

# 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



## FEBRUARY 2022

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



### Message from Avon Senior Center Coordinator

Happy February! Hope everyone is enjoying the beauty of the winter season and catching some of our fantastic sunsets!

We have some wonderful programs, please RSVP! **A Matter of Balance, Memory Care Series, Cookie Decorating & Festive Coffee, Kindness Bingo, Interns Group, Story & Stew.** Our social work interns, Morgan & Sidney, are running some programs this month as part of their education. Please join us!

“Knitting with Gratitude” announcement: handwork items donated to the Avon Senior Center will be given to people in need to honor the memory of Barbara Martino. Please see page 4 for more information.

Please remember to wear your mask when you come to the Avon Senior Center. We appreciate your cooperation and participation in everyone’s safety.

As we celebrate this month, let’s spread a little kindness, joy and friendship everywhere. We are a Senior Center family and we need each other to thrive and be successful. Thank you for participating in our programs and classes, we appreciate you! We look forward to seeing you and hearing from you.

Take care,  
Jennifer Bennett, LMSW, CDP  
Dementia Friend & Dementia Champion



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

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 2 through April 13. 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.



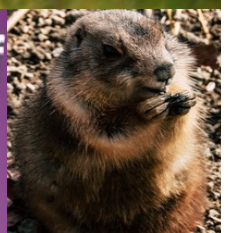
**KIND WORDS DO  
NOT COST MUCH,  
YET THEY  
ACCOMPLISH MUCH.**

BLAISE PASCAL

**Random Acts of  
Kindness Week  
February 13-19**



**Random Acts of  
Kindness Day  
February 17th**





### REDUCE FALL RISKS AND IMPROVE BALANCE!

A Matter of Balance is an award-winning program designed to help you set goals for increasing activity levels, reduce fall risks at home and learn ways to exercise to increase strength and balance.

**A Matter of Balance at Avon Senior Center**  
**Starts February 7 for 4 weeks from 2:00-4:00 pm**  
**Mondays & Fridays**

Please call to register 860-675-4355.

Thanks to collaboration with Departments of Psychological Science, Physical Education, Human Performance at CCSU, member of Age-Friendly University (AFU) Global Network. Made possible with support from NCAAA (North Central Area Agency on Aging).

### Cookie Decorating & Festive Coffee

**Thursday, February 10, 2022 at 1 pm**

Decorate cookies & enjoy coffee! Free & all supplies provided! Please RSVP.

### Kindness Bingo (FREE)

**Thursday, February 17 at 12:30 pm**

### Interns Group

**Thursday, February 24, 2022 at 1 pm**

Morgan & Sidney, social work interns, will be running a group, as part of their education and you want to join!

### Story & Stew from 11-1 (FREE)

**Monday, February 28, 2022**

Intern Morgan will read a short story and we will enjoy stew (lunch). Please RSVP.

### Memory Care Series

**February 10, 2022: Care for the Caregivers**

6:30-7:45 PM Online through Zoom

Taking care of another person can be overwhelming at times. This program will offer tips, suggestions, and resources to help.

Presented by Jennifer Bennett, LMSW, CDP,  
 Avon Senior Center Coordinator

**March 24, 2022:**

Healthy Eating for People Living with Dementia

**April 21, 2022:**

Activities for People Living with Dementia

Registration required. Series jointly sponsored by Avon Free Public Library, Avon Senior Center, Bloomfield Public Library, and Canton Public Library.

Register: <https://www.avonctlibrary.info/event/care-for-the-caregivers/>

## FEBRUARY GRAB-AND-GO

**WEDNESDAY, FEBRUARY 16, 2022**  
**12:30 PM**

Enjoy a delicious FREE Grab & Go Meal. We will hand them out as you drive up to the front door of the Avon Senior Center. Please call 860-675-4355 to sign up. We look forward to seeing you!

Sponsored by Avon Senior Center

Join us for an  
**INTERGENERATIONAL  
 RAINBOW  
 HAPPY HOUR**

Presented by the  
 CT Moveable Senior Centers and the

**Come Out and Connect!**

Join us for a fun and interesting discussion between younger and older LGBT adults and allies. Topics will be based on participant interest and may include ageism, relationships, community, identity and language and more.  
**February 24th from 6:00 - 7:00 pm via Zoom**

Visit [www.cthealthyliving.org](http://www.cthealthyliving.org) to register.

**FREE Monthly Hearing & Hearing Aid Checks**  
 Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.  
 February 24 from 11-1.



**Farmington Valley**  
 Visiting Nurse Association

**Free Blood Pressure/Blood Sugar Screening**  
 FV VNA will be providing FREE Screenings 1st & 3rd Thursdays from 11:30-1:00. Please wear a mask & practice safe social distancing.





**Bridge Group**  
looking for players  
(beginner/intermediate).  
Please contact the  
senior center if interested.



**AARP** Real Possibilities  
**Connecticut**

**AARP**  
**Fraud Watch Network**

AARP Fraud Watch Network: identity theft, investment fraud & scams. [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360  
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

Investments: [www.smartcheck.gov](http://www.smartcheck.gov)

Watch Your Credit Reports: [www.annualcreditreport.com](http://www.annualcreditreport.com) or call 1-877-322-8228, Protect Your Mail: [www.dmachoice.org](http://www.dmachoice.org) & [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: [www.donotcall.gov](http://www.donotcall.gov) or call (888) 382-1222

Check out a charity before donating: [www.charitywatch.org](http://www.charitywatch.org) or [www.charitynavigator.org](http://www.charitynavigator.org)

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential. [www.aarp.org/fraudsupport](http://www.aarp.org/fraudsupport).



Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: the **potential for greatness** lives within each of us.

— Wilma Rudolph

AZ QUOTES

**Blood Drive**  
**Avon Senior Center**  
**February 17 & 25**



**American Red Cross**

Please call 1-800-RED CROSS (1-800-733-2767) or [RedCrossBlood.org](http://RedCrossBlood.org) and enter: ASC to schedule an appointment.

## **AVON SENIOR CENTER CLASSES**

### **Tai Chi**

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

Fee: \$66.00

Non Resident Fee: \$72.60

Jan. 19—Mar. 30

Senior Fee: \$59.40

### **Virtual Zumba Gold - Mondays**

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

Fee: \$74.00

Non Resident Fee: \$81.40

(No class Jan. 17 & Feb. 21)

Jan. 3—Mar. 21

Senior Fee: \$66.60

### **Virtual Zumba Gold - Wednesdays**

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

Fee: \$80.00

Non Resident Fee: \$88.00

Jan. 5—Mar. 16

Senior Fee: \$72.00

### **Badminton—Tuesdays**

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

Fee: 54.00

Non Resident Fee: \$59.40

Jan. 11—Mar. 1

Senior Fee: 48.60

### **Badminton—Thursdays**

Thursdays, 7:00-8:30 p.m.

Fee: 54.00

Non Resident Fee: \$59.40

Jan. 13—Mar. 3

Senior Fee: 48.60

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

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



## **CRT CONGREGATE MEAL**

**Community Café/Lunch Program**  
**IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.



### **Caregiver Support Group**

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

**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\* Share in safe setting, gain hope & develop supportive relationships. Encourages empathy, productive discussion & sense of community. Benefit & gain insight, discover inner strength & empower yourself by sharing in a non-judgmental space. Better coping skills, Strength in sharing, Not judge anyone's pain, Forgive ourselves & reject guilt, Embrace humor as healthy, Cannot solve every problem, Mental health conditions are no one's fault & can be traumatic experiences.

### Knitting with Gratitude

All handwork items (knit, crochet, sew, quilts) donated to the Avon Senior Center in February & March will be given to people in need as a way to honor the memory of Barbara Martino & her giving spirit. She passed away last year.

“

Where there  
is no vision,  
there is  
no hope.”

GEORGE WASHINGTON CARVER,  
SCIENTIST

"Friendship is the only  
cement that will ever  
hold the world together"  
-Woodrow T. Wilson



**Masks are  
required**



regardless of  
vaccination status

In the cookie of  
life friends are the  
*chocolate chips.*

-UNKNOWN

*Happy Valentine's Day*



Receive Emergency Updates  
from the Town of Avon!



**SUBSCRIBE** - (<https://www.avonct.gov/subscribe>).

“Town Alerts” & “Town News and Announcements”

**CT ALERTS** - Critical emergency information:

(<https://portal.ct.gov/ctaalert>)



**Senior Medicare Patrol  
(SMP)**

**1-800-994-9422**

[www.smpsource.org](http://www.smpsource.org)

**PROTECT** from Medicare fraud, errors, & abuse;  
**DETECT** potential fraud, errors, abuse; **REPORT**  
 concerns. SMPs educate & empower against health  
 care fraud. Help with questions, concerns, complaints  
 & provide information and educational presentations.

Stick with the people who  
pull the ***magic*** out of you  
and not the madness.

*Your tanger*

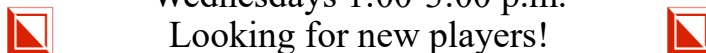
### E-mail List

Please send an email  
to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting  
to be added to the newsletter email list.



### Chess Group

Wednesdays 1:00-3:00 p.m.



Looking for new players!



### COVID BOOSTER SHOTS

At this time, if you would like to receive a  
COVID Booster shot, please go to  
Walgreens, CVS or Walmart Pharmacies.

### CARD GROUP

**3 - 13 card group**  
meets on Tuesdays at  
noon. New players are  
always welcome. It's easy to learn and  
fun to play. Come join us!





## Unearthing History: The Discovery of a 12,500 year old Paleo-Indian Site Along the Farmington River in Avon

This 2022 series will cover the archaeology, genetics, Ice Age mammals, trade routes and foodways of early life along the Farmington River including the Brian D. Jones Paleo-Indian discovery in Avon.

**Thursday, March 10 at 7:00 p.m.** - "What Genetics Teaches Us About the Peopling of North America"

**Thursday, April 7 at 7:00 p.m.** - "Ice Age Animals of New England"

**Thursday, May 12 at 7:00 p.m.** - "Paleo-Indian Foodways with Trade & Network Exchange"

**September (date TBA)** - "aDNA – Ancient DNA"

**Thursday, October 13 at 7:00 p.m.** - "Update on the Scientific Analysis of the Brian D. Jones site in Avon, CT Since its Discovery in 2019"

To register, please visit: [www.avonctlibrary.info](http://www.avonctlibrary.info)  
Watch on YouTube: [www.youtube.com/user/afplct](https://www.youtube.com/user/afplct)



**make  
kindness  
the norm.**

RANDOM ACTS OF KINDNESS  
FOUNDATION

**It always seems  
impossible until it's done.**  
- Nelson Mandela

## AVON SENIOR CENTER ACTIVITIES

Mah Jongg– Tuesdays at 10:30 a.m.  
Card Group–Tuesdays at 1:00 p.m.  
Scrabble– Tuesdays at 1:00 p.m.  
Knitting– Mondays at 1:00 p.m.  
Setback– Wed & Fri at 1:00 p.m.  
Chess–Wednesdays at 1:00 p.m.  
Wii Bowl– Tuesdays 10-2 & various  
Beading Group –Thursdays at 12:30 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 at 860-675-4355. The cost is a suggested \$3.00 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	Orange Juice Stuffed Shells Tomato Sauce Mixed Vegetables Garlic Knot Frosted Cake	3	Potato Crumbed Fish Tartar Sauce Potato Wedges Vegetables 12 Grain Bread Fruit
8	Meatloaf w/ Gravy Parslied Potatoes Mixed Vegetables Wholegrain Bread Pears	10	Kielbasa Cheese Pierogies w/ Caramelized Onions Mustard Capri Vegetables Oatnut Bread Fruit
15	Battered Fish w/ Tartar Sauce Sweet Potato Wedges Vegetables 12 Grain Bread Fruit	17	Lasagna w/ Sauce Italian Blend Vegetables Garlic Knot Fruit
22	General Tso Chicken Vegetable Fried Rice Asian Vegetable Blend 12 Grain Bread Fruit	24	Orange Juice Roast Pork Loin Potato Wedges Garlic Green Beans Oatnut Bread Caramel Apple Nut Pie



# 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 & Vivian Pane**  
**Secretary - Marian Hurlbut**

Message from the Board of Directors . . .

We wish you a Happy Valentine's Day. We hope that you enjoy your day and do something special.

Spring is around the corner and it's a good time to start that new project you've been thinking about. We were hoping to get our luncheons started in the first quarter but the pandemic is on the uptick so for now we need to continue our vigilance.

Please be sure to wear your mask and carefully social distance. We care about you.

We are working on holding a luncheon soon and will communicate plans as soon as we can.

We are still looking for volunteers to help assist with miscellaneous tasks that need to be accomplished at each luncheon.

Please consider assisting as it's difficult for the same people to complete all the aspects alone. You can determine how involved you'd like to be.

To volunteer...please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. It's only with your help that we can continue to offer quality programs in the future.

We look forward to hearing from you.

Happy Birthday to the following Members:

February 8<sup>th</sup> – Fran Hanley  
February 13<sup>th</sup> – Marie Evans  
February 15<sup>th</sup> – Pat Carey  
February 24<sup>th</sup> – Ann Mains  
February 29<sup>th</sup> – Rob Kowalski

Helen M. Toth

**I want to be remembered as someone who used herself and anything she could touch to work for justice and freedom.... I want to be remembered as one who tried.**

~ Dorothy Height

Image: Getty Images / Hulton Archive  
WomensHistory.About.com



IBOX

I'VE LEARNED THAT  
**PEOPLE WILL FORGET  
WHAT YOU SAID,  
PEOPLE WILL FORGET  
WHAT YOU DID,  
BUT PEOPLE WILL  
NEVER FORGET  
HOW YOU MADE  
THEM FEEL.**

- MAYA ANGELOU

BLACK  
HISTORY  
MONTH



**Mutual of Omaha**

**Mutual Cares** is an online resource to help seniors stay well, connected, active, entertained.
















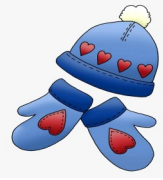




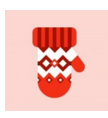



(<https://cares.mutualofomaha.com/>).

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

Please click link to watch video. Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>



# FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback  
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 2:00 A Matter of Balance 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 1:00 Cookie Decorating 6:30 Dementia 101 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 2:00 A Matter of Balance 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 2:00 A Matter of Balance 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 12:30 Grab & Go Meal 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Kindness Bingo 7:00 Badminton THINKING THURSDAYS BLOOD DRIVE 	9:00 Wii Bowling 1:00 Setback 2:00 A Matter of Balance 
CLOSED FOR PRESIDENTS DAY 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	 9:00 Wii Bowling 11:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 1:00 Interns Group 7:00 Badminton THINKING THURSDAYS	9:00 Wii Bowling 1:00 Setback 2:00 A Matter of Balance BLOOD DRIVE  
9:00 Wii Bowling 11:00 Story & Stew 1:00 Setback 1:00 Crafty Crew 2:00 A Matter of Balance 5:45 Zumba Gold 		CELEBRATING <b>BLACK HISTORY MONTH</b>	Happy Valentine's Day 