

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 2023

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.

Avon Police Association is having their Annual Holiday Meal on Wednesday, 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. If you are unable to attend, sign up to have one of your friends bring your meal home.

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



I HOPE THIS WINTER
BRINGS YOU

Patience to grow at your own pace
Forgiveness for your past mistakes
Confidence to conquer uncertainty
Gratitude for people in your life
Clarity of what you need and don't
Courage to step up and evolve

OurMindfulLife.com



Our Mission Statement

Avon Senior Center supports the social, educational, recreational, cognitive, physical and psychological needs of all older adults. We respect the diversity of all who enter and you will find a warm greeting here. We are committed to offering an open and welcoming space to everyone. We strive to enhance the quality of life for all older adults.



**Please call the senior center
860-675-4355 to sign up for all events**

**Trinhaitia Bijoux Beading Therapy
with Miss Natalie
Wednesday, December 6 at 1:00 pm**

**Blanket Bridgade
Friday, December 8 at 4:00-8:00 pm**
We will be making blankets to donate to keep our neighbors in need warm this winter. Come join us, no sewing skills needed. All materials provided, we need you to help us put the blankets together.

**Police Association Holiday Meal
Wednesday, December 13, at 12:00 pm
FREE, Open to the public, RSVP**

**Bingo with Erika from Anthem
Tuesday, December 19 at 12:45 pm**

**Trinhaitia Bijoux Beading Therapy
with Miss Natalie
Wednesday, December 20 at 1:00 pm**

**Avon Senior Center is closed on
December 25, 2023 for the Christmas
Holiday & January 1, 2024 for the New
Years Holiday.**

Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center with an educational & informational opportunity for learning. The program will stimulate the mind, promote social inclusivity & connectedness. We will increase social integration, decrease social isolation through nutrition & learning. Program is open, welcoming and SIGN UP REQUIRED.

Meal at 12:00 pm & program afterward

Holiday Music

**Monday, December 11, 2023
Chris Marolda- Funk Brokers**

Healthy Happy Holidays

Monday, December 18, 2023 at 12:45 pm

Join Jessica Dörner RD for an informative and festive presentation that will help you stay on track during the holidays, including ingredient swaps for baking & cooking, using intuitive & mindful eating techniques, focusing on fresh ingredients and more. Attendees will get nutrition handouts and recipes to take home.

\$1.00 Donation requested

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

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.



New Mah Jongg Group

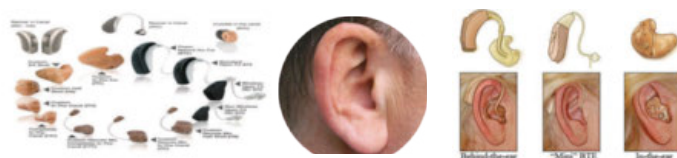
Beginner Mah Jongg group looking for players. Join them on Wednesdays from 10:00-12:00!



FREE Monthly Hearing & Hearing Aid Checks

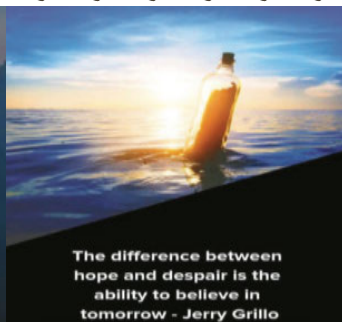
Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

Thursday, December 28, from 10-12.



Life is very interesting... in the end, some of your greatest pains, become your greatest strengths.

Drew Barrymore



Free Blood Pressure/Blood Sugar Screening

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



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

The Perfect Scam: www.aarp.org/podcasts/the-perfect-scam

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 10. 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

AVON SENIOR CENTER CLASSES

Tai Chi

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

Fee: \$61.00

Non Resident Fee: \$67.10

Jan. 10—March 13

Senior Fee: \$54.90

Zumba Gold

Wednesdays, 5:30-6:30 p.m.

Fee: \$74.00

Non Resident Fee: \$81.40

Jan. 10—March 13

Senior Fee: \$66.60

Badminton

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

Fee: \$64.00

Non Resident Fee: \$70.40

Jan. 9— March 12

Senior Fee: \$57.60

Badminton

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

Fee: \$64.00

Non Resident Fee: \$70.40

Jan. 10— March 13

Senior Fee: \$57.60

Badminton

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

Fee: \$64.00

Non Resident Fee: \$70.40

Jan. 11—March 14

Senior Fee: \$57.60

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

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



2023 MEMORY CARE SERIES #3

@ THE AVON FREE PUBLIC LIBRARY
281 COUNTRY CLUB ROAD AVON, CT

People living with memory loss, caregivers, and anyone who wants to learn more about memory care issues are encouraged to attend. Register at www.avonctlibrary.info or call 860-675-9712

Thursday, December 7, 2023

Resources for Living Independently as a Senior: How to Plan for Aging Without a Family?

1:00 pm Virtual

"Elder Orphans" or "Solo Agers" do not have to live in fear. Through proper preparation and arrangements in place, they should be able to grow old with grace and peace of mind. The prospect of aging alone can be intimidating, but it doesn't have to be. If you understand the challenges you may face and plan for them ahead of time, you may find that you can navigate this stage of life without fear or uncertainty. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net. This session will provide you with information to build sustainable support systems for aging. Commit to aging with a plan. There is hope. Presented by Joy Hollister, LMSW, Lifespan Assistance and Planning Services, LLC.

This program is jointly sponsored by The Avon Free Public Library, The Avon Senior Center, The Bloomfield Public Library, and The Canton Public Library.



"And one has to understand that braveness is not the absence of fear but rather the strength to keep on going forward despite the fear."

PAULO COELHO

Mobile Foodshare

Free produce available to persons in need in the Farmington Valley.
Farmer's market distributes fresh fruits, vegetables, perishables & more.

Alternate Tuesdays – 10:00am -10:30am

2023 Upcoming Dates

Except when Avon Public Schools are closed for bad weather

January 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 14
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

*****Please bring your own bags!*****

Mobile Foodshare Avon Site:
The Farmington Valley American Muslim Center
35 Harris Road

MEDICARE OPEN ENROLLMENT PERIOD



Every day that we wake up is a good day. Every breath that we take is filled with hope for a better day. Every word that we speak is a chance to change what is bad into something good.

Walter Mosley



MyPlaceCT.org: help older adults & people with disabilities live with optimal independence, health & well-being. Bringing together the information to live how & where you choose. Sponsored: CT Department of Social Services in collaboration with partner state agencies and Centers for Medicare & Medicaid Services.

Avon Food Pantry

Church of Saint Ann- Lower Level
289 Arch Road

Avon Food Pantry is open Tuesday mornings from 9:30am -11:30am

For additional information contact:
Avon Social Services 860-409-4346



Happiness is not by chance, but by choice.

— JIM ROHN

Town of Avon

Dial-a-Ride Application

https://www.avonct.gov/sites/g/files/vyhlif151/f/uploads/dial_a_ride_info_app.pdf

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

BE KIND.

WORK HARD.

STAY HUMBLE.

SMILE OFTEN.

HAVE FAITH.

STAY LOYAL.

BE HONEST.

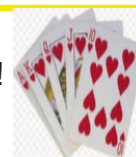
TRAVEL WHEN POSSIBLE.

BE THANKFUL.

AND LOVE ALWAYS.

3-13 CARD GROUP

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



AVON ACES WII BOWLING!

Join our team! Tuesdays at 10:00 am
Avon Senior Center at 860-675-4355.

Favarh Brighter Days-ies

Tuesday mornings
Join us making beautiful flower arrangements.
Drop in, no sign-up.



New Card Game- Euchre

Join us!
Contact Heidi:
heidi10359@aol.com



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

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

Avon Emergency Updates!

SUBSCRIBE - (<https://www.avonct.gov/subscribe>). "Town Alerts" & "Town News and Announcements"

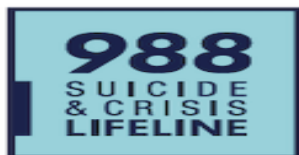
CT ALERTS - Critical emergency info:
(<https://portal.ct.gov/ctalert>)



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*



988 Suicide & Crisis Lifeline 24/7 call/text/chat access to trained crisis counselors who help people experiencing suicidal, substance use, mental health crisis, or emotional distress. Contact 988 if worried about a loved one who may need support. Free & confidential.

Red Cross Home Fire Campaign

Aims to reduce the number of injuries & deaths due to home fires by providing free fire safety education & free smoke alarms. Call: 877-287-3327 option 1 or visit: www.redcross.org/local/connecticut/home-fire-safety-visit.



Silver Sneakers Chair Classes

1:30-2:30 pm on Thursdays
 Starting **December 14**

Join us for a fun workout anyone can do! Free with Silver Sneakers or \$3.00/class. Call Nancy at 860-515-1200.



AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 (for experienced players only)
 Mah Jongg - Wednesdays at 10:00 a.m.
 (beginner group)
 Card Group- Tuesdays at 12:00 p.m.
 Scrabble- Tuesdays at 1:00 p.m.
 Knitting- Mondays at 1:00 p.m.
 Setback- Wed & Fri at 1:00 p.m.
 Wii Bowl- Tuesdays at 10 a.m. & various
 Beading Group- Thursdays at 12:30 p.m.
 Pool/Billiards- various
 Euchre- Every other Wed. at 2:00 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. Printed menu offered each month & reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. Suggested \$3.00 donation for persons 60 years of age and over & a mandatory \$10.36 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 join us and make new friends. See menu below:



CRT LUNCH

TUESDAY		THURSDAY	
5	Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Dinner Roll Fresh Fruit	7	Grape Juice Grilled Chicken & Cheddar Hero w/ lettuce, tomato, Honey Mustard Macaroni Salad Jello cup
12	Chef Salad (Chicken, Lettuce, Tomato, Ham, Cheese, Egg, Carrots, Ranch Dressing) Bread Stick Fresh Fruit	14	Stuffed Pepper w/ Sauce Rice Vegetables Wheat Bread Fresh Fruit
19	Orange Juice Chicken Marsala Mashed Potatoes Broccoli Normandy Wheat Bread Cookie	21	Fruit Punch Swedish Meatballs Garlic Smashed Potatoes Peas & Carrots Wheat Bread Carrot Cake
26	Vegetable Soup Ham, Cheddar Cheese Lettuce, Tomato on Wheat Wrap Rice Pudding	28	Baked Chicken Macaroni & Cheese Stewed Tomatoes Cornbread Fresh Fruit





Launch of health.ct.gov

Governor Ned Lamont announced the launch of the State of Connecticut's new health and human services portal, health.ct.gov. The latest development in the state's journey toward an all-digital state government providing health and wellness services to Connecticut residents at every stage of life.

Resources available through health.ct.gov: Health benefits eligibility screener, Healthy living tools, Emergency health service information, Insurance & financial resources, Heating & utilities assistance.

It's the possibility that keeps me going, not the guarantee.

Nicholas Sparks
The Notebook



"THE HOLIDAY SEASON IS A PERFECT TIME TO REFLECT ON OUR BLESSINGS AND SEEK OUT WAYS TO MAKE LIFE BETTER FOR THOSE AROUND US."

-TERRY MARSHALL



“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



E-mail List

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



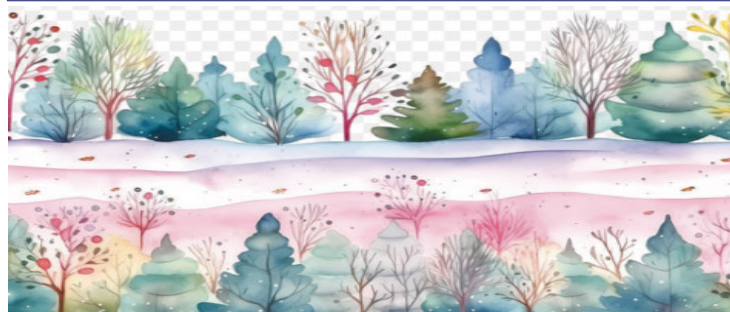
Avon Greater Together Community Fund
at the
Hartford Foundation
FOR PUBLIC GIVING

Avon Greater Together Community Fund Advisory Committee is seeking new committee members (specifically, senior citizens who reside in Avon).

Hartford Foundation for Public Giving established Avon Community Fund in 2020. Advisory Committee manages the fund & is inclusive and reflective of all Avon residents. Application: <https://www.hfpg.org/donors/ways-to-give/community-funds/avon>

Completed application: avontogetherfund@gmail.com.

Questions, please call: 860-833-4643



Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

- Dale Carnegie



Applications Accepted
9/5/2023 – 5/31/2024

Avon residents, please CALL for appointment: 860-409-4346

Avon Social Services

New clients must provide household member information sheet for each household member showing:

- * Proof of Income * Proof of Utility Bills
- * Proof of Rent/Mortgage Payment



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 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1:00 Setback 1:00 Ping Pong 1  <i>Happy Holidays</i>
1:00 Setback 4 1:00 Crafty Crew 	10:00 Wii Bowling 5 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 6 10:00 Mah Jongg 1:00 Setback 1:00 Miss Natalie Beading 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 7 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:00 Dementia Series 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 8 1:00 Ping Pong 4:00 Blanket Brigade 
1:00 Setback 11 1:00 Crafty Crew 12:00 Meals & Minds 	10:00 Wii Bowling 12 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 13 10:00 Mah Jongg 12:00 Holiday Meal 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 14 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 15 1:00 Ping Pong 
1:00 Setback 18 1:00 Crafty Crew 12:00 Meals & Minds 	10:00 Wii Bowling 19 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Bingo with Erika 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 20 10:00 Mah Jongg 1:00 Setback 1:00 Miss Natalie Beading  <i>Happy Holidays!</i>	10:00 Wii Bowling 21 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 22 1:00 Ping Pong 
CLOSED CHRISTMAS HOLIDAY 25  <i>Merry Christmas</i>	10:00 Wii Bowling 26 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	10:00 Wii Bowling 27 10:00 Mah Jongg 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 28 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 29 1:00 Ping Pong 



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Farmington Valley

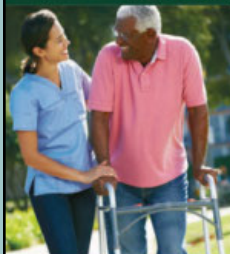
Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070
860-651-3539 • farmingtonvalleyvna.org

Serving the Greater Farmington Valley for over 110 years

- Skilled Nursing
- Hospice
- Home Health Aides
- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

SKILLED NURSING & REHABILITATION CENTERS



Patient-Centered Care

ALWAYS OUR TOP PRIORITY

- ✦ Short-term rehabilitation
- ✦ Long-term care
- ✦ Post-acute & transitional care
- ✦ Respite care
- ✦ Alzheimer's & dementia care
- ✦ Hospice and palliative care
- ✦ Physician & nursing services
- ✦ Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



860-521-8700 • WestHartfordHealth.com

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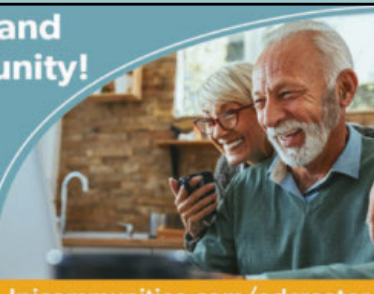
301 Country Club Road, Avon 860-673-8610

www.carmonfuneralhome.com

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860-677-4060



ARDEN COURTS

PROMEDICA MEMORY CARE



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arden-courts.org

COMPREHENSIVE CARE FOR OLDER ADULTS.

One Convenient New Location

UConn Health has opened a new Geriatrics and Healthy Aging location in Farmington. The site offers a team of specialists and carefully curated services focused entirely on providing the very best in comprehensive, coordinated healthcare for our older patients.

Our board-certified, compassionate specialists offer care for:

- Alzheimer's disease and dementia
- Geriatric primary care
- Nutrition counseling
- Audiology with an on-site hearing booth
- Geriatric psychiatry
- Podiatry
- Blood draw/lab services
- Memory assessment
- Urology
- Endocrinology/osteoporosis
- Neurology
- Vascular surgery

Call 1-84-GET-UConn or visit our website at health.uconn.edu/aging.

Free and convenient parking! 21 South Road, Farmington, CT

UConn
HEALTH



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Avon Senior Center, Avon, CT

06-5002