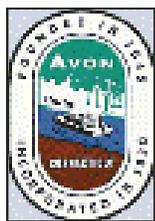


AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

Jennifer Bennett, LMSW, CDP Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



MAY 2023

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



Senior Center Coordinator's Message

Happy Older Americans Month!! This is your month to celebrate! We're celebrating with classes, groups & programs. Sign up early to reserve your spot. Invite your friends. We have some new people coming to the senior center. Encourage them to join us & invite them to spend time with us! Please read the newsletter & check out the flyers at the senior center.

This month, we honor and remember our service people on Memorial Day, we celebrate our Mother's on Mother's Day, and we enjoy each other.

Programs- Raymour & Flanigan Pizza & Bingo \$10.00, Makeup Workshop, Cupcake Decorating & more.

Dear senior center friends, I celebrate you and thank you for all that you do. We love having you here & we look forward to a great month!

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



Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.
-Marcel Proust

Appreciation can make a day, even change a life. Your willingness to put it all into words is all that is necessary.
-Margaret Cousins



Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center and 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, welcoming and FREE. SIGN UP REQUIRED. ****Meals 12:00, program 12:30****

Monday, May 15- Scuba Slideshow with John

John Silliman from Aetna Medicare Solutions, presents underwater pictures of the amazing sea life that he has gathered throughout his many scuba diving adventures. He's an avid scuba diver & has dived in many locations including Bimini, Cozumel, Roatan, and the Maldives!

Monday, May 22-Financial Education **Money Mentor: M&T Bank Flora-MGR,VP & Team**

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

Administration for Community Living leads nation's observance of Older Americans Month every May. Theme: **Aging Unbound**, offers opportunity to explore diverse aging experiences & discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging & how we all benefit when older adults remain engaged, independent, and included.



UPcoming EVENTS

Please call 860-675-4355 to sign up!

Cupcake Decorating

Tuesday, May 16 at 1:00pm

FREE, all supplies included, just bring you!

Bingo & Pizza

Thursday, May 18 at 12:00 pm

At Raymour & Flanigan Furniture
\$10.00 includes 8 Bingo Games, pizza lunch & Raffles.

Makeup Workshop

Thursday, May 18 from 1:30-3:30 pm

Joby Rogers- Professional & Celebrity Makeup Artist & Educator
FREE program

Meals & Minds

Monday, May 15 at 12:00 pm

Monday, May 22 at 12:00 pm



New Card Game- Euchre Meets every other Friday at 2pm.

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.



MYPLACECT.ORG

The Virtual Home of No Wrong Door



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

MyPlaceCT.org offers information on these topics:
Health & Well-being: Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!

Services & Supports: In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!

Learn: Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!

Family Caregivers: Respite Services, Support Groups, Online Resources, Legal Matters, and more!



AVON ACES WII BOWLING TEAM!

Join our team! Avon Senior Center at 860-675-4355.



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, May 25 from 10-12.



GRAB & GO

May 24, 2023
Wednesday
12:30 pm
RSVP required.

Enjoy a delicious FREE Grab & Go Meal. Please drive up to the front door & we will hand you the meal. We look forward to seeing you! Sponsored by Avon Senior Center

Favarh Brighter Days-ies

Tuesdays from 9:30-10:30

Join us making beautiful flower arrangements. Drop in, no sign-up necessary.



Free Blood Pressure/Blood Sugar Screening

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



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

New Class at Avon Senior Center



Welcome to Mah Jongg

Wednesday, 1:00 – 3:00 p.m. &
 Friday, 10:00 a.m. - 12:00 p.m.
 June 14 - 23
 Instructor: Karen Boyd

Learn the basics of American Mah Jongg. Mah Jongg is a tile game that can improve memory and sharpen the mind. The class will focus on the card including reading the card, categories, and switching hands as tiles are passed during the Charleston and picked during play. Class will also cover: the tiles, rules of the game and table rules. This beginners class includes a card with your registration.

Cost: Avon Residents: \$61.00
 Avon Seniors (Age 60+): \$54.90
 Non-Residents: \$67.10

Call Avon Senior Center to sign up
 (860) 675-4355 or go to www.avonrec.com.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m. April 5-June 14
 (No Class 4/12, 5/10, 5/31)
 Fee: \$51.00 Senior Fee: \$45.90
 Non Resident Fee: \$56.10

Virtual Zumba Gold

Mondays, 5:45-6:45 p.m. April 10-June 19
 (no class 5/29)
 Fee: \$74.00 Senior Fee: \$66.60
 Non Resident Fee: \$81.40

Zumba Gold

Wednesdays, 5:30-6:30 p.m. April 5-June 14
 (No Class 4/12, 5/10, 5/31)
 Fee: \$61.00 Senior Fee: \$54.90
 Non Resident Fee: \$67.10

Badminton

Tuesdays, 6:30-8:30 p.m. March 14-May 2
 (No class 4/4, 4/25, 5/9)
 Fee: \$48.00 Senior Fee: \$43.20
 Non Resident Fee: \$52.80

Badminton

Wednesdays, 7:00-9:00 p.m. March 15-22
 Wednesdays, 6:30-8:30 p.m. March 29-May 3
 (No class 4/12)
 Fee: \$48.00 Senior Fee: \$43.20
 Non Resident Fee: \$52.80

Badminton

Thursdays, 6:30-8:30 p.m. March 16-May 4
 Fee: \$54.00 Senior Fee: \$48.60
 Non Resident Fee: \$59.40

Line Dancing

Thursdays, 2:30-3:30 p.m. March 23-May 11
 Fee: \$77.00 Senior Fee: \$69.30
 Non Resident Fee: \$84.70

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

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

Blood Drive

Avon Senior Center
May 22, 10:00-3:00



American Red Cross

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

"You can't cross the sea merely by standing and staring at the water."

RABINDRANATH TAGORE



Just believe in yourself.

Even if you don't, pretend that you do and, at some point, you will.

- Venus Williams

3-13 CARD GROUP

Tuesdays at noon. Join us!
 New players welcome.
 Easy to learn & fun to play.



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>)

Town of Avon Food Pantry and Mobile Foodshare Information



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 Foodshare

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 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 21
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

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

Mobile Foodshare Avon Site:
 The Farmington Valley American Muslim Center
 35 Harris Road

Foodshare, a United Way Community Investment regional agency, operates Mobile Foodshare in many towns throughout Hartford and Tolland counties, Avon Social Services, City of Torrington, and the Avon-Canaan United Way have collaborated with Foodshare to bring Mobile Foodshare to Avon.



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

Town of Avon Dial-a-Ride Application

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

Renters' Rebate Program:

65+ or totally disabled, income \$40,300 or less (single), \$49,100 or less (married), rebate from CT. Filing period April 1 - Oct. 1, 2023. Please call Assessor's Office 860-409-4335.



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

2023 series sponsored by a grant from



MARCH 23

The LIDAR Revolution in Earth Surface Mapping, presented by Will Quimet, Assoc. Professor, Departments of Geosciences and Geography, Univ. of Connecticut. He will explain the techniques used by LIDAR for locating historic human settlements and land use patterns. LIDAR = Light Detection and Ranging using lasers for 3D scanning.

APRIL 20

Hunting and Fishing Techniques of the Paleoindian (tentative title), presented by Richard Boisvert, retired New Hampshire state archeologist, who is very familiar with the discovery and analysis of the Brian D. Jones (BDJ) site and other Paleoindian sites in northern New England.

MAY 11

The Big Importance of Small Things: Microscopic and Blood Residue Analysis of Ancient Stone Tools, presented by Heather M. Rockwell, Assistant Professor of Anthropology and Cultural and Historic Preservation, Noreen Stonor Drexel Cultural and Historic Preservation Program, Salve Regina University. This presentation will examine the process and limitations of blood residue and use-wear analysis, and how they have contributed to our understanding of ancient people.

SEPT. 21

Paleoindian Sites, Site Patterning and Travel Corridors along the Southern Arm of the Champlain Sea, presented by Jess Robinson, Vermont State Archaeologist, Vermont Archaeology Heritage Center, Barre, VT. He will compare and contrast Paleo sites in Vermont with the Brian D. Jones site in Avon.

OCT. 12

Update on the scientific analysis of the Brian D. Jones (BDJ) site in Avon, CT 2019, presented by Eric Heffer, Senior Prehistoric Archaeologist, Archaeological and Historical Services, Storrs, CT. His presentation will be 90 minutes with time after for Q&A. October is Archaeology Month in Connecticut!

Watch the webinars from the 2021 and 2022 series on the Avon Library's YouTube Channel: www.youtube.com/user/afplct

In partnership with

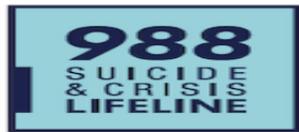


Webinar series created by : Avon Historical Society, Avon Free Public Library, Avon Senior Center

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 offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other emotional distress. People can contact 988 if they are worried about a loved one who may need support. Free & confidential.

Experience is not what happens to you; it is what you do with what happens to you.
—ALDOUS HUXLEY



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.



E-mail List

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



AVON SENIOR CENTER ACTIVITIES

- Mah Jongg- Tuesdays at 10:30 a.m. (for experienced players only)
- 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.
- Chess- various
- Wii Bowl- Tuesdays at 10 a.m. & various
- Beading Group- Thursdays at 12:30 p.m.
- Pool/Billiards- various
- Euchre- Every other Friday at 2:00 pm

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	
2	Chicken Parmesan Pasta w/ Sauce Yellow Squash Garlic Knot Fresh Fruit	4	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit
9	Sliced Turkey American Cheese on Sandwich Roll Lettuce & Tomato Fresh Fruit Yogurt Cup	11	Orange Juice Quiche Lorraine Wedge Diced Potatoes Asparagus Wheat Bread Cheesecake Brownie
16	Grape Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Mustard, Relish Smoked Baked Beans Mixed Veggies Cookie	18	Clam Chowder Crab Cake/Tartar Sauce Coleslaw Sweet Potato Fries Oyster Crackers Fresh Fruit
23	Teriyaki Chicken Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fresh Fruit	25	Ricotta Stuffed Shells w/ Marinara Sauce California Blend Veggies Dinner Roll Fresh Fruit
30	Potato Fish Potato Wedges California Vegetables Garlic Knot Fresh Fruit		



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
Mondays



President & Programs– Helen M. Toth
Vice President & Cheer– Vivian Pane
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane
Secretary - Marian Hurlbut

Message from the Board of Directors . . .

The Senior Citizens of Avon Organization will immediately terminate its luncheon activities due to lack of interest.

It is with great sadness that we acknowledge that we no longer can continue to offer programs at a loss. We thank all the members for your faithful participation.

We are planning an event for paid members only and we will communicate more details via personal invitation very soon.

We look forward to seeing you at our final luncheon.

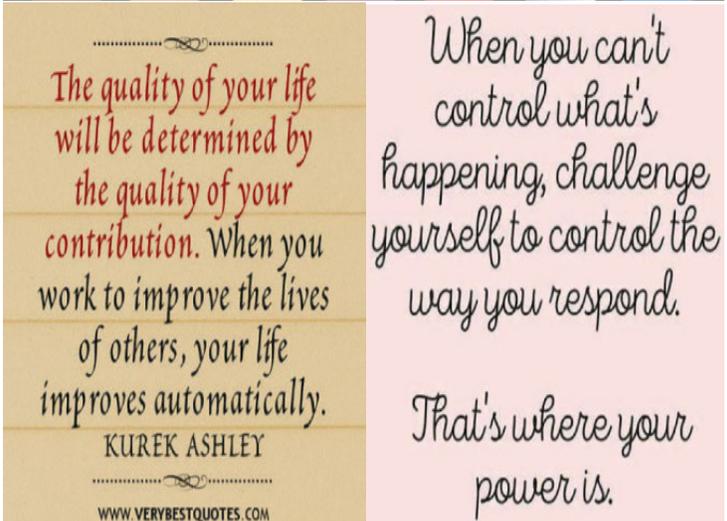
It has been a wonderful experience to be part of the Organization and getting to know each one of you. Thank you for being you.

Helen M. Toth



“When we choose to trust the journey and embrace love and joy, we are free to fly”.

-Anniken R. Day



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, entertained. (<https://cares.mutualofomaha.com/>).

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1:00 Setback 1 1:00 Crafty Crew 5:45 Zumba Gold</p> 	<p>9:00 Wii Bowling 2 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble, Cards 1:30 MOB 6:30 Badminton THANKFUL TUESDAYS</p> 	<p>9:00 Wii Bowling 3 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:30 Zumba Gold 6:30 Badminton</p> 	<p>9:00 Wii Bowling 4 11:30 BP check 12:00 CRT Lunch 12:30 Beading 2:30 Line Dancing 6:30 Badminton THINKING THURSDAYS</p> 	<p>9:00 Wii Bowling 5 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game</p> 
<p>1:00 Setback 8 1:00 Crafty Crew 5:45 Zumba Gold</p> 	<p>9:00 Wii Bowling 9 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 1:30 Matter of Balance THANKFUL TUESDAYS</p> 	<p>CLOSED FOR TOWN BUDGET REFERENDUM 10</p> 	<p>9:00 Wii Bowling 11 12:00 CRT Lunch 12:30 Beading 2:30 Line Dancing THINKING THURSDAYS</p> 	<p>9:00 Wii Bowling 12 1:00 Setback 1:00 Ping Pong</p> 
<p>15 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold</p> 	<p>9:00 Wii Bowling 16 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 1:00 Cupcake Decorating THANKFUL TUESDAYS</p> 	<p>9:00 Wii Bowling 17 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:30 Zumba Gold</p> 	<p>9:00 Wii Bowling 18 11:30 BP check 12:00 CRT Lunch 12:00 BINGO & Pizza 12:30 Beading 1:30 Makeup Workshop THINKING THURSDAYS</p> 	<p>9:00 Wii Bowling 19 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game</p> 
<p>22 BLOOD DRIVE 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold</p> 	<p>9:00 Wii Bowling 23 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS</p> 	<p>9:00 Wii Bowling 24 12:30 Grab & Go 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:30 Zumba Gold</p> 	<p>25 9:00 Wii Bowling 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading THINKING THURSDAYS</p> 	<p>9:00 Wii Bowling 26 1:00 Setback 1:00 Ping Pong</p> 
<p>CLOSED FOR MEMORIAL DAY 29</p> 	<p>9:00 Wii Bowling 30 9:30 Brighter Daysies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS</p> 	<p>9:00 Wii Bowling 31 1:00 Setback 1:00 Chess</p> 	<p>May</p> 	<p>Happy Mother's Day</p> 



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- Parkinson's Movement Specialists
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Farmington, CT 06032

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rehab or long term care?*



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UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

Services offered:

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit h.uconn.edu/request-an-appointment,
or call 1-84-GET-UCONN (1-844-388-2666).

UCONN HEALTH

