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 2020

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

Senior Center Coordinator's Message

Happy February! This is a great month to come to the Senior Center and check out new programs, classes, activities, exercise, groups and lunches. It's good to stay involved, occupied, engaged and participate with your fellow senior center members. We always like to see you!

This month we celebrate Valentine's Day– we remember those we love and remember to be kind to one another. We also celebrate Black History. Let's remember to appreciate everyone, no matter what our differences may be, because in those differences, we might find we have a lot more in common with each other.

Please look at the bulletin board for flyers of our interns groups. Kayla & Kaileen have to run groups for their social work education and classes and would love for you to join them. They need to practice their group work skills.

The Senior Center and Community Room are looking beautiful and exquisite with the new paint! Come and see for yourself how much bigger, brighter and fancier the room looks.

Deeds Not Words: 100 Years of the Vote for Women series continues. Please check the newsletter and bulletin board for programs. Avon Historical Society, Avon Free Public Library & Avon Senior Center are pleased to be collaborating on this year-long series.

Avon Senior Center will be running some evidence-based programs in the coming months: Chronic Disease Self Management Pain class and AMP– Aging Mastery Program. Please look for the flyers and be sure to sign up.

Thank you for attending the Senior Center. We have a great time. We look forward to seeing you!

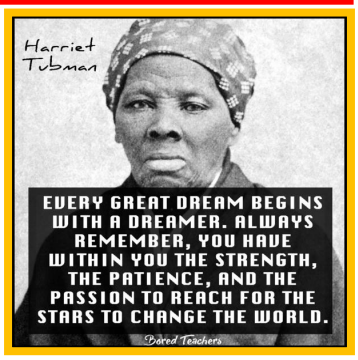
Respectfully Yours,
Jennifer Bennett, LMSW, CDP

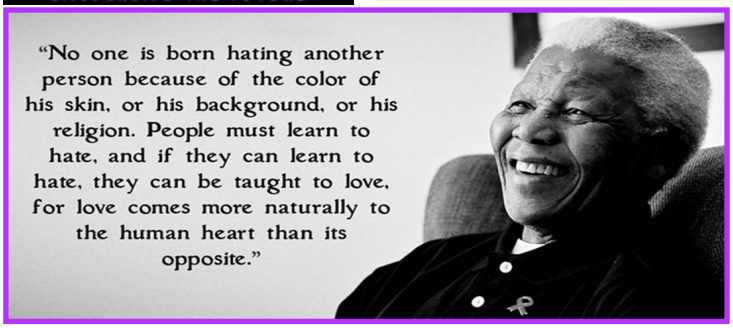
Free Tax Assistance Offered by AARP Tax-Aide

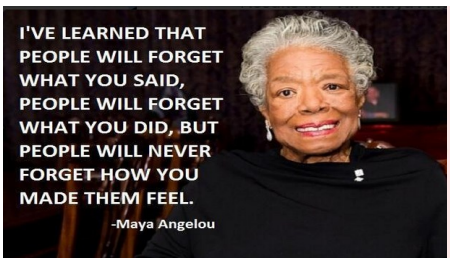
AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 5 through April 15. Special attention is given to those 50 and older. Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.



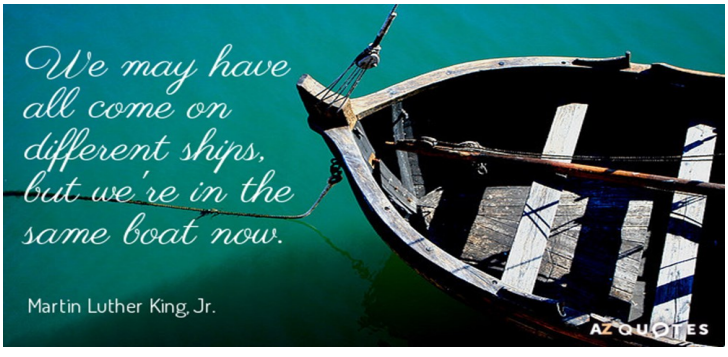












FEBRUARY EVENTS 2020

Jennifer Bennett, LMSW Avon Senior Center Coordinator *Elizabeth Shaffer, Administrative Secretary* 860-675-4355

Mondays from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"
Silver Sneakers Chair Aerobics is a 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! All you need to bring is 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!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, February 4, 2020 from 11:30-1:30
"Free Blood Pressure/Blood Sugar Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar 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.

Tuesday, February 4, 2020 at 12:00 p.m. "February 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 and get your name on the list so we save a spot for you! Menu: Singapore stir fry, fresh vegetable cooked Asian style with rice noodles, peanuts and egg and Ice Cream Sundae. CRT IS NOT SERVING A MEAL TODAY. AVON SENIOR CENTER IS PROVIDING THE MEAL!!

Wednesday, February 5, 2020 at 9:30 a.m.
"Avon Aces Wii Bowling Tournament"
Avon Aces will be having a Wii Bowling Tournament Game at the Avon Senior Center. We wish them well against Canton Senior Center.

Wednesday, February 5, 2020 from 1:30 pm - 5:30 pm
"Suffrage Movie at Library"
Please join us for another movie in Deeds Not Words Suffrage Film Series: Not for Ourselves Alone. ***Not for Ourselves Alone: The Story of Elizabeth Cady Stanton & Susan B. Anthony-*** Two women, one allegiance (2004; NR; 3 hrs.). Movie will be held at the Avon Free Public Library.

Thursdays "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!
Thursday, February 6, 2020 at 12:30 p.m. "Seasons Hospice"
All you ever wanted to know about Hospice by Samantha from Seasons Hospice. She will answer all of your questions and give you all of the latest information. Please call the Senior Center at 860-675-4355 to sign up.

Thursdays 10:30-11:30 a.m. & 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Fridays at 1:00 p.m. "Adult Coloring"
We have the supplies, you just bring yourself and a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing and inspirational program. Please call the Senior Center at 860-675-4355 to sign up.

Monday, February 10, 2020 from 11:30-1:30
"Free Blood Pressure/Blood Sugar Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar Screening today.

Mondays from 1-3 p.m. "Crafty Crew"
Join us on Monday 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 have donations of yarn or you can bring your own. Please call the Senior Center at 860-675-4355 to sign up.
Tuesday, February 11, 2020
"Birthday Cake to Celebrate Birthdays!"
Brookdale Gables Farmington 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, February 12, 2020 at 12:00 p.m.
"Lunch & Learn"
The Residence at Brookside will provide the lunch and Rebecca will talk about Reiki. Come and enjoy a delicious light lunch and learn something new. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, February 13, 2020
IF NEEDED- SNOW DATE FOR 01/30/2020 PROGRAM

Saturday, February 15, 2020 at 5:00 p.m.
"Paleoindian Presentation"
The Avon Historical Society, in partnership with the Town of Avon and the Avon Free Public Library, is pleased to invite the public to attend the first public presentation of the recently uncovered Brian D. Jones Paleoindian Site on Saturday, February 15, 2020 (Snow Date – Saturday February 29th). Members of the team from Archaeological and Historical Services (AHS) of Storrs, CT, Senior Archaeologists David Leslie and Sarah Sportman, will present the site's background and their team's preliminary findings, along with an understanding of those findings within the broader context of the Paleoindian period. The presentation will feature visual aids including drone photographs of the site and photographs of the artifacts. No artifacts will be available for viewing at this time. According to radiocarbon dating, the Brian D. Jones Site is the oldest human occupation site that has been found to date in Southern New England. According to AHS, there is no comparative site in the region. In July 2019, the Town, the Federal Highway Administration, the Connecticut State Historic Preservation Office, the CTDOT, the Mashantucket Pequot Tribal Nation, the Mohegan Tribe, and the Office of the Connecticut State Archaeologist entered into a Memorandum of Agreement regarding the discovery and the eventual housing and display of the artifacts, as well as the creation of educational exhibits for a variety of audiences.





FEBRUARY EVENTS 2020

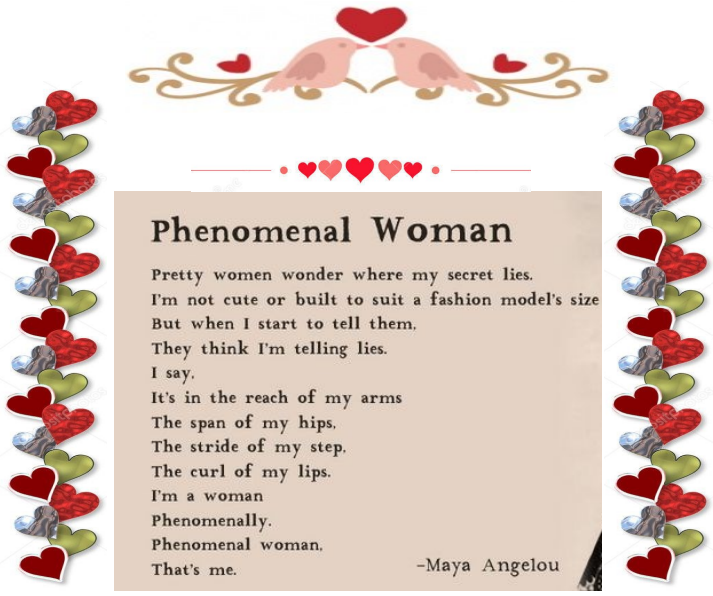
Monday, February 17, 2020
CLOSED FOR PRESIDENTS' DAY HOLIDAY

Tuesday, February 18, 2020 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.

Friday, February 21, 2020 at 2:00 p.m. Avon Senior Center
From Seneca Falls to the 19th Amendment: Songs of the Woman Suffrage Movement. Music presented by Rick Spencer and Dawn Indermuehle. The struggle for woman suffrage was an important and hard-fought step toward gender equality. Music was one of the significant tools used in the crusade for a woman's right to vote. Songs were composed to advance (and to oppose) the agenda that culminated in the 1920 ratification of the 19th Amendment to the Constitution. This program presents some of the most engaging and interesting songs of the movement, with historical commentary, in commemoration of the approaching centennial of a woman's right to vote. Please note that due to the 72 year struggle for woman suffrage, (1848-1920) this program runs 70 minutes. *(snow date:* Friday, February 28, 2020, 2:00 pm).

Wednesday February 26, 2020 at 6:30 p.m. at the Library
Meet Isabella Beecher Hooker: one of Connecticut's suffragettes. *Tempest-Tossed* is the first full biography of the passionate, fascinating youngest daughter of the "Fabulous Beecher" family—one of America's most high-powered families of the nineteenth century. Older sister Harriet Beecher Stowe was the author of *Uncle Tom's Cabin*. Brother Henry Ward Beecher was one of America's most influential ministers, and sister Catherine Beecher wrote pivotal works on women's rights and educational reform. And then there was Isabella Beecher Hooker—"a curiously modern nineteenth-century figure." She was a leader in the suffrage movement, and a mover and shaker in Hartford's storied Nook Farm neighborhood and salon. But there is more to the story—to Isabella's character—than that. Susan Campbell is a Pulitzer Prize-winning journalist, a widely read *Hartford Courant* columnist, and the author of three books. She's worked across the media landscape. Her work has been recognized among numerous organizations.

Tuesday, February 25, 2020 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!!!!!



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 & transfers

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

Movie Series featuring
Academy Award Winning Women!

Tuesday, February 4, 2020 @ 1:30 pm
The Favourite with Best Actress Olivia Colman
(2018; 1 hr. 59 min; Rated R)
Film series is co-sponsored by the Friends of the Library and the Avon Senior Center. All movies are free, open to the public and will be shown in the Library Community Room. No need to register. Movie munchie snacks will be served.

Crafty Crew
Now meeting on Mondays from 1:00-3:00 for knitting, crochet, needlepoint, etc. Join us!



Writing Group
Tuesdays 10:00 a.m.
Craft/Pool Room Senior Center
No Experience Necessary.
Join us!





Setback Group
Wednesdays & Fridays 1:00
Looking for new players
And players from other senior centers





WINTER CLASSES

Chair Yoga
Fridays, 10:00-11:00 p.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 p.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

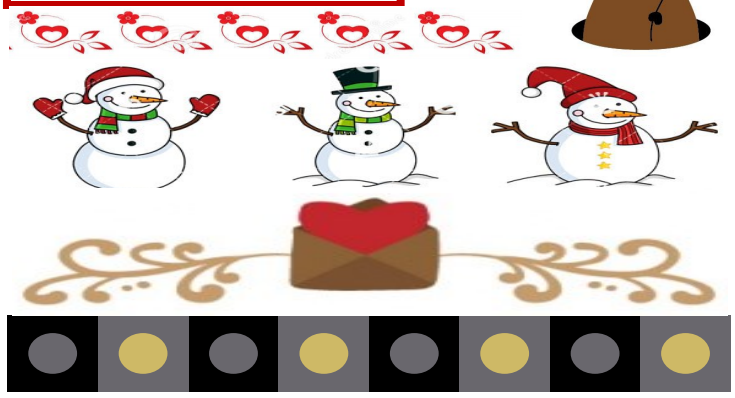


3-13 Card Group
Tuesdays at 1 p.m.
New players always welcome.
The game is easy to learn.
Come join the fun!

Bridge Players Wanted
Tuesday & Thursday
12:30-3:00 p.m.
Level of play is intermediate.







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—Mondays 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	
4	NO CRT LUNCH Avon Senior Center Free Lunch Open to the public	6	Italian Sausage w/ Italian Sauce Penne w/ Marinara Sauce Parmesan Cheese Italian Blend Vegs 12 Grain Bread Fruit Cocktail
11	Cream of Broccoli Soup Roast Chicken with Vegetable Broth Mashed Potatoes Spinach Ritz Crackers Tapioca Pudding w/ Topping	13	Macaroni & Cheese Stewed Tomatoes Spinach Salad w/ Tomatoes Italian Dressing Club Roll Fresh Banana
18	Swedish Meatballs w/ Gravy Bowties Peas & Diced Carrots Wheat Bread Fresh Orange	20	Roast Pork A la Orange Sweet Potatoes w/ Apples Caribbean Vegs Corn Muffin Pears
25	Shell Pasta w/ Marinara Sauce Mini-Beef Meatballs Parmesan Cheese Italian Mixed Vegs Garden Salad Ranch Dressing Saltines Peaches	27	Roast Turkey w/ Gravy Stuffing Cranberry Sauce Capri Blend Vegs Corn Muffin Fresh Banana





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 . . .

Happy Valentine's Day to all of you. We hope that you can join us for our Valentine's meatball grinder luncheon scheduled for February 10th. The luncheon will be followed by Bingo.

Happy Birthday to the following Members:
February 8th – Fran Hanley
February 13th – Marie Evans
February 15th – Pat Carey
February 24th – Carol DiGrazia
February 24th – Ann Mains
February 29th – Rob Kowalski

We look forward to seeing you at all events. This year we are celebrating our 50th anniversary in October and we are busy planning a special celebration to mark this occasion.

We hope that you are staying safe during the frigid winter weather. Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. So please slow down and keep your focus on what you are doing. Cut back on any distractions. Please be careful when traveling and walking during the next couple of months. Sometimes we don't realize how slippery the pavement is. Use good footwear to protect yourself from slipping, sliding and falling. Avoid injuries while enjoying the winter weather.

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 2020 – Program Schedule

Everyone is Welcome – Reservations Recommended

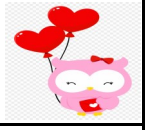
February 3rd	10:30 – Board Meeting Noon – Pizza & Salad, Dessert
February 10th	Noon – Valentine's Celebration Luncheon with Meatball Grinders, Chips, Cole Slaw followed by Birthday Cake and Ice Cream Bingo
February 17th	President's Day Holiday – Center is Closed
February 24th	Noon—Pot Luck and dessert Bingo

The Board of Directors wishes you a





FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 9:00 Wii Bowling 10:00 Mah Jongg 10:30 Sr. Org meeting 12:00 Sr Org Lunch 1:00 Setback 1:00 Crafty Crew 3:00 Chair Aerobics 6:00 Zumba Gold- CSP	4 9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 Lunch– Chef Mitch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS	5 9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:30 Suffrage Movie AFPL 3:30 Tai Chi 6:00 Zumba Gold CSP 	6 9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Season's Hospice 3:00 Chair Aerobics THINKING THURSDAYS	7 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 
10 9:00 Wii Bowling 10:00 Mah Jongg 11:00 Blood Pressure 12:00 Sr Org Lunch 1:00 Setback 1:00 Crafty Crew 3:00 Chair Aerobics 6:00 Zumba Gold- CSP	11 9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:15 Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS	12 9:00 Wii Bowling 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold- CSP 	13 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 	14 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 
17 CLOSED FOR PRESIDENTS DAY 	18 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 6:30 Caregiver Presentation THANKFUL TUESDAYS	19 9:00 Wii Bowling 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold- CSP 	20 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	21 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 2:00 Songs of Suffrage 
24 9:00 Wii Bowling 10:00 Mah Jongg 12:00 Sr Org Lunch 1:00 Setback 1:00 Crafty Crew 3:00 Chair Aerobics 6:00 Zumba Gold- CSP	25 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 DRESS DOWN DAY	26 9:00 Wii Bowling 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold- CSP 6:30 Suffrage Lecture 	27 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	28 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 



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