

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



JANUARY 2022

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



Senior Center Coordinator's Message

Happy New Year! I hope you enjoyed the holiday season and are looking forward to a new year!

We have some fantastic programs this month and in the coming months. Please be sure to read the entire newsletter for all the latest and greatest information.

Thank You to our volunteers! We appreciate you and you are *AMAZING*! Thanks to Jim Martino, Lion's Club & Lending Locker, FAVARH Community Cruisers, interns, program and meal helpers and Jodi & Dayna for their help with CRT Lunch on Tuesdays. We are successful because of you and we are so thankful for all you do.

As we say goodbye to one year and start a new year, please let's make it great! We have a fantastic Senior Center family and are here for one another. Please remember to speak with kindness and be gentle with one another. Let's move through these days thinking of others and spreading joy and love.

Please remember to stay safe, warm, healthy and in good spirits during the winter season. You can always join us for some socialization and recreation! We enjoy your company.

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



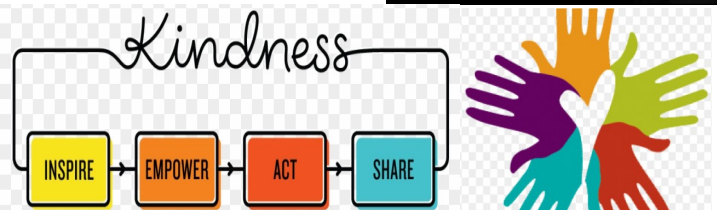
Free Tax Assistance Offered by AARP Tax-Aide

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.



We have before us the
glorious opportunity
to inject a **new**
dimension of
Love
into the veins
of our civilization.

- Martin Luther King Jr.





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 a collaboration with The Departments of Psychological Science and Physical Education and Human Performance at Central Connecticut State University, a member of the Age-Friendly University (AFU) Global Network. Made possible with support from NCAAA (North Central Area Agency on Aging).



Memory Care Series Dementia 101

Thursday, January 13, 2022 6:30-7:45 pm

Did you know there are 80+ kinds of dementia? This presentation will define dementia, explain why it is not part of normal aging, identify warning signs, share communication techniques, & describe the most common forms of dementia, including Alzheimer's. Presented by Amina Weiland, CDP, CDCP, certified dementia practitioner & resource coordinator for Hartford HealthCare Center for Healthy Aging. People living with dementia, caregivers, & anyone who wants to learn more are encouraged to attend.

Save the date for upcoming programs in series:

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

***March 24, 2022:**

Healthy Eating for People Living with Dementia

***April 21, 2022:**

Activities for People Living with Dementia

Presented online through Zoom. Registration required. This series is jointly sponsored by Avon Free Public Library, Avon Senior Center, Bloomfield Public Library, and Canton Public Library.

<https://www.avonctlibrary.info/event/dementia-101/>

Canton & Avon Senior Center Present

Winter Wonderland with Elvis

FRIDAY, JANUARY 28, 2022

11:00 AM - 1:00 PM

AT THE CANTON SENIOR CENTER



ENTRY
TICKET: **\$5** PER PERSON



Thank you for your patience. We are happy to announce that we are rescheduling our Winter Wonderland program with Elvis.

Please be advised:

Entertainment will begin at 11:00 AM. Due to the increased number of COVID-19 cases, we will NOT be serving meals. However, we will be providing the meals as "Grab and Go" at the end of the event.

My wish for the New Year —

That you have someone to love,
have meaningful work to do,
and have things greater than yourself to believe in;
that you have a reason to smile every day and
a shoulder to cry on when you need it;
that you keep your integrity even when the choices are hard;
THAT YOU LOVE DEEPLY,
give freely, forgive willingly,
laugh easily, and live well enough
to be grateful for every day.

— Margaret B. Moss, January 2016

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.
January 27 from 11-1.



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).
Tuesdays & Thursdays 12:30.
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 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

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

Check out a charity before donating: www.charitywatch.org or www.charitynavigator.org

VOA|ReST (resilience, strength, time) helps people affected by scams & addresses emotional impact of experience through discussion groups. Online & Confidential. Experiencing a scam can be devastating. It doesn't define you. Sign up & take important step toward emotional recovery. Remember, you are not alone. www.aarp.org/fraudsupport.

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.



Blood Drive
Avon Senior Center
January 10 & 28



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

Chair Yoga

Fridays, 1:30-2:30 p.m.
Fee: \$77.00
Non Resident Fee: \$84.70

Jan. 14—Mar. 4
Senior Fee: \$69.30

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

Meditation

Thursdays, 2:00-3:00 p.m.
Fee: \$77.00
Non Resident Fee: \$84.70

Jan. 20—Mar. 10
Senior Fee: \$69.30

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/>



WRITE down your goals
GO outside
ENJOY simple things
SMILE at a stranger
LOOK for adventure
EAT your veggies
SEE your own beauty
WANT less
GIVE more
WORK hard
FIND your sense of humor
DRINK more water
CREATE something
MAKE a new friend

YOU
ARE UNIQUE
ARE SMART
ARE TALENTED
ARE WORTH IT
ARE SPECIAL
ARE VALUED
ARE AMAZING
ARE LOVED
MATTER!

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 and gain insight from others, 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.

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



Masks are required



regardless of
vaccination status

Wave goodbye to the old year
and embrace the new -



full of hope, dreams, and good health.

Wishing you a happy new year
full of joy!

"Tomorrow is the
first blank page
of a 365-page book.
Write a good one."

BRAD PAISLEY

Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.

CRT CONGREGATE MEAL
Community Café/Lunch Program
IN-PERSON AT SENIOR CENTER
Tuesdays and Thursdays
Please call to sign up at 860-675-4355.

FRAUDS & SCAMS

Please be aware of frauds & scams,
especially during the holiday season.
Please do not answer calls if you do not
know who is calling and do not open mail if
you do not know the sender. Any ques-
tions or concerns, please contact the Senior
Center and we will assist and help you.

Receive Emergency Updates from the Town of Avon!



SUBSCRIBE TO NEWS - (<https://www.avonct.gov/subscribe>). Select "Town Alerts" & "Town News and Announcements"

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



Senior Medicare Patrol (SMP)
1-800-994-9422
www.smpresource.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.



E-mail List

If you would like our newsletter
emailed to you, please send an email
to: eshaffer@avonct.gov requesting
to be added to the newsletter email list.



Chess Group



Wednesdays 1:00-3:00 p.m.
Drop in or call to sign up.
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 to attend the 2022 events, please visit:
www.avonctlibrary.info
 Or watch on YouTube: www.youtube.com/user/afplct



Another fresh new year is here.
 Another year to live! To Banish
 worry, doubt and fear, to love and
 give

— William Arthur Ward —

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	
4	Italian Style Calzone Pasta Marinara Sauce Mixed Vegetables 12 Grain Bread Fruit	6	Cran-Apple Juice Roast Turkey w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Cookie
11	Orange Juice Fish Sticks Tartar Sauce Potato Wedges 4-Way Veg Blend Oatnut Bread Fruit Oatmeal Bar	13	Chicken Parmesan Pasta / Italian Sauce Vegetable Medley Whole Wheat Bread Pears
18	Stuffed Shells Sauce Parmesan Cheese Zucchini Garlic Knot Fruit	20	Glazed Baked Ham Sweet Potatoes Green Beans 12 Grain Bread Mandarin Oranges
25	Battered Fish Tartar Sauce Potato Wedges Vegetables Wholegrain Bread Fruit	27	Roast Beef w/ Gravy Mashed Potatoes Vegetable Medley Corn Muffin Peaches



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 New Year and hope you were able to enjoy the holidays with family and friends.

Things are still fluid and going forward we still need to be careful and wear our masks.

We hope to activate our monthly luncheons soon and will communicate plans as soon as available.

Since the luncheons will be once a month, we hope to have guest speakers or entertainment at each luncheon.

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.

Happy Birthday to the following Members:

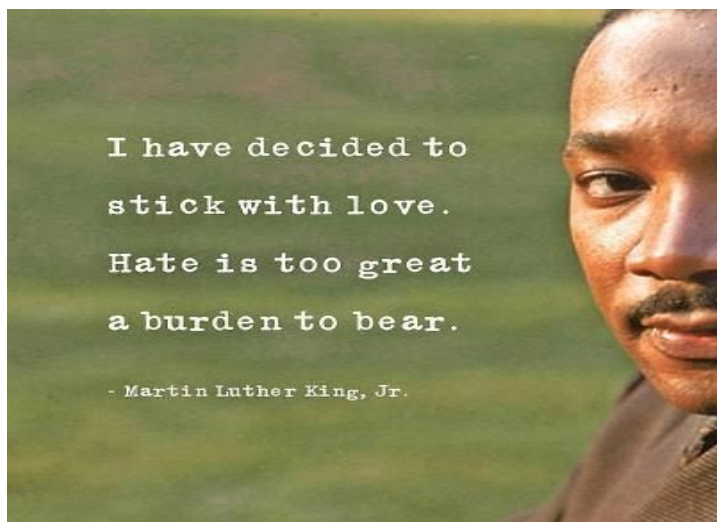
January 2nd – Janet Bilodeau

January 14th – Rose Bennett

January 31st – Irene Pocosi

We look forward to hearing from you.

Helen M. Toth



Mutual of Omaha










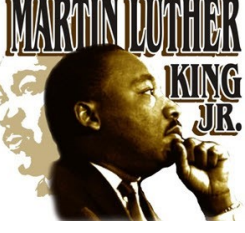





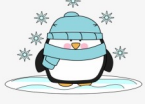





Mutual Cares is an online resource to help seniors stay well, connected, active, entertained.

(<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>

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 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 	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 5:45 Zumba Gold BLOOD DRIVE 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 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 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Dementia 101 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
CLOSED 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 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 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 2:00 Meditation 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 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 	9:00 Wii Bowling 11:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 2:00 Meditation 7:00 Badminton THINKING THURSDAYS	9:00 Wii Bowling 1:00 Setback 11:00 Winter Wonderland at Canton SC 1:30 Chair Yoga BLOOD DRIVE 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>    </div>			