

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
Elizabeth Shaffer, Administrative Secretary



MAY 2017

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

Senior Center Coordinator Message

Happy Older Americans Month!! This year's theme is "Age Out Loud" and I want to know how you are living up to this theme. I know that I see seniors coming to the senior center for exercise classes, Tai Chi, Chair Yoga, Strength Training, Stained Glass, Billiards/Pool, Wii Bowling, Scrabble, Setback, Bridge, Lunch, presentations, Cribbage, Adult Coloring, Puzzles, the computer, reading, word searches, movies, special events, shuffleboard, ping pong, music, dancing, trips, conversation and coffee! I know there's more and this is just a small list of the things that you enjoy at the senior center. Older Americans are really Aging Out Loud here in Avon. Keep it Up!

We have some classes starting this month— Strength Training on May 8th & CDSMP (Chronic Disease Self Management— Pain) with Justine from the FVHD (Farmington Valley Health District) on May 4th.

We have some great day, overnight and international trips and sign ups are going well! Please check out the list so you don't miss out!

This month, we celebrate Memorial Day where we remember those that lost their lives for us and we want to honor them. Join us on Monday, May 22nd for our Memorial Day Celebration with a delicious meal and entertainment. The cost is \$5.00. This event is always a success and we want to see you there!

As you are walking through the senior center, please take a moment to see all of the updates/upgrades that are going on— new blinds, new projector (thanks grant money), new coffee pots & coffee system, de-cluttering, organizing, Community Room carpet cleaned and new decor. This is all for you and we want you to know that we appreciate you! Please enjoy!

Welcome our New Administrative Secretary, Elizabeth Shaffer!! We're so excited to have her join us, so please be sure to stop by and say hello!

Respectfully,
Jennifer Bennett, LMSW



AGE OUT LOUD: MAY 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.



MAY EVENTS 2017

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary
860-675-4355

Happy Older Americans Month!!!!

Monday, May 1, 2017

"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.

Tuesday, May 2, 2017 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.

Tuesday, May 2, 2017

"Thankful Tuesdays!"

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

Wednesday, May 3, 2017 at 10:30 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.

Thursday, May 4, 2017

"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, May 5, 2017 at 1:00 p.m.

"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.

Monday, May 8, 2017 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA FREE Blood Pressure Screening today.

Tuesday, May 9, 2017

"Thankful Tuesdays!"

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

Tuesday, May 9, 2017

"Birthday Cake to Celebrate Birthdays!"

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people with birthdays.

Tuesday, May 9, 2017

"Brookdale Farmington Presents Housing Info!"

Brookdale Farmington (formerly The Gables) will be here to present us with housing and living information for older adults. Please join us for this educational and explanatory presentation.

Wednesday, May 10, 2017

CLOSED FOR BUDGET REFERENDUM VOTE

Wednesday, May 10, 2017

"CT Senior Wii Bowling League Tournament"

We will be taking our 8 top scoring seniors to this Wii Bowling Tournament in Bristol. This Team Tournament is the culmination of all of our fun, hard work, effort & enthusiasm as we show them who the Avon Aces are at this year-end game! Please see Jennifer to sign up & for your meal choice. Avon Aces are Awesome!

Thursday, May 11, 2017

"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, May 12, 2017 from 9:30 a.m. – 2:30 p.m.

"LGBT Moveable Senior Center"

Lesbian, Gay, Bisexual and Transgender (LGBT) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging! Join State Department on Aging Commissioner Betsy Ritter and other distinguished guests in a discussion about aging in Connecticut. The program will be held at Newington Senior and Disabled Center- 120 Cedar Street, Newington. Please RSVP by May 8, 2017 to 860-665-8778 or dstone@newingtonct.gov. *If you require accommodations, including dietary, please let us know ASAP!* The LGBT Moveable Senior Center is sponsored by CCCI as part of "Getting it Right": Creating an LGBT-Responsive Organization, a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.

Friday, May 12, 2017 at 1:00 p.m.

"Adult Coloring"

Please call the Senior Center at 860-675-4355 to sign up.

Friday, May 12, 2017 from 7-8:30 p.m.

"FREE Swing Band Concert"

Based in CT, *Simply Swing* has become the busiest Big Band style musical group in New England. Featuring six swinging horns, a dynamic rhythm section and vocalist Vivian LaRosa, Simply Swing specializes in performing danceable Big Band and Swing favorites. From the music of Glenn Miller to Duke Ellington, Count Basie to Benny Goodman, Ella Fitzgerald to Natalie Cole, Michael Buble to Diana Krall, *Simply Swing* fills dance floors, leaves toes tapping, fingers snapping and audiences wanting more ... *Simply Swing!* This event is free and open to the public. This community concert is being sponsored by Farmington Bank. Please call the senior center at 860-675-4355 to sign up.

Tuesday, May 16, 2017

"Thankful Tuesdays!"

Wednesday, May 17, 2017 at 10:30 a.m.

"Shuffleboard"

Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 17, 2017 at 12:00 p.m.

"Lunch & Learn"

Apple Rehab is back for another fantastic Lunch & Learn! They're bringing another professional staff member to provide us with informational and educational news & material. You don't want to miss this program! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, May 18, 2017

"Thinking Thursdays"



MAY EVENTS 2017

Friday, May 19, 2017 at 12:00 p.m.

“Lunch & Learn”

Farmington Bank is sponsoring this informational and educational program and providing a light lunch. Essex Financial will discuss “How to Live on your Retirement Income” so please sign up early and save your seat! Please call the Senior Center at 860-675-4355 to sign up.

Friday, May 19, 2017 at 1:00 p.m.

“Adult Coloring”

Tuesday, May 23, 2017

“Thankful Tuesdays!”

Wednesday, May 24, 2017 at 10:30 a.m.

“Shuffleboard”

Wednesday, May 24, 2017 at 12:00 p.m.

“Lunch & Learn”

The Reservoir, a skilled nursing and short-term rehab facility in West Hartford, will be here today for our Lunch & Learn. They will be providing speakers about insurance, hospital stays, rehab and care and how to be informed about financial coverage when you get sick. The senior center will be providing the lunch. You don't want to miss this program! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, May 25, 2017

“Thinking Thursdays”

Thursday, May 25, 2017 from 6:30-8:30 p.m.

“QPR-Save a Life!”

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved. As a QPR-trained Gatekeeper you will learn to: recognize the warning signs of suicide, know how to offer hope & know how to get help and save a life. Space is limited, so sign up ASAP. Please call the Senior Center at 860-675-4355 to sign up.

Friday, May 26, 2017 at 12:00 p.m.

“Lunch & Learn- Eversource”

Please join Eversource for a Lunch & Learn on Home Energy Solutions! Hear from the experts! Learn how you can save money on utility bills and stay comfortable all year round. Learn about energy efficiency, financial incentives and rebates available for upgrades for energy savings and solutions. You do not want to miss this informational and educational workshop. Please call the Senior Center at 860-675-4355 to sign up.

Friday, May 26, 2017 at 1:00 p.m.

“Adult Coloring”

Wednesday, May 29, 2017

CLOSED FOR MEMORIAL DAY HOLIDAY

Tuesday, May 30, 2017

DRESS DOWN DAY!!!!

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!!!!

Tuesday, May 30, 2017

“Thankful Tuesdays!”

Wednesday, May 31, 2017

CLOSED FOR BUDGET REFERENDUM VOTE

Trips

(Please see dates & times below)

*Casino & a Show- Twin River Casino & Four by Four Show (music of Beach Boys, Beatles, Bee Gees, Motown) on Thursday, June 15, 2017.

*154th Anniversary of the Civil War, Gettysburg & Philadelphia- Gettysburg Civil War Reenactment, Gettysburg Visitor's Center & National Military Park Museum Cyclorama & Downtown Historic Areas & Historic Philadelphia Tour from July 1-3, 2017.

*Quebec City- Tall Ships Regatta from July 18-21, 2017.

*Block Island- Beaches, Bluffs & Bays on July 25, 2017.

*Saratoga on August 3, 2017.

*Lobster Feast & The Don Who? Variety Show at the Log Cabin on August 29, 2017.

*Newport Playhouse & Cabaret Restaurant- Lobsterfest Matinee featuring the Play- Self-HELP on September 12, 2017.

*Big E- CT Day on September 20, 2017.

*Cape Cod Scallop Festival & Mystery Stop Tour on September 22, 2017.

*Vermont Fall Foliage Tour on October 12, 2017

*Annie Get Your Gun on November 9, 2017



Thursday, May 25, 2017 from 11:00 a.m. - 2:00 p.m.

“SNAP Sign Up”

Need help paying for groceries? Foodshare volunteers can help you apply for benefits! SNAP is the Supplemental Nutrition Assistance Program (Formerly known as Food Stamp Program) All you need is a photo ID & some basic information about your household to complete the application.

****Bring recent paystubs to speed up the process**** Please call the senior center at 860-675-4355 to sign up.



Classes*(Please see dates, times & locations below)***Tai Chi for Seniors - Session II - \$61.00****Date(s) of Class:** April 4th thru June 27th**Day, Time:** Wednesdays- 2:30pm to 3:30pm - Sr Ctr**Zumba Gold - Session II- \$59.00****Date(s) of Class:** April 3rd - June 19th (no class 04/10, 05/29) OR April 5th - June 28th**Day, Time:** Mondays or Wednesdays - 6:00pm-7:00pm - Countryside Park**Strength Training for Seniors****Date(s) of Class:** May 8th— June 12th**Day, Time:** Mondays and Fridays - 2:30pm - 3:30pm—Senior Center

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

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



Mah Jongg— Mondays—Intermediate
Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate
Scrabble – Tuesdays at 1:30 p.m.
Shuffleboard – Wednesdays at 10:30 a.m.
Setback – Wednesdays & Fridays at 12:00 p.m.
Ping Pong – Fridays at 10:00 a.m.
Adult Coloring– Fridays at 1:00 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. 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 menu below:

TUESDAY		THURSDAY	
2	Country Style Soup Swedish Meatballs w/ Gravy Over Egg Noodles Winter Mixed Vegetables Saltines Mandarin Oranges	4	Chicken Soup Chicken Jubilee Mashed Potatoes Spinach Saltines Tropical Fruit
9	Russian Cabbage Soup Kielbasa Pierogies w/Onion Butter Sauce Sauerkraut Saltines Fruit Cocktail	11	CRT MOTHER'S DAY MEAL! Grape Juice Roast Beef w/Gravy Baked Sweet Potato Broccoli Florets 100% Whole Wheat Bread Special Dessert
16	Grape Juice Stuffed Cabbage w/Italian Sauce Parslied Bowties Italian Mixed Vegetables Oatnut Bread Fruit Oatmeal Bar	18	Macaroni & Cheese Tossed Salad Greens w/ Cherry Tomatoes/ Cucumbers Stewed Tomatoes & Zucchini Ranch Dressing Wheat Dinner Roll Fresh Orange
23	CRT MEMORIAL DAY MEAL! Orange Juice BBQ Peach Chicken Potato Salad Tossed Green Salad w/ Cherry Tomatoes/Italian Dressing Wheat Dinner Roll/ Strawberries/Homemade Biscuit/Whipped Topping	25	Orange Juice Herb Seasoned Pork Loin w/Broth Cut-Up Sweet Potatoes Zucchini Rye Bread Raspberry Strudel Stick
30	Hamburger w/Broth Sliced Tomato Leaf Lettuce Tortellini Salad Ketchup/Mustard/Relish Whole Grain Bun Fresh Orange		

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



***President– Bob Wade**

• 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



ORCHESTRA[®]



Sincerely,
Bob Wade

Senior Citizens of Avon Organization

May 2017 – Program Schedule

Everyone is Welcome – Reservations Recommended

- May 1st 10:30 – Board Meeting**
Noon – Pizza & salad & Dessert
Bingo
- May 8th Noon – Salisbury Steak, Potatoes,**
Carrots, Gravy & Dessert

Entertainment provided by Ginny August and her seven parrots that can talk and dance. Ginny will discuss the care and feeding of the parrots and how to make them happy. She has the largest flying parrot in the area.

- May 15th Noon – Pot Luck & Dessert**
Bingo

- May 22nd Pasta, Meatballs, Salad**
Birthday Cake



Combined Memorial Day celebration presented by The Avon Senior Center and the Senior Citizens of Avon Organization...remembering the men and women who died while serving in the country's armed forces.

Entertainment provided by the Jerry Carillo Orchestra. A special thank you goes out to the Northwest Community Bank. Reservations Required.

- May 29th MEMORIAL DAY HOLIDAY**
Senior Center is Closed

Coming up in June: Annual Picnic with entertainment provided by Jerry Lagace and The Bristol Old Tyme Fiddlers. This event is well attended so reserve your spot today - Reservations Required.

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Foot Care 9:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 2:30 Strength Training 6:00 Zumba - CSP <div>1</div>	9:00 Billiards 9:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble 2:30 Tai Chi THANKFUL TUESDAYS <div>2</div>	9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 6:00 Zumba Gold - CSP <div>3</div>	9:00 Wii Bowling 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 CDSM- Pain THINKING THURSDAYS <div>4</div>	9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 2:30 Strength Training <div>5</div>
9:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 2:30 Strength Training 6:00 Zumba - CSP <div>8</div>	9:00 Billiards 12:00 CRT Lunch 12:15 Brookdale Talk 12:30 Birthday Cake 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble 2:30 Tai Chi THANKFUL TUESDAYS <div>9</div>	<div>10</div> <p>CLOSED</p> <p>BUDGET REFERENDUM VOTE</p>	9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 CDSM- Pain THINKING THURSDAYS <div>11</div>	9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 2:30 Strength Training 7:00 Swing Band Concert <div>12</div>
9:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 2:30 Strength Training 6:00 Zumba - CSP <div>15</div>	9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble 2:30 Tai Chi THANKFUL TUESDAYS <div>16</div>	9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 6:00 Zumba Gold—CSP <div>17</div>	9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 CDSM- Pain THINKING THURSDAYS <div>18</div>	9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 12:00 Lunch & Learn 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 2:30 Strength Training <div>19</div>
9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jong 1:00 Setback 2:30 Strength Training 6:00 Zumba - CSP <div>22</div>	9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble 2:30 Tai Chi THANKFUL TUESDAYS <div>23</div>	9:00 Wii Bowling 10:30 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 6:00 Zumba Gold—CSP <div>24</div>	9:00 Billiards 9:00 Wii Bowling 11:00 SNAP sign up 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 CDSM- Pain 6:30 QPR THINKING THURSDAYS <div>25</div>	9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 12:00 Lunch & Learn 1:00 Setback 1:00 Adult Coloring 1:00 Billiards <div>26</div>
<div>29</div>  <p>Happy Memorial Day!</p>	9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble 2:30 Tai Chi THANKFUL TUESDAYS DRESS DOWN DAY <div>30</div>	<div>31</div> <p>CLOSED</p> <p>BUDGET REFERENDUM VOTE</p>		

RESERVED FOR SPONSORS

Avon Senior Center



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AVON, CONNECTICUT 06001

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