

# 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*



MAY 2022

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



## Senior Center Coordinator's Message

Happy Older Americans Month! We honor and celebrate older adults and all that you do! This year's theme is **Age My Way!** We hope this will inspire you to get out, get involved, be engaged in life and at your senior center!

We have some fantastic and fun programs this month. Please RSVP to reserve your spot. Invite your friends to come along! We have some new seniors who are coming to the senior center. Encourage them to join us and invite them to spend time with us!

Thank you intern Abbie from CCSU, for all your hard work, effort & the Geocache & Geocache Nature Walk programs. Congratulations on your upcoming graduation!

This month, we remember & honor those who served, we celebrate and honor Mothers, we acknowledge Mental Health Awareness Month and reduce the stigma, and celebrate Older Adults! Let's think and speak with fondness and kindness for others.

We look forward to seeing you at the Senior Center and spending time with you.

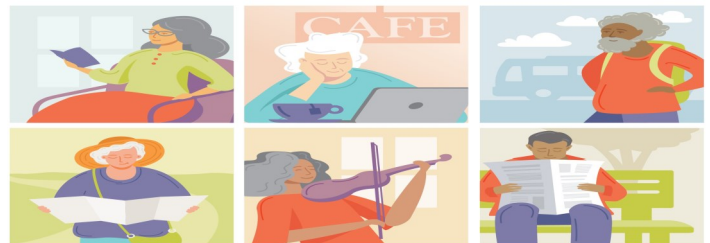
**Please take care,**  
**Jennifer Bennett, LMSW, CDP**  
**Dementia Friend & Dementia Champion**



OLDER  
AMERICANS  
MONTH



AGE MY WAY: MAY 2022



Age my way!

MEMORIAL DAY  
REMEMBER & HONOR



Happy Mother's Day

MAY MENTAL  
HEALTH  
AWARENESS  
MONTH





**PLEASE CALL TO  
SIGN UP!**

**Geocache Nature Walk May 6<sup>th</sup>**

**Rain Date: May 12<sup>th</sup>**

**158 Auer Farm Rd, Bloomfield, CT 06002**

**Meet at Senior Center at 1:30 &  
follow in cars or meet at 2:00 at Auer Farm**

**Creative Crafting**

**Tuesday, May 10, 2022 at 11:00 am**

**Fall & Balance Prevention Talk & Screening**

**Tuesday, May 17, 2022 at 1:00 pm**



PHYSICAL THERAPY  
CENTER OF EXCELLENCE

**TD Bank Investments Presentation**

**Thursday, May 19, 2022 at 12:45 pm**

**Ice Cream Social**

**May 24, 2022 at 12:45 pm**



**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.

A Conversation About End of Life and Advance Care Planning  
Considerations for the LGBT Community

Register: <https://cthealthyliving.org/events/lgbt-moveable-senior-center-rainbow-lunch-hour-3/>



**Unearthing History: Virtual Lecture #3:  
Paleo-Indian Foodways  
with Trade & Network Exchange**

**Thursday, May 12 at 7:00 pm - 8:30 pm**

**PaleoIndian 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.

**Register here:** <https://www.avonctlibrary.info/event/unearthing-history-2022-foodways-with-trade/>

**SERIES sponsored by Avon Historical Society, Avon Library & Avon Senior Center, in partnership with Avon Land Trust, Farmington River Watershed Association, & Institute of American Indian Studies in Washington, CT.**



**Grab & Go- Wednesday, May 18 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!

Sponsored by Avon Senior Center

**FREE Monthly Hearing & Hearing Aid Checks**

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them.  
May 19 from 10-12.



**Free Blood Pressure/Blood Sugar Screening**

FV VNA will be providing FREE Screenings  
1st & 3rd Thursdays from 11:30-1:00.



## AARP® Real Possibilities Connecticut

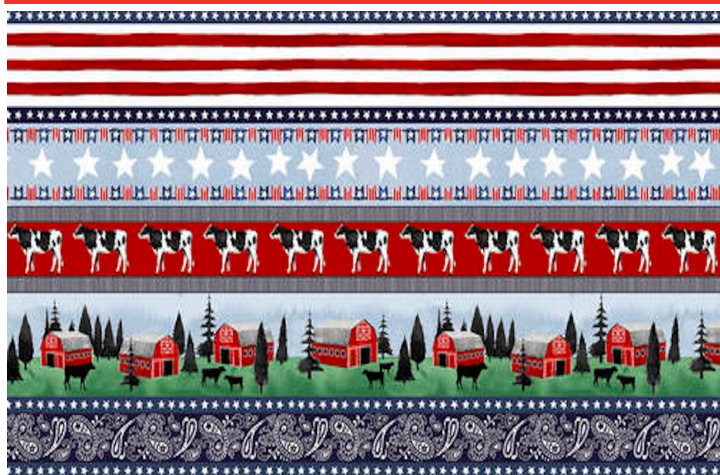
AARP Fraud Watch Network: identity theft, investment fraud & scams. [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360  
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

Watch Your Credit Reports: [www.annualcreditreport.com](http://www.annualcreditreport.com) or call 1-877-322-8228, Protect Your Mail: [www.dmachoice.org](http://www.dmachoice.org) & [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: [www.donotcall.gov](http://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](http://www.aarp.org/fraudsupport).

## AARP® Fraud Watch Network



### Bean bag toss (Cornhole)

Avon Senior Center is starting Bean Bag Toss (Cornhole)! It can be played inside or outside, depending on the weather. Please join us for the fun!



### 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  
May 23, 10:00-3:00



American  
Red Cross

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

## AVON SENIOR CENTER CLASSES

### Tai Chi

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

Fee: \$51.00

Non Resident Fee: \$56.10

May 4—June 22

Senior Fee: \$45.90

### 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

### 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

March 25—May 20

Senior Fee: \$69.30

(No class April 15)

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

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



Serena Platt and Catherine Burges

Co-Founders of Musical Moments

<https://www.youtube.com/watch?v=oZOCn9mENCY>



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

**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/ctalert>)



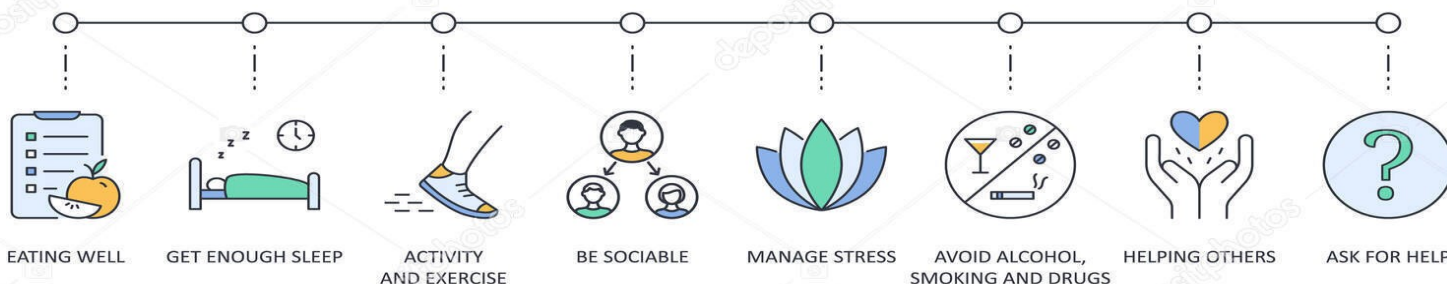
**Senior Medicare Patrol  
(SMP)**

**1-800-994-9422**

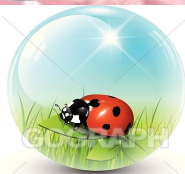
[www.smpresource.org](http://www.smpresource.org)

**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.

# MENTAL HEALTH



It is worth remembering that the  
 time of greatest gain in terms of  
 wisdom and inner strength is  
 often that of greatest difficulty.  
 Dalai Lama



## 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.

## E-mail List

Please send an email  
 to: [eshaffer@avonct.gov](mailto: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!





**Governor Lamont Announces New Online Application Available for Heating and Water Assistance.**  
**Deadline Extended for 2021-2022 Season**

Governor Ned Lamont announced the launch of a new online application for heating & water assistance programs that help income-eligible families pay their utility bills. Eligible residents can apply for Connecticut Energy Assistance Program (CEAP) & Low-Income Household Water Assistance Program (LIHWAP) through a joint online application available at [ct.gov/heatinghelp/apply](https://ct.gov/heatinghelp/apply).

Deadline extended to June 30, 2022.

**CEAP** is a federally funded program that provides winter heating assistance to income-eligible households every year. Families may be eligible for matching payment plans, protection from shutoffs, and replacement or repairs for heating equipment and water heaters. Homeowners and renters are eligible, and assistance is available for natural gas and electric heat, as well as deliverable fuels like oil and propane.

**LIHWAP** provides water assistance to the same families who are eligible for CEAP, and income eligible families.



**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	
3	Calzone w/ Tomato Sauce Pasta Mixed Vegetables Fresh Fruit	5	Grape Juice Broccoli & Cheese Stuffed Chicken Au Gratin Potatoes Broccoli Florets Wheat Dinner Roll Tres Leche Cake
10	Swedish Meatballs Mashed Potatoes Asian-Style Vegetables Whole Wheat Bread Fresh Fruit	12	Roasted Turkey w/ Gravy Bread Stuffing Cranberry Sauce Glazed Carrots Corn Muffin Fresh Fruit
17	Cheese Lasagna Roll w/ Meat Sauce Italian Blend Veggies Focaccia Bread Fresh Fruit	19	Roast Pork Loin w/ Gravy Sweet Potatoes Capri Blend Veggies 12 Grain Bread Pears
24	Mediterranean Soup Saltines Garden Salad Greens w/ Grilled Chicken, Cheese, Tomato, Cucumber, Onions Ranch Dressing Garlic Knot Blonde Brownie	26	Cran-Apple Juice Veggie Omelet w/ Cheese Sauce Lyonnais Potatoes 4-Way Vegetable Mix Dinner Roll Cookies
31	Orange Juice Chicken Scampi w/ Linguini Green Peas Dinner Roll Frosted Cake		



# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355



**President & Programs– Helen M. Toth (acting)**

**Vice President & Cheer– Vivian Pane**

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

**Secretary - Marian Hurlbut**

## Message from the Board of Directors . . .

We hope that you are enjoying the beautiful longer Spring days and are able to get out and get some walking in or just relaxing in your easy chair outdoors. Please take advantage of this gorgeous weather. We will have our annual picnic on Monday, June 27<sup>th</sup>. The Board is opening the event up to anyone who would like to attend. The price for the luncheon is \$7.00 per person and it is open to anyone who would like to attend.

The Bristol Old Tyme Fiddlers will be here to entertain us and they always provide an excellent program. Reservations are required for the June 27<sup>th</sup> event. Because we have to order the food, we cannot accept any walk ins. Cut-off date for making reservations is the Thursday before the event. Please reserve your spot as soon as you can.

Please call Barbara Schicker at (860-404-5436) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

We are looking for new faces to join the Board of Directors. If you are interested in holding an office in the Organization, please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. We look forward to hearing from you.

Happy Birthday to the following Members:

May 1<sup>st</sup> – Sophie Sopelak  
May 6<sup>th</sup> – Jerry Allen  
May 10<sup>th</sup> – Maria Sussman  
May 18<sup>th</sup> – Pam Dudley  
May 26<sup>th</sup> – Peggy Farrar  
May 29<sup>th</sup> – Joan Volg  
May 31<sup>st</sup> – Samira Fahmy

Helen M. Toth

## Senior Citizens of Avon Organization

*Everyone is Welcome – Reservations Required*

June 27<sup>th</sup> 11:30 a.m. – Annual Picnic

Assorted Grinders, Cole Slaw, Potato Chips and Dessert - \$7.00/pp

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)



**Mutual of Omaha**















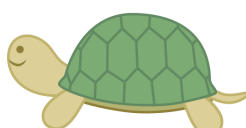


**Mutual Cares** is an online resource to help seniors stay well, connected, active, entertained.

(<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/myYr3vTRpht>

# MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold <b>2</b> 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS <b>3</b> 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold <b>4</b> 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 7:00 Badminton THINKING THURSDAYS <b>5</b> 	9:00 Wii Bowling 12:00 Special Event 1:00 Setback 1:30 Chair Yoga Geocache Nature Walk <b>6</b>  
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold <b>9</b> 	9:00 Wii Bowling 10:30 Mah Jongg 11:00 Creative Crafting 12:00 CRT Lunch 1:00 Scrabble & Cards THANKFUL TUESDAYS <b>10</b> 	CLOSED FOR BUDGET REFERENDUM <b>11</b> 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading Geocache Nature Walk— Rain Date 7:00 Paleo Presentation THINKING THURSDAYS <b>12</b>  	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 1:30 Chair Yoga <b>13</b> 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold <b>16</b> 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 1:00 Fall & Balance Screen THANKFUL TUESDAYS <b>17</b> 	9:00 Wii Bowling 12:30 Grab & Go 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold <b>18</b> 	9:00 Wii Bowling 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:45 Investment Seminar THINKING THURSDAYS <b>19</b>  	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 1:30 Chair Yoga <b>20</b>  
RED CROSS BLOOD DRIVE 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold <b>23</b>  	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Ice Cream Social 1:00 Scrabble & cards THANKFUL TUESDAYS <b>24</b>  	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold <b>25</b> 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Rainbow Lunch Hour 12:30 Beading THINKING THURSDAYS <b>26</b> 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong <b>27</b>  
CLOSED FOR MEMORIAL DAY <b>30</b> 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS <b>31</b> 			