

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



MAY 2016

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

Senior Center Coordinator Message

May is *Older Americans Month*!! This is your month to celebrate! I know we're celebrating here at the senior center. We have some fantastic programs. Please be sure to read the newsletter & check out the bulletin board & flyers at the senior center!

We have 2 fantastic intergenerational programs with schools this month— AHS & RBS! Please join us for these free & fun events!

This month we honor those who served our country & we celebrate Memorial Day. Please attend our Memorial Day Celebration on Monday, May 23rd.

This month, we say goodbye to 2 interns, Kaila & Paige. We thank them for their effort and help this semester. We will miss you! We wish you well on your journey.

Blaze a Trail Brunch on May 20th! Please be sure to sign up for this free event in honor of you!

Please be sure to check out the newsletter & our bulletin board for TRIPS! Space is filling up fast, so please sign up early!

This month, we celebrate Mother's! Thank you to everyone who is a mother, we appreciate you!

To all of my senior center friends, I celebrate you and thank you for all that you do. We love having you at the senior center & we look forward to a great month!

"It is not the strength of the body that counts, but the strength of the spirit." — **J.R.R. Tolkien**

I am very excited for this month because it marks 10 years of working at the senior center. Thank you all for being a part of our senior center family and being here to celebrate this month.

Respectfully, Jennifer Bennett, LMSW



BLAZE A TRAIL: MAY 2016

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty & there were few programs to meet their needs. Interest in older Americans & their concerns grew. A meeting in April 1963 between President John F. Kennedy & members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

"You must give everything to make your life as beautiful as the dreams that dance in your imagination." — **Roman Payne**

"Refire—an attitude of embracing the years ahead with enthusiasm rather than apathy." — **Morton Shavitz**

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."
~**Mary Anne Radmacher**

MAY EVENTS 2016

Jennifer Bennett, LMSW Avon Senior Center Coordinator
860-675-4355

Monday, May 2, 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.

Tuesday, May 3, 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, May 4, 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.

Thursday, May 5, 2016 from 11:30-1:00**“Free Hearing Screening”**

We are offering a free Hearing Screening, so please be sure to sign up, as space fills fast! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, May 5, 2016 from 1:00-4:00 p.m.**“LGBT Moveable Senior Center Program”**

LGBT (Lesbian, Gay, Bisexual, Transgender) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center--a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! This program is held at Elmwood Senior Center-1106 New Britain Avenue, West Hartford, CT 06110.

Friday, May 6, 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, May 6, 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.

Monday, May 9, 2016 from 11:30-1:30**“Free Blood Pressure Screening”**

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. If you have any questions, please feel free to call the Senior Center at 860-675-4355.

Tuesday, May 10, 2016 from 10:15- 12:00**“RBS Visit- Craft, Snack & Bingo”**

Mrs. Wall's 4th Grade Class from Roaring Brook School will be here today to craft with us, enjoy snacks & play Bingo! This is free, open to the public and sign is needed. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 11, 2016**CLOSED FOR BUDGET REFERENDUM VOTE****Wednesday, May 11, 2016 from 10-2****“CT Senior Wii Bowling League Tournament”**

We will be taking our 8 top scoring seniors to this Wii Bowling Tournament. 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.

Friday, May 13, 2016 from 10-12:30**“Live Well Diabetes Workshop”**

Live Well Diabetes Workshop at Avon Senior Center on May 13, 19, 26 from 10-12:30. The fantastic instructor is Justine Ginsberg, BSN, RN, *Community Health Coordinator*, Farmington Valley Health District. Space is filling up fast, so reserve your spot! Live Well Diabetes is a workshop series meeting weekly for six weeks and cover topics such as techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; exercise, healthy eating, communication, and much more. Please call the Senior Center at 860-675-4355 to sign up.

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Friday, May 13, 2016 at 1:00 p.m.**“Wood Carving”**

Join us for wood carving in the afternoon. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 18, 2016 at 10:00 a.m.**“Shuffleboard”**

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

Thursday, May 19, 2016 from 10-12:30**“Live Well Diabetes Workshop”**

Live Well Diabetes Workshop at Avon Senior Center on May 13, 19, 26 from 10-12:30. The fantastic instructor is Justine Ginsberg, BSN, RN, *Community Health Coordinator*, Farmington Valley Health District. Please call the Senior Center at 860-675-4355 to sign up.

Thursday, May 19, 2016 from 1-2:30 p.m.**“Medicare 101”**

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Please call the senior center at 860-675-4355 to sign up.

Friday, May 20, 2016 from 10-3

“LGBT Moveable Senior Center Program”

LGBT (Lesbian, Gay, Bisexual, Transgender) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center--a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! This program is held at the Newington Senior & Disabled Center-120 Cedar St, Newington, CT 06111.

Friday, May 20, 2016 from 11-1 “Blaze a Trail Brunch!”

Join us for our “Blaze a Trail Brunch” as we celebrate *Older Americans Month*! This is free & open to the public, so please sign up! Please call the senior center at 860-675-4355 to sign up.

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Friday, May 20, 2016 at 1:00 p.m. “Wood Carving”

Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. Please call the Senior Center at 860-675-4355 to sign up.

Monday, May 23, 2016 at 12:00 p.m.

“Memorial Day Celebration”

This special event is co-sponsored by the Avon Senior Center and the Senior Citizens of Avon Organization. Entertainment provided by the Jerry Carillo Orchestra with a special thank you to Northwest Community Bank. We will honor our men and women who gave their lives for our freedom with a special ceremony. The cost is \$5.00 & payable when you sign up. You do not want to miss out on this extraordinary event, so sign up early! Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, May 24, 2016 from 2:30-4 p.m.

“AHS Leadership Academy Visit- Games & Snacks”

Please join us for a fun time with the Avon High School Leadership Academy when they visit. We will get to know each other, play games and have snacks! What a fantastic intergenerational program in honor of *Older Americans Month*! This is free, open to the public & space is limited, so sign up quickly. Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, May 25, 2016 at 10:00 a.m. “Shuffleboard”

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

Wednesday, May 25, 2016 at 12:00 p.m. “Lunch & Learn”

Come join us for lunch and learn about all what’s happening at the Avon Senior Center! May is *Older Americans Month* and we want to commend and applaud you for all that you do & share our plans with you! This is free, open to the public and sign is required. Please call the Senior Center at 860-675-4355 to sign up.

Happy Mother's Day

Birthdays

May

Arthur Atwood	17th
Jim Burns	17th
Mary Kramer	17th
Pam Dudley	18th
Ken Case	28th
Edith Pearce	28th
Samira Fahmy	30th



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.



Thursday, May 26, 2016 from 10-12:30

“Live Well Diabetes Workshop”

Live Well Diabetes Workshop at Avon Senior Center on May 13, 19, 26 from 10-12:30. The fantastic instructor is Justine Ginsberg, BSN, RN, *Community Health Coordinator*, Farmington Valley Health District. Please call the Senior Center at 860-675-4355 to sign up.

Friday, May 27, 2016 at 1:00 p.m.

“Adult Coloring”

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

Friday, May 27, 2016 at 1:00 p.m.

“Wood Carving”

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

Monday, May 30, 2016

CLOSED FOR MEMORIAL DAY HOLIDAY

Tuesday, May 31, 2016

DRESS DOWN DAY!!!!

Let’s celebrate Spring by wearing fun colors to champion 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!!!!

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

2016 Trips and Summer Classes
(Please see dates, times & locations below)

Trips

One World Observatory - Wednesday, June 22, 2016
Coins & Claws, Lobster & Casino - Wednesday, July 6, 2016
Connecticut Lighthouse Tour - Tuesday, August 16, 2016
9/11 Memorial and Museum - Wednesday, September 7, 2016
The Big E Fair - Wednesday, September 21, 2016
Essex Steam Train & Riverboat Ride - Friday, Sept. 30, 2016
Newport Playhouse - Thursday, October 13, 2016
Christmas on the Danube - December 2 - 10, 2016
Christmas in Newport - Thursday, December 15, 2016

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

Summer Classes

Tai Chi for Seniors - Summer Session I

Date(s) of Class: May 18, 25, June 8, 15, 29, July 6, 13, 20
Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Summer Session I

Date(s) of Class: May 4, 11, 25, June 1, 15, 29
Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Summer Session I

Date(s) of Class: May 23, June 6, 13, 20, 27, July 11
Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

Taz Fitness Challenge Spring Session 2

Date(s) of Class: April 18th - June 10th
Day, Time & Location: Mon/Wed/Fri. - 8:15 am to 9:15 am

Taz Morning Aerobics Spring Session 2



Date(s) of Class: April 18th - June 10th
Day, Time & Location: Mon/Wed/Fri. - 9:25 am to 10:25 am

Valley Community Baptist Church (both sessions)

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 **May's** menu below:

TUESDAY		THURSDAY	
3	Apple Juice Pork Ribeye Scalloped Potatoes Scandinavian Blend Vegetables Wheat Bread Peaches & Pears	5	CRT HAPPY MOTHER'S DAY MEAL Orange-Pineapple Juice Pot Roast w/Gravy Oven Roasted Potatoes Seasoned Asparagus Dinner Roll Special Dessert
10	Corn Chowder Breaded Fish Sq. (Sandwich) On Hamburger Bun Sweet Potato Fries Tartar Sauce Red/Green Cabbage Coleslaw w/Shredded Carrots Fresh Fruit	12	Orange Juice Shepard's Pie w/ Hamburger Meat Mashed Potatoes Corn Wheat Dinner Roll Lemon Pudding Tart w/ Whipped Topping
17	Country Fried Steak w/ Gravy Mashed Potatoes Creamed Spinach Homemade Biscuit Fresh Orange	19	American Chop Suey Tossed Salad w/ Tomatoes/Cucumbers/ Onions Ranch Dressing Dinner Roll Fresh Fruit
24	Tomato Basil Vegetable Soup Chicken Caesar Salad w/ Spring Greens and Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Wheat Dinner Roll Croutons Fresh Fruit	26	Macaroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/ Cucumbers/Cherry Tomatoes Italian Dressing 100% Whole Wheat Bread Fresh Fruit
			

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

Okay, we all deserve good things - put Spring to work for you. It seems that every year mother nature gives us a boost - we just can't help feeling better about everything when the outdoors is in full bloom. This is the perfect time to "Spring Clean" our mind set. So let us sweep out self doubt, dust off our dreams and watch them grow! Get out & garden and watch those mosquitoes!

On the 16th of May, "I Cantori Singers", from the St. Thomas of Savoy Club in Avon, will help celebrate birthdays in the month of May - they'll sing in Italian, songs from Northern Italy. Of course, we have planned an Italian menu for the occasion. So plan on coming - bring a friend! We are also looking for a few new singers to join us - Italian is very easy to learn. Please reserve a reservation.

On the 23rd of May, join us for our Memorial Day celebration with a fabulous lunch. Jerry Carillo Orchestra will perform. So bring your dancing shoes and dance the afternoon away. We will also honor our men and women who gave their lives for our freedom with a special ceremony. You must make a reservation as this event is generally well attended, call the senior center and reserve your seat!
 860-675-4355

Cheers,
 Arthur

May 2016 – Program Schedule

Everyone is Welcome-Reservations Recommended

May 2nd 10:30 – Board Meeting
 Noon – Pizza and Salad
 Dessert
 Bingo

May 9th Noon – Pot Luck
 Dessert
 Bingo

PLEASE NOTE: On May 2nd and 9th the Community Center Meeting Room will open at 10:30 a.m.

May 16th Noon – Pasta and Salad
 Birthday Cake

I Cantori Italian Singers from the Prince Thomas of Savoy will present Northern Folk Songs.

May 23rd Noon – Memorial Day Celebration
 Luncheon and Dessert

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.



May 30th Memorial Day Holiday - Senior
 Center Closed

Coming up in June:

David Eberle an accomplished pianist and teacher will entertain us.

Annual picnic...last meeting until fall. 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.

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Foot Care 2 10:00 Wii Bowling 10:30 Sr Org Board Mtg 11:00 Beginner Mah Jongg 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards 3 10:00 Wii Bowling 11:30 Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	10:00 Shuffleboard 4 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 5 9:30 Wii Bowling 11:30 Hearing Screening 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 LGBT MSC THINKING THURSDAYS	9:30 Billiards 6 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
10:00 Wii Bowling 9 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 10:00 Wii Bowling 10:15 RBS Visits 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble CENTER CLOSING AT 3:00 PM	11 CENTER CLOSED FOR REFERENDUM VOTING	9:00 Billiards 12 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	13 9:30 Billiards 10:00 Ping Pong 10:00 Live Well Diabetes 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
16 10:00 Wii Bowling 11:00 Beginner Mah Jongg 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback	17 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	18 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi	19 9:00 Billiards 9:30 Wii Bowling 10:30 Live Well Diabetes 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Medicare 101 THINKING THURSDAYS	20 9:30 Billiards 10:00 Ping Pong 10:00 LGBT MSC 12:00 Blaze a Trail Brunch 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
23 10:00 Wii Bowling 11:00 Beginner Mah Jongg 12:00 Memorial Day Celebration 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	24 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble 2:30 AHS LA Visit THANKFUL TUESDAYS	25 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi	26 9:00 Billiards 10:30 Live Well Diabetes 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	27 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
30  CENTER CLOSED FOR MEMORIAL DAY	31 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			

RESERVED FOR SPONSORS

Avon Senior Center



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