

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 2023

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



Senior Center Coordinator Message

Happy February to All My Senior Center Friends! Hope you are well, healthy, happy and warm! We are enjoying ourselves at the senior center and it's all because of you! Woo! Hoo!!

This month we celebrate & honor Black History Month! Check out our bulletin boards for pictures & famous quotes. Please feel free to contribute.

Our Thankful Tuesdays & Gratitude project is where we write down positive things, things we're grateful for, thankful for, accomplishments, kind words, things we're proud of & things that make us happy. We're collecting these for the entire year and we'll go through them in December so we can celebrate what a great year we have had!

Thank you to our Blanket Brigade for making fleece blankets for people in need. Last month, we made about 20 blankets! We are always accepting fleece and yarn donations.

Let's take good care of ourselves and keep spreading friendship, compassion and kindness!

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



Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

—PRINCESS DIANA



BUILDING COMMUNITY

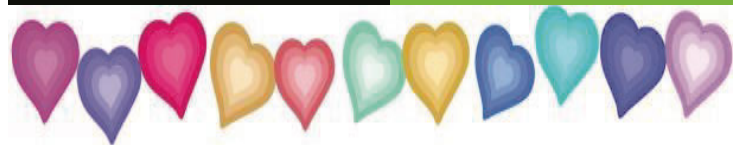
BLACK HISTORY MONTH 2023

THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

MARTIN LUTHER KING, JR.

No act of kindness, no matter how small, is ever wasted.

—AESOP



Monday Meals & Minds Program

Monday Meals and Minds is a bi-monthly program with meals served at the Avon Senior Center and an educational and informational opportunity for learning. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE. SIGN UP IS REQUIRED. ****Meals at 12:00 & program at 12:30****

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

Monday, February 6, 2023
Valentine's & Friends Celebration

Monday, February 27, 2023
Dementia Questions Answered

UPcoming EVENTS

Please call
860-675-4355
to sign up!

Tech Talk with the Intern February 1, 8, 15, 22

Intern Carly will help with your tech questions— computer, phone, tablet, email, etc. This is part of her education and learning as she pursues her BSW at UCONN.

Meals & Minds February 6 & 27

Valentine's Goodies
Tuesday, February 14, 2023 at 12:30 pm

Grab & Go
February 15, 2023 at 12:30 pm

CLOSED MONDAY, FEBRUARY 20, 2023
PRESIDENT'S DAY HOLIDAY

GRAB & GO

February 15, 2023
at 12:30 pm

Enjoy a delicious FREE Grab & Go Meal.
Please drive up to the front door and we will hand you the meal. Please sign up. We look forward to seeing you!
Sponsored by Avon Senior Center

Brighter Days-ies

Favarh friends on Tuesdays
from 9:30-11:00 making
beautiful flower arrangements.
Join us, no sign-up necessary.



Free Blood Pressure/Blood Sugar Screening

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



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

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

Free Tax Assistance Offered by **AARP Tax-Aide at Avon Senior Center**

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 8 through April 12. 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

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, February 23 from 10-12.





AARP Fraud Watch Network: identity theft, investment fraud & scams. 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

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.

www.aarp.org/fraudsupport.

The Perfect Scam

https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN_FraudJuneTPS_Heavy-HERO-Hero-IMG-1643502_HVY-NA&encparam=FHgUVL%2baTSyQe1iQEGtW9bgwqup%2flkzbHsQgMKvhcRQ%3d

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

3-13 CARD GROUP

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



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.

CRT CONGREGATE MEAL

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

Tuesdays and Thursdays

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

Blood Drive

**Avon Senior Center
 February 13, 10:00-3:00**



**American
 Red Cross**

Please call 1-800-RED CROSS
 (1-800-733-2767) or 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. 11—March 22

Senior Fee: \$59.40

Virtual Zumba Gold

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

(no class 1/16, 2/20)

Fee: \$74.00

Non Resident Fee: \$81.40

Jan. 9—March 27

Senior Fee: \$66.60

Zumba Gold

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

Fee: \$80.00

Non Resident Fee: \$88.00

Jan. 11—March 22

Senior Fee: \$72.00

Badminton

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

Fee: \$54.00

Non Resident Fee: \$59.40

Jan. 10—Feb. 28

Senior Fee: \$48.60

Badminton

Wednesdays, 7:00-9:00 p.m.

Fee: \$43.00

Non Resident Fee: \$47.30

Jan. 25—March 1

Senior Fee: \$38.70

Badminton

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

Fee: \$54.00

Non Resident Fee: \$59.40

Jan. 12—March 2

Senior Fee: \$48.60

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

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



**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/ctalert>)

Chess

Interested in playing Chess, please call.
 Looking for new players!

Town of Avon Food Pantry and Mobile Foodshare Information



Avon Food Pantry
Church of Saint Ann, Lower Level
289 Arch Road, Corner of Route 167 & Arch Road
The Avon Food Pantry is open
Tuesday mornings from 9:30am - 11:30am
Except when Avon Public Schools are closed for bad weather

**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 21
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

Foodshare, a United Way Community Development supported agency, operates Mobile Foodshare in many towns throughout Hartford and Tolland counties. Avon Social Services, City of Litchfield, and the Avon Center United Way have collaborated with Foodshare to bring Mobile Foodshare to Avon.



A Member of America's Second Harvest
430 Woodland Ave, Southington, CT 06488-1342
Phone (860) 296-9999 Fax (860) 296-7963
On the web: <http://www.foodshare.org>

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

Still I Rise

BY MAYA ANGELOU

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Renters' Rebate Program

If you are 65 or older or totally disabled and your annual income is \$40,300 or less if single, and \$49,100 or less if married, you are eligible for a rebate from the State of CT. Filing period is April 1 - October 1, 2023. Please call the Assessor's Office at 860-409-4335.

CT Energy Assistance Programs

State of CT helps pay primary heating bills. Eligibility: household meets federal poverty or state median income guidelines. Applications accepted September 6, 2022-May 31, 2023. Please call Avon Social Services at 860-409-4346 to see if you qualify and to schedule an appointment.

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

7:00 pm EST via Zoom

Free to attend. Register at www.avonctlibrary.info

2023 series sponsored by a grant from

**MARCH 23**

The LIDAR Revolution in Earth Surface Mapping, presented by Will Quirnet, Assoc. Professor, Departments of Geosciences and Geography, Univ. of Connecticut. He will explain the techniques used by LIDAR for locating historic human settlements and land use patterns. LIDAR = Light Detection and Ranging using lasers for 3D scanning.

APRIL 20

Hunting and Fishing Techniques of the Paleoindian (tentative title), presented by Richard Boisvert, retired New Hampshire state archaeologist, who is very familiar with the discovery and analysis of the Brian D. Jones (BDJ) site and other Paleoindian sites in northern New England.

MAY 11

The Big Importance of Small Things: Microscopic and Blood Residue Analysis of Ancient Stone Tools, presented by Heather M. Rockwell, Assistant Professor of Anthropology and Cultural and Historic Preservation, Noreen Stonor Drexel Cultural and Historic Preservation Program, Salve Regina University. This presentation will examine the process and limitations of blood residue and use-wear analysis, and how they have contributed to our understanding of ancient people.

SEPT. 21

Paleoindian Sites, Site Patterning and Travel Corridors along the Southern Arm of the Champlain Sea, presented by Jens Robinson, Vermont State Archaeologist, Vermont Archaeology Heritage Center, Barre, VT. He will compare and contrast Paleo sites in Vermont with the Brian D. Jones site in Avon.

OCT. 12

Update on the scientific analysis of the Brian D. Jones (BDJ) site in Avon, CT 2019, presented by Eric Heffer, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. His presentation will be 90 minutes with time after for Q&A. October is Archaeology Month in Connecticut!

Watch the webinars from the 2021 and 2022 series on the Avon Library's YouTube Channel: www.youtube.com/user/afplct

Webinar series created by: Avon Historical Society, Avon Free Public Library, Avon Senior Center



AVON ACES WII BOWLING TEAM NEEDS YOU!

We practice and play on Tuesday mornings. We would love to have you be a part of our team! Please contact Avon Senior Center at 860-675-4355.

Avon Senior Center
3rd Monday of the month
7:00-8:30 pm

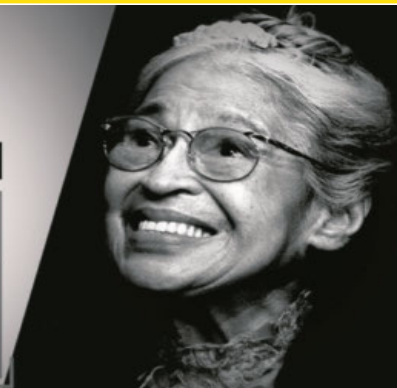


NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. *Free, No therapy/treatment endorsed, Confidential*

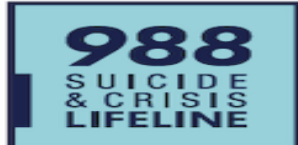
**BLACK
HISTORY
MONTH**

ROSA PARKS

PARKS STOOD UP FOR CIVIL RIGHTS BY SITTING DOWN. ON DECEMBER 1, 1955, SHE REFUSED TO MOVE TO THE BACK OF A CITY BUS. LITTLE DID THE 42-YEAR-OLD KNOW THAT HER ACT WOULD HELP END SEGREGATION LAWS IN THE SOUTH. "STAND FOR SOMETHING OR YOU WILL FALL FOR ANYTHING. TODAY'S MIGHTY OAK IS YESTERDAY'S NUT THAT HELD ITS GROUND."



Talk with us.



988 Suicide & Crisis Lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress.

People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

E-mail List

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



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	
	February	2	Yankee Pot Roast w/ Gravy Boiled Potatoes Carrots Rye Bread Fresh Fruit
7	Chicken Marsala Egg Noodles Italian Blend Veggies Italian Bread Yogurt Cup	9	Quiche Wedge Seasoned Potatoes Vegetable Medley Rye Bread Fruit
14	Orange Juice Baked Chicken Parslied Linguini Asparagus Garlic Knot Frosted Cupcake	16	Grape Juice Glazed Ham Sweet Potatoes Wax Beans 12 Grain Bread Pudding
21	Meatloaf w/ Mushroom Onion Gravy Mashed Potatoes Peas Wholegrain Bread Fruit	23	Apple Juice Beef n Bean Chili on Baked Potato Mixed Veggies Cornbread Loaf Frosted Cake
28	Roast Turkey w/ Gravy Cornbread Stuffing Glazed Carrots Cranberry Sauce Wheat Roll Fruit		

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

MAYA ANGELOU

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs— Helen M. Toth
Vice President & Cheer— Vivan Pane
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane
Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We hope that you are enjoying the winter months. Seems to be a mild winter thus far, let's hope it stays that way.

We look forward to seeing you in the Spring. The Board will be meeting to set up the next luncheon. If you have suggestions for entertainment, please let me know.

Also, we are looking for your feedback on future luncheon programs. Please call me with suggestions... Helen Toth at (860-225-7124).

We are in the middle of our membership drive. Please consider becoming a member of the Senior Citizens of Avon Organization. Membership is \$10 for the 2023 Season. Please see Barbara if you have any questions or call her at (860-404-5436).

Happy Birthday to the following Members:

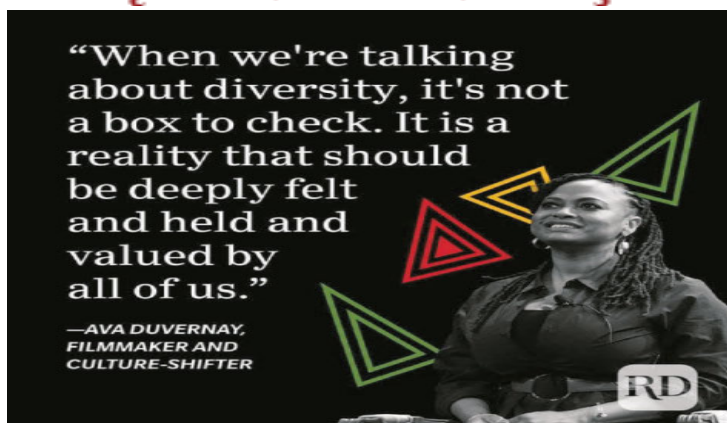
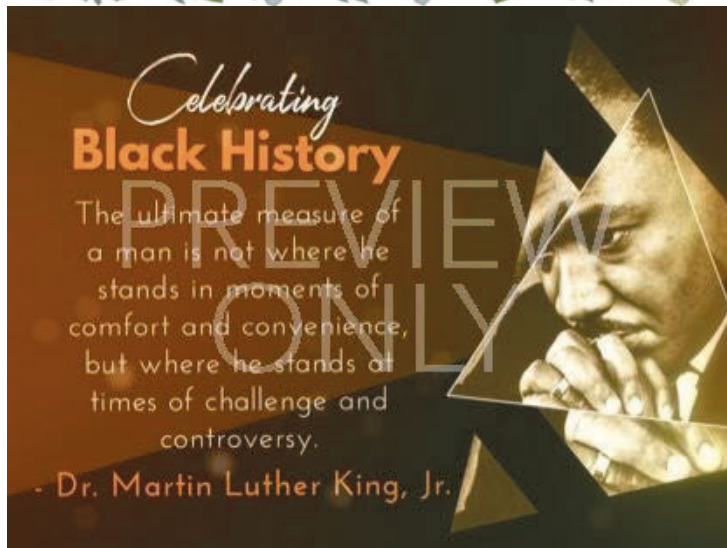
February 8th – Fran Hanley
February 13th – Marie Evans
February 24th – Carol DiGrazia
February 29th – Rob Kowalski

Helen M. Toth

Senior Citizens of Avon Organization
Everyone is Welcome – Reservations Required

FUTURE LUNCHEON EVENTS:

During the months of January and February we will be on Winter break. We will resume programs in March 2023. Enjoy the winter months. Please check this newsletter for updates.



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/>).

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
 <div>6</div> 9:00 Wii Bowling 12:00 Valentines Event 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>7</div> 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton AARP TAX AIDE 	<div>9</div> 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	<div>10</div> 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold BLOOD DRIVE 	<div>14</div> 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Valentine's Goodies 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS <i>Happy Valentine's Day</i> 	<div>15</div> 9:00 Wii Bowling 10:30 Tech Talk 12:30 Grab & Go 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton AARP TAX AIDE 	<div>16</div> 9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	<div>17</div> 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
<div>20</div> CLOSED FOR PRESIDENTS' DAY 	<div>21</div> 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	<div>22</div> 9:00 Wii Bowling 10:30 Tech Talk 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 7:00 Badminton AARP TAX AIDE 	<div>23</div> 9:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	<div>24</div> 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
<div>27</div> 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>28</div> 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 			
				

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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

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

SKILLED NURSING & REHABILITATION CENTERS



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- ✦ 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



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

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1051 Farmington Avenue
Farmington, CT 06032



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rehab or long term care?*



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CARE WHEN YOU NEED IT MOST.

Urgent Care in Canton

When you need care and your primary care practitioner isn't available, turn to UConn Health Urgent Care in Canton. We provide treatment for many non-life-threatening illnesses and injuries, such as back and neck pain, fractures, sprains, viruses, and infections with no appointment necessary.

With online appointment scheduling and X-ray and laboratory services onsite, it has never been easier to get the care you need when you need it.

117 Albany Turnpike, Canton, CT 06019

Hours: Monday to Friday, 8 a.m. to 8 p.m.

Weekends and Holidays, 9 a.m. to 5 p.m.



health.uconn.edu/urgent-care

**UConn
HEALTH**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Avon Senior Center, Avon, CT

06-5002