

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



JULY 2019

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

Senior Center Coordinator's Message

Welcome to July! The weather has been wonderful and we have been enjoying our days! I hope you are all doing well and having a fantastic summer!

There are a lot of new things at the Avon Senior Center! We have a new stove/oven and it works great! We have supplies for the kitchen like tablecloths, towels, oven mitts and aprons for our volunteers and helpers. The pool table got an upgrade and update! The pool players are having a great time! We have a new microwave! We will have a new printer for the computer room! Elizabeth and I worked hard to get these things for the senior center. We are so excited for these new items to arrive and start being used!

We have new classes starting soon! Silver Sneakers is coming! We will provide more information the closer to sign up time. Please check with your insurance company to see if they cover it. AMP—Aging Mastery Program is coming back! We have a class starting in August!

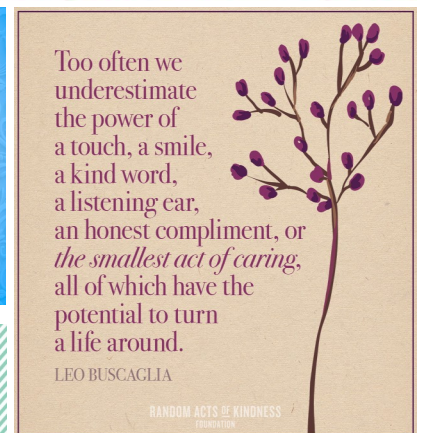
We have some awesome trips! Check out pages 3 & 5 in this newsletter for information!

Please be sure to say **Thank You** to Elizabeth for the flower pots in front of the Senior Center! She did a beautiful job! She also cuts the roses and flowers from out back and puts them around the senior center! Thanks!

We will have Dominoes & Mexican Train Dominoes at the Senior Center. Come and show us how to play and we can get a group going! We have Bocce Balls for the Bocce Court! If you're interested in playing, let us know and we will show you where to play!

Thank you for coming to the senior center and making it a great place to be! We do all that we do for you!

Take care,
Jennifer Bennett, LMSW



JULY EVENTS 2019

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860-675-4355

Monday, July 1 from 9:15-10:15 a.m. "TJQMBB Class"

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for community dwelling older adults. The CT State Unit on Aging has embraced TJQMBB and is working with the Dartmouth- Hitchcock Aging Resource Center to implement the program in CT. Avon Senior Center is part of a Senior Center Collaboration with CCC (CT Community Care) & the CT Healthy Living Collective that received a NCAAA (North Central Area Agency on Aging) Grant for the program titled Tai Ji Quan: Moving for Better Balance® (TJQMBB). Certified leaders teach classes of 10-15 participants that meet twice a week for 24 weeks. Our certified & trained instructor, Tom Atwood will run the program. ****You must have attended the screening and been asked to join this program.****

Tuesday, July 2, 2019 "Thankful Tuesdays!"

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

Tuesday, July 2, 2019 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. 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 2, 2019 at 12:00 p.m. "Summer Lunch"

****CRT IS NOT SERVING MEAL TODAY** !!!AVON SENIOR CENTER IS PROVIDING MEAL!!!** Porchette: Pork loin stuffed with herbs & roasted garlic served with marinara, Rice Pilaf and Sautéed string beans or Asparagus (TBA) & Dessert. Meal prepared by Chef Mitch- Chef of All Seasons.

Wednesday, July 3, 2019 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.

Wednesday, July 3, 2019 from 1-3 p.m. "Crafty Crew"

Join us on Wednesday 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 do have donations of yarn and you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, July 4, 2019

CLOSED FOR INDEPENDENCE DAY

Friday, July 5, 2019 at 1:00 p.m. "Pocket Billiards"

Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here every Friday to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He's received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Friday, July 5, 2019 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.

Monday, July 8, 2019 from 9:15-10:15 a.m. "TJQMBB"

Monday, July 8, 2019 "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 2nd Monday of every month 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.

Monday, July 8, 2019 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. 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 9, 2019 "Thankful Tuesdays!"

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

Tuesday, July 9, 2019

"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 10, 2019 from 1-3 p.m. "Crafty Crew"

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects & if you do not have a project, we do and we can help! We do have donations of yarn & you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.



JULY EVENTS 2019

Wednesday, July 10, 2019 at 10:30 a.m. "Shuffleboard"
 Thursday, July 11, 2019 "Thinking Thursdays"
 Thursday, July 11, 2019 from 9:15-10:15 a.m. "TJQMBB"
 Friday, July 12, 2019 at 1:00 p.m. "Pocket Billiards"
 Friday, July 12, 2019 at 1:00 p.m. "Adult Coloring"
 Monday, July 15, 2019 from 9:15-10:15 a.m. "TJQMBB"
 Tuesday, July 16, 2019 "Thankful Tuesdays!"

Tuesday, July 16, 2019 from 6:00- 8:30 p.m. Simsbury Senior Center "LGBT MSC"

LGBT MSC (Lesbian, Gay, Bisexual, Transgender) (Moveable Senior Center) will be held at the Simsbury Senior Center- 754 Hopmeadow St., Simsbury, CT. LGBT Adults and Allies of the LGBT Community are invited to join the LGBT MSC- a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! Topic: "The Road to Gay Marriage Equality in Connecticut." Justice Richard Palmer, the author of *Kerrigan v. Commissioner of Public Health*, the 2008 opinion of the Connecticut Supreme Court that legalized gay marriage in this state, and Beth Kerrigan, the lead plaintiff in that case and currently Deputy Mayor of the town of West Hartford, will be our guest speakers. They will discuss the gay marriage movement in Connecticut and across the country that culminated in the filing of the *Kerrigan* case, how Deputy Mayor Kerrigan became involved as a plaintiff in the case and how the case worked its way up to the state Supreme Court. Both Justice Palmer and Deputy Mayor Kerrigan will answer questions after their presentation and remain available to speak to individual attendees. Please RSVP by July 10th, 860-658-3273 or kmarschall@simsbury-ct.gov. If you require accommodations, including dietary, please let us know by July 10th. The LGBT MSC is a program of the CT Healthy Living Collective and funded by the John H. and Ethel G. Noble Charitable Trust.

Wednesday, July 17, 2019 "Wii Bowling Tournament"
 Avon Aces Wii Bowling team will compete in a Wii Bowling Tournament in Torrington today. This is for our top bowlers! Go Avon Aces!

Wednesday, July 17, 2019 from 1-3 p.m. "Crafty Crew"
Wednesday, July 17, 2019 at 10:30 a.m. "Shuffleboard"

Thursday, July 18, 2019 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, 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. Please call the senior center at 860-675-4355 to sign up.

TRIPS

Blossoms and Butterflies, Deerfield, MA, Tuesday, Sept. 3
 \$110.00 per person

Lake George, September 13-15
 \$489.00 per person, double occupancy

Vine to Wine, October 1 \$101.00 per person

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



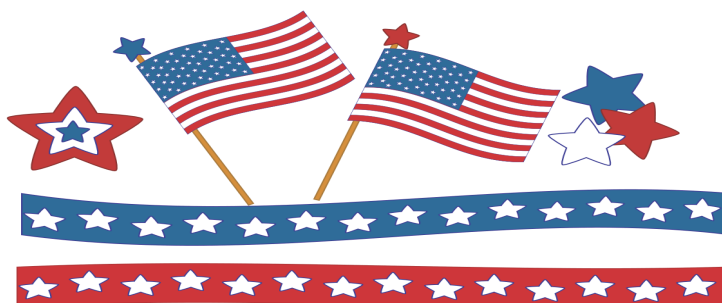
Thursday, July 18, 2019 "Thinking Thursdays"
Thursday, July 18, 2019 from 9:15-10:15 a.m. "TJQMBB"
Friday, July 19, 2019 at 1:00 p.m. "Pocket Billiards"
Friday, July 19, 2019 at 1:00 p.m. "Adult Coloring"
Monday, July 22, 2019 from 9:15-10:15 a.m. "TJQMBB"
Tuesday, July 23, 2019 "Thankful Tuesdays!"

Wednesday, July 24, 2019 at 12:00 p.m. "Lunch & Learn"
 Home Instead Senior Care will be here today for a Lunch & Learn. They will give us tips and provide resources on how to positively age well! You do not want to miss this informational and educational program. Free and open to the public. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, July 24, 2019 from 1-3 p.m. "Crafty Crew"
Wednesday, July 24, 2019 at 10:30 a.m. "Shuffleboard"
Thursday, July 25, 2019 "Thinking Thursdays"
Thursday, July 25, 2019 from 9:15-10:15 a.m. "TJQMBB"
Friday, July 26, 2019 at 1:00 p.m. "Pocket Billiards"
Friday, July 26, 2019 at 1:00 p.m. "Adult Coloring"
Monday, July 29, 2019 from 9:15-10:15 a.m. "TJQMBB"
Tuesday, July 30, 2019 "Thankful Tuesdays!"

Tuesday, July 30, 2019 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!!!!

Wednesday, July 31, 2019 at 10:30 a.m. "Shuffleboard"
Wednesday, July 31, 2019 from 1-3 p.m. "Crafty Crew"



SUMMER CLASSES

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
June 26 - August 28 \$61.00 (\$54.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
June 24 - August 26 \$66.00 (\$59.40 Senior)

Wednesdays, 6:00-7:00 p.m. - Countryside Park
June 26 - August 28 \$66.00 (\$59.40 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
June 21 - August 23 \$67.00 (\$60.30 Senior)

Emotional Freedom Technique

Fridays, 11:30-12:30 p.m. - Senior Center
June 14 - July 26 \$86.00 (\$77.40 Senior)

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

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

Bridge Players Wanted

Bridge 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.



Open Yale Courses Thursdays, 1:00 p.m.

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.

Now showing: **The Civil War and Reconstruction Era, 1845-1877.** This course explores the causes, course, and consequences of the American Civil War, from the 1840s to 1877. No registration necessary; drop in any week to hear a lecture in this series.



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—Wednesdays at 1:00 p.m.
Setback – Wednesdays & Fridays at 1:00 p.m.



CRT Lunch at the Avon Senior Center

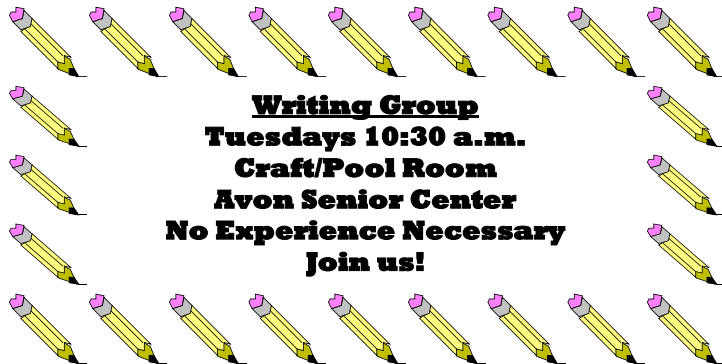
Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the Senior 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	
2	NO CRT LUNCH Avon Senior Center Summer Lunch Free & Open to the public	4	Independence Day NO CRT LUNCH 
9	Salisbury Steak w/ Vegetable Gravy Boiled Potatoes Caribbean Blend Vegetables Wheat Dinner Roll Applesauce	11	Pot Roast w/ Gravy Oven Roasted Potatoes Brussels Sprouts Dinner Roll Peaches & Pears
16	Grape Juice Tuna Salad on Multi-Grain Bun Red, Green, Purple Cabbage Coleslaw Sweet Potato Wedges Fresh Orange	18	Apple Juice Garden Salad Greens Cherry Toms, Cucs, Onions, Grilled Chicken Strips, Cheddar Cheese Ranch Dressing Wheat Dinner Roll Orange
23	Orange Juice Hot Dog/Hot Dog Roll Mustard, Relish, Ketchup Baked Beans Mixed Veggies Lemon Pudding w/ Whipped Topping	25	Mediterranean Soup Seafarer Seafood Salad Shredded Lettuce Saltine Crackers Baked Sweet Potato Club Roll Peaches
30	OJ Chicken Caesar Salad w/ Mixed Greens, Chicken, Shredded Parmesan, Cucs, Tomatoes, Caesar Dressing, Croutons Cookie		



Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to people & animals in need. If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



Writing Group
Tuesdays 10:30 a.m.
Craft/Pool Room
Avon Senior Center
No Experience Necessary
Join us!

Silver Sneakers

New class for residents of Avon (and surrounding towns) aged 65 years and over. Silver sneakers is a great chair aerobics class for those just starting an exercise regimen or continuing a fitness routine. Benefits include maintaining muscle strength, flexibility, balance and cardiovascular endurance. If you meet the criteria and are eligible, your insurance pays for the program with no cost to you. If you haven't received a letter from Silver Sneakers that you qualify, please call the 800- number on the back of your insurance card to see if you're eligible. Come work out, socialize and make some new friends! This class is open to both men and women. This class will be held on Mondays & Thursdays from 3:00-4:00 p.m. To register, please call Avon Senior Center at 860-675-4355.

**Card Group**

During July & August the 3-13 card group will meet on Monday & Tuesday at 1 p.m. New players always welcome & the game is easy to learn.



Mah Jongg group looking for new players. Beginners welcome. Meets Mondays at 10:00 a.m. For more information please call the senior center at 860-675-4355.

**"Crafty Crew"**

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects & if you do not have a project, we do and we can help! We do have donations of yarn & you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

Vine to Wine in Vermont Trip

Tuesday, October 1, 2019 Cost \$101 per person
 Honora Winery & Vineyards, Vermont Distillers & Grafton Village Cheese Company
 Tour Includes: Roundtrip Motor-coach, Tours of Distinction Tour Director, Visit to the Grafton Village Cheese Company, Liqueur Tasting & Tour, Lunch, Tour & Tasting at Honora, All Taxes & Gratuities (including Driver & Tour Director)
 Please call the Senior Center to sign up at 860-675-4355.

Getting Connecticut AMP®ed! The [Connecticut Healthy Living Collective](#) is participating in the statewide initiative to implement the Aging Mastery Program®. The [Aging Mastery Program®](#) (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well.

The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. Avon Senior Center is one of the sites that was chosen to partner with the [Connecticut Healthy Living Collective](#) to implement the Aging Mastery Program®. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. This program is free and open to the public! Come and join us! Classes start in August!




AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements. Topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention & Community Engagement.

Craft/Pool Room Booked

Craft/Pool Room is booked August 5-16, 2019
 8:30- 11:30 a.m.
 Please do not enter during these times. Thank you!



JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>2</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 Summer Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>3</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew-Knit 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>4</div> <p>CLOSED FOR INDEPENDENCE DAY</p> 	<div>5</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>8</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg Foot Care 11:00 Blood Pressure 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>9</div> <p>9:00 Billiards 9:00 Wii Bowling Birthday Cake 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>10</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>11</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>12</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Emotional Freedom 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>15</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>16</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 6:00 LGBT MSC Simsbury THANKFUL TUESDAYS</p>	<div>17</div> <p>Wii Bowling Tournament Torrington 9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>18</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:00 Rotary Picnic Canton 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>19</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Emotional Freedom 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>22</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>23</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>24</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>25</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>26</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Emotional Freedom 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>29</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>30</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>31</div> <p>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>		

RESERVED FOR SPONSORS

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