directors . . .

We wish you a Happy New Year filled with many blessings of peace, love and happiness. We have many exciting events coming up in the New Year and we want to take this opportunity to remind you to please sign up for special events. Please be sure to join us and partake in the events we plan especially for you. We have a Picnic in January Luncheon that's planned for January 14th.

On January 28th we will have our monthly potluck and birthday cake. Katie Ruez (860-673-9883) has graciously volunteered to continue taking your reservations for special events. Cut-off date for making reservations is the Thursday before the event. Please call Katie and leave a message for her if she doesn't answer.

We look forward to seeing you at all events and it's a pleasure to see you and serve you in the new year. We will also have the election of Board Officers for the 2019 year. If you wish to be considered, please let one of the Board members know.

Happy Birthday to the following Members:

January 2nd – Janet Bilodeau

January 2nd – Richard Costello

January 14th – Rose Bennett

January 31st – Irene Pocoski

January 31st – Shirley Zeldis

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.

Helen M. Toth

Senior Citizens of Avon Organization

January 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended




January 7 th	10:30 – Board Meeting Noon – Pizza & Salad, Dessert Bingo
January 14 th	Noon – Picnic lunch of Hot dogs, Potato Salad and Baked Beans Bingo
January 21 st	Martin Luther King Jr. Holiday – Center is Closed
January 28 th	Noon - Pot Luck and Birthday Cake Bingo

Coming up on February 11th – the Board approved a special event to honor our paid members with a Valentine's Celebration free lunch. This is done as a token of our appreciation to you for your attendance and support throughout the year. Our paid members will also receive one free bingo card. All non-members can attend at the cost of a regular lunch. Everyone is welcome.

The Board of Directors wishes you a



JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> <p>CLOSED FOR NEW YEARS DAY</p> 	<div>2</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Knitting</p>	<div>3</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>4</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>7</div> <p>9:00 Wii Bowling 10:30 Sr Org Bd Meeting 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback</p>	<div>8</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS</p>	<div>9</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Knitting</p>	<div>10</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>11</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>14</div> <p>9:00 Wii Bowling Foot Care 11:00 Blood Pressure 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>15</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 12:30 Anthem BC/BS 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS</p>	<div>16</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>17</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>18</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>21</div> <p>CLOSED FOR MARTIN LUTHER KING JR. DAY</p>	<div>22</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS</p>	<div>23</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>24</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>25</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>28</div> <p>9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>29</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>30</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>31</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	

RESERVED FOR SPONSORS

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