

# 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*



**JUNE 2022**

See our newsletter online at: <https://>



## **Senior Center Coordinator's Message**

Happy June! Hope everyone is doing well, staying safe and healthy and enjoying the weather.

Avon Senior Center is having a great time! We have new classes starting this month: Cardio Drum Ball and TJQMBB (Tai Ji Quan Moving for Better Balance). We have some awesome programs coming up: Food truck and The Coconuts (a band). We continue with all of our groups and activities and we would love for you to come and join us.

I wanted to take this time to let you know that we are here for you. If you need to talk or share your feelings, please reach out to me. Seeking help is a strength. We are going through some challenging and interesting times and we want to make sure that you are well and continue to participate in life.

Thank you for being a part of our Senior Center Family. We appreciate you. Please let us know if there's something you would like to join and we will assist you. If you have any ideas, please share them with us. We love to hear from you.

Please stay safe and well!

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



YOU  
ARE  
AMAZING

"You are never too old to set another goal or to dream a new dream."

C.S. LEWIS





JUNE  
**LGBTQIA**  
PRIDE MONTH





**MEN'S  
HEALTH  
AWARENESS  
MONTH**



**HAPPY  
FATHER'S  
DAY**

**JUNETEENTH**

# June Events

PLEASE CALL TO  
SIGN UP!

TJQMBB starts June 22

Dates & Times TBD: FOOD TRUCK, BAND



People with purpose,  
goals, and visions have  
no time for drama.  
They invest their energy  
in creativity  
and focus on living  
a positive life.

SOME OF US  
THINK HOLDING ON  
MAKES US STRONG,  
BUT SOMETIMES  
IT IS LETTING GO.  
*hermann hesse*  
@POSITIVELYPRESENT

nothing can dim  
the light which shines  
from within

MAYA ANGELOU

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

— BRENE BROWN

## 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](http://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.



Everyone's  
Journey is  
different. Don't  
compare your path  
to anyone else's.



**Grab & Go- Wednesday, June 22 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.

June 23 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](http://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](http://www.annualcreditreport.com) or call 1-877-322-8228, Protect Your Mail: [www.dmachoice.org](http://www.dmachoice.org) & [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: [www.donotcall.gov](http://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](http://www.aarp.org/fraudsupport).

## **AARP** Fraud Watch Network



### **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**

**June 17 & 29, 10:00-3:00**



**American  
Red Cross**

Please call 1-800-RED CROSS  
(1-800-733-2767) or [RedCrossBlood.org](http://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. 12

Senior Fee: \$72.00

(No class 7/4)

### **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

### **Badminton**

Tuesdays, 6:45-8:30 p.m.

Fee: \$48.00

Non Resident Fee: \$52.80

May 17—June 28

Senior Fee: \$43.20

### **Chair Yoga**

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

Fee: \$77.00

Non Resident Fee: \$84.70

July 8—Aug. 26

Senior Fee: \$69.30

### **Meditation**

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

Fee: \$77.00

Non Resident Fee: \$84.70

July 7—Aug. 25

Senior Fee: \$69.30

### **Cardio Drum Ball**

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

Fee: \$61.00

Non Resident Fee: \$67.10

June 20—Aug. 1

Senior Fee: \$54.90

### **Cardio Drum Ball**

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

Fee: \$61.00

Non Resident Fee: \$67.10

June 22—July 27

Senior Fee: \$54.90



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

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



### **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\*

**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>)

## PRIDE MONTH PROGRAMS

Designed and hosted by the West Avon Congregational Church, Avon Library, Avon Youth Services Board, and the Avon Senior Center

### BLOCK PARTY

Friday, June 3, 2022, 3:30-5:30 pm

West Avon Congregational Church, 280 Country Club Rd., Avon

You're invited to the Avon's first PRIDE block party! Balloons, a bouncy house, LGBTQIA+ resources, Touch-a-Truck, "Avon Cares" sign sale, and more!

### TEEN PRIDE PAINT NIGHT

Wednesday, June 8, 2022

4:30-5:30 pm for Grades 5-8

6:00-7:00 pm for Grades 7-12

In-Person at the Avon Library, 281 Country Club Rd., Avon

Join us to celebrate Pride! In a LGBTQIA+ affirming safe space, we are going to paint what pride means to us in this creative open ended art experience with real easels, canvas, and paint for all the colors of the rainbow. In Person – Art Studio 2nd Floor. Register at [www.avonctlibrary.info](http://www.avonctlibrary.info)

### HOW TO BE AN ALLY TO MEMBERS OF THE LGBTQIA COMMUNITY

Monday, June 27, 2022, at 7:00 pm, via Zoom

Join Jillian Celentano and a gender diverse panel of teens for a discussion on how to support members of the LGBTQIA community. Hear personal stories about the journey of gender identity, learn about trans health care, the importance of an emotional support system, and what being an ally actually means. You'll leave this webinar with new understanding, and 10 tips for supporting the LGBTQIA community. This program is for parents, neighbors, educators, friends, and those eager to learn. Register at [www.avonctlibrary.info](http://www.avonctlibrary.info)

**Governor Lamont Announces New Online Application Available for Heating and Water Assistance**  
**Deadline Extended for 2021-2022 Season**

Governor Ned Lamont announced the launch of a new online application for heating & water assistance programs that help income-eligible families pay their utility bills. Eligible residents can apply for Connecticut Energy Assistance Program (CEAP) & Low-Income Household Water Assistance Program (LIHWAP) through a joint online application available at [ct.gov/heatinghelp/apply](https://ct.gov/heatinghelp/apply).

Deadline extended to June 30, 2022.

**CEAP** federally funded program that provides winter heating assistance to income-eligible households. May be eligible for matching payment plans, protection from shutoffs, and replacement or repairs for heating equipment and water heaters. Homeowners and renters are eligible, and assistance is available for natural gas and electric heat, as well as deliverable fuels like oil and propane.

**LIHWAP** provides water assistance to the same families who are eligible for CEAP, and income eligible families.



**E-mail List**

Please send an email  
to: [eshaffer@avonct.gov](mailto: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	
	2	Baked Potato Beef and Bean Chili Vegetable Blend Wheat Roll Fruit	
	7	Apple Juice BBQ Chicken Leg Potato Salad Roasted Corn Corn Bread Watermelon	9 Baked Ziti Italian Sausage Ricotta, Mozzarella, Marinara Spinach Garlic Knot Peaches
14	Clam Strips French Fries Vegetable Blend Ketchup Wheat Bread Fruit	16	Apple Juice Cowboy Burger w/ Onions Rings, Bacon & Cheddar Sweet Potato Fries Lettuce/Tomato, Kaiser Roll Chocolate Pie
21	Pot Roast w/ Gravy Sweet Potatoes Green Beans Oat Nut Bread	23	Southern Catfish Yellow Rice Vegetable Blend Corn Bread Fruit
28	American Chop Suey w/ Elbow Pasta Green Beans Wheat Dinner Roll Fruit	30	Bratwurst w/ Carrots & Onions Long Grain Wild Rice Brussels Sprouts Wheat Bread Pineapples/Mandarins



# 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 hope that you are taking advantage of this gorgeous weather. We are looking forward to seeing you at the picnic the last Monday in June. We will have our annual picnic on Monday, June 27<sup>th</sup>. The Board is opening the event up to anyone who would like to attend. The price for the luncheon is \$7.00 per person. Please book early as we've limited attendance to 40.

The Bristol Old Tyme Fiddlers will be here to entertain us and they always provide an excellent program. Reservations are required for the June 27<sup>th</sup> event. Because we have to order the food, we cannot accept any walk ins. Cut-off date for making reservations is the Thursday before the event.

Please call Barbara Schicker at (860-404-5436) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

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.

## Happy Birthday to the following Members:

June 28<sup>th</sup> – Jeannie King  
July 17<sup>th</sup> – Lorraine Foster  
July 18<sup>th</sup> – Joe Roberto  
July 21<sup>st</sup> – Marilyn Dumas  
July 23<sup>rd</sup> – Katie Ruez  
August 2<sup>nd</sup> – Gloria Farrell  
August 7<sup>th</sup> – Mickey Bennett  
August 11<sup>th</sup> – Tom Carey  
August 13<sup>th</sup> – Ida Maillet

Helen M. Toth

## Senior Citizens of Avon Organization

*Everyone is Welcome – Reservations Required*

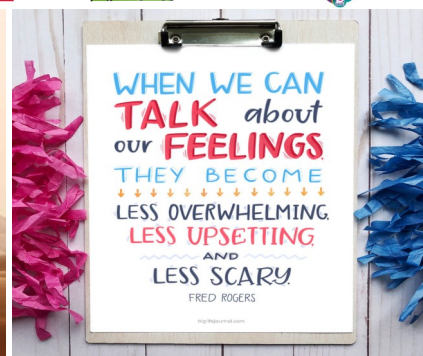
June 27<sup>th</sup> 11:30 a.m. – Annual Picnic

Assorted Grinders, Cole Slaw, Potato  
Chips and Dessert - \$7.00/pp

**PLEASE RESERVE EARLY – Limited to 40.**

Entertainment will be provided by Jerry Lagace and The Bristol Old Tyme Fiddlers. Founded in 1972 the group has members that play the mandolin, guitar, bass, banjo, spoons, washtub, piano, button-box, harmonica, accordion, bones, jaw's harp and percussion instruments with wood block.

RESERVATIONS REQUIRED.... Please call Barbara Schicker at (860-404-5436)



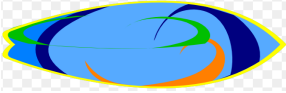








**Mutual of Omaha**

**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/myYr3vTRpPh>

# JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 3:30 PRIDE FAIR 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:45 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
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9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 1:30 Cardio Drum Ball 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 The Coconuts 1:00 Scrabble & cards 1:30 Cardio Drum Ball 6:45 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 12:30 Grab & Go 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 	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 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 1:30 Cardio Drum Ball 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 1:30 Cardio Drum Ball 6:45 Badminton THANKFUL TUESDAYS 	RED CROSS BLOOD DRIVE 9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB 7:00 Badminton THINKING THURSDAYS 	"We rise by lifting others." -Robert Ingersoll