

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



NOVEMBER 2018

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

Senior Center Coordinator's Message:

Happy November to all my senior center friends! I hope you are enjoying this season of Thanksgiving! I know I am. I'm thankful for all of you and all that you bring to the senior center. We have created such wonderful memories that are to be cherished!

Please take a look at this newsletter. We have some new, exciting and fascinating programs this month! I'm so excited for what we're offering and I look forward to seeing you there.

This month, we have our *Veteran's Celebration!* This is always a fantastic event that honors our Veteran's! You don't want to miss out!

We have some delightful programs being run by our interns. We have 3 interns this semester. Laura and Madison are from CCSU (Central) and pursuing a BSW (Bachelor's in Social Work) and Robertina from SCSU (Southern) pursuing a MSW (Master's in Social Work). They're all doing great work so be sure to say thanks!

We continue with our classes and we would love for you to join us! It's important to keep active and move and our classes are just the thing!

Happy Thanksgiving to everyone. Enjoy your time with great people. You deserve it!

Respectfully Submitted,
Jennifer Bennett, LMSW



Aging Mastery Program®

National Council on Aging

**October 10- December 19 Wednesdays
10:00 -11:30 a.m. Avon Senior Center**

the
CT HEALTHY LIVING
collective

Getting Connecticut AMP®ed! The Connecticut Healthy Living Collective is participating in the statewide initiative to implement the Aging Mastery Program®. The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well.



As we express our gratitude,
we must never forget that the
highest appreciation is not to
utter words, but to live by them.

- John Fitzgerald Kennedy.



*There is always
something for which to be*

T H A N K F U L

health home family friends food

Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to Interval House, Agape House, children, Animal Shelters, Veterans and families.

If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.

NOVEMBER EVENTS 2018

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860-675-4355

Thursday, November 1, 2018

“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!

Thursday, November 1, 2018 at 1 p.m.

“Intern Laura Presentation”

Intern Laura is from CCSU and is pursuing her Bachelor’s Degree in Social Work. She will be doing a diversity presentation on Food Insecurity with information relating to older adults. This is part of her education and you do not want to miss out on all this information. Please call the senior center at 860-675-4355 to sign up.

Friday, November 2, 2018 at 1:00 p.m. “Pocket Billiards”

Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here every 2 weeks on Fridays to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He has worked with me and I saw a difference! He’s received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, November 6, 2018

“Thankful Tuesdays!”

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

Tuesday, November 6, 2018 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, November 7, 2018 from 10-11:30 a.m.

“Aging Mastery Program® (AMP)” Getting CT AMP®ed!

Wednesday, November 7 from 2:00 pm - 3:30 p.m.

“The People Have Sung: Popular Songs of 1818”

This program includes songs that were popular or familiar in CT during the period. The discussion will include background on the songs and how they reflected the cultural, political or “just plain human” sensibilities of the day. Songs that were already well-known in the Colonial era were still widely popular in 1818. More modern songs from the time of the 1812 war were entering the public domain. An interesting mix of sounds was evolving during this part of our history and popular songs, new and old, were being sung in parlors, taverns and concert gatherings across Connecticut. This is what “pop” music sounded like in 1818. Presented by music historians **Rick Spencer and Dawn Indermuhle**. This program will be held at the Avon Senior Center, 635 West Avon Rd., Avon, CT 06001.



Thursday, November 8, 2018 from 6:30-8:00 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 sign up early! This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up. This program will be held at the Avon Senior Center.

Thursday, November 8, 2018

“Thinking Thursdays”

Monday, November 12, 2018

CLOSED FOR VETERAN’S DAY

Tuesday, November 13, 2018

“Thankful Tuesdays!”

Tuesday, November 13, 2018 from 3-6:30 p.m.

“LGBT MSC- South Windsor”

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 to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging! South Windsor Senior Center is hosting this month. Hear from Service Providers who are participating in the Getting It Right (GIR) Program. The panel will be moderated by Molly Rees Gavin, President of Connecticut Community Care. We will begin the panel with an overview of the GIR program. Through GIR, participating organizations can become certified as LGBT inclusive. *JFS Care at Home, LLC* and *Brookdale- South Windsor* have been certified as LGBT inclusive. The LGBT Moveable Senior Center is sponsored by CCC as part of “Getting it Right”: *Creating an LGBT-Inclusive Organization*, a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.

Tuesday, November 13, 2018

“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 who celebrate a birthday this month.

Tuesday, November 13 from 6:00- 9:00 p.m. “Almost Sunrise: documentary film screening & discussion”

Almost Sunrise is a story of veteran resilience and recovery. The film follows two Iraq veterans, Tom Voss and Anthony Anderson, who struggle with depression upon returning home from service. Fearful of succumbing to the epidemic of veteran suicide, they seek a lifeline and embark on a 2,700-mile walk across America as a way to confront their inner pain. The film captures an intimate portrait of two friends suffering from the unseen wounds of war as they discover an unlikely treatment: the restorative power of silence and meditation. It also addresses the signature wound of the current war veterans: Moral Injury. A feature documentary by Michael Collins and Marty Syjuco, Running time 98 minutes, not rated. This screening is co-hosted by Avon Free Public Library, Avon Senior Center, and Resilience Grows Here, an initiative of the Farmington Valley Health District.



NOVEMBER EVENTS 2018



Wednesday, November 14, 2018 from 10-11:30 a.m.

"Aging Mastery Program® (AMP)" Getting Connecticut AMP®ed!

Wednesday, November 14, 2018 at 12:15 p.m.

"Lunch & Wadsworth Atheneum Visit"

We will enjoy lunch together and then a fantastic program by Wadsworth Atheneum Museum of Art staff! This is free and open to the public. This program is presented by the Docent Council of the Wadsworth Atheneum Museum of Art. The Wadsworth Atheneum Museum of Art—Connecticut's flagship visual arts institution and the nation's oldest continuously operating public art museum—is coming to your community! Docents are volunteer educators who guide visitors of all ages through the museum, giving tours and engaging guests in conversation about art. In celebration of the Docent Council's 50th anniversary, Wadsworth Atheneum docents will visit 50 community sites across the state in 2018, including Avon Senior Center. About the Wadsworth Atheneum Museum of Art: Founded in 1842 by Daniel Wadsworth as a place for art on Main Street, the Wadsworth Atheneum Museum of art is the oldest continuously operating public art museum in the United States. The museum's nearly 50,000 works of art span 5,000 years, from Greek and Roman antiquities to the first museum collection of American contemporary art. For more information visit thewadsworth.org. Please call the senior center at 860-675-4355 to sign up.

Thursday, November 15, 2018

"Thinking Thursdays"

Friday, November 16, 2018 at 1:00 p.m. "Pocket Billiards"

Monday, November 19, 2018 at 12:00 p.m.

"Veteran's Day Celebration"

Today we will pay tribute to our veteran's with a *Veteran's Celebration*. The special annual event is being sponsored by the Avon & Canton Senior Centers & the Senior Citizens of Avon Organization. We will enjoy a delicious meal (pasta, meatballs, salad) and dessert with wonderful entertainment! Please sign up quickly to reserve your seat! The cost is \$5.00. Please call the senior center at 860-675-4355 to sign up.

Tuesday, November 20, 2018

"Thankful Tuesdays!"

Wednesday, November 21, 2018 from 10-11:30 a.m.

"Aging Mastery Program® (AMP)" Getting CT AMP®ed!

Thursday, November 22, 2018

CLOSED FOR THANKSGIVING HOLIDAY

Friday, November 23, 2018

CLOSED FOR THANKSGIVING HOLIDAY

Tuesday, November 27, 2018

"Thankful Tuesdays!"

Tuesday, November 27, 2018

DRESS DOWN DAY!!!!

Wednesday, November 28, 2018 from 10-11:30 a.m.

"Aging Mastery Program® (AMP)" Getting CT AMP®ed!

Thursday, November 29, 2018

"Thinking Thursdays"



Trips

Radio City Christmas Spectacular, Friday, November 16,
\$202 per person

Christmas in Connecticut, Friday November 30,
\$109 per person

America's Cowboy Country, June 3-10, 2019
\$3799 per person, double occupancy

Tuscany & the Italian Riviera, October 4-11, 2019
\$3849 per person, double occupancy

For more information about trips, please call the senior center at 860-675-4355.



Open Yale Courses

Thursdays, 1:00 p.m.

Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center! Currently showing: **The American Revolution**. This course will examine the Revolution from a broad perspective, tracing the participants' shifting sense of themselves as British subjects, colonial settlers, revolutionaries, & Americans.

Open Yale Courses provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

Bridge Players Wanted

Bridge group is looking for new players. Group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.

Classes

FALL CLASSES**Tai Chi for Seniors -**

Wednesdays, 3:30-4:30 p.m. - Senior Center
 Sept. 26—Dec. 19 \$71.00 (\$63.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
 Sept. 17-Dec. 17 \$76.00 (\$68.40 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
 Sept. 21-Dec. 14 \$86.00 (\$77.40 Senior)

Line Dancing

Tuesdays, 3:30-5:00 p.m. - Senior Center
 Sept. 25-November 27 \$97.00 (\$87.30 Senior)

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

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

Knitting & Handwork Group

Wednesdays from 1-3 p.m.

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects and if you do not have a project, we do and we can help! See you there!

**New Card Group**

Tuesdays
 1:00 p.m.
 3-13 card game.
 Easy to learn.
 New players welcome.



Mah Jongg— Mondays at 12:30 p.m.—Intermediate
 Bridge – Tues. & Thurs. at 12:30 p.m.– Intermediate
 Card Group -Tuesdays at 1:00 p.m.
 Scrabble – Tuesdays at 1:00 p.m.
 Discussion Group—Tuesdays at 12:30 p.m.
 Knitting—Wednesdays at 1:00 p.m.
 Shuffleboard – Wednesdays at 10:30 a.m.
 Setback – Mondays, Wednesdays & Fridays at 1:00 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 \$7.50 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 | |
|---------|---|----------|---|
| | | 1 | Orange Juice Rosemary Baked Chicken Baked Potato Sliced Carrots 12 Grain Bread Fruit Yogurt |
| 6 | Chicken Vegetable Soup Chicken Salad on Whole Grain Roll Coleslaw w/ Red, Green, Purple Cabbage Sweet Potato Wedges Ketchup Tropical Fruit | 8 | Sauerbraten w/ Ginger-snap Gravy Parslied Potatoes Diced Carrots & Peas Whole Wheat Bread Applesauce |
| 13 | Seasoned Chicken in Alfredo Sauce Over Bowtie Pasta Caribbean Blend Veg Wholegrain White Bread Peaches | 15 | Salmon Boat w/ Newburg Sauce Wild Rice Italian Blend Vegetables Wheat Bread Fresh Banana |
| 20 | Chicken Vegetable Soup Lemon Baked Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Fresh Grapes | 22 | CLOSED FOR THANKSGIVING |
| 27 | Hearty Vegetable Soup Hot Dog / Hot Dog Roll Ketchup, Mustard, Relish Vegetarian Baked Beans Chuck wagon Blend Veg Fruit Cocktail | 29 | French Onion Soup Beef Liver/Sautéed Onions Mashed Potatoes Peas & Diced Carrots Saltine Crackers Mandarin Oranges |



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

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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

Message from the Board of Directors . . .

In the United States Thanksgiving is always celebrated on the fourth Thursday of November ...this year it's the 22nd of November. Thanksgiving began as a day of giving thanks for the blessings of the harvest and of the preceding year.

We wish all of you a Happy Thanksgiving and hope you all can join us as we celebrate Thanksgiving on November 26th the fourth Monday of November. Please be sure to reserve your spot for this popular event. Reservations are required for this event.

Cut-off date for making reservations is the Thursday before the event. Please call Katie Ruez at (860-673-9883) and leave a message for her if she doesn't answer. Your cooperation is greatly appreciated.

We have another busy month coming up. On November 19th we will honor our veteran's with a delicious luncheon. Please reserve your spot today by calling the Avon Senior Center at (860-675-4355).

Happy Birthday to the following Members:

November 17th – Bernadette Mogridge

November 17th – Vivian Pane

November 22nd – George DeFranzo

November 24th – Lou Pane

The winter months are quickly approaching and we want to remind you that in the event there is inclement weather and the Avon schools are closed the senior center is closed and there will be no program offered that day. If Avon schools are on a delayed opening schedule the senior center is open and programs scheduled will be offered without interruption.

If you have any questions, please see a board member.

Helen M. Toth

Senior Citizens of Avon Organization

November 2018 – Program Schedule

Everyone is Welcome – Reservations Recommended

November 5th 10:30 – Board Meeting
Noon – Pizza & Salad, Dessert
Bingo

November 12th VETERANS DAY – Center is closed

November 19th Noon Veterans Day Celebration
Luncheon – Pasta, Meatballs, Salad
and Dessert
Entertainment will be provided

RESERVATIONS REQUIRED.... Please contact the Avon Senior Center at (860-675-4355)

November 26th Thanksgiving Celebration
Noon – Open Face Turkey Sandwich
with Gravy, Stuffing, Cranberry Sauce
Vegetable, Birthday Cake and Ice
Cream






Entertainment provided by Jeff Wieselberg on keyboard. Jeff performs at the Seasons Restaurant at Avon Old Farms Hotel every Friday night.

RESERVATIONS REQUIRED.... Please call Katie Ruez at (860-673-9883)

The Board of Directors wishes you a



NOVEMBER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
|  | |  | 1 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 1:00 Intern Presentation THINKING THURSDAYS | 2 9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards |
| 5 9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP | 6 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS | 7 9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Knitting 2:00 The People Have Sung; Songs of 1818 3:30 Tai Chi | 8 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 6:30 Medicare 101 THINKING THURSDAYS | 9 9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:00 Ping Pong |
| 12 CLOSED FOR VETERANS DAY  | 13 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:00 LGBT MSC 3:30 Line Dancing 6:00 Almost Sunrise- Film THANKFUL TUESDAYS | 14 9:00 Wii Bowling 10:00 AMP 12:00 Lunch & Wadsworth Atheneum 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi | 15 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS | 16 9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards |
| 19 9:00 Wii Bowling 12:00 Veteran's Celebration 12:30 Mah Jongg 1:00 Setback 1:30 Interns Group 6:00 Zumba Gold- CSP | 20 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS | 21 9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi | 22 CLOSED FOR THANKSGIVING  | 23 CLOSED FOR THANKSGIVING  |
| 26 9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP | 27 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 3:30 Line Dancing THANKFUL TUESDAYS DRESS DOWN DAY | 28 9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi | 29 9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS | 30 9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:00 Ping Pong |

RESERVED FOR SPONSORS

Avon Senior Center



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