

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 2024

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!

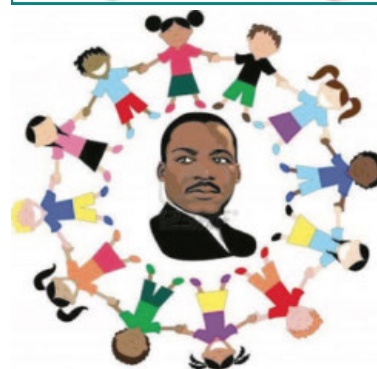
We have some fantastic programs. Please be sure to read the entire newsletter for all the latest and greatest information.

Thank You to our volunteers! We appreciate you and you are **AMAZING!** Thanks to Jim Martino, Lion's Club & Lending Locker, program and meal helpers, and Jodi & Dayna for their awesome help with CRT Lunches on Tuesdays & Thursdays. 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 thoughtfulness 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, recreation, engaging conversation and stimulating programs! We enjoy your company.

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



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

- Martin Luther King Jr.

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.



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



Every other Friday, we will be having
activities with our Fresh Start School
Friends. Please stay tuned for more
information.



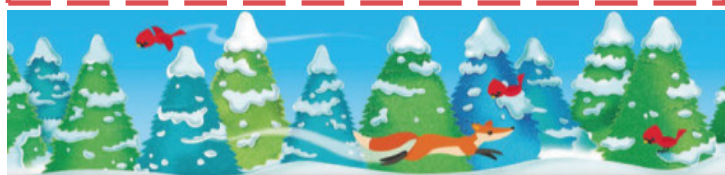
Avon Talks with
Avon Historical Society
Days/Times TBA

Blood Drive
Avon Senior Center
January 15 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, January 8, 2024

Come and help **shape the future** of your Recreation & Parks Facilities and Programs. Weston and Sampson is a firm updating the Recreation Master Plan and they will present their project to us.

Monday, January 22, 2024

Join Jessica Dorner, Registered Dietitian for an informational presentation focused on how foods can affect our mood. Jessica will discuss foods as well as recipes to use to stay warm and happy - perfect for the colder, darker months of New England winter! Attendees will be able to take home handouts & recipes from the presentation.

\$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.

Bridge Group

Avon Senior Center is looking to start a Bridge Group. Please contact the Senior Center if interested.

FRAUDS & SCAMS

Please be aware of frauds & scams. 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 questions or concerns, please contact the Senior Center and we will assist and help you.

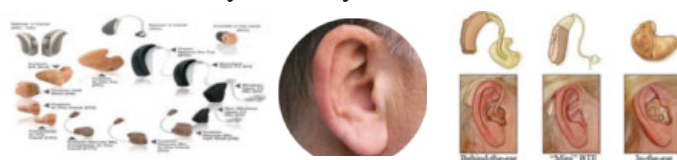
New Mah Jongg Group

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, January 25, 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 1 through April 10. 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

Documentation of cost basis of assets sold

“
Approach the New Year
with resolve to find
the opportunities hidden
in each new day.

MICHAEL JOSEPHSON

“
If we had no winter,
the spring would not be
so pleasant: if we did
not sometimes taste of
adversity, prosperity would
not be so welcome.”

ANNE BRADSTREET

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

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

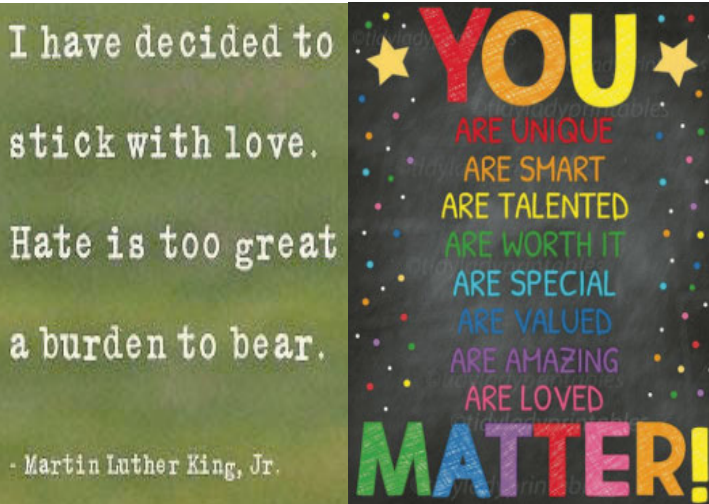
Non Resident Fee: \$70.40

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/>



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

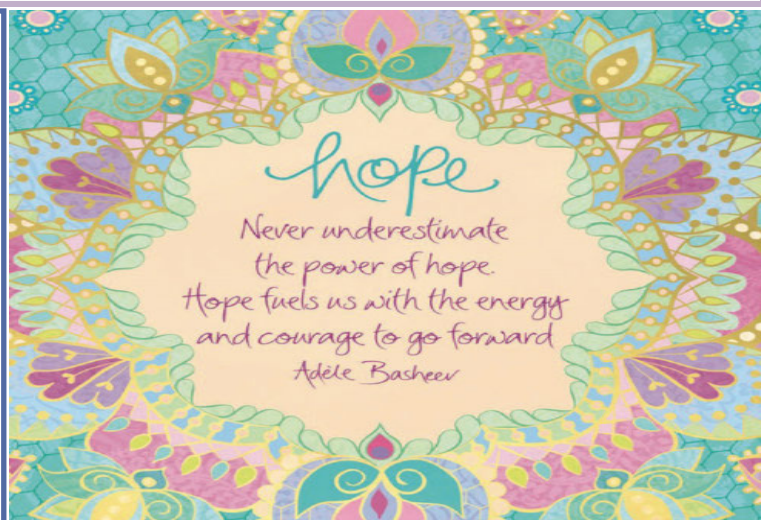


A Member of Feeding America
 2 Research Parkway, Wallingford, CT. 06492
 Phone (203) 485-5000

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



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



"This New Year let's
 make a promise to
 cherish every moment
 we have together.
 Wishing us all the best
 in the year ahead!"

Town of Avon Dial-a-Ride Application

https://www.avonct.gov/sites/g/files/vyhlf151/f/uploads/dial_a_ride_info_app.pdf

3-13 CARD GROUP

Tuesdays 12:00 pm.
 New players welcome.
 Easy to learn & fun!



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

“
 Let our New Year's
 resolution be this: We
 will be there for one
 another as fellow
 members of humanity,
 in the finest sense of
 the word.”

GÖRAN PERSSON

“
 Every year you make
 a resolution to change
 yourself. This year,
 make a resolution to
 be yourself.”

UNKNOWN

Once you
 choose hope,
 anything's
 possible.

Christopher Reeve

AVON ACES WII BOWLING!

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

Favarh Brighter Days-ies

Tuesday mornings
 Join us making beautiful
 flower arrangements.
 Drop in, no sign-up.



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>)

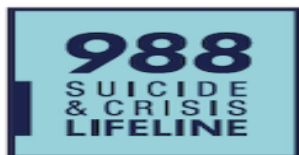


MyPlaceCT.org: help older adults & people with disabilities live with optimal independence, health & well-being. Bringing together the information to live how & where you choose. Sponsored: CT Department of Social Services in collaboration with partner state agencies and Centers for Medicare & Medicaid Services.

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
 Starting **December 14**
 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	
2	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup/Mustard/Relish Baked Beans Coleslaw Vanilla Pudding	4	Chicken Parmesan Pasta w/ Red Sauce Yellow Squash Bread Stick Fresh Fruit
9	Turkey & American Cheese Sandwich on Soft Roll w/ Lettuce & Tomato Potato Salad Mustard/Mayo Fresh Fruit	11	Fruit Punch Beef Stroganoff Rice Vegetable Medley Wholegrain White Bread Cookie (no nuts)
16	Grape Juice Stuffed Cabbage w/ Sauce Mashed Potatoes Broccoli Florets Wholegrain White Bread Brownie (no nuts)	18	Orange Juice Boneless Pork Chop w/ Gravy Fried Rice California Blend Veg Cornbread Loaf Coffee Cake
23	BOXED LUNCHES GRAB AND GO STYLE	25	Grande Cheese Ravioli w/ Marinara Sauce Parmesan Cheese Italian Blend Veggies Garlic Knot Fresh Fruit
30	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend Whole Wheat Bread Fresh Fruit		



“
*Winter IS A SEASON
 OF RECOVERY
 AND PREPARATION.*

PAUL THEROUX



Launch of health.ct.gov

Governor Ned Lamont announced the launch of the State of Connecticut's new health and human services portal, health.ct.gov. The latest development in the state's journey toward an all-digital state government providing health and wellness services to Connecticut residents at every stage of life.

Resources available through health.ct.gov: Health benefits eligibility screener, Healthy living tools, Emergency health service information, Insurance & financial resources, Heating & utilities assistance.

*It takes
empathy,
patience, and
compassion to
overcome
anger, hatred,
and
resentment.*

Happy New Year

Be someone who listens, and you will be heard.

Be someone who cares, and you will be loved.

Be someone who gives, and you will be blessed.

Be someone who comforts, and you will know peace.

Be someone who lives with joy, with Purpose, as your own light brightly shines.

Be, in every moment, the special.
Someone you are truly meant to be.

Happy New Year !

www.iphone2lovely.com

E-mail List

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

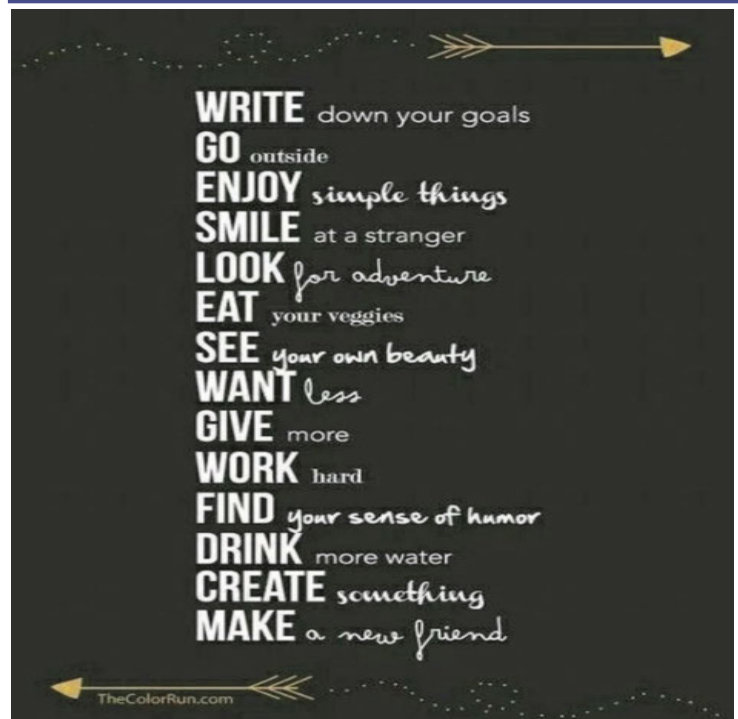


Avon Greater Together Community Fund Advisory Committee is seeking new committee members (specifically, senior citizens who reside in Avon). Hartford Foundation for Public Giving established Avon Community Fund in 2020. Advisory Committee manages the fund & is inclusive and reflective of all Avon residents.

Application: <https://www.hfpg.org/donors/ways-to-give/community-funds/avon>

Completed application: avontogetherfund@gmail.com.

Questions, please call: 860-833-4643



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



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/>).

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR NEW YEARS DAY 	2 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	3 10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 	4 10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	5 1:00 Setback 1:00 Ping Pong 
8 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	9 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10 10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton 	11 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	12 1:00 Setback 1:00 Ping Pong 
15 CLOSED FOR MARTIN LUTHER KING JR. DAY 	16 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	17 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 	18 10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	19 1:00 Setback 1:00 Ping Pong 
22 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	23 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	24 10:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton 	25 10:00 Wii Bowling 10:00 Hearing Aid Ch 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	26 1:00 Setback 1:00 Ping Pong 
29 1:00 Setback 1:00 Crafty Crew 	30 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	31 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 	January 	

You are the
greatest project you
will ever work on.



VISIT OUR SHOWROOM!

Live independently for years to come.
We're your Certified Living in Place Specialists!

Plumbing & Heating • Kitchen & Bath Showroom • Gas Fireplaces • Water System Services
Living in Place • Bathroom Remodeling • Parts Department • Emergency Service

AVON
PLUMBING & HEATING

AvonPlumbing.com | 860-677-9721
Riverdale Farms | 124 Simsbury Rd. Avon, CT 06001

LISTEN, LEARN & LEAVE
Medicare Made Perfectly Clear Master Class
Private, In-Person, Phone or Zoom Meetings Available

PRESENTED BY PEGGY GORHAM, INSURANCE PROFESSIONAL

Turning 65 • Over the age of 65 • Retiring

Just Simply want to know how to pick the right plan every year?

This class is for you.

Call Today to Register 860-379-6700 x405 | www.roberson-tierney.com



Farmington Valley

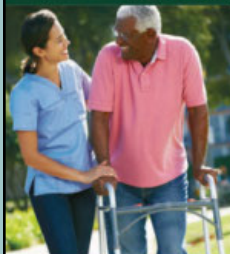
Visiting Nurse Association

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

SKILLED NURSING & REHABILITATION CENTERS



Patient-Centered Care

ALWAYS OUR TOP PRIORITY

- ✦ Short-term rehabilitation
- ✦ 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



860-521-8700 • WestHartfordHealth.com

Family Owned and Operated for Over 45 Years!



CARMON

Funeral Home and Family Center

Funerals • Cremation • PrePlanning

Owned and Operated by the Carmon Family

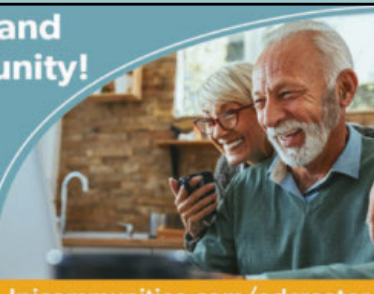
301 Country Club Road, Avon 860-673-8610

www.carmonfuneralhome.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD
CREATOR
STUDIO



lpicommunities.com/adcreator

Take a Tour

Hosted by Arden Courts

JOIN US TO TAKE A PEEK INSIDE ARDEN COURTS!

100 Fisher Drive, Avon, CT 06001

860-678-7500

45 South Road, Farmington, CT 06032

860-677-4060



ARDEN COURTS

PROMEDICA MEMORY CARE



©2023 ProMedica Health System, Inc., or it's affiliates

arden-courts.org

COMPREHENSIVE CARE FOR OLDER ADULTS.

One Convenient New Location

UConn Health has opened a new Geriatrics and Healthy Aging location in Farmington. The site offers a team of specialists and carefully curated services focused entirely on providing the very best in comprehensive, coordinated healthcare for our older patients.

Our board-certified, compassionate specialists offer care for:

- 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

Call 1-84-GET-UConn or visit our website at health.uconn.edu/aging.

Free and convenient parking! 21 South Road, Farmington, CT

**UConn
HEALTH**



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

Avon Senior Center, Avon, CT

06-5002