



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 2021

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



Senior Center Coordinator's Message

Happy June! Hope you're well. We are getting the Senior Center ready to slowly and softly re-open this month. We cannot wait to see you!

There have been some updates and upgrades to the Senior Center since you were last here. We welcome you back and hope you like it. Some things are in the ordering phase and will be updated and upgraded in the coming months. We appreciate your patience and kindness as we make things better for everyone.

Please read the newsletter for new programs, returning programs, monthly programs and activities. We know you will be happy to be back and enjoying your time with Senior Center friends and staff. This has been a long journey and we have been so pleased to stay connected with you throughout the entire time. We gladly look forward to the days ahead and the new memories we will make together.

Avon Senior Center is strong, hopeful, resilient and mighty! Thank you for staying with us during this time. We have loved hearing your voices, talking with you, sharing with you, laughing with you and sometimes crying with you. You are amazing! We look forward to seeing your beautiful faces.

Please take care,
Jennifer Bennett, LMSW, CDP



Avon Senior Center Re-opening June 15, 2021

We will reopen slowly and softly, with caution. Safety is our highest priority. This is fluid and may change based on local, state and national guidelines.

- *Sign in when entering building.
- *Complete Membership/Emergency Contact Form.
- *Virtual classes & programs will continue to operate.
- *New procedures to follow (wear masks, social distancing, hand sanitizer when entering building, etc.).
- *CRT remains Grab & Go.

MASKS: MANDATORY. Must be worn covering the nose and the mouth completely.

Guidelines- Everyone who enters the building must:
Practice safe social distancing & wear masks.
Practice good personal hygiene and wash hands.
Hand sanitizer available.
Stay home/go home if any symptoms of illness exist.

Healthy Hand Hygiene Behavior

- *Everyone should engage in healthy hand hygiene.
- *Wash with soap & water for at least 20 seconds.

Woo! Hoo!! Can't wait to see you!



On-line Activities to do at home

Museums

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

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

CT Historical Society <https://chs.org/bringchshome/>

Courses

You can now take classes from prestigious universities 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/>

JIGSAW PUZZLES: <https://games.aarp.org/games/jigsaw>



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=IwAR1XT9zz_SNyRYp_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l_I5mOuoYoMlwl

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_xQhhCMCrut_A

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

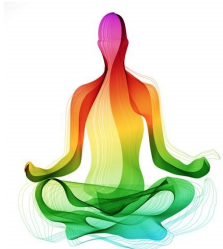
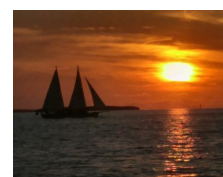
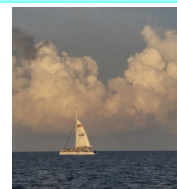
Free Adult Dance Classes:

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

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

YouTube Free Yoga Classes: <https://www.youtube.list=PLZkDZKOcvYTh4dRDXQ71m7gQUmW>

www.youtube.list=PLZkDZKOcvYTh4dRDXQ71m7gQUmW





Cookout with the Cops

Wednesday, June 30, 2021 at 12:30

Celebrate with a FREE Meal! Weather permitting, we might eat outside! We want to celebrate you, in a safe and socially distant way, so please wear a mask. Please call 860-675-4355 to sign up. We look forward to seeing you!

Sponsored by Avon Senior Center & Avon Police



AVON SENIOR CENTER CLASSES

Please note: classes are VIRTUAL through Zoom. Participants will receive a link after registering.

Chair Yoga

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

May 21—July 9

Fee: \$77.00

Senior Fee: \$69.30

Tai Chi

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

April 21—June 30

Fee: \$66.00

Senior Fee: \$59.40

Meditation

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

June 15— Aug 31

FREE

Zumba Gold - Mondays

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

April 12—June 21

Fee: \$61.00

Senior Fee: \$54.90

Zumba Gold - Wednesdays

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

April 14—June 23

Fee: \$66.00

Senior Fee: \$59.40

Silver Sneakers Chair Aerobics chair work-out for people ages 65+ paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class. This class is ongoing; join any time. Please call Avon Senior Center to register.

For more information about registering, classes and setting up your account please visit: www.avonrec.com.



Virtual U: The Artist & Educator— 3-Part Series with Noah Fox

Noah Fox will share his journey, experience and passion as a practicing artist and educator focused on engaging conversation, creativity and the art of storytelling. Each workshop offers unique pathways towards understanding LGBTQIA+ communities and concepts while learning the tips and tools for engaging audiences in conversation that is fun and free of judgment. This series will provide new ways for exploring our differences through creative expression. Registration required. FREE & AARP Membership not required. Event not recorded.

June 3, 2021 at 7:00 PM

**Come Out for Pride: Family, Creativity,
& LGBTQIA+ Identity**

Registration: <https://aarp.cvent.com/PrideJune3>



Friendship Line

The **Friendship Line** at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older adults and adults living with a disability. Call the **Friendship**

Line anytime, day or night, 7-days a week at 1-800-971-0016 and introduce yourself to one of our staff members or volunteers - It's that easy.

CRT Lunch

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk & other sides. Pick up is Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.



YOU CAN MAKE A CHANGE FOR LIFE



The Farmington Valley Health District Presents:
"Prevent T2"
Evidence-Based Type 2 Diabetes
Prevention Program

*Do you want to get healthier?
Do you want the support of trained professionals
to eat better and be more active?
Has your doctor mentioned that you're at risk of
developing type 2 diabetes?*

Certified National Diabetes Prevention Program
taught by Diabetes Life Coaches

Time: Every Tuesday from 1-2pm
Starting June 1st, 2021– Kick off meeting

Location: Online Zoom classes & transition-
ing to in person in August 2021

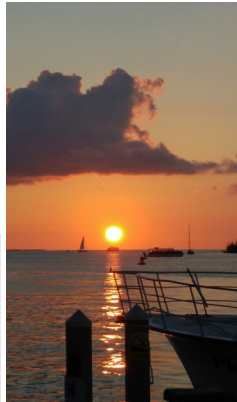
Must be 18yrs or older to participate
Risk Assessments provided during kick-off
meeting or your doctor may refer you to program

*To sign up or for more information
call 860-352-2333 or email Justine
Ginsberg at jginsberg@fvhd.org



find JOY
in the JOURNEY

"Your greatest responsibility
is to love yourself and to know
you are enough."



People will forget
what you said, people
will forget what
you did, but people
will NEVER forget
how you made
them feel.

MAYA ANGELOU

Books & Puzzles
Available to borrow.
Please call or email
your request & items
for pick up.



Receive Emergency Updates from the Town of Avon!



SUBSCRIBE TO NEWS - Email updates on website
(<https://www.avonct.gov/subscribe>). Select "Town Alerts"
& "Town News and Announcements"

CT ALERTS - Critical emergency information:
(<https://portal.ct.gov/ctaalert>) State of CT & Town of
Avon have the ability to send alerts to those registered
with CTAAlert system. The Town suggests enrolling in
both Subscribe to News and CTAAlert.



How Can Senior Medicare Patrol (SMP) Help?

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.

SMP 1-800-994-9422 or www.smpresource.org

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.



MyPlaceCT.org—free resource from the State of CT—
Health and Well-being: Managing Chronic Disease &
Pain, Preventing Falls, Medication Management, Ger-
iatric Assessments, Holistic Health, Mental Health &
Addiction, Memory Loss and more!

Services and 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!

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



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

Programs Through June 2021 - Cancelled.

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Message from the Board of Directors . . .

We hope that you enjoy the summer months and begin to make plans getting together with folks you haven't seen in a while.

On the Covid front, things are beginning to level off so we are very hopeful that we can begin to offer some type of programing in the Fall. We will communicate future planning to you via this newsletter so stay tuned.

If you haven't already, please consider rolling up your sleeve to get your shot. It's a great way to protect yourself against this horrible disease.

Happy Birthday to the following Members:

June 28th – Jeannie King

July 17th – Lorraine Foster

July 18th – Joe Roberto

July 23rd – Katie Ruez

August 2nd – Gloria Farrell

August 7th – Mickey Bennett

August 11th – Tom Carey

August 13th – Ida Maillet

Please stay safe & know that you are in our thoughts. We look forward to resuming programs in Fall 2021.

Helen M. Toth



Mutual of Omaha

Mutual Cares an online resource to help seniors stay well, connected, active, entertained.

(<https://cares.mutualofomaha.com/>).

JUNE IS

LGBTQ PRIDE MONTH

"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt

Learn from the past, Hope for the future, Live in the present.

Ken Lancaster



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>



UNEARTHING HISTORY:
THE DISCOVERY OF A 12,500 YEAR OLD PALEO-INDIAN SITE ALONG THE FARMINGTON RIVER IN AVON, CT

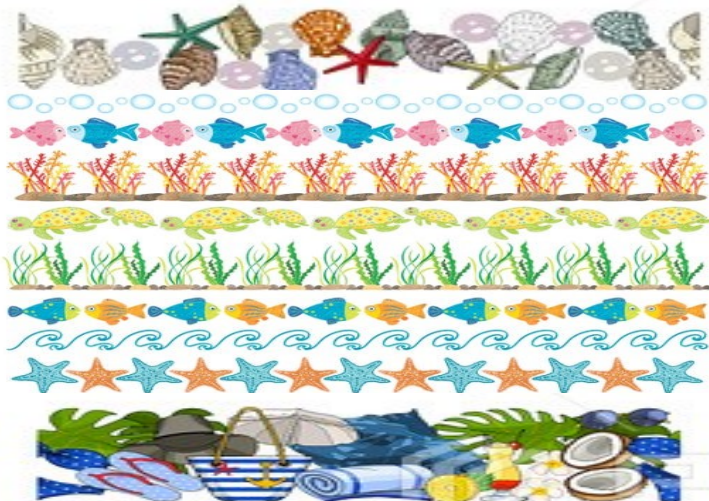
Lecture series will cover the archaeology, geology, and anthropology of life along the Farmington River, with a focus on the Brian D. Jones Paleo-Indian discovery in Avon, Connecticut.

7:00 PM, VIA ZOOM
REGISTER AT: WWW.AVONCTLIBRARY.INFO FREE TO ATTEND

MARCH 4: Digging into Deep History: Archaeology, Artifacts, and Avocation Presented by Scott Brady, President, Friends of the State Archaeologist & Paul Wegner, Assistant Director, Institute for American Indian Studies Museum (IAIS), Washington, CT	APRIL 8: A Rift, not the River, made the Farmington Valley: The Geology of western Connecticut along US RT 44 Presented by Howard Wright, Rentbrook School Science Department Head	MAY 6: Connecticut Before History: The Deep Story of Human Settlement of the Farmington Valley Presented by Dr. Ken Feder, Archaeologist, Central Connecticut State University, and Founder of the Farmington River Archaeology Project
SEPTEMBER 9: Connecticut Native American Communities Past and Present Presented by Dr. Lucianne Lavie, Director of Research and Collections, Institute for American Indian Studies Museum (IAIS), Washington, CT	OCTOBER 7: Connecticut's Paleo-Indian Sites October is Connecticut Archaeology Month! Presented by Dr. Zachary (Zac) Singer, Research Archaeologist, Maryland Historical Trust and Dr. David Leslie, Archaeological and Historical Services, Storrs, CT	

2021 Webinar Series created by:
Avon Historical Society
Avon Free Public Library
Avon Senior Center

Sponsored by a grant from:
FARMINGTON BANK
Community Foundation



FREE Monthly Hearing Aid Checks

Nicholas Wills of Home Hearing will be here once a month to check your hearing aids and fix them. Stay tuned for day and time!




Free Blood Pressure/Blood Sugar Screening
FV VNA will be providing FREE Screening starting June 3 from 11:30-1. Please call the senior center at 860-675-4355 to sign up. Please wear a mask & practice safe social distancing.



CT Virtual Senior Center

JUNETEENTH

Celebrate Freedom

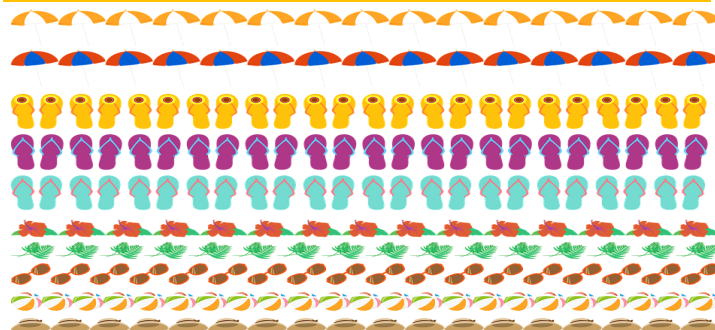
June 25th from 1 - 2:30 pm
via Zoom

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.





Call Avon Senior Center to Register
860-675-4355



“Joy is what happens to us when we allow ourselves to recognize how good things really are.”
Marianne Williamson

GLAMOUR



Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it.

ZIAD K. ABDELNOUR

Summer Fun

THE WAY TO HAPPINESS:
KEEP YOUR HEART FREE FROM HATE,
YOUR MIND FROM WORRY.
LIVE SIMPLY, EXPECT LITTLE, GIVE MUCH.
FILL YOUR LIFE WITH LOVE.
SCATTER SUNSHINE.
FORGET SELF, THINK OF OTHERS.
DO AS YOU WOULD BE DONE BY.

-NORMAN VINCENT PEALE, THE POWER OF POSITIVE THINKING



American Red Cross

Blood Drive
Avon Senior Center
June 16 from 10-3
Please call 1-800-RED CROSS
(1-800-733-2767) or
RedCrossBlood.org and
enter: ASC to schedule an appointment.

GOLF

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a Mark Twain quotation.

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

APPROACH

BACK NINE

BACKSPIN

BALL

BIRDIE

BOGEY

BUNKER

CADDIE

CART

CHIP

CLUBHOUSE

CLUBS

CONDOR

COURSE

DIVOT

DRIVER

DRIVING RANGE

EAGLE

FAIRWAY

FLAGSTICK

FORE

GREEN

GRIP

GROSS SCORE

HANDICAP

HOLE IN ONE

HOLES

HOOK

IRON

NET SCORE

PAR

PUTTER

ROUGH

RULES

SHOT

SLICE

STROKE

SWING

TEE OFF

TREES

WATER HAZARD

WEDGE

WOOD

JUNE 2021

**RESERVED FOR
SPONSORS**