

AVON SENIOR CENTER



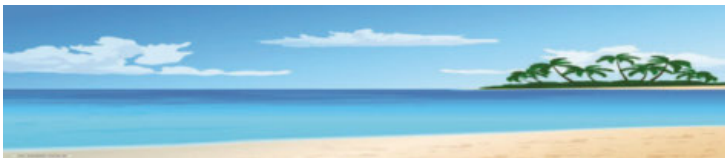
635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



JUNE 2023

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



Senior Center Coordinator's Message

Happy June! I hope everyone is enjoying the beautiful weather & getting outside in the wonderful sunshine!

Avon Senior Center has so many fun events, activities, programs, classes and trips. Please check out the entire newsletter for information.

This month, we celebrate Father's Day! We celebrate PRIDE month with our LGBTQ+ and Ally population. Juneteenth-Freedom Day, a holiday celebrated on June 19 to commemorate the emancipation of enslaved people in the US. The holiday was first celebrated in Texas, in 1865, in the aftermath of the Civil War, enslaved people were declared free under the terms of the 1862 Emancipation Proclamation. If you have any questions or would like more information about any of these holidays or celebrations, please feel free to ask.

Thank you for coming to the senior center and participating in our programs. This month, we say goodbye to another fiscal year. It has been a fantastic year, we have had great programs and we're going to have many more. See you soon!

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



Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center and 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, welcoming and FREE. SIGN UP REQUIRED. ****Meals 12:00, program 12:30****

Monday, June 19, 2023 Topic: TBD

Monday, June 26, 2023 Topic: TBD

This program is grant funded through NCAAA (North Central Area Agency on Aging) and is sponsored and hosted by Avon Senior Center.



UPcoming EVENTS

Please call
860-675-4355
to sign up!

Rootbeer Floats

Tuesday, June 20 at 12:45 pm

Arts & Crafts with Natalie

Wednesday, June 21– time TBD

Ice Cream

Thursday, June 22 at 12:45 pm

Bingo

Tuesday, June 27 at 1:00 pm

Meals & Minds

Monday, June 19 & 26 at 12:00 pm

"You may not control
all the events that
happen to you,
but you can decide
not to be reduced
by them."
Maya Angelou

Love is better than anger.
Hope is better than fear.
Optimism is better than
despair. So let us be loving,
hopeful and optimistic.
And we'll change the
world. ~Deavita

New Card Game- Euchre
Meets every other Friday
at 2pm.

Contact Heidi:
heidi10359@aol.com



GRAB & GO

June 28, 2023
Wednesday
12:30 pm

RSVP required.

Enjoy a delicious FREE Grab & Go Meal.
Please drive up to the front door & we will hand
you the meal. We look forward to seeing you!
Sponsored by Avon Senior Center



Favarh Brighter Days-ies

Tuesdays from 9:30-10:30

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



Free Blood Pressure/Blood Sugar Screening

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



Senior Medicare Patrol
1-800-994-9422
www.smpresource.org

PROTECT, DETECT, REPORT. Help with fraud,
errors, abuse, questions, concerns, complaints.

AVON ACES WII BOWLING TEAM!

Join our team! Avon Senior Center at 860-675-4355.



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

MyPlaceCT.org offers information on these topics:
Health & Well-being: Managing Chronic Disease &
Pain, Preventing Falls, Medication Management, Geri-
atric Assessments, Holistic Health, Mental Health &
Addiction, Memory Loss—and more!

Services & Supports: In-Home Care, Housing, Tech-
nology & Home Modifications, Meals & Groceries,
Transportation, Social Engagement, Veteran Services,
End-of-Life Planning—and more!

Learn: Plan for the Future, Assess Your Needs, Medi-
caid/Medicare, Financial Tools—and more!

Family Caregivers: Respite Services, Support Groups,
Online Resources, Legal Matters, and more!

Hope is the courage to
take one more step,
to try one more time,
to believe that things
will get better.

YourPositiveOasis.com



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, June 29 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

New Class at Avon Senior Center



Welcome to Mah Jongg

Wednesday, 1:00 – 3:00 p.m. &

Friday, 10:00 a.m. - 12:00 p.m.

June 14 - 23

Instructor: Karen Boyd

Learn the basics of American Mah Jongg. Mah Jongg is a tile game that can improve memory and sharpen the mind. The class will focus on the card including reading the card, categories, and switching hands as tiles are passed during the Charleston and picked during play. Class will also cover: the tiles, rules of the game and table rules. This beginners class includes a card with your registration.

Cost: Avon Residents: \$61.00

Avon Seniors (Age 60+): \$54.90

Non-Residents: \$67.10

Call Avon Senior Center to sign up
(860) 675-4355 or go to www.avonrec.com.



3-13 CARD GROUP

Tuesdays at noon. Join us!
New players welcome.
Easy to learn & fun to play.



AVON SENIOR CENTER CLASSES

Tai Chi

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

Fee: \$61.00

Non Resident Fee: \$67.10

July 5—Sept. 6

Senior Fee: \$54.90

Virtual Zumba Gold

Mondays, 5:30-6:30 p.m.

Fee: \$67.00

Non Resident Fee: \$73.70

July 3-August 28

Senior Fee: \$60.30

Zumba Gold

Wednesdays, 5:30-6:30 p.m.

(No Class 7/19)

Fee: \$67.00

Non Resident Fee: \$73.70

July 5—Sept. 6

Senior Fee: \$60.30

Badminton

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

(No class 7/4)

Fee: \$64.00

Non Resident Fee: \$70.40

June 27—Sept. 5

Senior Fee: \$57.60

Badminton

Thursdays, 6:30-8:30 p.m.

Fee: \$70.00

Non Resident Fee: \$77.00

June 29-Sept. 7

Senior Fee: \$63.00

Line Dancing

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

Fee: \$77.00

Non Resident Fee: \$84.70

June 29—August 17

Senior Fee: \$69.30

Mah Jongg

Wed. & Fri.

(W: 1:00-3:00, F: 10:00-12:00)

Fee: \$61.00

Non Resident Fee: \$67.10

June 14—June 23

Senior Fee: \$54.90

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

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

Blood Drive

Avon Senior Center

June 16 & 28, 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.

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/ctaalert>)



Town of Avon Food Pantry and Mobile Foodshare Information



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 Foodshare

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 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 21
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

*****Please bring your own bags!*****

Mobile Foodshare Avon Site:
The Farmington Valley American Muslim Center
35 Harris Road

Foodshare, a United Way Community Investment supported agency, operates Mobile Foodshare in many towns throughout Hartford and Tolland counties. Avon Social Services, City of Avon, and the Avon-Canaan United Way have collaborated with Foodshare to bring Mobile Foodshare to Avon.



A Member of America's Second Harvest
430 Woodland Ave., Storrs, CT 06261-1942
Phone (860) 236-9999 Fax (860) 236-7060
On the web: <http://www.foodshare.org>

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

Town of Avon Dial-a-Ride Application

https://www.avonct.gov/sites/g/files/vyhlif151/f/uploads/dial_a_ride_info_app.pdf

Renters' Rebate Program:

65+ or totally disabled, income \$40,300 or less (single), \$49,100 or less (married), rebate from CT. Filing period April 1 - Oct. 1, 2023. Please call Assessor's Office 860-409-4335.

"I love how summer just wraps its arms around you like a warm blanket."

Kellie Elmore



www.ArchivalTVing.com

Unearthing History: The Discovery of a 12,500 year old Paleo-Indian Site Along the Farmington River in Avon, CT

7:00 pm EST via Zoom

Free to attend. Register at www.avonctlibrary.info

2023 series sponsored by a grant from



MARCH 23

The LIDAR Revolution in Earth Surface Mapping, presented by Will Ouimet, Assoc. Professor, Departments of Geosciences and Geography, Univ. of Connecticut. He will explain the techniques used by LIDAR for locating historic human settlements and land use patterns. LIDAR = Light Detection and Ranging using lasers for 3D scanning.

APRIL 20

Hunting and Fishing Techniques of the Paleoindian (tentative title), presented by Richard Boisvert, retired New Hampshire state archeologist, who is very familiar with the discovery and analysis of the Brian D. Jones (BDJ) site and other Paleoindian sites in northern New England.

MAY 11

The Big Importance of Small Things: Microscopic and Blood Residue Analysis of Ancient Stone Tools, presented by Heather M. Rockwell, Assistant Professor of Anthropology and Cultural and Historic Preservation, Noreen Stonor Drexel Cultural and Historic Preservation Program, Salve Regina University. This presentation will examine the process and limitations of blood residue and use-wear analysis, and how they have contributed to our understanding of ancient people.

SEPT. 21

Paleoindian Sites, Site Patterning and Travel Corridors along the Southern Arm of the Champlain Sea, presented by Jess Robinson, Vermont State Archaeologist, Vermont Archaeology Heritage Center, Barre, VT. He will compare and contrast Paleo sites in Vermont with the Brian D. Jones site in Avon.

OCT. 12

Update on the scientific analysis of the Brian D. Jones (BDJ) site in Avon, CT 2019, presented by Eric Heffer, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. His presentation will be 90 minutes with time after for Q&A. October is Archaeology Month in Connecticut!

Watch the webinars from the 2021 and 2022 series on the Avon Library's YouTube Channel:
www.youtube.com/user/afplct

In partnership with

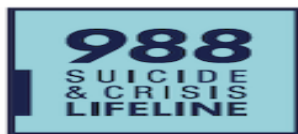


Webinar series created by : Avon Historical Society, Avon Free Public Library, Avon Senior Center

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 offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress. People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

“Rise above the storm and you will find the sunshine.”

— MARIO FERNÁNDEZ

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.



American Red Cross

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.
 (for experienced players only)
 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.
 Chess- various
 Wii Bowl- Tuesdays at 10 a.m. & various
 Beading Group- Thursdays at 12:30 p.m.
 Pool/Billiards- various
 Euchre- Every other Friday at 2:00 pm

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:

TUESDAY		THURSDAY	
		1	Lasagna w/ Italian Sauce Italian Vegetables Bread Stick Fresh Fruit
6	Stuffed Pepper w/ Sauce Pasta Vegetable Medley Wheat Bread Fresh Fruit	8	Baked Stuffed Fish w/Tartar Sauce Potato Wedges Ketchup Capri Vegetables Garlic Knot Fresh Fruit
13	Vegetable Soup Saltine Crackers Tuna Salad on a Kaiser Roll Potato Salad Tomatoes & Lettuce Fresh Fruit	15	Fruit Punch Roast Beef w/ Gravy Seasoned Potatoes Peas & Diced Carrots Garlic Knot Frosted Cake
20	Potato Crumb Fish w/ Tartar Sauce Mashed Potatoes Broccoli Normandy 12 Grain Bread Fresh Fruit	22	Orange Juice Italian Sausage with Sauce Parslied Pasta Capri Vegetables Wholegrain Bread Fresh Fruit
27	Popcorn Shrimp Potato Wedges Ketchup Coleslaw Oatnut Bread Fresh Fruit	29	Glazed Baked Ham Sweet Potatoes Vegetables 12 Grain Bread Fresh Fruit

Then followed that beautiful season...Summer...Filled was the air with a dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood.
Henry Wadsworth Longfellow



Dementia & Caregiving:

Focusing on the person while understanding the disease progression

- Are you caring for someone with dementia?
- Do you want to learn more about the progression of the disease and helpful communication tips?
- Would you like to be able to recognize common behaviors & know how to respond?

Join us for a free 5-week Series:

Wednesdays 1:00pm-2:30pm at Avon Senior Center

July 12th Session 1: Overview of dementia

July 19th Session 2: Basics of communication and understanding behaviors

July 26th Session 3: Safety and how to structure daily activities

August 2nd Session 4: Caring for the Care-Partner

August 9th Session 5: Community resources

**Participants are encouraged to attend all 5 sessions.*

PRESENTED BY:

Michelle Wyman and Patty O'Brian

Dementia Specialists

Hartford HealthCare Center for Healthy Aging

REGISTRATION REQUIRED:

Please call Avon Senior Center

to RSVP: 860-675-4355

635 West Avon Road, Avon

Hartford HealthCare
Center for Healthy Aging



Avon Senior Center Presents:



Tour Includes:

- Motor Coach
- Lunch at Gateways Inn
- Admission to Tanglewood
- All Gratuities to Driver

Information & Reservations

Avon Senior Center
Jennifer Bennett | 860.675.4355
635 West Avon Rd | Avon, CT 06001
Checks Payable: Tours of Distinction

Times are approximate. Subject to change.

Depart: 10:00 am, Avon Senior Center | 635 West Avon Rd | Avon, CT

Estimated Return: 6:30 pm, Avon

Trip Activity Level:

What's better than spending some time with music and friends? Experience an inspiring concert at Tanglewood, which is the summer home of the Boston Symphony Orchestra and the Boston Pops for over 75 years.

Enjoy a music filled afternoon as Andris Nelsons conduct the Boston Symphony Orchestra, featuring noted American Cellist Yo-Yo Ma. Today they will be playing Julia Adolphe, *Makeshift Castle*, co-commissioned by the BSO and Gewandhausorchester; *Cello Concerto No. 1* by Dmitri Shostakovich, and *Petrushka* by Igor Stravinsky.

Before the show, enjoy lunch on the lawn at Gateways Inn. Built in 1912, Gateways Inn has become an established landmark in historic downtown Lenox, Massachusetts. With its rich history steeped in Gilded Age grandeur, the property has served the Lenox community in several dynamic ways, currently as a leading Berkshires inn and restaurant. We will enjoy a classic soup and sandwich combo of: Heirloom Tomato Gazpacho, Tuna Niçoise Sandwich with Yellowfin Tuna. For dessert, a refreshing Raspberry & Lemon Sorbet served with Iced Tea, Lemonade, or water.

Disclaimer: We are in the business that plans far ahead of the tour's start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodations. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. For full tour terms and conditions please visit: <https://www.toursofdistinction.net/tourinfo/termsandconditions/>

Tour arranged by: **TOURS OF... Distinction**



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRpqs>

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

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		HAPPY PRIDE MONTH LGBTQ+ 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:30 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 
1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 1:00 Mah Jongg 4:00 Tai Chi 5:30 Zumba Gold 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS 	9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
 19 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Rootbeer Floats 1:00 Scrabble & cards THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 1:00 Mah Jongg Arts & Crafts w/Natalie 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:45 Ice Cream THINKING THURSDAYS 	9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 1:00 Ping Pong 
 26 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	9:00 Wii Bowling 9:30 Brighter Daysies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Bingo 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 12:30 Grab & Go 1:00 Setback 1:00 Chess 	9:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 2:00 Line Dancing 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 



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Riverdale Farms | 124 Simsbury Rd. Avon, CT 06001

LISTEN, LEARN & LEAVE
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Private, In-Person, Phone or Zoom Meetings Available

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

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Call Today to Register 860-379-6700 x405 | www.robersonstierney.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



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

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www.carmonfuneralhome.com

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has a private room available!
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EXPANDED SERVICES IN SIMSBURY

UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

Services offered:

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit h.uconn.edu/request-an-appointment, or call 1-84-GET-UCONN (1-844-388-2666).

UCONN
HEALTH



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

Avon Senior Center, Avon, CT

06-5002