

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 2019

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

Senior Center Coordinator's Message

Happy Fall! I hope everyone is enjoying the changing color of the leaves and the seasons. Fall is always such a beautiful time of year and we're so fortunate to see the changes. And we get a chance to enjoy some wonderful smelling and delicious tasting food. If you have any great recipes, please share!

This month, we celebrate and honor our Veteran's. We appreciate them and are grateful for all that they have done and continue to do on our behalf. We're blessed that they serve and keep us safe. We have our Annual Veteran's Celebration on Monday, November 18th. Please join us and be sure to thank a Veteran.

This month, we kick-off our year-long series on "Deeds Not Words: 100 Years of the Vote for Women" brought to the public by a collaboration with the Avon Historical Society, Avon Free Public Library and the Senior Center. This series is made possible by a grant from CT Humanities and the collaborators. Join us for this series!

Veteran's Benefit Check Up program is being led by Senior Center Intern, Jennifer who is a retired Veteran. This program is open to all Veterans of any age. Come and see if you qualify for more benefits and services. She has helped many of our senior center members. Please be sure to thank her for her 20 years of service.

We hope everyone has a Happy Thanksgiving and enjoys this month. We appreciate you and adore the time we get to spend with you.

*Respectfully,
Jennifer Bennett, LMSW*



NOVEMBER EVENTS 2019

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860-675-4355

Fridays at 1:00 p.m.

"Adult Coloring"

Mondays 3:00-4:00 p.m. "Silver Sneakers Chair Aerobics"
Silver Sneakers Chair Aerobics is a chair work out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, helps keep you active to live on your own longer! All you need to bring is two free weights to class, everything else is supplied. If you do not have the program, you may still participate by paying three dollars per class at the door. See you in class!

Tuesdays

"Thankful Tuesdays!"

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

Tuesday, November 5, 2019 at 12:00 p.m.

"November Lunch with Chef Mitch"

Chef Mitch is back for another month of making a homemade lunch for us. This meal is free and open to the public. Please sign up and get your name on the list so we save a spot for you! **CRT IS NOT SERVING MEAL TODAY** !!!AVON SENIOR CENTER IS PROVIDING MEAL!!! Menu: Southern Style Biscuits & Gravy, Maple Glazed Butternut Squash & Blondies. Please RSVP.

Tuesday, November 5, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening" FV VNA

Wednesdays 1-3 p.m.

"Crafty Crew"

Join us 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! We do have donations of yarn and you can bring your own! See you there!

Wednesdays at 10:30 a.m.

"Shuffleboard"

Wednesday, November 6, 2019 at 6:30 p.m. at the Library

"Transgender 101: What's it all about?"

You're probably hearing the word "transgender" more and more, but do you really know what it's all about? Here's your chance to learn what it means to be transgender, in a safe and comfortable space. Jill Celentano is a 58 year-old transgender woman who transitioned four years ago. She will share her personal journey, victories and hardships, and will be happy to answer questions. Her discussion will cover: the coming out process, transition, acceptance, right and wrong questions to ask transgender people, terms and definitions. This presentation will be held at Avon Free Public Library as part of the mental health series sponsored by Avon Senior Center and Avon Free Public Library.

Wednesday, November 6, 2019 from 6:30-8:00 p.m.

"Medicare & Beyond" at the Library

This FREE seminar by the father-daughter team of Lou Pelletier and Jessica Pelletier from American Senior Benefits. This program is sponsored by the Avon Senior Center & the Avon Free Public Library.

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!

Thursdays 10:30-11:30 am "Silver Sneakers Chair Aerobics"

Thursdays 3:00-4:00 p.m. "Silver Sneakers Chair Aerobics"

Monday, November 11, 2019 CLOSED- VETERANS' DAY

Tuesday, November 12, 2019

"Birthday Cake!"

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays!

Tuesday, November 12, 2019 at 6:30 p.m.

"Safety in Environment & Structure a Day with Activities"

This talk is part of the Dementia and Caregiving series education program. Presented by Amina Weiland, CDP CDCP, Resource Coordinator, Hartford Healthcare Center for Health Aging.

Saturday, November 16, 2019 at 3:00 p.m. at the Library

"Why They Marched: Celebrating the Centennial of Women's Suffrage" OAH Distinguished Lecturer Susan Ware is the author and editor of numerous books on twentieth-century U.S. History. Educated at Wellesley College and Harvard University, she has taught at New York University and Harvard, where she served as editor of the biographical dictionary *Notable American Women: Completing the Twentieth Century* (2004). Since 2012, she has served as the general editor of the *American National Biography*, published by Oxford University Press under the auspices of the American Council of Learned Societies. Ware has long been associated with the Schlesinger Library at the Radcliffe Institute for Advanced Study where she serves as the Honorary Woman's Suffrage Centennial Historian. The Library of America will publish a women's suffrage anthology edited by Ware in 2020. "Deeds Not Words: 100 Years of the Vote for Women" is brought to the public by a collaboration with Avon Historical Society, Library and the Senior Center. This event is made possible by a grant from CT Humanities.

Monday, November 18, 2019 at 11:45 a.m.

"Veteran's 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.



NOVEMBER EVENTS 2019

Thursday, November 21, 2019 from 10:00 a.m. to 1:00 p.m.

“Vet Check Day for Veterans” Join senior center intern, Jennifer Solano, Retired Chief Hospital Corpsman, United States Navy/IDC, as she helps Veterans learn about: disability benefits, educational benefits Post 9/11, Ebenefit/Vet. Government programs, Vocational Rehabilitation, VA Healthcare, alternate healthcare programs (counseling), Veterans Rally Point, Well-Being for Warriors, RGH (Resilience Grows Here- FVHD) & answers questions. Please call the Senior Center at 860-675-4355 to sign up. Walk-ins welcome.

Thursday, November 21, 2019 from 2-4 p.m. “LGBT MSC”

LGBT MSC (Lesbian, Gay, Bisexual, Transgender) (Moveable Senior Center) will be held at Avon Senior Center. LGBT Adults and Allies of the LGBT Community are invited to join the LGBT MSC- 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! The LGBT MSC is a program of the CT Healthy Living Collective and funded by the John H. and Ethel G. Noble Charitable Trust. Topics: McLean Home Care & Hospice “The Conversation Project” Dedicated to helping people talk about their wishes for end-of-life care. Marcia Hess, Elder Law Attorney- Life Planning, Estate, Wills, Trusts, Long Term Care, Probate & Conservatorship. Beverages- coffee/tea/hot chocolate/water/iced tea and Snacks- please let us know if you have restrictions or allergies. Please RSVP to Avon Senior Center at 860-675-4355.

Tuesday, November 26, 2019

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!!!!

Thursday, November 28, 2019

CLOSED FOR THANKSGIVING

Friday, November 29, 2019

CLOSED FOR THANKSGIVING

TRIPS

Coming up in 2020:

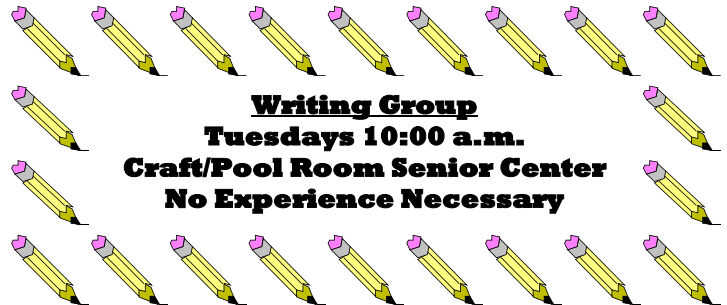
AAC Women’s Basketball at Mohegan Sun, March 8

MGM Springfield, April 8, \$43.00 per person

Intrepid & Enterprise, April 26, \$135.00 per person

Bronx Zoo, May 9, \$101.00 per person

For information, please call the senior center at 860-675-4355



Writing Group

Tuesdays 10:00 a.m.

Craft/Pool Room Senior Center

No Experience Necessary

**Take
care of
your
self**



Avon Free Public Library and Avon Senior Center received a Community Engagement Award from the National Institute of Health. The \$12,500 award is designated for a year-long series of programs and training to explore key concepts in mental health and wellness.

The “Take Care of Yourself” series is the brainchild of Tina Panik, Reference & Adult Services Manager at Avon Public Library, and Jennifer Bennett, Avon Senior Center Coordinator. Recognizing that mental health & wellness is important to every stage of life, the series will cover an inclusive array of topics focusing on Mental Health 101, Depression, Memory Loss (including a virtual dementia tour), Hoarding, Positive Body Image, Grief, Substance Abuse, Sexuality, PTSD, and the legal aspects of Conservatorship. The goal of each program is to define the condition, describe it, and then discuss care and support with members of the audience.

Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression

Are you caring for someone with dementia? Do you want to learn more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Join us for these educational programs:

Tuesday, November 12: Safety in the Environment and how to structure a day with activities

Tuesday, December 3: Taking Care of the Caregiver and Care Options

Presented by: Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging

The policies of the Hartford Healthcare Center for Healthy Aging is to promote sharing resources. We do not endorse any product, person or agency.

**Free & open to the public.
All programs held at Avon Senior Center
6:30 p.m.**

FALL CLASSES

Chair Yoga

Fridays, 10:00-11:00 a.m. - Senior Center
Nov. 1 – Dec. 20 \$70.00 (\$63.00 Senior)

Silver Sneakers Chair Aerobics

Mon. & Thurs., 3:00-4:00 p.m. - Senior Center
and
Thursdays, 10:30-11:30 a.m. - Senior Center
ongoing \$3.00 per class (drop in)
or free with Silver Sneakers

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
Sept. 25 - Jan. 8 \$76.00 (\$68.40 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
Sept. 16 - Dec. 16 \$76.00 (\$68.40 Senior)
and
Wednesdays, 6:00-7:00 p.m. - Countryside Park
Sept. 11 - Dec. 18 \$82.00 (\$73.80 Senior)

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

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



Mah Jongg players

Beginners welcome.
Mondays at 10:00 a.m.
Seeking new players.
Join us!

3-13 Card Group

Tuesdays at 1 p.m.
New players always welcome.
The game is easy to learn.
Come join the fun!

Bridge Players Wanted

Tuesday & Thursday 12:30-3:00 pm
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.



Mah Jongg— Mondays at 10:00 a.m.—Beginners & 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.
Knitting—Wednesdays at 1:00 p.m.
Setback – Wednesdays & 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 \$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	
5	NO CRT LUNCH Avon Senior Center Free Lunch Open to the public	7	Sauerbraten with Gingersnap Gravy Parslied Potatoes Peas & Diced Carrots Whole Wheat Bread Banana
12	Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Mandarin Oranges	14	Orange Juice Veg Lasagna Squash Medley Wheat Dinner Roll Banana
19	Cream of Broccoli Soup Lemon Baked Chicken Egg noodles 4-Way Vegetable Blend Wheat Dinner Roll Fruit Cocktail	21	Breaded Pollock Mashed Potatoes Wax Beans Tartar Sauce Wheat Bread Pineapple Tidbits
26	Hearty Veg Soup Hot Dog/Hot Dog Bun Mustard/Rel/Ketchup Veg. Baked Beans Coleslaw Peaches	28	 CLOSED FOR THANKSGIVING



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355
Mondays



***President & Cheer– Marie Evans**
• Vice President & Programs– Helen M. Toth
• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier
• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez

Message from the Board of Directors . . .

We wish all of you a Happy Thanksgiving and hope you can join us as we celebrate Thanksgiving on November 25th 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 18th 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

A belated Happy Birthday to...

September 15th – Rick Billis
 September 17th – Russell Tuller
 September 21st – Barbara Schicker
 September 30th – Lillian Roberto

We are looking for volunteers to help set up, clean up or assist in the kitchen. Also, we need volunteers to call the numbers for Bingo. I have two people and need a few more for the rotation. Please consider assisting.

Lorraine Foster has volunteered to chair the Membership Committee to research new ways to boost our membership. Please contact Lorraine at 860-673-4904. If no answer, please leave a message and she will return your call promptly.

Helen M. Toth

Senior Citizens of Avon Organization

November 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended

November 4 th	10:30 – Board Meeting Noon – Pizza & Salad, Dessert Bingo
November 11 th	VETERANS DAY – Center is closed
November 18 th	Noon - Veterans Day Celebration Luncheon – Pasta with Meat Sauce, Salad, Garlic Bread and Dessert Entertainment will be provided.
RESERVATIONS REQUIRED.... Please contact the Avon Senior Center at (860-675-4355) to sign up.	
November 25 th	Noon – Thanksgiving Celebration Open Face Turkey Sandwich, Gravy, Stuffing, Cranberry Sauce, Vegetable, Birthday Cake /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



Coming up in December:

Holiday celebration...Avon High School Choral Group under the direction of Andrew M. Brochu, Choral Director will provide entertainment.

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div>4</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 10:30 Sr Org Bd Mtg 12:00 Sr Org Lunch 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>5</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 Free Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>6</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold- CSP</p>	<div>7</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>8</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div>11</div> <p>CLOSED FOR VETERANS DAY</p> 	<div>12</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>13</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold- CSP</p>	<div>14</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>15</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div>18</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 12:00 Veteran's Celebration 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>19</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 12:30 Anthem Presentation 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>20</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi</p>	<div>21</div> <p>9:00 Billiards 9:00 Wii Bowling 10:00 Veteran's Check 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:00 LGBT MSC 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>22</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p>
<div>25</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 12:00 Sr Org Lunch 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>26</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>27</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew</p>	<div>28</div> <p>CLOSED</p> 	<div>29</div> <p>CLOSED</p> 

RESERVED FOR SPONSORS

Avon Senior Center



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