

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 2024

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 staying well and warm!

Please be sure to say Hello to our Interns, Sophia and Annebel. They are studying Social Work and are MSW Candidates. They are helping out with programs and will be running some activities and groups.

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

We continue with our Thankful Tuesdays & Gratitude project where we write down positive things, things we're grateful for and 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 commemorate what a great year we have had!

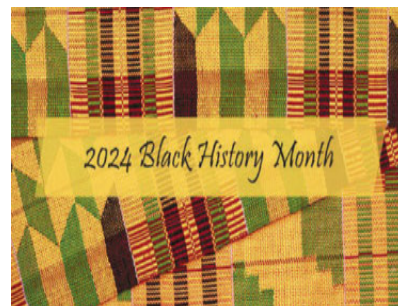
As we celebrate this month, let's spread a little kindness, joy and friendship everywhere. We are a Senior Center family and we need each other to thrive and be successful. Thank you for participating in our programs and classes, we appreciate you! We look forward to seeing you and hearing from you.

Take care,

**Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion**



It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences. ~ Audre Lorde



Be like a tree.

Stay grounded.
Connect with your roots.
Go out on a limb.
Bend before you break.
Turn over a new leaf.
Enjoy the view.
Keep growing.



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.

UPcoming EVENTS

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

Movie Monday

Monday, February 12, 2024 at 1:00 pm

Bingo

Tuesday, February 13, 2024 at 12:45 pm
Residence at Brookside Bingo Caller

Music- with Lynn & Ray

Tuesday, February 20, 2024 at 12:45 pm

Fresh Start Friends

Friday, February 23, 2024 at 11 am
Games, Trivia, Puzzles

Trinhaitia Bijoux Beading Therapy
with Miss Natalie- TBD

Every great dream
begins with a
dreamer.

Always remember, you have within you
the strength, the patience, and the
passion to reach for the stars
to change the world.

— Harriet Tubman

"KEEP EXPLORING.
KEEP DREAMING.
KEEP ASKING WHY."

DON'T SETTLE FOR
WHAT YOU ALREADY KNOW.

NEVER STOP BELIEVING
IN THE POWER OF YOUR IDEAS.
YOUR IMAGINATION,
YOUR HARD WORK
TO CHANGE THE WORLD."

— BERNADETTE O'BRIEN

CELEBRATING
BLACK HISTORY MONTH

Blood Drive

Avon Senior Center
Feb. 12 from 10-3



**American
Red Cross**

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

Visiting Nurse & Hospice of Litchfield County



Free Blood Pressure/Blood Sugar Screening
VNHLC will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.

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 and welcoming.
SIGN UP REQUIRED.

Meal at 12:00 pm & program afterward

Monday, February 5, 2024

February is National Heart Month! Join Registered Dietitian Jessica Dorner for an informative and interesting presentation about having a healthy heart. This presentation will include tips about heart health, cholesterol, blood pressure and how food affects all of those conditions. Attendees will take home nutrition handouts and recipes for success.

Monday, February 26, 2024

February is Black History Month. We will be discussing music, literature, poetry, accomplishments of people of color. Please feel free to bring information to share or ask about someone and we will do the research.

\$1.00 Donation requested, will appreciate more

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

“
**IF THEY DON'T
GIVE YOU A SEAT
AT THE TABLE,
BRING A FOLDING
CHAIR.**
”
—SHIRLEY CHISHOLM

**make
kindness
the norm.**

RANDOM ACTS OF KINDNESS
FOUNDATION

Bridge Group

Avon Senior Center has a contract/social
Bridge Group on Thursdays at 1:00 pm.
Please contact the Senior Center if interested.

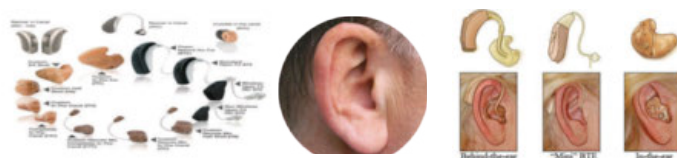
New Mah Jongg Group

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, February 29, from 10-12.





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

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 7-April 10. Special attention is given to those 50+.

Appointments required. For information or schedule appointment, call Avon Senior Center 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

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

Mah Jongg

Wednesdays 1:00-3:00 & Fridays 10:00-12:00

March 13, 15, 20 & 21

Fee: \$61.00

Non Resident Fee: \$67.10

Senior Fee: \$54.90

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/>



"My humanity is bound up in yours, for we can only be human together."

—DESMOND TUTU,
SOUTH AFRICAN THEOLOGIAN
AND HUMAN RIGHTS ACTIVIST

"Be there for others, but never leave yourself behind."

DODINSKY

"We All Require and Want Respect, Man or Woman, Black or White. It's Our Basic Human Right." -Aretha Franklin

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

Your tango



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 Pantry

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 2	March 12	May 21	August 13	October 22
January 16	March 26	June 4	August 27	November 5
January 30	April 9	June 18	September 10	November 19
February 13	April 23	July 2	September 24	December 3
February 27	May 7	July 16	October 8	December 17
		July 30		December 31

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

Mobile Pantry Avon Site:
 The Farmington Valley American Muslim Center
 35 Harris Road, Avon, CT. 06001



A Member of Feeding America
 2 Research Parkway, Wallingford, CT 06492
 Phone (203) 485-5000

On the web: <http://www.ctfoodshare.org>



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

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

Avon Pet Pantry

1st Tuesday of each month from 11am – 1pm

Avon Animal Control at 11 Arch Rd.

Donations always appreciated

Contact us at: avonpetpantry@gmail.com

(860)673-0297 Animal Control or

(860)409-4358 Social Services

BLACK HISTORY MONTH IS NOT SIMPLY ASKING, 'HOW CAN I REMEMBER AND LEARN ABOUT BLACK PEOPLE?' IT IS ALL OF US ASKING, 'HOW CAN WE LOVE BLACK PEOPLE BY SEEING THEM, HEARING THEM, AND CREATING A WORLD WHERE BLACK PEOPLE FEEL LOVED, INSPIRED, AND PROTECTED?'

— DANTE STEWART



MYPLACECT.ORG

The Virtual Home of No Wrong Door



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.



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



Town of Avon Dial-a-Ride Application

https://www.avonct.gov/sites/g/files/vyh1if151/f/uploads/dial_a_ride_info_app.pdf

"If you want the cooperation of humans around you, you must make them feel they are important - and you do that by being genuine and humble."

- NELSON MANDELA



3-13 CARD GROUP

Tuesdays 12:00 pm.

New players welcome.

Easy to learn & fun!



Favarh Brighter Days-ies

Tuesday mornings
 making beautiful
 flower arrangements.



AVON ACES WII BOWLING!

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

Euchre— Cards

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"

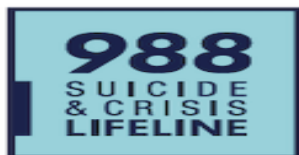
CT ALERTS - Critical emergency info:
 (<https://portal.ct.gov/ctalert>)



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
 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	
	<p>Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of any food allergies prior to meal consumption!</p>	1	Fruit Punch Orange Marmalade Pork Rosemary Potatoes Mixed Vegetables Wheat Bread Cookie
6	Orange Juice Italian Sausage w/Peppers on Roll Capri Blend Vegetables Potato Wedges/Ketchup Cookie	8	Orange Chicken w/ Broccoli Fried Rice Asian-Style Vegetables Cornbread Fresh Fruit
13	MILD Beef & Bean Chili Baked Potato/Sour Cream Green Beans Whole Wheat Bread Fresh Fruit	15	Minestrone Soup Grilled Chicken Breast w/ Lettuce, Tomatoes, Ham, Cheese, Hard Boiled Egg, Carrots, Ranch Dressing Bread Stick Fresh Fruit
20	Grape Juice Hot Dog w/ Bun Ketchup/Mustard/Relish Baked Beans Coleslaw Yogurt	22	Orange Juice Chicken Scampi Mashed Potatoes Green Beans Wheat Bread Slice of Pie
27	Orange Juice Chicken Stew w/ Potatoes, Peas & Carrots Biscuit Fruit Bar	29	Roast Turkey w/ Gravy Cornbread Stuffing Mixed Vegetables Cranberry Sauce Cornbread Fresh Fruit



THE FARMINGTON VALLEY HEALTH DISTRICT PRESENTS

MENTAL HEALTH FIRST AID

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis.

FREE TRAINING:

- **WHEN:** February 20th and 27th, 5-9PM
 - **Must attend BOTH SESSIONS** to receive certification
- **WHERE:** FVHD Office, 95 River Road, Canton

Light refreshments provided



Questions?
jginsberg@fvhd.org



Scan to RSVP

TABLESCAPES

30 CREATIVE & ORIGINAL TABLESETTINGS

2-day fundraiser to benefit The AHS

FRIDAY, MARCH 15 & SATURDAY, MARCH 16, 2024

10:00 am to 5:00 pm

Belle Ballroom, The North House, Rt. 44, Avon, CT



Expanded Tableware Tag Sale both days!

Tickets on sale: \$15 pre-show/\$20 at door

Order tickets by calling 860-670-3225

online at: www.avonhistoricalsociety.org

"A people without the knowledge of their past history, origin and culture is like a tree without roots."

Marcus Garvey



E-mail List

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



REMEMBERING CONNECTICUT'S COLORED REGIMENTS: FILM SCREENINGS AND DISCUSSION

SUNDAY, FEB. 4, 2024, 1-3 PM
AVON SENIOR CENTER

635 WEST AVON RD., AVON, CT 06001 (SNOW DATE: FEB. 11, 2024, 1-3 PM)



SCREENINGS • DISCUSSION • RECEPTION

Screening of "The Connecticut 29th" written and produced in 2023 by Berlin Equity Action Team. This 15-minute video includes a brief history of the 29th, 30th and 31st Connecticut Colored Infantry during the Civil War. Chris Barlow of the Berlin Historical Society will provide background about the making of this film which won "Best CT Film" at the Mystic Film Festival.

Screening portions of a documentary about the 29th Connecticut written and produced in 2020 by John Noone, retired CT National Guardsman, for the Connecticut National Guard. It is a narration of OUT OF THE BRIARS written in 1910 by Alexander Newton who served in the 29th Connecticut.

Moderated discussion after both screenings with John Mills, President, Alex Breanne Corporation, a non-profit that researches lesser-known stories of the American enslaved.

SPONSORED BY THE AVON HISTORICAL SOCIETY, AVON LIBRARY, AVON SENIOR CENTER

Avon Greater Together Community Fund

Grant opportunity for nonprofits proposing projects to benefit the residents of Avon. Each applying organization may submit more than one proposal, maximum total award to an organization is \$10,000. Visit www.hfpg.org/avoncf or email avontogogether-fund@gmail.com if you're interested in applying!



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,

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 1:00 Ping Pong 
 <div>5</div> 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton 	10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 1:00 Ping Pong 
BLOOD DRIVE 1:00 Setback 1:00 Crafty Crew 1:00 Movie Monday 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Bingo 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton 	10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS 	1:00 Setback 1:00 Ping Pong 
CLOSED FOR PRESIDENTS' DAY 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Music 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton 	10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS 	11:00 FS Friends 1:00 Setback 1:00 Ping Pong 
 <div>26</div> 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 2:00 Euchre- card game 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton 	10:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS 	
   				

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Riverdale Farms | 124 Simsbury Rd. Avon, CT 06001

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Farmington Valley

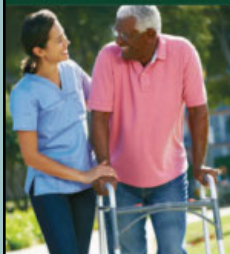
Visiting Nurse Association

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

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Patient-Centered Care

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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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bhumphreys@lpicommunities.com • (800) 477-4574 x6634

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100 Fisher Drive, Avon, CT 06001

860-678-7500

45 South Road, Farmington, CT 06032

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 Geriatrics and Healthy Aging, located at 21 South Road in Farmington, offers the specialties and services older adults need most in one easily accessible location.

Onsite services include:

- 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

Free and convenient parking!

1-84-GET-UConn health.uconn.edu/aging

UConn HEALTH



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Avon Senior Center, Avon, CT

06-5002