

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



JULY 2022

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



Senior Center Coordinator's Message

Happy July! Hope you are enjoying the weather. Summer is here.

We have some fantastic programs this month: Ice Cream Social (7/26/22), Grab & Go Meal (7/27/22) & Rotary Picnic in Canton (7/28/22). Please sign up to reserve your spot.

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!

Favarh "Brighter Daisies" group is back this summer. They are making flower arrangements for our lunch tables and to put throughout the Senior Center. They are coming on Tuesdays at 10:00 am, join them for this program.

We will have Dominoes & Mexican Train Dominoes at the Senior Center. Let's get a group going!

Thank you for another wonderful year. This month we start a new fiscal year and we are so proud of our senior center and all that we have accomplished. Thank you for coming and making it a great place to be! We do all that we do for you!

Please take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Dementia Champion



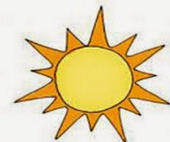
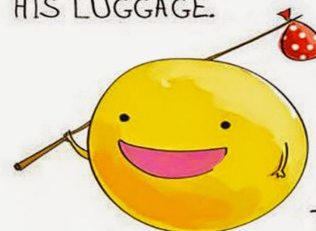
"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." – John F Kennedy

"From every mountainside let freedom ring." – Martin Luther King Jr

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." - Nelson Mandela



A PHOTON CHECKS INTO A HOTEL AND IS ASKED IF HE NEEDS ANY HELP WITH HIS LUGGAGE.



"NO, I'M TRAVELLING LIGHT."

UPcoming EVENTS



PLEASE CALL TO SIGN UP!

Ice Cream Social

Tuesday, July 26, 2022 at 12:45 pm

-MENU-

Hamburgers
Hot Dogs
Potato Salad
Cole Slaw
Green Salad
Chips

Ice Cream
Watermelon

Hot Coffee & Tea
Iced Tea
Water

Raffles!!
Music!!

TAKEOUT ORDERS AVAILABLE
RSVP 860.693.5811 by 7/21
or Email seniorfun@townofcantonct.org
LIMITED TO 100 ATTENDEES

FREE!
Graciously
Sponsored by the
Avon-Canton
Rotary Club @ the
Canton Senior
Center

Canton Seniors BBQ Luncheon
Thursday, July 28th / 12-1:30 pm



CARD GROUP

3 - 13 card group

Tuesdays at noon.

New players are always welcome. It's easy to learn and fun to play. Come join us!



Chess Group

Tuesdays 1:00-3:00 p.m.

Looking for new players!



Senior Medicare Patrol
(SMP)

1-800-994-9422

www.smpresource.org

PROTECT from Medicare fraud, errors, & abuse;
DETECT potential fraud, errors, abuse; **REPORT** concerns. SMPs educate & empower against health care fraud. Help with questions, concerns, complaints & provide information and educational presentations.

Everything you need is
within you, the strength,
courage and confidence to
change your life.
You just need to look within
yourself and find it.

Amanda Ray



Grab & Go- July 27, 2022 at 12:30 pm

Enjoy a delicious FREE Grab & Go Meal.

Please drive up to the front door and we will hand you the meal. Please call 860-675-4355 to sign up. We look forward to seeing you!

Sponsored by Avon Senior Center

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, July 21 from 10-12.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.

AARP® Real Possibilities Connecticut

AARP Fraud Watch Network: identity theft, investment fraud & scams. 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

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.
www.aarp.org/fraudsupport.

AARP® Fraud Watch Network



STAY CONNECTED
to Combat Loneliness
and Social Isolation

<https://www.youtube.com/watch?v=-hKUHiIwbrM>



Bean bag toss (Cornhole)

Wednesdays 10-12

It can be played inside or outside, depending on the weather. Please join us for the fun!



CRT CONGREGATE MEAL

**Community Café/Lunch Program
IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.

Blood Drive

Avon Senior Center

July 18, 2022 10:00-3:00



**American
Red Cross**

Please call 1-800-RED CROSS
(1-800-733-2767) or RedCrossBlood.org and enter: ASC to schedule an appointment.

AVON SENIOR CENTER CLASSES

Tai Chi

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

Fee: \$66.00

Non Resident Fee: \$72.60

July 6—Sept. 14

Senior Fee: \$59.40

Virtual Zumba Gold - Mondays

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

Fee: \$80.00

Non Resident Fee: \$88.00

June 27—Sept. 19

Senior Fee: \$72.00

(No class 7/4, 9/5)

Zumba Gold - Wednesdays

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

Fee: \$80.00

Non Resident Fee: \$88.00

June 29—Sept. 7

Senior Fee: \$72.00

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

<https://avonct.myrec.com/info/>



Scam Alert! Residential Solar Contracts

Attorney General William Tong and Department of Consumer Protection Commissioner Michelle Seagull advised homeowners interested in residential solar panels to do careful research and be wary of misleading marketing and high-pressure sales tactics by solar companies.

The Office of the Attorney General has received complaints and has active investigations into multiple solar companies regarding sales and marketing practices. Solar companies often claim that solar panels increase the value of your home. There is currently no good data to support this claim. Many home buyers do not see solar panels as a benefit. Also, homeowners with leased panels or PPAs may have difficulty selling their homes since the new buyer and the company need to agree to transfer the lease or PPA.

CT consumers who believe they have been harmed by a solar company's practices should file a complaint with the Office of the Attorney General: <https://www.dir.ct.gov/ag/complaint/> or with the Department of Consumer Protection: <https://portal.ct.gov/DCP/Complaint-Center/Consumers---Complaint-Center>

Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.

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*

Town Partners with Webster Bank to Process July 2022 Tax Payments

Town of Avon has partnered with WEBSTER BANK and their lock-box payment services. Tax payments can be mailed to Webster Bank – who will process the payment - and each evening send to the Tax Collector an electronic payment file which will post the next morning. The advantage is the Town's tax revenue processed during the day is deposited the same evening into the Town's account.

You will find with the tax bill a "return payment envelope" addressed to Town of Avon, P.O. Box 847500, Boston, MA 02284-7500. Simply write your check (payable to the Town of Avon), include the payment stub, or stubs for bills being paid, apply postage and mail your payment. Please **DO NOT** drop tax payments off at Webster Bank's local branch.

The new lock box service is the Town's preferred method of accepting **payments** via U.S. Mail as it will expedite the processing of payments. Town will continue to accept payments by mail to Town Offices (60 West Main Street), in-person, or via the drop box located outside of the Collector of Revenue's Office (Building #2). We encourage taxpayers to pay online via credit card, e-check or by phone (888-332-0286).

We thank you for your attention to this new procedure. Please contact the Collector of Revenue's Office at (860) 409-4306 with questions.

**No act of kindness,
 no matter how small,
 is ever wasted.**

—AESOP

**Receive Emergency Updates
 from the Town of Avon!**



SUBSCRIBE - (<https://www.avonct.gov/subscribe>).

"Town Alerts" & "Town News and Announcements"

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>)

Transfer Station Permits Online! Apply Here.

Transfer Station Permits (Senior [\$60], Recycling Only [\$40]) for FY 2022/2023 (begins 7/1/22). Permits online via OpenGov Citizen Services.

HOW DO I APPLY FOR A PERMIT?

<https://avonct.viewpointcloud.com/>. Create a user account with OpenGov Citizen Services or sign into existing OpenGov account. Application completed, visit Transfer Station office to pick up permit tags. Payment: credit card, e-check, cash or check. Credit card & e-check payments online. Cash or check, bring payment when you pick up tag. Recommend paying by credit card or e-check. Paying with cash, exact change preferable. Purchasing Senior Permit, bring proof of age when you pick up your tag.

WHAT IF I NEED HELP TO APPLY?

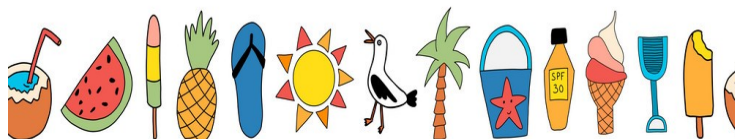
Avon Senior Center staff stand ready to assist. Please call 860-673-4355 for appointment. Please visit the Senior Center to use a computer.

WHAT IF I CAN'T GET A NEW PERMIT BEFORE JULY 1ST?

Town will honor Fiscal Year 2021/2022 permits at the Transfer Station until **August 1, 2022**.

ARE ANY OTHER TYPES OF TRANSFER STATION PERMITS AVAILABLE ONLINE? No.

ADDRESS & HOURS? 281 Huckleberry Hill Rd.
 Tues & Fri 7:30 am–2:30 pm & Sat 7:30 am–1:00 pm.
 Please contact the Department of Public Works with questions or concerns at (860) 673-6151.





NOW BOOKING COVID-19 VACCINE APPOINTMENTS

Ages 18 and up

The Farmington Valley Health District is the local health department serving the towns of Avon, Barkhamsted, Canton, Colebrook, East Granby, Farmington, Granby, Hartland, New Hartford, and Simsbury.

Schedule your COVID-19 vaccination today:



SCHEDULE ONLINE OR BY PHONE

Scheduling options:

- 1 Visit our website at fvhd.org/vaccination
- 2 Schedule by phone, (860) 352-2333 (8am-4pm, Monday-Friday)

Pfizer or Moderna available on select days.

Bring insurance information & proof of prior vaccination (if applicable) to your appointment.

Located at the Farmington Valley Health District.

Contact Us :
(860) 352-2333

www.fvhd.org/vaccination
95 River Road, Collinsville CT 06019



E-mail List

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



AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
Card Group- Tuesdays at 1:00 p.m.
Scrabble- Tuesdays at 1:00 p.m.
Knitting- Mondays at 1:00 p.m.
Setback- Wed & Fri at 1:00 p.m.
Chess- Wednesdays at 1:00 p.m.
Wii Bowl- Tuesdays 10-2 & various
Beading Group- Thursdays at 12:30 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 at 860-675-4355. The cost is a suggested \$3.00 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	
5	Grape Juice Hot Dog & Bun Mustard/Relish/ Ketchup Baked Beans Coleslaw Cookie	7	Italian Meatballs Baked Ziti w/ Mozzarella Green Beans Garlic Knot Fruit
12	Tomato Soup Grilled Cheese & Tomato Sandwich Curly Fries Coleslaw Fresh Fruit	14	General Tso Chicken Vegetable Fried Rice Vegetable Blend 12 Grain Bread Applesauce
19	Grape Juice Greek Chicken Salad w/ Lettuce, Tomato, Red Onion, Cucumber, Olives, Feta Cheese Pita Chips Carrot Cake	21	Spinach & Tomato Quiche Lyonnaise Potatoes Asparagus Rye Bread Fruit
26	Chicken Fajita w/ Peppers & Onions Rice & Beans Vegetable Blend Peaches	28	Chicken Alfredo Penne Pasta Broccoli Florets Wheat Bread Fruit Cocktail



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs— Helen M. Toth (acting)

Vice President & Cheer— Vivan Pane

Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane

Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We appreciate your support for our picnic event at the end of June. We hope to continue to offer our monthly luncheons and entertainment in the Fall. Please look for our list of upcoming events in this newsletter.

The Senior Organization will break for July and August and begin offering programs again in September.

We hope that you have a great summer filled with wonderful memories. Stay safe and we will see you again in the Fall.

If you are interested in holding an office in the Organization, please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. We look forward to hearing from you.

Helen M. Toth

*"The way I see it,
if you want the
rainbow, you
gotta put up with
the rain."*

—DOLLY PARTON—

**Do anything,
but let it
produce joy.**

Walt Whitman

**BE
STRONGER
THAN YOUR
EXCUSES**

**Even though you're
growing up, you
should never stop
having fun.**

Nina Dobrev

impact

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

- Nikki Banas | *Walk the Earth*

**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

WINSTON S. CHURCHILL





Mutual of Omaha

Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

Money Matters with Mike Sloan of Mutual of Omaha
Please click link to watch video. Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  1
HAPPY 4th of july CLOSED FOR INDEPENDENCE DAY 4	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS  5	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold  6	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS  7	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong   8
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  11	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS  12	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold  13	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS  14	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  15
BLOOD DRIVE 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  18	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS  19	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold  20	 21 9:00 Wii Bowling 11:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  22
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  25	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Ice Cream Social 1:00 Scrabble & cards THANKFUL TUESDAYS  26	9:00 Wii Bowling 10:00 Cornhole 12:30 Grab & Go 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold  27	9:00 Wii Bowling 12:00 CRT Lunch 12:00 Rotary Picnic 12:30 Beading 3:30 TJQMBB THINKING THURSDAYS  28	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  29