

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 2024

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



Senior Center Coordinator's Message

Happy March!! I know everyone is so excited for spring! The flowers, warmer weather, longer days and time outside! Enjoy the season changes and take time for yourself and each other.

March is National Social Work Month! Please say Hello and Thank You to our social work interns, Annel and Sophia. They are MSW Candidates. We appreciate all that they do!

Our winter classes are ending and our spring classes are starting. Please be sure to sign up! We have great programs this month! Please read your newsletter and check the calendar!

We're looking to run trips (day, overnight, international), please let us know where you would like to go!

Thank you for coming to the Senior Center and being a part of what happens here. You're the reason why we do what we do— it's all for you! Enjoy this month.

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



"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



Happy Social Work Month



Our Mission Statement

Avon Senior Center supports the social, educational, recreational, cognitive, physical and psychological needs of all older adults. We respect the diversity of all who enter and you will find a warm greeting here. We are committed to offering an open and welcoming space to everyone. We strive to enhance the quality of life for all older adults.



Please call the senior center
860-675-4355 to sign up for all events.

Fresh Start Friends
Friday, March 8 & 22, 2024 at 11 am
Games, Trivia, Puzzles

Coffee & Chat Intern Group
Friday, March 15 at 10 am
Interns, Annebel & Sophia are running a group as part of their education. Come and enjoy some coffee/tea and chat.

Medicare & Beyond Presentation
In-person at AFPL (Avon Library)
Co-sponsored by Avon Senior Center
3/21: <https://www.avonctlibrary.info/event/medicareandbeyondmarch/>

Strength Training for the Older Adult
Friday, March 22 at 2 pm
University of Hartford
Doctor of Physical Therapy Students
Presentation

Movie Monday— March 25 at 1:00 pm
New Movie

Bingo: Tuesday, March 26 at 12:45 pm



Blood Drive

Avon Senior Center
March 25 from 10-3



**American
Red Cross**

Please call 1-800-RED CROSS
(1-800-733-2767) or RedCrossBlood.org and
enter: ASC to schedule an appointment.

Visiting Nurse & Hospice of Litchfield County



Free Blood Pressure/Blood Sugar Screening
VNHLC will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.

Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center with 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 and welcoming.
SIGN UP REQUIRED.

Meal at 12:00 pm & program afterward

Monday, March 4, 2024

Women's History/Social Work Month

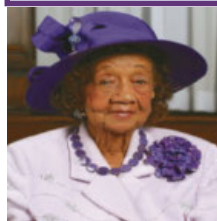
Monday, March 11, 2024 wear green
St Patrick's Celebration & Irish Music with Tom Poland

Monday, March 18, 2024
Shopping with the Dietitian

Join Jessica Dornier Registered Dietitian for a fun & informative presentation for National Nutrition Month! Jessica has experience as a retail RD, she will be sharing a virtual grocery store tour including tips on saving money, her favorite products, & much more. Attendees will get nutrition handouts and recipes to take home.

\$1.00 Donation requested, will appreciate more

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



Progress comes from caring more
about what needs to be done than
about who gets the credit

— Dorothy Height —

Bridge Group

Avon Senior Center has a contract/social Bridge Group on Thursdays at 1:00 pm.
Please contact the Senior Center if interested.

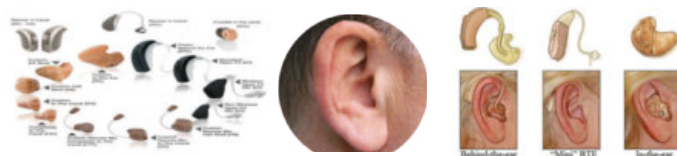
New Mah Jongg Group

New Mah Jongg group looking for players. Join them on
Wednesdays from 10:00-12:00!



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, March 28, 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



Free Tax Assistance Offered by AARP Tax-Aide at Avon Senior Center

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 7-April 10. Special attention is given to those 50+.

Appointments required. For information or schedule appointment, call Avon Senior Center 860-675-4355.

In scope tax returns: AARP volunteers are trained to assist taxpayers to file Form 1040 and other common schedules and forms. More complex or unusual tax returns may be out of scope and volunteers are prohibited from assisting tax payers with them.

What to bring:

Face Mask, phone and writing instruments.

Photo ID and proof of Social Security numbers for all household members.

Complete copy of last year's tax return, including all source papers.

Personal check showing bank account and routing numbers (if direct deposit or debit is requested).

All tax forms, including but not limited to:

SSA-1099, Social Security Statement

1099-R for pensions, IRA's and annuities

1099 forms (1099-INT, 1099-DIV, 1099-B, 1099-MISC)

W-2, Wage and Tax Statement

W-2G Certain Gambling Winner Forms

Form 1444 – Notice of Economic Impact Payment

Unemployment Forms 1099-G must be printed out prior to appointment

All documents that relate to deductible expenses

Evidence of cash charitable donations, even if you will not be itemizing

Documentation of cost basis of assets sold

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
(no class May 15)

March 27-May 29

Fee: \$56.00

Senior Fee: \$50.40

Non Resident Fee: \$61.60

Zumba Gold

Wednesdays, 5:30-6:30 p.m.
(no class May 15)

March 27-May 29

Fee: \$67.00

Senior Fee: \$60.30

Non Resident Fee: \$73.70

Mah Jongg

Wednesdays 1:00-3:00 & Fridays 10:00-12:00

March 13, 15, 20 & 21

Fee: \$61.00

Senior Fee: \$54.90

Non Resident Fee: \$67.10

Badminton

Tuesdays, 6:30-8:30 p.m.
(no class May 14)

March 26—May 28

Fee: \$59.00

Senior Fee: \$53.10

Non Resident Fee: \$64.90

Badminton

Wednesdays, 6:30-8:30 p.m.
(no class May 15)

March 27—May 29

Fee: \$59.00

Senior Fee: \$53.10

Non Resident Fee: \$64.90

Badminton

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

March 28-May 30

Fee: \$64.00

Senior Fee: \$57.60

Non Resident Fee: \$70.40

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

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



Social Worker

/ˈsōSHəl ˌwərkər/ noun

a remarkable individual whose power is to turn coffee into solutions, tears into smiles, and chaos into calm. Listens to your problems, finds you resources, and makes you feel like you're not alone in the world. Part therapist, part problem solver, and part superhero. Saves the world, one person at a time.

See also: *difference maker, legend, warrior*



**We are not social workers. We are
contemplatives in the heart of the world.**

~ Mother Teresa



trvst

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 Pantry

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 2	March 12	May 21	August 13	October 22
January 16	March 26	June 4	August 27	November 5
January 30	April 9	June 18	September 10	November 19
February 13	April 23	July 2	September 24	December 3
February 27	May 7	July 16	October 8	December 17
		July 30		December 31

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

Mobile Pantry Avon Site:
The Farmington Valley American Muslim Center
35 Harris Road, Avon, CT. 06001



A Member of Feeding America
2 Research Parkway, Wallingford, CT 06492
Phone (203) 485-5000
On the web: <http://www.ctfoodshare.org>



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

Interested in Cornhole (Bean Bag Toss), Badminton, Billiards— please let us know. We have the equipment and the space, just bring you!

Avon Pet Pantry

1st Tuesday of each month from 11am – 1pm

Avon Animal Control at 11 Arch Rd.

Donations always appreciated

Contact us at: avonpetpantry@gmail.com

(860)673-0297 Animal Control or

(860)409-4358 Social Services

I can and I will



MYPLACECT.ORG

The Virtual Home of No Wrong Door



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



Applications Accepted

9/5/2023 – 5/31/2024

Avon residents, please CALL for appointment: 860-409-4346

Avon Social Services

New clients must provide household member information sheet for each household member showing:

- * Proof of Income * Proof of Utility Bills
- * Proof of Rent/Mortgage Payment



Social Worker

Give to my heart
compassion & understanding.

Give to my hands
skill and tenderness.

Give to my ears
the ability to listen.

Give to my lips
words of comfort.

Give to me
strength

for this selfless service & enable me to give
hope

to those I am called to serve."



Town of Avon Dial-a-Ride Application

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



Favarh Brighter Days-ies

Tuesday mornings
making beautiful
flower arrangements.



AVON ACES WII BOWLING!

Join our team! Tuesdays at 10:00 am
Avon Senior Center at 860-675-4355.

Euchre— Cards

Join us!

Contact Heidi:

heidi10359@aol.com



Senior Medicare Patrol

1-800-994-9422

www.smpresource.org

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

Avon Emergency Updates!

SUBSCRIBE - (<https://www.avonct.gov/subscribe>). "Town Alerts" & "Town News and Announcements"

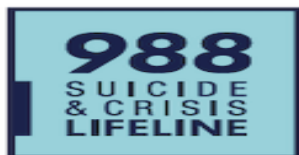
CT ALERTS - Critical emergency info:
(<https://portal.ct.gov/ctalert>)



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 24/7 call/text/chat access to trained crisis counselors who help people experiencing suicidal, substance use, mental health crisis, or emotional distress. Contact 988 if worried about a loved one who may need support. Free & confidential.

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.



Silver Sneakers Chair Classes

Avon Senior Center

1:00-2:00 pm on Thursdays
 Join us for a fun workout! Free with Silver Sneakers or \$3.00/class. Call Nancy 860-515-1200.



AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 (for experienced players only)
 Mah Jongg - Wednesdays at 10:00 a.m.
 (beginner/intermediate group)
 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.
 Wii Bowl- Tuesdays at 10 a.m. & various
 Beading Group- Thursdays at 12:30 p.m.
 Bridge- Thursdays at 1:00
 Pool/Billiards- various
 Euchre- Every other Wed. at 2:00 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. 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:

CRT LUNCH

TUESDAY

THURSDAY

Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of any food allergies prior to meal consumption!



5	Orange Juice Baked Cheese & Beef Ziti Zucchini Squash Garlic Knot Frosted Cake	7	Sloppy Joes on Hamburger Bun Tater Tots Peas Fresh Fruit
12	Chicken Caesar Wrap: Grilled Chicken, Lettuce, Caesar Dressing, Garlic Pesto Wrap Mustard/Mayo Potato Salad Fresh Fruit	14	Grape Juice Corned Beef Parslied Boiled Potatoes Cabbage & Carrots Rye Bread Cookie
19	Fruit Punch Meatballs w/Sauce Pasta Brussels Sprouts Garlic Knot Cookie	21	Oven Fried Chicken Sweet Potato Wedges Collard Greens Whole Wheat Bread Fresh Fruit
26	Kielbasa / Mustard Caramelized Onions Paprika Diced Potatoes Capri Blend Vegetables Whole Wheat Bread Fresh Fruit	28	Chicken Rice Soup Salad Greens w/ Ham, Egg, Red Onions, Cherry Tomatoes, Cucumbers Ranch Dressing Bread Stick Fresh Fruit



DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE has developed a virtual translation that is offered on line. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



LOCATION: Avon Senior Center
(Sycamore Hills Park, 635 W Avon Rd, Avon)

DATES: Wednesdays March 6th thru May 1st
TIME: 1-3pm

Classes are held once a week for 9 weeks for 2 hours each.

For more information and to register please call Jennifer

860-675-4355
jbennett@avonct.gov

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.
A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2700).

TABLESCAPES

30 CREATIVE & ORIGINAL TABLESETTINGS

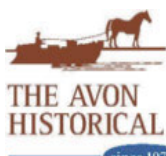
2-day fundraiser to benefit The AHS

FRIDAY, MARCH 15 &

SATURDAY, MARCH 16, 2024

10:00 am to 5:00 pm

Belle Ballroom, The North House, Avon, CT



**THE AVON
HISTORICAL SOCIETY**
since 1974



Expanded Tableware Tag Sale both days!

Tickets: \$15 pre-show/\$20 at door

Order tickets by calling 860-670-3225

online at: www.avonhistoricalsociety.org



E-mail List

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



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

MARCH 7
The History of Native American Archaeology in Connecticut, presented by Nicholas Ballarín, emeritus, is an archaeologist with the UConn State Museum of Natural History and a adjunct associate research professor in the Department of Anthropology. He will take the audience through the history of archaeology in CT, bringing it up to present day with new discoveries and the process during the work at the Brian D. Jones Site.

APRIL 11
Bioarchaeology in North America: Ethics, Issues and Where the Field Stands in 2024, presented by Alex Garcia-Putnam, PhD, University of New Hampshire. He will talk about the field, basics of bioarchaeology, the lack of skeletal remains found in the United States and some of the reasons for, and implications of, that lack of data.

MAY 9
Forging in the Paleoindian Period: A Macrobotanical Analysis at the Brian D. Jones Site in Avon, CT (tentative title), presented by Katharine Reinhardt, Project Archaeologist/Isotopic Analyst, Archaeological and Historical Services, Inc., Storrs, CT. She will focus on the analysis of plant evidence from the site to learn what they ate and where they found it.

SEPT. (tbd)
Microscopic Evidence for the Manufacture and Use of Stone Artifacts at the Brian D. Jones Site, presented by G. Logan Miller, Assoc. Prof., Anthropology, Illinois State University.

OCT. (tbd)
Update on the Brian D. Jones site in Avon, CT since discovery in 2019, presented by the team at Archaeological and Historical Services, Storrs, CT. October is Archaeology Month in Connecticut, so this presentation will be 90 minutes with time after for Q&A.

Watch the webinars from the 2021-2023 series on the Avon Library's YouTube Channel: www.youtube.com/user/ajp1ct

In partnership with

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



Medicare & Beyond: in-person program at Library Thursday, March 21 at 6:00 pm - 7:30 pm

Mention the word Medicare & you're likely to get a confused look in return. Father/Daughter Team of Lou and Jessica Pelletier will sort through the Parts (A-Hospital; B-Physician & Outpatient Coverage; D-Drug Coverage), review the pros/cons of Medicare Supplement Plans, Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, Social Security Options and how to protect your assets from nursing homes without having Long-Term Care Insurance. Join us if you are a senior, a child of a senior, or just want to know more. PelletierSeniorPlanning.Com
Sponsored by the Avon Senior Center and the Avon Free Public Library. Please register so that we can set up the room with appropriate spacing.



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>
Mutual Cares: help seniors stay well, connected, active,

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1:00 Setback 1:00 Ping Pong 1 
4 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	5 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	6 10:00 Mah Jongg 1:00 Setback 1:00 MOB 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton AARP TAX AID 	7 10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton 7:00 Paleo Talk– Zoom THINKING THURSDAYS 	8 11:00 FSF 1:00 Setback 1:00 Ping Pong 
11 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	12 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS DREAM BIG! 	13 10:00 Mah Jongg 1:00 Setback 1:00 MOB 2:00 Euchre– card game 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton AARP TAX AID 	14 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS MAKE EVERY DAY COUNT 	15 10:00 Intern Group 1:00 Setback 1:00 Ping Pong 
18 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 	19 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	20 10:00 Mah Jongg 1:00 Setback 1:00 MOB AARP TAX AID 	21 10:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:00 Medicare– Library THINKING THURSDAYS 	22 11:00 FSF 1:00 Setback 1:00 Ping Pong 2:00 UH DPT Talk 
25 BLOOD DRIVE 1:00 Setback 1:00 Crafty Crew 1:00 Movie Monday 	26 10:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 BINGO 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	27 10:00 Mah Jongg 1:00 Setback 1:00 MOB 2:00 Euchre– card game 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton AARP TAX AID 	28 10:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 1:00 Bridge 6:30 Badminton THINKING THURSDAYS 	29 CLOSED FOR GOOD FRIDAY 
				

VISIT OUR SHOWROOM!

Live independently for years to come.
We're your Certified Living in Place Specialists!

Plumbing & Heating • Kitchen & Bath Showroom • Gas Fireplaces • Water System Services
Living in Place • Bathroom Remodeling • Parts Department • Emergency Service

AVON
PLUMBING & HEATING

AvonPlumbing.com | 860-677-9721
Riverdale Farms | 124 Simsbury Rd. Avon, CT 06001

LISTEN, LEARN & LEAVE
Medicare Made Perfectly Clear Master Class
Private, In-Person, Phone or Zoom Meetings Available

PRESENTED BY PEGGY GORHAM, INSURANCE PROFESSIONAL

Turning 65 • Over the age of 65 • Retiring
 Just Simply want to know how to pick the right plan every year?

This class is for you.
 Call Today to Register 860-379-6700 x405 | www.roberson-tierney.com



Farmington Valley

Visiting Nurse Association

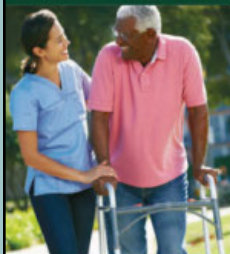
8 Old Mill Lane Simsbury CT 06070

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

Family Owned and Operated for Over 45 Years!



CARMON

Funeral Home and Family Center

Funerals • Cremation • PrePlanning

Owned and Operated by the Carmon Family

301 Country Club Road, Avon 860-673-8610

www.carmonfuneralhome.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Bill Humphreys

bhumphreys@lpicommunities.com • (800) 477-4574 x6634

Take a Tour

Hosted by Arden Courts

JOIN US TO TAKE A PEEK INSIDE ARDEN COURTS!

100 Fisher Drive, Avon, CT 06001

860-678-7500

45 South Road, Farmington, CT 06032

860-677-4060



ARDEN COURTS

PROMEDICA MEMORY CARE



©2023 ProMedica Health System, Inc., or its affiliates

arden-courts.org

COMPREHENSIVE CARE FOR OLDER ADULTS.

One Convenient New Location

UConn Health Geriatrics and Healthy Aging, located at 21 South Road in Farmington, offers the specialties and services older adults need most in one easily accessible location.

Onsite services include:

- Alzheimer's disease and dementia
- Geriatric primary care
- Nutrition counseling
- Audiology with an on-site hearing booth
- Geriatric psychiatry
- Podiatry
- Blood draw/lab services
- Memory assessment
- Urology
- Endocrinology/osteoporosis
- Neurology
- Vascular surgery

Free and convenient parking!

1-84-GET-UCONN health.uconn.edu/aging

UCONN HEALTH



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

Avon Senior Center, Avon, CT

06-5002