

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

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



JULY 2018

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

Senior Center Coordinator's Message

Happy Summer! I hope everyone is enjoying the weather, the outdoors, the trees & flowers & having fun!

Avon Senior Center is appreciating summer & we're continuing with our programs, classes, trips & events. Please be sure to check out the newsletter!

Avon Free Public Library, Avon Historical Society, & Avon Senior Center receive two grants for history & humanities programming!

The Avon Free Public Library, the Avon Historical Society & Avon Senior Center, have received the **Revisiting the Founding Era** programming grant to explore the social & political impact of the freedom of the press & its influence in American culture. The \$1,000 grant was awarded by the American Library Association, in partnership with the Gilder Lehrman Institute of American History. Avon Free Public Library, Avon Historical Society & Avon Senior Center will offer a series of programming events titled **"Revisiting the Founding Era: Examining Freedom of the Press,"** that will continue through September, 2018. Book talks, historical re-enactors, lectures, discussions, & a film series will examine the role of media & the press from the Founding Era to post-modern America.

Please join us for our awesome programs, stop by to say hello, meet new people & reminisce with friends. You'll definitely find something fun to do! We look forward to seeing you this summer!

Stay safe, healthy, happy & cool this summer!

Respectfully,
Jennifer Bennett, LMSW



Thursday, July 26, 2018 from 12:00-1:30 p.m.

"Rotary Club of Avon-Canton Senior Picnic"

Calling all Canton & Avon Seniors!!! You are invited to the Canton Senior Center for a complimentary picnic sponsored & put on by the Rotary Club of Avon-Canton. ****RSVP Required**** Join your friends for some delicious food, live music, entertainment & lots of laughter & fun!! Menu- Hot Dogs/Hamburgers, Potato Salad, Baked Beans, Coleslaw, Potato Chips, Ice Cream, Watermelon, Soda/Water/Coffee & Hot tea. Hosted by Canton Senior Center, in coordination with Avon Senior Center. Entertainment provided through Cutting Edge Entertainment.

Please call the senior center at 860-675-4355 to sign up.



JULY EVENTS 2018

*Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary
860-675-4355*



Tuesday, July 3, 2018 from 11:00-1:00
“Free Blood Pressure Screening”

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, July 3, 2018 **“Thankful Tuesdays!”**

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

Wednesday, July 4, 2018
CLOSED FOR INDEPENDENCE DAY

Thursday, July 5, 2018 **“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!

Monday, July 9, 2018 from 11:00-1:00
“Free Blood Pressure Screening”

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Monday, July 9, 2018 **“Foot Care”**

Dr. Lindsay will be at the Avon Senior Center for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00.
CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Tuesday, July 10, 2018 **“Thankful Tuesdays!”**

Tuesday, July 10, 2018
“Birthday Cake to Celebrate Birthdays!”

Brookdale Farmington (formerly The Gables) 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.

Wednesday, July 11, 2018 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.

Thursday, July 12, 2018 **“Thinking Thursdays”**

Thursday, July 12, 2018 at 2:00 p.m.
“Abraham’s Daughters- four women, four faiths”

Join us for a panel discussion led by women of four different faiths: Christianity, Judaism, Sufism, & Islam. All are welcome at this panel discussion on women and religion. Event co-sponsored by the Avon Library & Avon Senior Center. Program will be held at the Avon Free Public Library- 281 Country Club Road, Avon, CT.

Friday, July 13, 2018 at 1:30 p.m.
“Spotlight - Movie & Discussion”

This 2015 film stars Mark Ruffalo and Michael Keaton. 2 hours & 8 minutes. Rated R. Following the film there will be a discussion led by Bob Kagan, Professor of Communications at Central Connecticut State University and the University of Hartford. Part of the Examining Freedom of the Press Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

Tuesday, July 17, 2018 **“Thankful Tuesdays!”**

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

Wednesday, July 18, 2018 **“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.

Thursday, July 19, 2018 **“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!

Thursday, July 19, 2018 at 1:30 p.m.
“Afternoon with The Residence at Brookside”

The Residence at Brookside is hosting the Avon Senior Center for the afternoon. They will pick us up at the Senior Center, transport us in their van, we arrive and enjoy delicious appetizers, a presentation by Patricia Carr and meet new friends. Topic: ENGLISH GARDENS - a little bit about the history of gardening, the designs and landscapes, all the way from the 15th century to the present day. Many of the really stunning gardens are open to the public and all are fascinating to see. After the program, they will bring us back to the Senior Center. This event is free & open to the public. Please call the Senior Center at 860-675-4355 to sign up.



JULY EVENTS 2018

Friday, July 20, 2018 at 1:30 p.m.

"The Post"

This 2017 film stars Meryl Street and Tom Hanks. 1 hour & 56 minutes. Rated PG-13. Part of the Examining Freedom of the Press Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

Tuesday, July 24, 2018

"Thankful Tuesdays!"

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

Wednesday, July 25, 2018 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.

Thursday, July 26, 2018

"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!

Thursday, July 26, 2018 from 12:00-1:30 p.m.

"Rotary Club of Avon-Canton Senior Picnic"

Calling all Canton & Avon Seniors!!! You are invited to the Canton Senior Center for a complimentary picnic sponsored and put on by the Rotary Club of Avon-Canton. ****RSVP Required**** Join your friends for some delicious food, live music, friends, entertainment and lots of laughter & fun!! Menu- Hot Dogs/ Hamburgers, Potato Salad, Baked Beans, Coleslaw, Potato Chips, Ice Cream, Watermelon, Soda/Water/Coffee & Hot tea. Hosted by the Canton Senior Center, in coordination with the Avon Senior Center. Entertainment provided through Cutting Edge Entertainment. Please call the senior center at 860-675-4355 to sign up.

Tuesday, July 31, 2018

DRESS DOWN DAY!!!!

Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Tuesday, July 31, 2018

"Thankful Tuesdays!"

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



Trips

Essex Dinner Train & Riverboat Ride, Wednesday, July 25, \$99 per person

Boston Duck Tours & Fenway Park, Saturday, August 18, \$131 per person

The Big E, Wednesday, September 19, \$61 per person

Ireland, October 30-November 6, from \$2699 per person

Radio City Christmas Spectacular, Friday, November 16, \$202 per person

For more information about trips, please call the senior center at 860-675-4355.



New Program at the Senior Center!!

Open Yale Courses

Thursdays, 1:00 p.m. starting July 12.

The first course will be **American Authors: William Faulkner, Ernest Hemingway and F. Scott Fitzgerald**. Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center!

Open Yale Courses provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

Classes

SUMMER CLASSES**Tai Chi for Seniors -**

Wednesdays, 3:30-4:30 p.m. - Senior Center
 July 11—September 12
 \$61.00 (\$54.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
 June 18-August 27
 \$66.00 (\$59.40 Senior)
 or
 Wednesdays, 6:00-7:00 p.m. - Countryside Park
 June 20-August 29
 \$61.00 (\$54.90 Senior)

Chair Yoga

Thursdays 3:00-4:00 p.m. - Senior Center
 July 19—August 30
 \$55.00 (\$49.50 Senior)

Early Bird Fitness

Mondays 8:15-9:15 a.m. - Senior Center
 June 25—August 27
 \$65.00 (\$48.50 Senior)

For more information about registering, classes, and
 setting up your account please visit:


<http://www.avonct.gov/recreation-and-park-department>



Mah Jongg— Mondays at 12:30 p.m.—Intermediate
 Bridge – Tues. & Thurs. at 12:30 p.m.— Intermediate
 Scrabble – Tuesdays at 1:00 p.m.
 Writer's Bunch—Tuesdays at 12:30 p.m.
 Shuffleboard – Wednesdays at 10:30 a.m.
 Setback – Mondays, Wednesdays & Fridays at 1:00 p.m.
 Ping Pong – Fridays at 10:00 a.m.
 Adult Coloring– 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 Sen-
 ior 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 \$7.50 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	
3	Farmer Brown Soup Hamburger w/ Broth Potato Salad Mustard, Ketchup, Relish Sliced Tomatoes & Lettuce Multi-Grain Bun Lemon Pudding w/ Whipped Topping	5	Orange-Pineapple Juice Barbeque Chicken Breast Mashed Potatoes Corn Wheat Dinner Roll Tropical Fruit
10	Country Vegetable Soup Garden Salad Greens Cherry Tomatoes Cucumbers/Onions w/ Grilled Chicken Strips Cheddar Cheese Italian Dressing Saltine Crackers Pineapples & Mandarins	12	Stuffed Salmon Boat w/ Seafood Sauce Wild Rice Green Beans Dinner Roll Fruit Cocktail
17	Salisbury Steak w/ Vegetable Gravy Boiled Potatoes Caribbean Blend Vegetables Wheat Dinner Roll Applesauce	19	Pot Roast w/ Gravy Oven Roasted Potatoes Brussels Sprouts Dinner Roll Peaches & Pears
24	Beef Chili/Shredded Cheese Baked Potato Sliced Carrots Wheat Dinner Roll Fresh Orange	26	Swedish Meatballs Parslied Egg noodles Prince Edward Blend Vegetables Wheat Bread Pineapple Tidbits
31	Breaded Fish Tartar Sauce Mashed Potatoes Garden Blend Vegetables 12 Grain Bread Mandarin Oranges		





Bridge Players Wanted

Bridge group is looking for new players. Group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.



Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating to our neighbors at Interval House & Agape House. Interval House is a domestic violence shelter in Hartford & Agape House helps the homeless in Bristol.

Please feel free to knit a small blanket & drop it off at the senior center & we will donate them with our blankets.

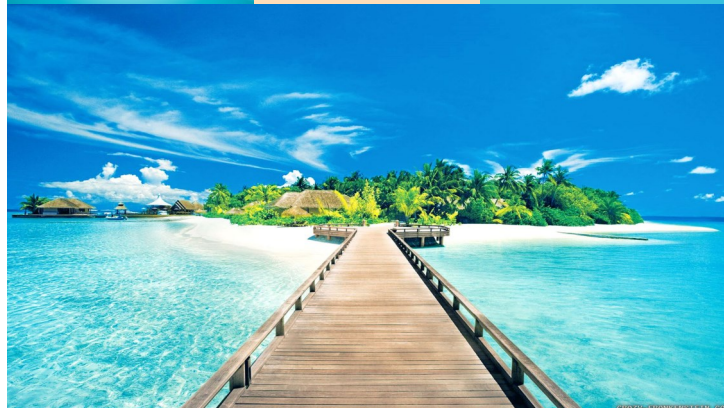
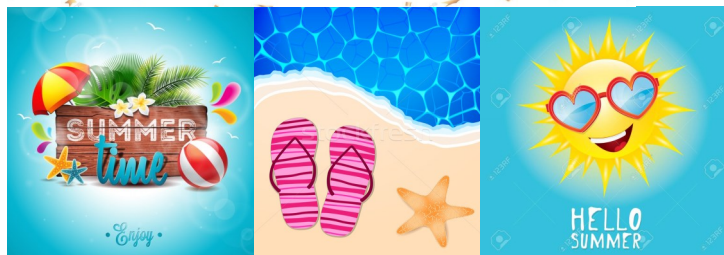
Please feel free to donate yarn of any color for us to use. We appreciate all the help, so we can help others. Avon Senior Center 860-675-4355.




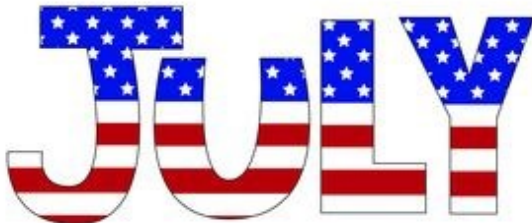
SENIOR CITIZENS OF AVON ORGANIZATION



The Board wishes you a happy & healthy summer...
See you in September!!!



JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <p>8:15 Early Bird Fitness 9:00 Wii Bowling 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>3</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS</p>	<div>4</div> <p>CLOSED FOR INDEPENDENCE DAY</p> 	<div>5</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 3:00 Chair Yoga THINKING THURSDAYS</p>	<div>6</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>9</div> <p>8:15 Early Bird Fitness 9:00 Wii Bowling 11:00 Blood Pressure Foot Care Clinic 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>10</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:15 Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 1:00 Scrabble THANKFUL TUESDAYS</p>	<div>11</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>12</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 2:00 Abraham's Daughters Program at Library THINKING THURSDAYS</p>	<div>13</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:30 Spotlight- Movie at Library</p>
<div>16</div> <p>8:15 Early Bird Fitness 9:00 Wii Bowling 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>17</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS</p>	<div>18</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>19</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 1:30 Residence at Brookside- program 3:00 Chair Yoga THINKING THURSDAYS</p>	<div>20</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:30 Movie- The Post at Library</p>
<div>23</div> <p>8:15 Early Bird Fitness 9:00 Wii Bowling 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>24</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS</p>	<div>25</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>26</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:00 Avon Canton Rotary Picnic 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Yoga THINKING THURSDAYS</p>	<div>27</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>30</div> <p>8:15 Early Bird Fitness 9:00 Wii Bowling 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>31</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY</p>			

RESERVED FOR SPONSORS

Avon Senior Center



AVON SENIOR CENTER
635 WEST AVON ROAD
AVON, CONNECTICUT 06001

NON-PROFIT
U.S. POSTAGE
PAID
AVON, CT 06001
PERMIT NO. 32