

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

MARCH 2022

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



Senior Center Coordinator's Message

Happy March! Hope you are enjoying the longer days, the changes in the weather and temperature and are looking forward to Spring.

We celebrate "Social Work Month" in March! This is a time to honor social workers for all the work they do. Please be sure to thank Sidney and Morgan, UCONN Social Work Graduate interns for all they have been doing and will continue to do till their semester ends. We appreciate them and are happy they are here.

We have great programs this month and they're a reason to get out of the house and spend time with us. There's a little something for everyone!

Our Spring Classes are starting- Chair Yoga, Badminton, Cane Fu Self Defense, Meditation, Zumba & Tai Chi. These are awesome classes and you do not want to miss out, please sign up early to reserve your spot!

Hope everyone has a wonderful month as we move into spring. We look forward to seeing you!

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



Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers on Wednesdays through April 13. Special attention is given to those 50 and older. Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.



THE TIME IS RIGHT
FOR SOCIAL WORK

**Celebrate
Social Work Month**



**WOMEN'S
HISTORY MONTH**



MARCH 2022



WOMEN
PROVIDING HEALING
PROMOTING HOPE

"The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life."

Jane Addams



A Matter of Balance is an award-winning program designed to help you set goals for increasing activity levels, reduce fall risks at home and learn ways to exercise to increase strength and balance.

Thanks to collaboration with Departments of Psychological Science, Physical Education, Human Performance at CCSU, member of Age-Friendly University (AFU) Global Network. Made possible with support from NCAAA (North Central Area Agency on Aging).



March Grab & Go

Wednesday, March 16, 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!

IN PERSON EVENT: Medicare 101

Wednesday, March 23 at 7:00 pm - 8:00 pm



Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou and Jess Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance.

Sponsored by the Avon Senior Center and the Avon Free Public Library.

Must register & held at Avon Free Public Library.

Memory Care Series

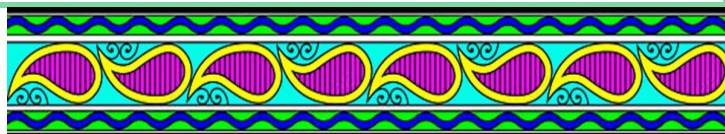
March 24, 2022:

Healthy Eating for People Living with Dementia

April 21, 2022:

Activities for People Living with Dementia

Registration required. Series jointly sponsored by Avon Free Public Library, Avon Senior Center, Bloomfield Public Library, and Canton Public Library.



Bingo (FREE)

Thursday, March 10, 2022 at 12:30 pm

St. Patrick's Day Cookie Decorating

Thursday, March 17, 2022 at 1 pm

Decorate cookies for St. Patrick's Day! Free & all supplies provided! Please RSVP.

Story & Stew from 11-1 (FREE)

Monday, March 21, 2022

Intern Morgan will read a short story and we will enjoy stew (lunch). Please RSVP.

Interns Group

Thursday, March 24, 2022 at 1 pm

Morgan & Sidney, social work interns, will be running a group, as part of their education and you want to join!

Drazen Law Firm

Thursday, March 31, 2022 at 7:00 pm

Online Presentation

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

Thursday, March 10 at 7:00 p.m. - "What Genetics Teaches Us About the Peopling of North America"

To register, please visit: www.avonctlibrary.info
Watch on YouTube: www.youtube.com/user/afplct

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.

March 17 from 11-1.



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings 1st & 3rd Thursdays from 11:30-1:00. Please wear a mask & practice safe social distancing.



Bridge Group
looking for players
(beginner/intermediate).
Please contact the
senior center if interested.



AARP® Real Possibilities
Connecticut

AARP®
Fraud Watch Network

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>

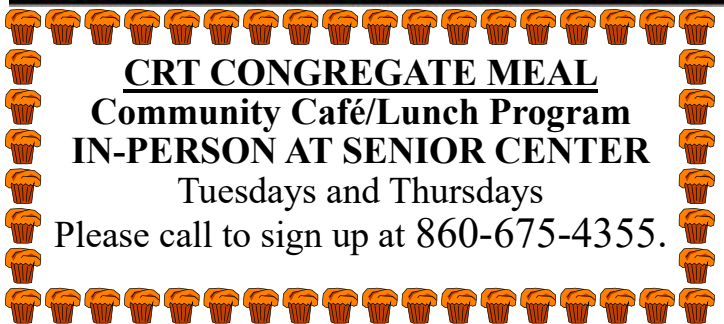
How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

Investments: www.smartcheck.gov

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.



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
March 7 & 28



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

April 13—June 22

Senior Fee: \$59.40

Virtual Zumba Gold - Mondays

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

Fee: \$74.00

Non Resident Fee: \$81.40

(No class May 30)

April 4—June 13

Senior Fee: \$66.60

Virtual Zumba Gold - Wednesdays

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

Fee: \$80.00

Non Resident Fee: \$88.00

March 30—June 8

Senior Fee: \$72.00

Badminton—Tuesdays

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

Fee: \$54.00

Non Resident Fee: \$59.40

March 15—May 3

Senior Fee: \$48.60

Badminton—Thursdays

Thursdays, 7:00-8:30 p.m.

Fee: \$54.00

Non Resident Fee: \$59.40

March 17—May 5

Senior Fee: \$48.60

Chair Yoga

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

Fee: \$77.00

Non Resident Fee: \$84.70

(No class April 15)

March 25—May 20

Senior Fee: \$69.30

Meditation

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

Fee: \$77.00

Non Resident Fee: \$84.70

(No class April 14)

March 31—May 26

Senior Fee: \$69.30

Cane Fu Self Defense

Wednesdays, 11:00-12:00

Fee: \$45.00

Non Resident Fee: \$49.50

April 20—May 11

Senior Fee: \$40.50

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* Share in safe setting, gain hope & develop supportive relationships. Encourages empathy, productive discussion & sense of community. Benefit & gain insight, discover inner strength & empower yourself by sharing in a non-judgmental space. Better coping skills, Strength in sharing, Not judge anyone's pain, Forgive ourselves & reject guilt, Embrace humor as healthy, Cannot solve every problem, Mental health conditions are no one's fault & can be traumatic experiences.

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

This 2022 series will cover the archaeology, genetics, Ice Age mammals, trade routes and foodways of early life along the Farmington River including the Brian D. Jones Paleo-Indian discovery in Avon.



MARCH 10

What Genetics Teaches Us About the Peopling of North America
 Presented by Dr. Jennifer Raff, anthropological geneticist at the University of Kansas. Presentation is based on her May 2021 Scientific American cover story "Journey into the Americas" and her new book, *Origin: A Genetic History of the Americas* being released Feb. 2022.

APRIL 7

Ice Age Animals of New England
 Presented by Dr. Sarah Sportman, CT State Archaeologist & Dr. Nathaniel Kitchel, Dept. of Anthropology, Dartmouth College. They will present the Pope Mastodon (found in Farmington, CT on the grounds of Hill-Stead Museum) and the Mount Holy (VT) Mammoth, among other animals of the Ice Age.

MAY 12

Paleo-Indian Foodways with Trade & Network Exchange
 Presented by Dr. Jonathan Lothrop, Curator of Archaeology, The New York State Museum. His focus is on the Pleistocene (Ice Age) into the Holocene period where Natives colonized 11,000-8,000BC. His research is on their technology, settlement and subsistence. He is a consultant on the Brian D. Jones site analysis.

SEPT. (TBD)

aDNA - Ancient DNA
 Presented by Christina Balentine and Samantha Archer, PhD candidates & research scholars at University of Connecticut Dept. of Anthropology. They will present a broad spectrum overview on how & where aDNA is found and how it is analyzed.

OCT. 13

Update on the Scientific Analysis of the Brian D. Jones Site in Avon, CT Since its Discovery in 2019
 Presented by David Leslie, PhD, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. He will present new findings based on artifacts and new analysis techniques. October is Connecticut Archaeology Month!

7:00 pm EST via Zoom. Free to attend.

Register at www.avonctlibrary.info

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

In partnership with



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



Photo provided by Archaeological and Historical Services, Storrs, CT

Join us for
RAINBOW LUNCH HOUR
MARCH 24TH

Presented by the
 CT Moveable Senior Centers and the
CT Healthy Living COLLECTIVE

Come Out and Connect!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on the 4th Thursday of the month at Noon. Pre-registration is required. Visit www.cthealthyliving.org. Bringing your own lunch optional! Our March topic will be "Making Connections"

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>)



Senior Medicare Patrol (SMP)

1-800-994-9422

www.smpsource.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.

Masks are required



regardless of
 vaccination status



E-mail List

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



Chess Group

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

Looking for new players!



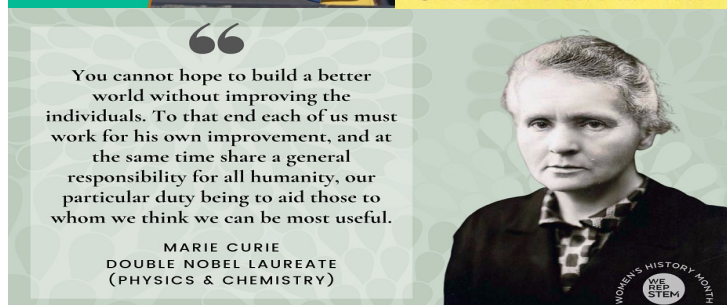
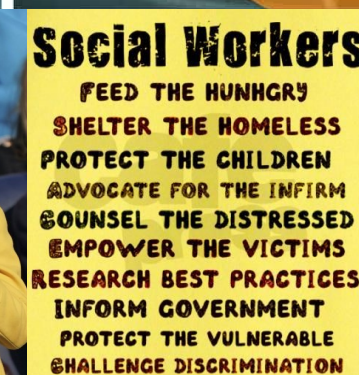
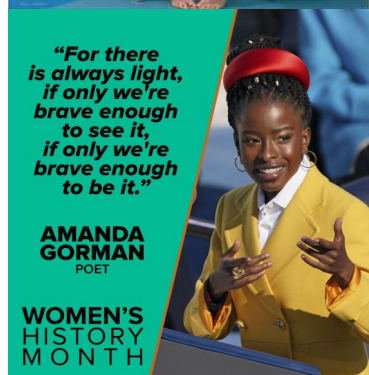
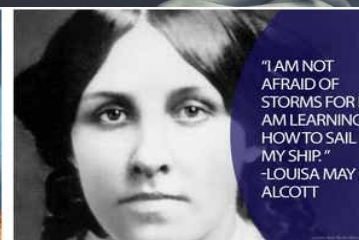
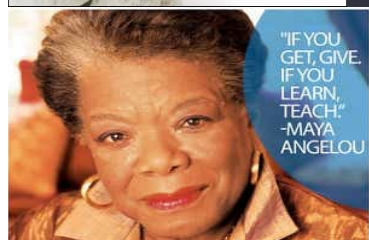
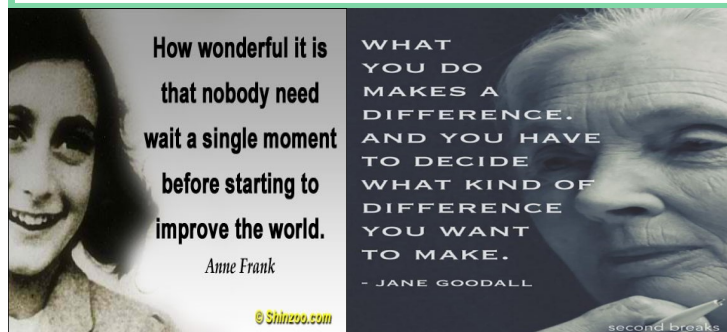
CARD GROUP

3 - 13 card group

Tuesdays at noon.

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





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	
1	Orange Juice Italian Style Calzone Parslied Pasta Mixed Vegetables 12 Grain Bread Cookie	3	Stuffed Cabbage w/ Tomato Sauce Orzo Broccoli Wheat Dinner Roll Peaches
8	Potato Crumb Fish Tartar Sauce Seasoned Potatoes Brussels Sprouts Oatnut Bread Fresh Fruit	10	Chicken w/ Gravy Mashed Potatoes Spinach Whole Wheat Bread Fruit Cocktail
15	Cran-Apple Juice American Chop Suey Elbow Macaroni Green Beans Wheat Dinner Roll Cookie	17	St. Patrick's Day Meal Orange Juice Corned Beef Boiled Potatoes Carrots Rye Bread Frosted Carrot Cake
22	Cheese Lasagna Roll Meat Sauce Italian Veg Blend Garlic Knot Fresh Fruit	24	Guinness Beef Stew Egg Noodles Sliced Carrots Dinner Roll Fresh Fruit
29	Cran-Apple Juice Chicken Marsala w/ Mushrooms & Asparagus Rice Pilaf 12 Grain Bread Frosted Cake	31	Orange Juice Sweet & Sour Beef Meatballs Vegetable Fried Rice Asian Style Veggies Whole Wheat Bread Cookie



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs– Helen M. Toth (acting)

Vice President & Cheer–

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

Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We wish you a Happy St. Patrick's Day. We hope that you enjoy your day and do something special.

We are happy to announce that we will have our annual picnic on Monday, June 27th. The Board is opening the event up to anyone who would like to attend. We are still in the planning stages and more information will follow in next month's newsletter including price and menu. The Bristol Old Tyme Fiddlers will be here to entertain us... and they always provide an excellent program.

Reservations are required for the June 27th event. 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.

Please be sure to wear your mask and carefully social distance. We care about you.

We are still looking for volunteers to help assist with miscellaneous tasks that need to be accomplished at each luncheon. Please consider assisting as it's difficult for the same people to complete all the aspects alone. You can determine how involved you'd like to be.

To volunteer...please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. It's only with your help that we can continue to offer quality programs in the future.

We look forward to hearing from you.

Happy Birthday to the following Members:

March 2nd – James Martino

March 18th – James Glynn

March 26th – Norm Jennings

Helen M. Toth

Senior Citizens of Avon Organization

March 2022 – Program Schedule

Everyone is Welcome – Reservations Required

June 27th Noon – Annual Picnic

The Board is still in the planning stage so more information will be available in the next newsletter.

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)

There is nothing on this earth more to be prized than true friendship. ~ Saint Thomas Aquinas

In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit. ~Albert Schweitzer

So long as you can sweeten another's pain, life is not in vain. ~Helen Keller



Mutual of Omaha

Mutual Cares is an online resource to 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/myYr3vTRpfs>

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	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 2:00 A Matter of Balance 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 2:00 A Matter of Balance 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 4:45 T2 Diabetes THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:45 Bingo 7:00 Badminton 7:00 Paleo Zoom THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 2:00 A Matter of Balance 
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 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 12:30 Grab & Go 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide 	 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:45 Cookie Decorating 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 
9:00 Wii Bowling 11:00 Story & Stew 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 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 7:00 Medicare AARP Tax Aide  	12:00 CRT Lunch 12:00 LGBT MSC 12:30 Beading 12:45 Intern Group 6:30 Dementia Series 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS  	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold AARP Tax Aide  	 11:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 7:00 Badminton 7:00 Drazen Law THINKING THURSDAYS 	 