

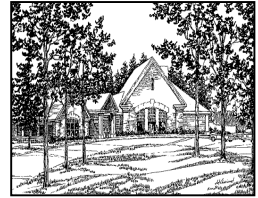
AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



MARCH 2016

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

Senior Center Coordinator Message

Hello My Senior Center Friends! Welcome to March! This month we celebrate Spring, honor Women, celebrate National Social Work Month and we have fantastic programs scheduled for you!

I'm so excited for the new programs we have— Beginner Mah Jongg, Adult Coloring, Wood Carving, a Garden Series with the Library & a Picture Frame Decorating Class! Join us!

The senior center has been undergoing some unbelievable & incredible upgrades! Thanks to our Public Works Department (Building & Grounds) for all their effort & hard work to make our senior center special. We appreciate you! If you have not seen us in awhile, come on over. You'll be impressed! More to look forward to. Woo! Hoo!!

We have some awesome programs this month, so be sure to read the newsletter & sign up, space fills fast!

Check out our Trip Bulletin Board— we have some spectacular trips— day, overnight, vacation! There's sure to be something for you!

Thank you for coming to the senior center, participating in our offerings and spending time with friends! The Avon Senior Center Rocks!

Upcoming Free Programs in April— Simply Swing in Concert, Diabetes Series with Justine from FVHD and Senior Center & Historical Society Lecture! See you there!

Respectfully, Jennifer Bennett, LMSW

March- Celebrate Women!

"I am not afraid of storms for I am learning how to sail my ship!" ~ Louisa May Alcott

It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.

I'm a woman
Phenomenally.

Phenomenal woman,

That's me. ---- **Maya Angelou, Phenomenal Woman**

A woman with a voice is by definition a strong woman.
But the search to find that voice can be remarkably difficult. ---- **MELINDA GATES**



SOCIAL WORK

FORGING SOLUTIONS
OUT OF CHALLENGES

Social Work Month!!!

Take the opportunity to say *Thank You* to a social worker this month. Our intern, Morgan is going for her Master's Degree in Social Work at UCONN. We have 2 interns from Tunxis Community College, who are going for their Associates Degree in Human Services. We celebrate them! Jennifer Bennett, Senior Center Coordinator is a Licensed Master Social Worker! We love what we do!

MARCH EVENTS 2016

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary
860-675-4355

Tuesday, March 1, 2016 from 11-11:30 a.m.

“Senior’s Day- Grocery Store Tour at Shop Rite Canton”

Join Shop Rite’s Registered Dietician, Nikki as she leads a healthy eating grocery store tour designed for seniors on Senior’s Day 5% discount! Product tasting, free samples & coupons provided! This grocery store tour will be held at Shop Rite in Canton. Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 1, 2016

“Thankful Tuesdays!”

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, March 1, 2016 from 11:30-1:30

“Free Blood Pressure Screening”

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Wednesday, March 2, 2016 at 10:00 a.m.

“Shuffleboard”

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, March 2, 2016 at 2:00 p.m.

“Waking Up the Garden in Spring!”

It’s time to wake up the garden after the strange and unseasonal winter we’ve just had! Learn about consolidating tasks, what to look at and what to do first in YOUR garden! This is an interactive and in-depth lecture on where to start and how to put your outdoor space together quickly and efficiently. This program is presented by Cathy Beauregard. This Garden Programs Series is co-sponsored by the Avon Library & Avon Senior Center. The program will be held at the Library.

Thursday, March 3, 2016

“Thinking Thursdays”

Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to “think” and work your brain muscles by completing the challenges!

Friday, March 4, 2016 at 1:00 p.m.

“Adult Coloring”

Join the Avon Senior Center for our new program- Adult Coloring!! We have the supplies, you just bring yourself and a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing and inspirational program. Please call the senior center at 860-675-4355 to sign up.

Friday, March 4, 2016 at 1:00 p.m.

“Wood Carving”

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

Saturday, March 5, 2016 at 2:00 p.m.

“Butterfly Gardens are for the Birds!”

Join us for our 2nd lecture in our Garden Programs Series! Learn which plants benefit which pollinators! Selecting plants to attract butterflies also benefits and attracts birds to your garden. This program is presented by Margery Winters. This Garden Programs Series is co-sponsored by the Avon Library & Avon Senior Center. The program will be held at the Library.

Saturday, March 5, 2016 at 7:00 p.m.

“From Bedrock to Bedroom Community – The Evolution of Avon”

One Square in Avon’s Heritage Quilt History-The Derrin Family of West Avon. The Derrin family was just one of the *squares of cloth* of families who settled in West Avon and contributed to this community’s economic and residential success. Their story parallels that of many of this town’s early settler families that created the *heritage quilt* that is Avon today. “From Bedrock to Bedroom Community – The Evolution of Avon” presented by Robert M. Thorson, Professor of Geology at UCONN Storrs campus. Please join us as we continue our fascinating series! This lecture series is generously sponsored in part by the Avon-Canton Rotary Club and co-sponsored by the Avon Historical Society & Avon Senior Center/Community Center. It is open to the public free of charge. Please call the senior center at 860-675-4355 to sign up.

Monday, March 7, 2016

“Foot Care”

Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Monday, March 7, 2016 from 11:30-1:30

“Free Blood Pressure Screening”

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Wednesday, March 9, 2016 from 12-1 p.m.

“Sipping on Sensational Smoothies!”

Join Nikki, Registered Dietician from Shop Rite Canton as she teaches us how to increase our fruit, vegetable and protein intake through sensationally healthy and delicious smoothies! This program will be held at the Senior Center and is free and open to the public. Please call the senior center at 860-675-4355 to sign up.

Friday, March 11, 2016 at 12:00 p.m.

“Spring Fling!”

Please join the Avon Senior Center & Canton Senior Center as we enjoy this special event together. We will celebrate the coming of warmer weather by having a Spring Fling! This event will be held at the Avon Senior Center. We will enjoy a delicious meal & fantastic entertainment. Please pay \$5.00 when registering. Older & disabled persons from ALL towns are welcome. We are so excited to celebrate SPRING!!! Please call the Avon Senior Center at 860-675-4355 to sign up.

Tuesday, March 15, 2016 at 12:30 p.m.

“Presentation- Depression & the Elderly”

We’re super excited to have Nancy A. Scheetz, APRN, BC, Executive Director, Farmington Valley VNA, Inc. as our presenter today! This is such an important topic and we need to talk about it and get gain knowledge and information. We will learn about signs and symptoms, anxiety, issues and resources that relate to older adults. Please join us for this educational and informational presentation. Please call the senior center at 860-675-4355 to sign up.

Wednesday, March 16, 2016 at 10:00 a.m.

“Wii Bowling Tournament in Avon”

Avon Aces Wii Bowling Team will face off against Prospect Senior Center in a Wii Bowling Tournament here in Avon. We're going to have fun & enjoy the day! We will have a team of 8 bowlers. Please call the senior center at 860-675-4355 to sign up.

Thursday, March 17, 2016

“Happy St. Patrick's Day- Wear Green!!!”

Wear Green today to show your St. Patrick's Day spirit! We love to celebrate, so show off your green! Quotes to inspire you- For each petal on the shamrock, This brings a wish your way - Good health, good luck, and happiness, For today and every day. ~Author Unknown. May your blessings outnumber, The shamrocks that grow, And may trouble avoid you, Wherever you go. ~Irish Blessing

Friday, March 18, 2016 at 12:00 p.m.

“Lunch & Learn- Intern Morgan Presentation”

Join us for a Lunch & Learn as Intern Morgan does a presentation on Diversity & Awareness. This is for her education at UCONN School of Social Work. Come and acquire new information and knowledge. Please call the senior center at 860-675-4355 to sign up.

Saturday, March 19, 2016 at 2:00 p.m.

“Creative Container Design!”

Join us for our 3rd lecture in our Garden Programs Series! Using live plants, Karla will demonstrate different designs for containers and ideas that can be transitioned from indoors to out when the time comes (if it's not already here)! This program is presented by Karla Dalley. This Garden Programs Series is co-sponsored by the Avon Library & Avon Senior Center. The program will be held at the Library.

Wednesday, March 23, 2016 at 12:00 p.m.

“Lunch & Learn-Ask the Financial Planner”

Please join us for an informational and educational session. Come and “Ask the Financial Planner” with Michael Mezheritskiy, Founding Partner of Visionary Private Wealth Management Group. Michael is a true professional and very knowledgeable, so feel free to come with your questions. Please join us for a light lunch as we get our questions answered. Please call the senior center at 860-675-4355 to sign up.

Thursday, March 24, 2016 at 12:00 p.m.

“Wii Bowl at Governor's House”

Avon Senior Center is going to Governor's House in Simsbury for Wii Bowling and lunch. We are limited to 10 people. Transportation is on your own. Please sign up with Jennifer.

Friday, March 25, 2016

CLOSED FOR GOOD FRIDAY HOLIDAY

Tuesday, March 29, 2016

DRESS DOWN DAY!!!!

Let's celebrate Spring by wearing fun colors to applaud the season!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Thursday, March 31, 2016 at 12:00 p.m.

“Wii Bowl at The Landing of Farmington”

Avon Senior Center is going to The Landing of Farmington for Wii Bowling and lunch. Please wear your Hawaiian clothes to celebrate their Luau! We are limited to 10 people. Transportation is on your own. Please sign up with Jennifer.

Birthdays

March

Jim Martino	2nd
Barbara Martino	3rd
Marian Downey	19th
Peter Zikowitch	28th



Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate

Scrabble – Tuesdays at 1:30 p.m.

Shuffleboard – Wednesdays at 10:00 a.m.

Setback – Wednesdays & Fridays at 12:00 p.m.

Ping Pong – Fridays at 10:00 a.m.

Woodworking – Fridays at 1:00 p.m.

Adult Coloring– Fridays at 1:00 p.m.



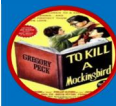
March 03

Rebecca
(1940) - 130 min.



March 24

The Sound of Music
(1965) - 174 min.



March 10

To Kill a Mockingbird



March 31

Seven Brides for Seven Brothers
(1954) - 102 min.



March 17

The Music Man
(1962) - 151 min.

1:30 pm in the Community Room

AVON FREE PUBLIC LIBRARY
IN PARTNERSHIP WITH THE AVON SENIOR CENTER
281 Country Club Road
Avon, CT 06001
Tel: 860-673-9712

2016 Trips and Winter/Spring Classes (Please see dates, times & locations below)

Trips

Florida Bus Trip - This is a 12 day trip to Florida - Includes accommodations, admissions to activities, breakfast and some dinners. Please see detailed information on website of call the Avon Senior Center.

Date: March 6, 2016 - March 17, 2016

St. Patrick's Celebration at the Aqua Turf - Entertainment, lunch and transportation.

Date: Wednesday, March 16, 2016

See Trip Bulletin Board & our website for more trips!!!

Winter/Spring Classes

Picture Frame Decorating

Date (s) of Class: March 18, 2016

Day, Time & Location: Friday - 10:00 to 12:00 pm

Avon Senior Center/Craft Room

Tai Chi for Seniors - Winter/Spring I

Date (s) of Class: Jan. 20, 27, Feb. 3, 10, March 2, 9

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Tai Chi for Seniors - Winter/Spring II

Date (s) of Class: March 23, 30, April 6, 13, 20, 27

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Winter/Spring Session II

Date(s) of Class: March 9, 16, 23, 30, April 6, 13

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Winter/Spring Session I

Date(s) of Class: Jan. 25, Feb. 1, 8, 22, 29, March 7

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Zumba Gold Winter/Spring Session II

Date(s) of Class: March 21, 28, April 4, 18, 25, May 2

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

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

<http://www.avonct.gov/recreation-and-park-department>

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. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 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 **March's** menu below:

TUESDAY		THURSDAY	
1	Breaded Crumb Fish Filet Sweet Potato Fries Prince Edward Blend Vegetables 100% Whole Wheat Bread Mixed Fruit	3	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Sliced Carrots Oatnut Bread Sliced Peaches
8	Orange-Pineapple Juice Apple Glazed Roast Pork Loin Scalloped Potatoes Spinach Rye Bread Ice Cream Cup	10	Hearty Vegetable Soup Beef Liver w/Extra Sautéed Onions Mashed Potatoes Seasoned Broccoli Saltines Wheat Dinner Roll Fresh Fruit
15	Chicken Vegetable Soup Oven Fried Chicken Baked Beans Wheat Dinner Roll Sliced Apples	17	ST. PATRICK'S DAY MEAL Orange Juice Corned Beef Cabbage Parslied Boiled Potatoes Whole Baby Carrots Mustard Rye Bread Special Dessert
22	Lemon Lentil Soup w/ Greens Cheesy Vegetable Lasagna Mixed Salad Greens w/ Cherry Tomatoes & Cucumbers Ranch Dressing Wheat Bread Sliced Pears	24	CRT HOLIDAY MEAL Cran-Apple Juice Baked Ham w/Pineapple Sauce Baked Sweet Potato Peas & Carrots Wheat Dinner Roll Special Dessert
29	Grape Juice Alaskan Pollock w/ Seafood Sauce Orzo Pilaf Beets Rye Bread Fruited Gelatin w/Whipped Topping	31	NATIONAL ORANGES & LEMONS DAY Pineapple-Orange Juice Chicken Lo Mein Oriental Rice Lo Mein Vegetables 100% Whole Wheat Bread Lemon Pudding Tart w/ Whipped Topping

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355
Mondays



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

Senior Organization President's Message

It is the first mild day March.
Each minute is sweeter than before....
There is a blessing in the air....
William Wordsworth

Here it is March, the last hurrah of winter and the first whisper of spring. Slowly our spirits re-awaken, along with the rest of the world, from a long winter's slumber. On branches that were bare all winter, new growth begins to blossom. Deep within we feel stirrings of hope. Isn't it exciting to think the spring is near?

Guess what? St. Patrick's day we celebrate on the 14th – John Banker will entertain us with an Irish Program. Wear GREEN to get into the spirit while we eat lazy man's Corn beef and Cabbage with potatoes and carrots – Hey only a \$7.00 donation this year! We'll celebrate birthdays with cake and ice cream.

On March 27th - again by popular demand, the Helen Flanagan Dancers will perform. This will be a Pot' Luck lunch, so bring your wonderful creations, enough for 8 people.

I want to apologize for the February Board meeting. The microphone was not working and people were talking when the program was going on, I was talking quite loud so people could hear me. Some people thought I was angry, but this was not the case. It is hard to conduct a meeting, especially since we had a full house and I had to shout so you could hear me. I'm very sorry if you were offended. That's all for now – we will have an Easter lunch with ham and all the fixings on March 28th. We must have your reservations for all these luncheons.

Happy Easter!

Arthur

March 2016 – Program Schedule

Everyone is Welcome-Reservations Recommended

March 7th	10:30 – Board Meeting Noon – Pizza and Salad Dessert Bingo
March 14th	Noon – St. Patrick's Day Celebration Lazy man's corned beef and Cabbage Potatoes Birthday Cake

Entertainment for the St. Patrick's Day celebration provided by John Banker... presenting a "Bushel of Blarney" a program of Irish Music. John performs on piano leading a sing-along including many popular Irish tunes. John also performs on the Irish Penny Whistle...get ready for an entertaining, fun filled time.

March 21st	Noon – Easter Celebration Dessert
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Entertainment for our Easter celebration will be The Helen Flanagan Dancers... comprised of 16 dancers.

March 28th	Noon – Pot Luck Dessert Bingo
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Coming up in April:



Complementary Luncheon hosted by the Residence at Brookside will be held on April 11, 2016. A delicious restaurant quality meal will be provided.

Guest speaker: James Cowan, Jr.

Topic: Veterans Aid and Attendance Pension.

Additional information will be provided in the April newsletter.
Reservations are limited to the first 50 to register so sign up today. Please call 860-675-4355 to reserve your spot.

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Billiards 10:00 Wii Bowling 11:00 Grocery Store Tour Shop Rite Canton 11:30 Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble	10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:00 Waking Up the Garden in Spring! 2:30 Tai Chi	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
9:00 Foot Care 10:00 Wii Bowling 10:30 Sr Org Board Mtg 11:00 Beginner Mah Jongg 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	10:00 Shuffleboard 12:00 Sipping on Sensational Smoothies! 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Billiards 10:00 Ping Pong 12:00 Spring Fling! 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 12:30 Presentation-Depression & the Elderly 1:30 Scrabble THANKFUL TUESDAYS	10:00 Shuffleboard 10:00 Wii Bowling Tournament in Avon 1:00 Setback 1:00 Billiards 6:00 Zumba Gold—CSP	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS Happy St. Patrick's Day- Wear Green!!!	9:30 Glass Painting 10:00 Ping Pong 12:00 Lunch & Learn 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:00 Wii Bowl at Governor's House 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	CENTER CLOSED FOR GOOD FRIDAY
10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY	8:30 Mid Tempo 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:00 Wii Bowl at The Landing of Farmington 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	

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Avon Senior Center



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