

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 2021

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



Senior Center Coordinator's Message

Happy New Year Senior Center Friends! I hope you enjoyed the holiday season and are looking forward to 2021. You deserve it.

Please see the newsletter for programs, classes, groups, CRT Grab & Go meals and Special Events! All of our programs and classes remain virtual. We encourage you to join us. If you do not know how to use Zoom, please see the newsletter for a tutorial, or call the Senior Center and we can help you!

Avon Senior Center is looking forward to 2021 and all that it will bring us. Our Senior Center Members and Friends mean the world to us and we want you to know that. We're here for you.

Please let us know if you have any suggestions for virtual programs. We want to make sure that we stay connected and together during this pandemic. You're important to us and we value you!

Please have a safe, happy, warm, healthy and socially distanced holiday! Let's welcome in the New Year!!

Take care,
Jennifer Bennett, LMSW, CDP



January

Grab & Go Meal
Wednesday, January 20 at 12:30 pm



Join us for a special event as we celebrate January with a FREE Grab & Go Meal. Everyone signed up will receive a delicious meal. We will hand them out as you drive up to the front door of the Avon Senior Center. We want to celebrate you, in a safe and socially distant way, so please wear a mask. Please call 860-675-4355 to sign up. We look forward to seeing you!



Intern Groups

Discussion Group– Mondays 11-12
Craft Group– Thursdays 1-2
Trivia Group– Thursdays 10-11
Writing Group– Tuesdays 11-12
Music Group– TBD
All groups are virtual at this time



On-line Activities to do at home

Museums

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

MOMA Classes:

https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg

New Britain Museum of American Art: <https://nbmaa.org/online>

Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>

Museums, Libraries, Zoos Offer Online Programs <https://www.wvnu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian <https://www.edx.org/school/smithsonianx>

CT Historical Society <https://chs.org/bringchshome/>

Courses

You can now take classes from prestigious universities in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

Ted Talks <https://www.ted.com/>

JIGSAW PUZZLES: <https://games.aarp.org/games/jigsaw>



Documentaries

<https://documentaryheaven.com/>

<https://www.discovery.com/>

Opera

https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1XT9zz_SNyRYp_oy7lpXFFBsDmpcEnOGkqm5JfgT2l_I5mOuoYoMlwl

Animals

<https://zoo.sandiegozoo.org/live-cams>

<https://www.youtube.com/user/LionWhispererTV>

<https://nationalzoo.si.edu/webcams>

Webcams

Yellowstone-<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>

All different types: <https://www.earthcam.com/>

Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

Games

Online games/crosswords/word searches, etc.

<http://games.courant.com/category/allgames/>

Fitness/Yoga/Dance/Meditation

Online fitness classes from the YMCA:

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

Free Fitness Classes online: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Free Adult Dance Classes:

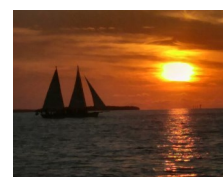
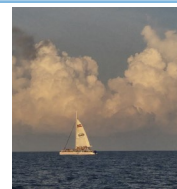
<http://www.danceplace.org/virtual-adult-classes/>

Free Meditation: <http://www.freemeditation.com/>

<http://www.freemeditation.com/>

YouTube Free Yoga Classes: <https://www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW>

www.youtube.list=PLZkdZKOcvYTh4dRDXQ71m7gQUmW

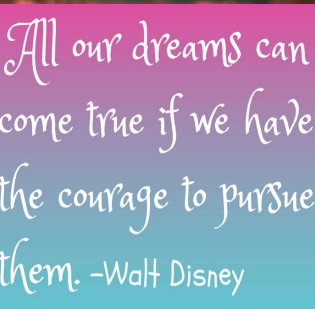
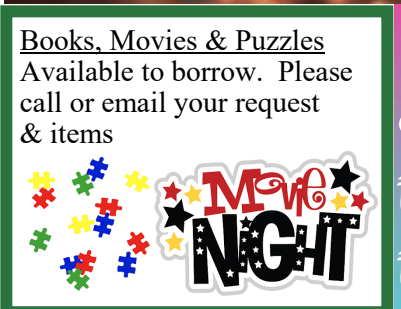
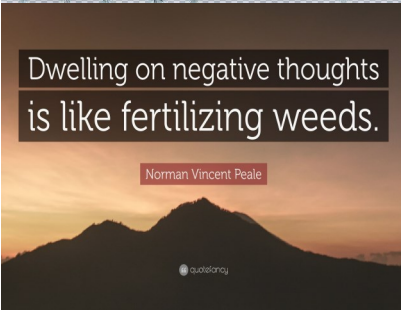




**Blood Pressure &
Blood Sugar Clinic**
FV VNA Simsbury Office
Every Thursday 11 am- 1 pm
Start date January 7, 2021.



In order to maintain social distancing,
Appointments Scheduled
Please call our office: 860-651-3539.
Address: 8 Old Mill Lane, Simsbury.
Everyone will be required to wear a mask.



AVON SENIOR CENTER CLASSES

Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.

Tai Chi

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

January 13 – March 31

Fee: \$71.00

Senior Fee: \$63.90

Chair Yoga

Fridays, 1:30-2:30 p.m.

January 15 – March 5

Fee: \$77.00

Senior Fee: \$69.30

Meditation

Tuesdays, 2:00-3:00 p.m.

January 12 – February 16

FREE

Zumba Gold - Mondays

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

January 11 – March 29

Fee: \$71.00

Senior Fee: \$63.90

Zumba Gold - Wednesdays

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

January 13 – March 31

Fee: \$71.00

Senior Fee: \$63.90

Silver Sneakers Chair Aerobics

Silver Sneakers Chair Aerobics is a chair work-out for people ages 65 and older paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class.

Mondays 3:00-4:00 p.m. & Thursdays 10:30-11:30

a.m. and 3:00-4:00 p.m. This class is ongoing; join any time. Please call Avon Senior Center to register.

For more information about registering, classes and setting up your account please visit: www.avonrec.com.



CRT Lunch

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk & other sides. Pick up is Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.





Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- * Letting people know they may have been exposed to COVID-19, should monitor their health for signs and symptoms of COVID-19,
- * Helping people who may have been exposed to COVID-19 get tested, and
- * Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 to others.

Green flags

Contact tracers:

- * Be state or local Department of Health employees or their contractors,
- * Ask about your personal symptoms to gauge for possible COVID-19 infection,
- * Recent contact with others,
- * Refer you to other medical & social resources,
- * Ask whether you have insurance so they can connect those who are not insured with resources.

Red flags

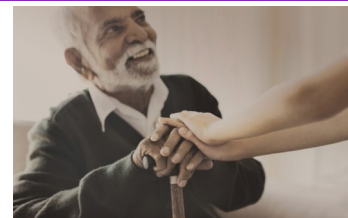
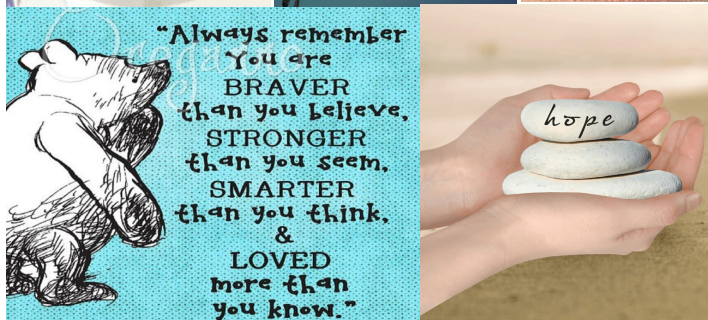
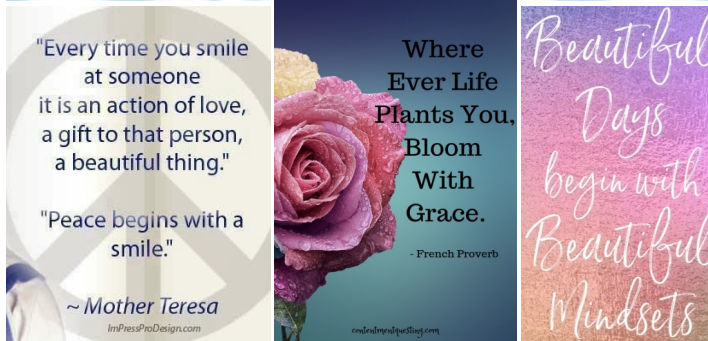
Be cautious of anyone who:

- * Asks for specifics about your health insurance, like your Medicare number,
- * Claims they need a credit card or cash to pay for a COVID-19 test, or
- * Wants your personal information to help you set up a COVID-19 test.

How Can Your Senior Medicare Patrol (SMP) Help?

Your local SMP is will provide you with information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs & trained teams help educate & empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit www.smpresource.org.



DEFINE YOUR OWN FUTURE

The future is full of unknowns, planning ahead can help you define the future that's best for you. For older adults & people with disabilities, information & resources are just a click away at MyPlaceCT.org.

MyPlaceCT.org—a free web-based resource from the State of CT—offers a hub of information for you and your loved ones, on the following topics:

Health and Well-being: Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!

Services and Supports: In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!

Learn: Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!

Family Caregivers: Respite Services, Support Groups, Online Resources, Legal Matters, and more!

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
Secretary - Marian Hurlbut, Financial Secretary - Katie Ruez

Programs Through March 2021 - Cancelled.

Message from the Board of Directors . . .

We wish you a Happy New Year filled with the many blessings of peace, love and happiness. We hope that you are enjoying this time keeping yourself occupied. The Covid19 vaccine is out and there's hope that we've weathered the storm and soon things will begin to get better.

The pandemic however, is still fluid and we need to continue our vigilance. We have to formulate a defensive plan to protect ourselves against this horrible disease. Please be sure to wear your mask and carefully social distance. We care about you.

We are still planning to have a wonderful celebration for our 50th anniversary and it will be very special to mark this awesome occasion. We will continue to evaluate the status of getting together and will communicate any changes as we go from month to month.

Happy Birthday to the following Members:

January 2nd – Janet Bilodeau

January 14th – Rose Bennett

Please stay safe and know that during this trying time you are in our thoughts and we look forward to resuming our programs in the Spring of 2021.

Helen M. Toth

MUSICAL THEATRE

Free streaming musicals you might enjoy!

PBS will stream 5 full-length Broadway musicals for free, starting this month - click here for the complete list:

<http://filmedonstage.com/news/264-pbs-will-stream-5-fulllength-broadway-musicals-for-free-starting-this-month-heres-the-complete-list>

The King and I, In the Heights, Much Ado about Nothing and more!!!!



Mutual of Omaha

In response to the loneliness & social isolation faced by many Seniors as a result of COVID-19, Mutual of Omaha has launched **Mutual Cares** an online resource for seniors to help them stay well, connected, active and entertained

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

Don't let anyone ever dull your SPARKLE

ONE or DAY or ONE
you decide.

Sometimes the bravest and most important thing you can do is just show up.

— BRENE BROWN

TOGETHERWERISE



"Make each day your masterpiece."

— by John Wooden

Be a Pineapple

Stand tall, wear a crown and be sweet on the inside

Imagine with all your mind.
Believe with all your heart.
Achieve with all your might.



SCHOOL BUS MONITORS WANTED

APPLY IN PERSON AT
MARTEL TRANSPORTATION
140 POWDER MILL ROAD
COLLINSVILLE





Enroll to Receive Emergency Updates from the Town of Avon!



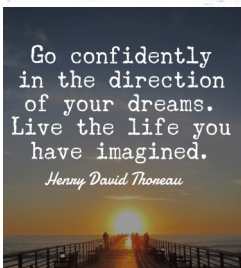
The Town of Avon is committed to providing up to date information about storm preparations and emergencies.

Below are three ways to make sure that you stay up-to-date when weather and emergencies strike.

SUBSCRIBE TO NEWS - To receive regular email updates about Town business, “Subscribe to News” on the Town’s website (<https://www.avonct.gov/subscribe>). Select “Town Alerts” & “Town News and Announcements” to receive updates regarding storms, emergencies, and other timely news.

CT ALERTS - To receive critical emergency information sign up for the CTAlert system (<https://portal.ct.gov/ctalert>) which sends time-sensitive notices wherever you specify: home, cell, business, text messages, email, hearing impaired receiving devices & more. **Both the State of CT and the Town of Avon have the ability to send alerts to those registered with the CTAlert system.**

When the State or the Town issues a message about an emergency, the message will be sent to all numbers & email addresses enrolled in the system in order of priority set by user. If you do not confirm receipt of the message, the system will attempt to reach your next contact entered into the system. **The Town suggests enrolling in both Subscribe to News and CTAlert to stay informed.**



1. NCAAA launched a service for people unable to *shop* for groceries & may be *unable to pay for groceries*. **Grocery Shopping and Delivery** service: we will cover delivery charges, any shopping fees, & cost of groceries at +/- \$100.00 per trip. We partnered with Supermarkets and [UR Community Cares](#) for delivery. Referrals here: (860)724-6443 x 268 “CHOICES”.

2. We have funding for: lift-chairs, incontinence supplies, emergency response systems for individuals who may be home-confined. Contact us at (860)724-6443 x 230 “Caregiver Team”



Virtual Programs

Zoom Tutorial



Avon Senior Center offers virtual programs via Zoom. To watch a short tutorial on how to use Zoom, click on the link below:

<https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE>

Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!



Money Matters with Mike Sloan of Mutual of Omaha

Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). <https://youtu.be/myYr3vTRphs>

HAPPY NEW YEAR

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Year's Eve.

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| S | E | I | B | A | B | N | E | W | Y | E | A | R | S | E | V | E | Y |
| G | C | H | A | M | P | A | G | N | E | T | Y | I | M | N | S | T | T |
| E | N | S | S | U | E | T | H | C | D | A | N | C | E | D | R | H | R |
| S | Q | I | N | F | E | T | O | O | D | M | U | A | Y | O | E | I | A |
| E | F | C | G | F | I | N | A | S | L | S | U | E | R | F | K | R | P |
| D | H | E | F | N | F | R | R | R | R | I | A | S | E | D | A | T | S |
| A | I | U | S | E | I | A | S | E | B | R | D | N | I | E | M | Y | K |
| R | B | B | T | T | E | S | M | T | I | E | S | A | F | C | E | F | R |
| A | M | T | A | Y | I | A | N | N | O | R | L | A | Y | E | S | I | O |
| P | I | S | W | L | E | V | R | O | E | F | T | E | E | M | I | R | W |
| N | D | E | A | R | L | E | I | N | I | H | J | V | C | B | O | S | E |
| D | N | E | T | R | V | O | N | T | E | T | E | A | S | E | N | T | R |
| A | I | S | W | I | A | A | O | R | I | N | A | S | N | R | O | H | I |
| Y | G | Y | E | O | B | I | T | N | T | E | I | R | R | U | K | C | F |
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APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE
 DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY

FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS
 HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY

NEW YEARS EVE
 NOISEMAKERS
 OCCASION
 PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW

**RESERVED FOR
SPONSORS**