

# AVON SENIOR CENTER



**635 WEST AVON ROAD  
AVON, CONNECTICUT 06001  
860.675.4355**

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



**FEBRUARY 2019**

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

## **Senior Center Coordinator's Message**

Happy February! I hope this newsletter finds you well, warm and healthy! The weather has been very unpredictable recently, so please take care of yourself.

The senior center has some great trips, sign up early to reserve your spot. We're going to the new MGM Casino in Mass in April! You do not want to miss out on this trip! Check page 3 of this newsletter for more traveling options! We have some great classes going on at the senior center too. Please be sure to take a look!

Take Care of Yourself- a series of community conversations and training that promote good mental health presented by the Avon Free Public Library and the Avon Senior Center. The first workshop is titled "How to recognize and interact with people who have Mental Health conditions." Please stay tuned for more workshops in the coming months.

Thank you for coming to the Avon Senior Center and participating in everything we have to offer. Our interns will be running programs and groups, so watch for information.

Enjoy this month and have fun! Happy Valentine's Day!

*Take care,  
Jennifer Bennett, LMSW, CDP*

"Don't walk in front of me... I may not follow  
Don't walk behind me... I may not lead  
Walk beside me... just be my friend" — **Albert Camus**

"You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes."  
— **A.A. Milne, Winnie-the-Pooh**

"One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings." — **Franklin Thomas**, activist, philanthropist, and former president of the Ford Foundation



Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for community dwelling older adults. The CT State Unit on Aging has embraced TJQMBB and is working with the Dartmouth- Hitchcock Aging Resource Center to implement the program in CT. 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). Certified leaders teach classes of 10-15 participants that meet twice a week for 24 weeks. Our certified & trained instructor, Tom Atwood will run the program. \*\*You must have attended the screening and been asked to join this program.\*\*

February is

**Black  
History  
Month**



## **Free Tax Assistance Offered by AARP Tax-Aide**

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers on Wednesdays through April 10 at the Avon Senior Center. Special attention is given to those 50 & older. Appointments required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.

## **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.

## FEBRUARY EVENTS 2019

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**Friday, February 1, 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.

**Monday, February 4, 2019 from 9-10 a.m. "TJQMBB Class"**  
Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for community dwelling older adults. The CT State Unit on Aging has embraced TJQMBB and is working with the Dartmouth-Hitchcock Aging Resource Center to implement the program in CT. 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). Certified leaders teach classes of 10-15 participants that meet twice a week for 24 weeks. Our certified & trained instructor, Tom Atwood will run the program. \*\*You must have attended the screening and been asked to join this program.\*\*

**Tuesday, February 5, 2019 "Thankful Tuesdays!"**  
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

**Tuesday, February 5, 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.

**Wednesday, February 6, 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 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! 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, February 7, 2019 from 9-10 a.m.  
"TJQMBB Class"** Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for community dwelling older adults. . \*\*You must have attended the screening and been asked to join this program.\*\*

**Thursday, February 7, 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, February 8, 2019 from 11:30-1:30  
"LOVE YOUR NEIGHBOR"**

Join us for our Annual Love Your Neighbor event! The event is Co-sponsored by Avon Senior Center & Canton Senior Center. Meal: variety of Soups, Rolls & Butter, Salad! Dessert: Ice Cream! Special presentation by our friends from Canton Community Nursery School! The event will be held at Canton Senior & Community Center. Sign up and pay \$5 by Friday, 2/1/19. This is a fantastic event and you do not want to miss out! Please call the Avon Senior Center at 860-675-4355 to sign up.

**Friday, February 8, 2019 at 1:00 p.m. "Pocket Billiards"**  
Please call the Senior Center at 860-675-4355 to sign up.

**Monday, February 11, 2019 from 9-10 a.m. "TJQMBB Class"**  
Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program. \*\*You must have attended the screening and been asked to join this program.\*\*

**Monday, February 11, 2019 "Foot Care"**  
Dr. Lindsay will be at the Avon Senior Center on the 2<sup>nd</sup> 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.

**Monday, February 11, 2019  
"Free Blood Pressure Screening"** Farmington Valley VNA

**Tuesday, February 12, 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.

**Tuesday, February 12, 2019 "Thankful Tuesdays!"**

**Tuesday, February 12, 2019 at 6:30 p.m. at the Library  
"Mental Health Conditions"**

Take Care of Yourself- a series of community conversations and training that promote good mental health presented by the Avon Free Public Library and the Avon Senior Center. The first workshop is titled "How to recognize and interact with people who have Mental Health conditions." This workshop will be led by Richard Fisher, LCSW, Director-DMHAS Office of Workforce Development. Richard will cover how to successfully interact with those with schizophrenia, bipolar disorder, depression, PTSD, borderline personality disorder, and those on the autism spectrum. This project is funded in part by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement Number UG4LM012347 with the University of Massachusetts Medical School, Worcester. Please call the senior center to sign up at 860-675-4355.



## FEBRUARY EVENTS 2019

**Wednesday, February 13, 2019 from 1-3 p.m.**  
**"Knitting & Handwork Group"**

**Thursday, February 14, 2019 from 9-10 a.m. "TJQMBB"**  
 Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program. \*\*You must have attended the screening and been asked to join this program.\*\*

**Thursday, February 14, 2019 "Happy Valentine's Day!!!"**  
 Happy Valentine's Day!!! Avon Senior Center is celebrating this day with all of you. When you come to the senior center, you will receive a Valentine Treat! This is from us to you! We hope you enjoy this day of friendship and love.

**Thursday, February 14, 2019 "Thinking Thursdays"**

**Friday, February 15, 2019 at 1:00 p.m. "Pocket Billiards"**  
 Please call the Senior Center at 860-675-4355 to sign up.

**Monday, February 18, 2019**  
**CLOSED FOR PRESIDENT'S DAY HOLIDAY**

**Tuesday, February 19, 2019 "Thankful Tuesdays!"**

**Wednesday, February 20, 2019 from 1-3 p.m.**  
**"Knitting & Handwork Group"**

**Thursday, February 21, 2019 from 9-10 a.m. "TJQMBB"**

**Thursday, February 21, 2019 "Thinking Thursdays"**

**Friday, February 22, 2019 at 1:00 p.m. "Pocket Billiards"**

**Monday, February 25, 2019 from 9-10 a.m.**  
**"TJQMBB Class"**

**Tuesday, February 26, 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, February 26, 2019 "Thankful Tuesdays!"**

**Wednesday, February 27, 2019 from 1-3 p.m.**  
**"Knitting & Handwork Group"**

**Thursday, February 28, 2019 from 9-10 a.m. "TJQMBB"**  
**Thursday, February 28, 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

UConn Women's Basketball Game & Casino at Mohegan Sun Sunday, March 10, \$103.00 per person

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

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

MGM Springfield - A Day at the Casino, Wed., April 17 \$41.00 per person (includes \$20.00 slot bonus and \$10.00 food voucher)

*Mamma Mia!* at the Warner Theater with lunch at San Marino, Sunday, May 5, \$111.00 per person

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

Tuscany & the Italian Riviera, October 4-11 \$3,849 per person, double occupancy

For information, 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. 23-March 20      \$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)

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!

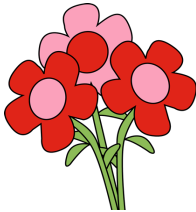



Mah Jongg— Mondays at 12:30 p.m.—Intermediate  
Bridge – Tues. & Thurs. at 12:30 p.m.– Intermediate  
Card Group -Tuesdays at 1:00 p.m.  
Scrabble – Tuesdays at 1:00 p.m.  
Discussion Group—Tuesdays at 12:30 p.m.  
Knitting—Wednesdays at 1:00 p.m.  
Shuffleboard – Wednesdays at 10:30 a.m.  
Setback – 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	
5	Apple Juice American Chop Suey Capri Blend Vegetables Wheat Dinner Roll Pineapple Mandarin Mix	7	Vegetable Soup Seafood Salad On Multi-Grain Bun Baked Sweet Potato Shredded Lettuce Wholegrain Fruit Bar
12	Cream of Broccoli Soup Roast Chicken w/ Veg Broth Red Bliss Garlic Smashed Potatoes Spinach 12 Grain Bread Fresh Orange	14	Happy Valentines' Day !  Orange Juice Pot Roast w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll Frosted Cake
19	Grape Juice Beef Chili w/ Beans / Shredded Cheese Elbow Macaroni Italian Green Beans Whole Wheat Bread Mandarin Oranges	21	Cranberry Juice Oven-Fried Chicken Mashed Potatoes Corn Oatnut Bread Fresh Banana
26	Shell Pasta w/ Beef Meat Sauce Italian Mixed Vegetables Garden Salad w/ Cherry Toms, Cucs / Ranch Dressing Saltine Crackers Applesauce	28	Roast Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Sauce Corn Muffin Pears
			

# 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**

## Message from the Board of Directors . . .

We want to take this opportunity to thank Bob Wade for his service to the Organization. We appreciate your hard work and wish you all the best in your future endeavors.

We wish our members a Happy Valentine's Day. Please be sure to sign up for our free Valentine's luncheon scheduled for February 11<sup>th</sup>. This is offered to all paid members. Please contact Katie to reserve your spot. Everyone is welcome... non-members can attend at the cost of a regular lunch. Members will also receive a free bingo card to play following our luncheon.

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.

Happy Birthday to the following Members:

February 11<sup>th</sup> – Suzanne Searles

February 13<sup>th</sup> – Marie Evans

February 24<sup>th</sup> – Ann Mains

February 29<sup>th</sup> – Rob Kowalski

Coming up in March we will have our St. Patrick's Celebration with the McArdle Schools of dance from Torrington performing.

The winter months are here 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

**February 2019 – Program Schedule**

*Everyone is Welcome – Reservations Recommended*

February 4 <sup>th</sup>	10:30 – Board Meeting Noon – Pizza & Salad, Dessert Bingo
February 11 <sup>th</sup>	Noon – Valentine's Celebration Luncheon with Italian, Roast Beef, Ham and Turkey Grinders, Cole Slaw and Potato Salad followed by Birthday Cake and Ice Cream

The Board approved a special Valentine's event to honor our paid members with a free lunch as a token of our appreciation for your attendance and support throughout the year. Everyone is welcome... non-members can attend at the cost of a regular lunch.

**RESERVATIONS ARE REQUIRED SO THAT WE CAN ORDER ENOUGH FOOD. NO WALK-INS... PLEASE.**

Bingo – One Free card per paid members

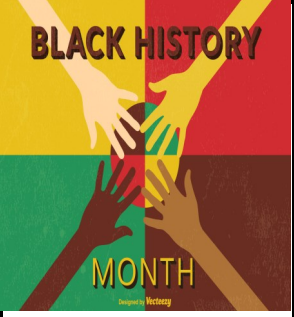





February 18<sup>th</sup> President's Day Holiday –  
Center is Closed

February 25<sup>th</sup> Noon Pot Luck and dessert  
Bingo

**The Board of Directors wishes you a**



# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</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 Pocket Billiards</p>
<div>4</div> <p>9:00 Wii Bowling 9:00 TJQMBB 10:30 Sr Org Bd Meeting 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>5</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards THANKFUL TUESDAYS</p>	<div>6</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>7</div> <p>9:00 Billiards 9:00 Wii Bowling 9:00 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>8</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Love Your Neighbor (Canton) 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>11</div> <p>9:00 Wii Bowling 9:00 TJQMBB 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>12</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards 6:30 Mental Health Conditions- Library THANKFUL TUESDAYS</p>	<div>13</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>14</div> <p>9:00 Billiards 9:00 Wii Bowling 9:00 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS Happy Valentine's Day!!</p> 	<div>15</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 Pocket Billiards</p>
<div>18</div>  <p><b>CLOSED FOR PRESIDENTS' DAY</b></p>	<div>19</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards THANKFUL TUESDAYS</p>	<div>20</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>21</div> <p>9:00 Billiards 9:00 Wii Bowling 9:00 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>22</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 Pocket Billiards</p>
<div>25</div> <p>9:00 Wii Bowling 9:00 TJQMBB 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>26</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>27</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>28</div> <p>9:00 Billiards 9:00 Wii Bowling 9:00 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	

# RESERVED FOR SPONSORS

# *Avon Senior Center*



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