

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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

JUNE 2020

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

Senior Center Coordinator's Message

Happy June! I hope this newsletter finds you well and surviving COVID 19– the Coronavirus. We are missing all of you at the Senior Center. It's just not the same without your beautiful faces and smiles. We miss your energy, enthusiasm and conversations. We know that you're strong and resilient and will be able to come back to the Senior Center.

We do not have a re-open date at this time. Please be patient as we continue to get through this pandemic and adhere to social distancing and health and safety guidelines. We want to make sure that you're safe when you're allowed to come back to the Senior Center. We appreciate your willingness to follow the guidelines. We want to keep everyone safe and healthy!

We are offering numerous virtual programs during this time. Please be sure to read the newsletter and check out our Senior Center webpage on the Town website. We're constantly updating our virtual programs. Any suggestions, please let us know.

Avon Senior Center is using Zoom for virtual programs. Please feel free to download it on your devices (phone, tablet, iPad, etc.) and stay connected.

Please feel free to email me: jbennett@avonct.gov. Reach out to the Senior Center at 860-675-4355, if you have any questions, need information, resources or just want to chat. We're here for you!

Please stay safe and healthy! We're thinking of you. Please get outside and enjoy the beautiful weather and soak up some sun.

Take care,
Jennifer Bennett, LMSW, CDP



Newsletter E-mail List

If you would like our newsletter emailed to you, please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



**Your attitude, not your
aptitude, will determine your
altitude.**

Zig Ziglar

BrainyQuote

**Hope is a renewable option: If you
run out of it at the end of the day,
you get to start over in the morning.**

Barbara Kingsolver

**DON'T LOSE HOPE.
WHEN THE SUN GOES DOWN,
THE STARS COME OUT**

On-line Activities to do at home

Museums

14 World-Class Museums Offering Virtual Tours Right from your Laptop

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

MOMA Classes:

https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg

New Britain Museum of American Art activities: <https://nbmaa.org/online>

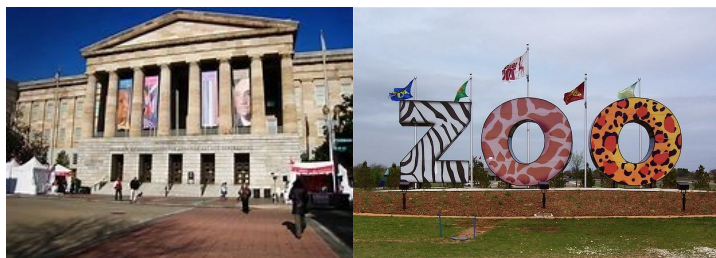
Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>



Museums, Libraries, Zoos Offer Online Programs During Coronavirus Closures

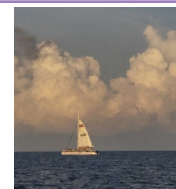
<https://www.wvuxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian Museum classes: <https://www.edx.org/school/smithsonianx>



Documentaries

<https://documentaryheaven.com/>
<https://www.discovery.com/>



Opera

https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_SNyRYp_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l_I5mOuoYoMlwI

Animals

<https://zoo.sandiegozoo.org/live-cams>
<https://www.youtube.com/user/LionWhispererTV>
<https://nationalzoo.si.edu/webcams>



Webcams

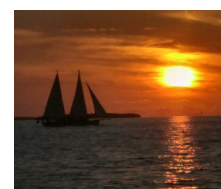
Yellowstone: <https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>
All different types: <https://www.earthcam.com/>
Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

Games

Online games/crosswords/word searches, etc.
<http://games.courant.com/category/allgames/>

Fitness/Yoga/Dance/Meditation

Online fitness classes from the YMCA:
https://www.youtube.com/channel/UCOGt_IpceP_xQhCMCrut_A



Free Fitness Classes online:

<https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Free Adult Dance Classes:

<http://www.danceplace.org/virtual-adult-classes/>

Free Meditation:

<http://www.freemeditation.com/>



YouTube Free Yoga Classes:

<https://www.youtube.list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAIription>

On-line Activities to do at home

Courses

You can now take classes from prestigious universities such as Harvard, Yale and the University of Pennsylvania in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

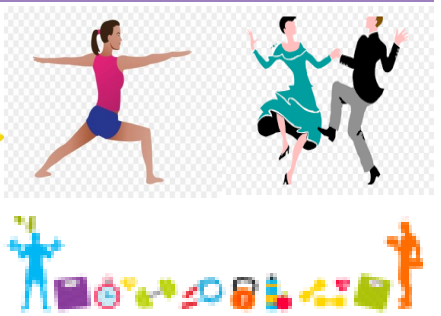
<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

Ted Talks

<https://www.ted.com/>



Virtual Summer Classes (using Zoom)

All classes are free during June, registration required. For information or to sign up, please call Avon Senior Center at 860-675-4355 or email Jennifer Bennett at jbennett@avonct.gov

Chair Yoga

Chair yoga is a unique form of exercise for people who cannot get down to the floor due to age or inflexibility. This program will help you improve muscle tone, increase strength and flexibility, and improve balance. You will learn breathing and relaxation techniques along with yoga asanas (postures) and yoga flows on and off the chair.

Fridays, 10:00-11:00 a.m., starting June 5

Zumba Gold

Come join the party and enjoy the health benefits of this feel good, low-impact aerobic workout. Zumba Gold is an energetic, total-body workout set to Latin and International rhythms. Dance for an hour and log at least 5,000 steps on your fitness tracker. Zumba Gold uses the same music and choreography as Zumba Basic; I just modify the movements to be gentler on the knees. No experience necessary, just a willingness to dance and have fun. Mondays and Wednesdays, 6:00-7:00 p.m., starting June 1

Bingo! and other Games

Meet with other senior center members (virtually) to play Bingo and other games Wednesday afternoons. When you sign up you'll be sent a link to join the zoom call.

Wednesdays, 1:00 p.m., starting June 10

Silver Sneakers Chair Aerobics

Silver Sneakers Chair Aerobics is a chair work-out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, and helps keep you active to live on your own longer. Need: a chair & two free weights. Come get a great workout in the afternoon! If you're not sure you have Silver Sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers Silver Sneakers. Mondays 3:00-4:00 pm, Thursdays 10:30- 11:30 am start June 1

Cardio Class

Men and women welcome. This is a high energy aerobics class. In the hour long class we will do cardio, strength training, and core work with balance. Participants should have a yoga mat and free weights for the class.

Mondays and Wednesdays, 9:30-10:30 a.m., starting June 1

Meditation

We will be starting a meditation class. Details coming soon!



Virtual Programs

AARP Webinar Wednesday Series

Join us weekly at our AARP CT Webinar Wednesday Series to participate in educational workshops and fun with experiences. Series will be held at 1PM Wednesdays.

Registration is free and open to people of all ages!

June 3, 2020 @ 1PM *What I Need to Know about*

My Electric Choices: Learn about the electric supplier choices available in CT. Have your electric bill ready to view during the session in order to learn and understand its complicated components. Learn how to make informed decisions based on unique situations and where to go for the most reliable CT electric supplier information and data. <https://aarp.cvent.com/June3Electric>

June 10, 2020 @ 1PM *Understanding CT's New*

Paid Family & Medical Leave Program: Exploration of the new program, who qualifies, how to navigate and access it to care for yourself and those in your life when it launches. <https://aarp.cvent.com/June10PFML>

June 17, 2020 @ 1PM *AARP Fraud Watch Net-*

work - The Con Artist Playbook: Psychology behind ID theft, fraud & scams through actual testimony of scammers, insights & advice. Participants will be armed with the tools they need to keep themselves and their families safe. <https://aarp.cvent.com/June17Fraud>



JOIN THE AVON TOWN COUNCIL AS WE

SALUTE OUR SUPERHEROES!

The Town has asked the houses of worship in Avon to ring their church bells and we are asking all of our residents and businesses to stand on their front lawns to clap, ring bells, bang on pots and pans, and cheer in recognition of all our superheroes: our first responders, health care providers and all other essential workers who are heading into work so that we can Stay Safe and Stay Home!

7:00 P.M. FRIDAY APRIL 17TH
AND EACH AND EVERY FRIDAY
UNTIL THE PANDEMIC IS OVER

Virtual Programs

Money Matters with Mike Sloan

Please click the link below to watch a video with Mike Sloan of Mutual of Omaha. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). <https://youtu.be/myYr3vTRphs>

Zoom Tutorial

Avon Senior Center will be starting virtual programs which you can access using Zoom. To watch a short tutorial on how to use Zoom, click on the link below:

<https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE>

Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!





Fabulous Fifties Trivia

- 1) Who Plays Jerry Lee Lewis in this 1989 movie?
 - 2) In the Beach Blanket series Frankie Avalon had a real-life romance with Annette Funicello: what song did he write?
 - a. You are my Special Angel
 - b. Puppy Love
 - c. Come Go with Me
 - d. Be Bop Baby
 - 3) Natalie Wood became a child star in this 1947 classic with Santa Claus:
 - 4) What was Elvis' 1st National #1 hit:
 - a. Blue Suede Shoes.
 - b. Heartbreak Hotel.
 - c. Jail House Rock
 - d. Love me Tender
 - 5) Lawrence Welk didn't speak English until he was 21—what was his native tongue?
 - a) German
 - b) Polish
 - c) Russian
 - d) Czech
 - 6) Which Honeymooner was nominated for an Academy Award? Which one won the Academy award?
 - 7) The Del Vikings achieved a 'first' in music culture—what was it? What was their style of music?
 - 8) Jimmy Dorsey's "So Rare" in a sense bridges Big Band music with Rock & Roll; what R & R performer did this song edge out for the #1 hit in 1957?
 - 9) What 1994 Movie has had a Buddy Holly look-alike waiter serving Uma Thurman?
- What Buddy Holly song became the title of a 1986 movie with Kathleen Turner?

(Answers on page 6)



Maureen McIntyre, Chief Executive Officer, North Central Area Agency on Aging (NCAAA), in regard to the elderly:

1. **NCAAA** is launching a new service designed to address food insecurity for folks who are able to *prepare* meals, unable to *shop* for groceries due to the pandemic, and who may be *unable to pay for groceries* as costs have significantly increased. We are providing a **Grocery Shopping and Delivery** service whereby we will cover the delivery charges, any shopping fees, and the cost of groceries at +/- \$100.00 per shopping trip. We are partnering with Geissler's Supermarkets and with a local non-profit called [UR Community Cares](http://www.URCommunityCares.org) to do much of the delivery. (We will be adding to our grocery network shortly). Referrals can be directed here: (860)724-6443 x 268 **"CHOICES"**. www.URCommunityCares.org

2. It looks as though many of our older adults may need to shelter-in-place throughout the summer and we're very concerned about their comfort and safety as they do so. We have funding at our disposal for items such as fans, air conditioners, lift-chairs, incontinence supplies, and emergency response systems for individuals who may be home-confined with our without the assistance of a caregiver or family member's support. Please contact us at (860)724-6443 x 230 **"Caregiver Team"**



SENIOR CITIZENS OF AVON ORGANIZATION



635 WEST AVON ROAD • AVON, CT
860.675.4355 Mondays

President & Cheer– Marie Evans
VP & Programs– Helen M. Toth
Treasurer - Barbara Schicker,
Hospitality - Jean Pelletier
Secretary - Marian Hurlbut,
Financial Secretary - Katie Ruez

A message from the Board of Directors...

We hope you are enjoying the warmer weather and are all doing well.

Due to the Coronavirus, we have decided not to have luncheons through the end of June.

Our hope is to get started again in the fall and are busy planning future programs.

We are also planning our 50th Anniversary in October with the Bristol Old Tyme Fiddlers entertaining.

We miss our weekly get-togethers and look forward to seeing you soon.

Please stay safe and vigilant during this trying time. Although everything is fluid now, before you know it we'll be back with our family and friends and getting back to things we enjoy doing most.

Until then, remember you are in our thoughts and can't wait to see all of you again.

Helen M. Toth



Answers to Fabulous Fifties Trivia

- 1) Dennis Quaid
- 2) b. Puppy Love
- 3) *Miracle on 34th Street*
- 4) b. *Heartbreak Hotel*
- 5) a. German
- 6) Jackie Gleason in *The Hustler*; Art Carney in *Harry and Tonto*
- 7) First commercially successful integrated group; doo-wop.
- 8) Elvis
- 9) *Pulp Fiction*; *Peggy Sue got Married*



Avon Senior Center– Social Security Info

PROTECTING ELDERS FROM SCAMS

By Robert Rodriguez

Social Security Public Affairs Specialist in New Britain, CT.

June is World Elder Abuse Awareness Month. Scammers target older people. They use fear to pressure people into providing personal information or money. During the pandemic when people are particularly vulnerable, scammers will pretend to be government employees, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

What you can do

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at oig.ssa.gov, and tell your family and friends! Government Agencies will never:

- Tell you that your Social Security number has been suspended.
- Tell you about crimes committed in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.

- Request a specific means of debt repayment (retail gift card, prepaid debit card, wire transfer, internet currency, or cash).

- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

- Scammers continue to develop new ways to mislead– they might use the names of Social Security officials & tell you to look them up on our websites (where they learned the names themselves), they might email you official-looking documents with a letterhead that looks like it's from Social Security or Social Security's Office of the Inspector General (OIG). Don't believe them! Social Security will NEVER email you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options & your appeal rights. If you get a call about a Social Security problem, be very cautious. If you do not have ongoing business with the agency, or if the caller mentions suspending your Social Security number or makes other threats, the call is likely a scam. Ignore it, hang up, & report it at oig.ssa.gov. We are working to stop the scams and educate people to avoid becoming victims.

Relaxing in the Outdoors

H	V	Y	K	W	H	H	K	Z	Z	M	P	Q	T	I
O	R	S	R	L	F	T	Z	J	X	P	Z	Z	I	O
I	N	B	O	N	F	I	R	E	L	A	X	I	N	G
T	K	I	V	G	L	A	W	N	C	H	A	I	R	S
A	N	E	D	R	A	G	T	I	B	A	C	K	P	R
P	I	C	N	I	C	T	A	B	L	E	R	C	N	C
X	R	K	Q	L	A	S	H	Y	W	D	K	R	C	T
D	Y	P	R	L	M	N	A	E	T	Y	L	K	E	G
T	E	U	C	E	B	R	A	B	R	G	E	I	H	T
F	K	K	C	E	D	T	P	L	R	I	U	L	F	R
S	C	B	D	W	H	I	V	A	X	Q	N	X	M	E
O	O	A	Z	E	A	L	S	F	R	R	H	G	R	E
P	H	C	R	O	P	S	S	T	R	T	I	Q	U	S
S	E	Z	F	O	S	W	H	H	U	U	Y	G	P	F
P	I	E	P	K	D	H	A	M	M	O	C	K	H	X

BARBECUE

BON FIRE

DECK

GARDEN

GATHERING

GRASS

GRILL

HAMMOCK

LANAI

LAWN CHAIRS

NICE WEATHER

OUTSIDE

PARTY

PATIO

PICNIC TABLE

PORCH

QUIET

RELAXING

SHADE

TERRACE

TREES

WILDLIFE

YARD

To answer the trivia question, look a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: What did retired hockey superstar Wayne Gretsky create for his backyard?

Answer: _____

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