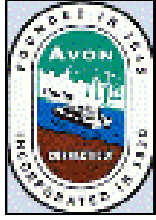


# AVON SENIOR CENTER



635 WEST AVON ROAD  
AVON, CONNECTICUT 06001  
860.675.4355



*Jennifer Bennett, LMSW Avon Senior Center Coordinator*  
*Elizabeth Shaffer, Administrative Secretary*

## JANUARY 2020

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

### Senior Center Coordinator's Message

Happy New Year!!! I hope everyone enjoyed the holiday season. I know I did! I am so excited to see what the New Year brings for you and for the Senior Center.

We have our Winter/Spring Classes starting this month and it's a great time to join. We have new trips coming up and you do not want to miss out on a chance to travel. We have groups, programs, games, events, activities, presentations, meals, gatherings, services, resources and fantastic people! Come and meet us and see what we're all about and you'll want to join in the fun!

The trio of Avon's Historical Society, Library and Senior Center received a \$4,030.00 grant from CT Humanities to help fund the first half of a year-long series entitled *DEEDS NOT WORDS: 100 Years of the Vote for Women*. This series will focus on events that contributed to the Nineteenth Amendment to the U.S. Constitution. We will have speakers, book talks, movies, exhibits and a debate.

Please share any ideas that you might have about possible programs. There are a lot of great ideas we have and we want to know what you think!

\*\*Avon Senior Center is asking everyone who attends the senior center to please fill out a Membership/Emergency Contact/Registration Form for our records. We will be handing these out to everyone. Our interns will be assisting us in this endeavor and we are asking for your participation. All paperwork will be kept confidential and secure. Thank you!\*\*

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*



"And now we welcome the new  
year, full of things that have never  
been"

Rainer Maria Rilke

AND SUDDENLY  
YOU JUST KNOW  
IT'S TIME TO START  
SOMETHING NEW  
AND TRUST  
THE MAGIC  
OF BEGINNINGS

### 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.



## JANUARY EVENTS 2020

Jennifer Bennett, LMSW Avon Senior Center Coordinator

Elizabeth Shaffer, Administrative Secretary

860-675-4355



**Wednesday, January 1, 2020**

**CLOSED FOR NEW YEAR'S DAY**

**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!

**Thursdays from 10:30-11:30 a.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're not sure you have silver sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the silver sneakers program. If you do not have the program, you may still participate by paying three dollars per class at the door. Make sure you get your silver sneakers number, which is 16 digits and starts with 2300 from your insurance carrier and bring it with you. Hope to see you in class!

**Mondays & Thursdays from 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.

**Mondays from 1-3 p.m.**

**"Crafty Crew"**

Join us 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.

**Tuesdays**

**"Thankful Tuesdays!"**

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

**Tuesday, January 7, 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.

**Tuesday, January 7, 2020 at 12:00 p.m. "January 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: Kielbasa steamed in Beer, Sauerkraut, and German Potato Salad & Cupcakes. CRT IS NOT SERVING A MEAL TODAY. AVON SENIOR CENTER IS PROVIDING THE MEAL!!

**Wednesdays at 10:30 a.m.**

**"Shuffleboard"**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the Senior Center at 860-675-4355 to sign up.

**Tuesday, January 14, 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.

**Monday, January 20, 2020**

**CLOSED FOR MARTIN LUTHER KING JR DAY**

**Thursday, January 30, 2020 at 2:00 PM at Avon Library**  
**19th Amendment: A Tale of Suffrage, Sacrifice & Success**

*Snow date: Thursday, February 13, 2020, 2:00 pm*

The grass-roots story of women's suffrage is a fascinating and a remarkable one: how it happened, who the players were, the obstacles they faced, the setbacks and personal hardships they endured, and the nail-biting race in the final state necessary to ratify the amendment. Lively and engaging, this presentation is designed to better understand and appreciate how difficult and how long the fight was for all women to become fully-fledged citizens of America. Mariann Millard is a Licensed Washington, DC Guide and a certified Tour Director who specializes in Italy. She thoroughly enjoys entertaining folks with her love of history to connect people, places and things. Her extensive travel throughout her life has given her a keen appreciation for what makes us human and for the differences that makes us culturally unique. On a more personal level, raising triplets to adulthood has kept her grounded and in search of always finding ways, even if small, to keep herself sane and with her sense of humor intact. Deeds Not Words: 100 Years of the Vote for Women Series- collaboration with Avon Historical Society, Avon Free Public Library & Avon Senior Center. Program will be held at the Avon Free Public Library.





## JANUARY EVENTS 2020

### Crafty Crew

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



We keep moving  
forward, opening new  
doors, and doing new  
things, because we're  
curious and curiosity  
keeps leading us  
down new paths.

- Walt Disney

### Writing Group

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



“  
BE WILLING  
TO BE A  
BEGINNER  
EVERY  
SINGLE  
MORNING  
”



### Setback Group

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



### 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.

“A bird doesn't sing  
because it has an answer,  
it sings because it has a song.”

Maya Angelou



### 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)



This film series is co-sponsored by the  
Friends of the Library and the Avon Senior Center. All  
movies are free and open to the public and will be  
shown in the Library Community Room. No need to  
register. Movie munchie snacks will be served.

## WINTER CLASSES

### Chair Yoga

Fridays, 10:00-11:00 a.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 a.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.

*Don't  
LET WHAT  
you can't do  
STOP YOU FROM  
WHAT YOU  
Can Do*

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	
	<b>January</b> 	<b>2</b>	Stuffed Pepper w/ Marinara Sauce Penne w/ Sauce Parmesan Cheese Wax Beans Wheat Dinner Roll Applesauce
<b>7</b>	NO CRT LUNCH Avon Senior Center Free Lunch Open to the public	<b>9</b>	Grape Juice Cheese Lasagna Tossed Salad Italian Dressing Mixed Vegetables Wheat Dinner Roll Fresh Banana
<b>14</b>	Shell Pasta w/ Marinara Sauce & Mini Meatballs Parmesan Cheese Italian Mixed Vegetables Garden Salad with Ranch Dressing Saltine Crackers Peaches	<b>16</b>	Roast Turkey w/ Gravy Stuffing Cranberry Sauce Capri Blend Vegetables Corn Muffin Pears
<b>21</b>	Macaroni & Cheese Garden Salad Ranch Dressing Stewed Tomatoes Wheat Dinner Roll Fresh Orange	<b>23</b>	Chicken Parmigiana Rigatoni w/Tomato Sauce Brussels Sprouts Whole Wheat Bread Fresh Banana
<b>28</b>	Grape Juice Beef Chili w/ Beans Baked Potato Shredded Cheese Green Beans Wheat Dinner Roll Frosted Cake	<b>30</b>	Potato Crumbed Fish Tartar Sauce Lyonnaise Potatoes Garden Blend Vegetables Whole Wheat Bread Peaches

# HAPPY NEW YEAR

# 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 . . .

We wish you a Happy New Year filled with the many blessings of peace, love and happiness.

We have many exciting events coming up in the New Year. Please be sure to join us and partake in the events we plan especially for you.

On January 13<sup>th</sup> we are happy to announce that we have a Surprise New Year Luncheon planned especially for you our faithful members. This is a special event and you will have to reserve a spot with Katie as soon as possible.

Katie Ruez (860-673-9883) will continue to take your reservations for special events. Cut-off date for making reservations is the Thursday before the event. Please call Katie and leave a message for her if she doesn't answer.

We look forward to seeing you at all events and it's a pleasure to see you and serve you in the new year. I am looking into booking some new presenters and look to you to make suggestions for programs that interest you. If possible, please provide contact information.

Happy Birthday to the following Members:

January 2<sup>nd</sup> – Janet Bilodeau

January 14<sup>th</sup> – Rose Bennett

January 31<sup>st</sup> – Irene Pocoski

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

### January 2020 – Program Schedule

*Everyone is Welcome – Reservations Recommended*













- |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| January 6 <sup>th</sup>                                                                                                                                                                                                                               | 10:30 – Board Meeting<br>Noon – Pizza & Salad, Dessert<br>Senior Citizens of Avon Organization<br>Board Meeting – Recap to members                                                                          |
| January 13 <sup>th</sup>                                                                                                                                                                                                                              | Noon – HAPPY NEW YEAR Special Luncheon for PAID members only.<br>Reservation required...no Walk-ins please.<br>A surprise delicious meal will be provided followed by Birthday Cake and Ice Cream.<br>Bingo |
| Reservations are required for this event. Cut-off date for making reservations is the Thursday before the event. Please call Katie Ruez at (860-673-9883) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated. |                                                                                                                                                                                                             |
| January 20 <sup>th</sup>                                                                                                                                                                                                                              | Martin Luther King Jr. Holiday –<br>Center is Closed                                                                                                                                                        |
| January 27 <sup>th</sup>                                                                                                                                                                                                                              | Noon—Pot Luck and Dessert                                                                                                                                                                                   |

**The Board of Directors wishes you**





# JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <p><b>CLOSED FOR NEW YEAR'S DAY</b></p> 	<div>2</div> <p>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 <b>THINKING THURSDAYS</b></p>	<div>3</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p> 
<div>6</div> <p>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</p>	<div>7</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards <b>THANKFUL TUESDAYS</b></p>	<div>8</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 3:30 Tai Chi</p> 	<div>9</div> <p>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 <b>THINKING THURSDAYS</b></p>	<div>10</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p> 
<div>13</div> <p>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</p>	<div>14</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards <b>THANKFUL TUESDAYS</b></p>	<div>15</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 6:00 Zumba Gold- CSP</p> 	<div>16</div> <p>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 <b>THINKING THURSDAYS</b></p>	<div>17</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring</p> 
<p><b>CLOSED FOR MLK JR DAY</b></p> <div>20</div> 	<div>21</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards <b>THANKFUL TUESDAYS</b></p>	<div>22</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold- CSP</p> 	<div>23</div> <p>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 <b>THINKING THURSDAYS</b></p>	<div>24</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring</p> 
<div>27</div> <p>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</p>	<div>28</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Discussion Group 1:00 Scrabble &amp; Cards <b>THANKFUL TUESDAYS DRESS DOWN DAY</b></p>	<div>29</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold- CSP</p> 	<div>30</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 Suffrage Series 3:00 Chair Aerobics <b>THINKING THURSDAYS</b></p>	<div>31</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring</p> 

# RESERVED FOR SPONSORS

# *Avon Senior Center*



**AVON SENIOR CENTER**  
635 WEST AVON ROAD  
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