

# 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*

NOVEMBER 2021

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



## Senior Center Coordinator's Message

Happy November!! Hope this newsletter finds you well, warm and enjoying the beautiful changing leaves. Fall is always such a beautiful time of year and we're so fortunate to see the changes.

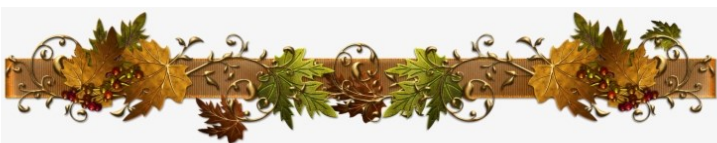
And we get a chance to enjoy some wonderful smelling and delicious tasting food. If you have any great recipes, please share!

We have great programs for you this month, please be sure to check them out. This month, we celebrate and honor our Veterans. 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. Our Annual Veterans Celebration is happening on November 17th, it's FREE & open to the public. We're having a presentation on Frauds & Scams, Intern groups and presentations and a visit from the CT Attorney General!

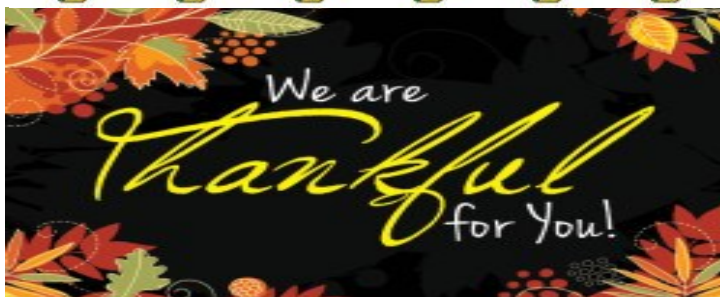
We want to wish you and yours a Happy Thanksgiving! Whatever your plans are, enjoy them to the fullest. At this time of year, we remember loved ones and make special memories.

Thank you for being a part of our Senior Center Family. I hope everyone is making the most of their days. We wish you a safe, happy and healthy month.

Take care, *Jennifer Bennett, LMSW, CDP*



Connecticut Chapter  
<https://www.alz.org/ct>



### November Events

**Thursday, November 4 at 12:45 pm–  
Fall Treats**

**Tuesday, November 9 from 11:30– 1**  
Merciful Home Care will be here to answer non-medical home care questions.

**Tuesday, November 9 at 12:15 pm**  
Shirley-TD Bank & Officer Reardon  
Topic: Fraud, Scams, Safe Banking

**November 10 at 6:00 pm**  
**The 5 Things You Need to Know to  
Retire With Confidence – [https://  
www.avonctlibrary.info/event/aaa-  
retirement-program-virtual/](https://www.avonctlibrary.info/event/aaa-retirement-program-virtual/)**

For more information or to register, please visit our webpage <https://www.avonct.gov/senior-center>.

**CLOSED FOR VETERANS DAY 11/11/21**

**Tuesday, November 16 at 11:30**  
**Caption Call–** Provider of telephones for people with hearing loss

**Tuesday, November 16 at 12:30 pm**  
Intern Faridah– Diversity Presentation

**Wednesday, November 17 at 12:00**  
**Veterans Celebration– FREE EVENT**  
Join us as we honor and celebrate our Veterans. We will enjoy a delicious meal & program. Held at Avon Senior Center. Co-sponsored by Avon Senior Center & Canton Senior Center. Please RSVP to save your seat.

**Intern Emma Diversity Presentation**

**CLOSED FOR THANKSGIVING  
HOLIDAY- 11/25/21 & 11/26/21**

**Monday, November 29**  
**CT Attorney General visit- Time TBD**

### Intern Groups

**Gratitude Group– Intern Emma**  
(Mondays– Nov 1 & 8) 11-12

**Stress Management– Intern Faridah**  
November 2, 9, 16 (Wednesdays)  
10:30-11:30

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



### CRT CONGREGATE MEAL

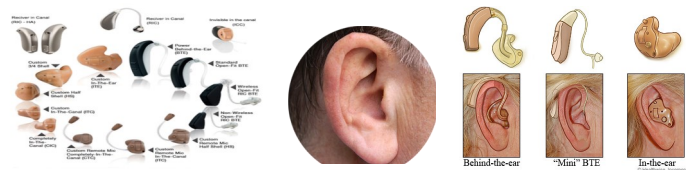
**Community Café/Lunch Program**  
**IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.

### FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here once a month to check your hearing and hearing aids and fix them. November 18 from 11-1.



**Free Blood Pressure/Blood Sugar Screening**  
FV VNA will be providing FREE Screenings 1st & 3rd Thursdays from 11:30-1:00. Please wear a mask & practice safe social distancing.



### Bridge Group

looking for players  
(beginner/intermediate).  
Tuesdays & Thursdays 12:30.  
Please contact the  
senior center if interested.



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>

How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

Investments: [www.smartcheck.gov](http://www.smartcheck.gov)

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

Check out a charity before donating: [www.charitywatch.org](http://www.charitywatch.org) or [www.charitynavigator.org](http://www.charitynavigator.org)

VOA|ReST (resilience, strength, time) helps people affected by scams & addresses emotional impact of experience through discussion groups. Online & Confidential. Experiencing a scam can be devastating. It doesn't define you. Sign up & take important step toward emotional recovery. Remember, you are not alone. [www.aarp.org/fraudsupport](http://www.aarp.org/fraudsupport).

### 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.

**Blood Drive**  
Avon Senior Center  
November 19



**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

Please note: **Participants will receive information regarding class venues (virtual or in-person).**

#### Chair Yoga

Fridays, 1:30-2:30 p.m.  
Fee: \$77.00

Sept. 24—Nov. 12  
Senior Fee: \$69.30

#### Tai Chi

Wednesdays, 4:00-5:00 p.m.  
Fee: \$61.00

Oct. 6—Dec. 15  
Senior Fee: \$54.90

#### Zumba Gold - Mondays

Mondays, 5:45-6:45 p.m.  
Fee: \$74.00

Oct. 4—Dec. 13  
Senior Fee: \$66.60

#### Zumba Gold - Wednesdays

Wednesdays, 5:45-6:45 p.m.  
Fee: \$80.00

Sept. 29—Dec. 15  
Senior Fee: \$72.00

#### Senior Fitness

Mon/Wed/Fri, 8:30-9:30 a.m.  
Fee: \$106.00

Nov. 8—Dec. 17  
Senior Fee: \$95.40

#### Badminton

Thursdays, 6:30-8:30 p.m.  
Fee: \$5.00 per session drop-in

Sept. 23—Dec. 16

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

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



### MEDICARE OPEN ENROLLMENT PERIOD



October 15th through  
December 7th

Coverage  
begins  
January 1st

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

**Avon Senior Center**  
3rd Monday of the month  
7:00-8:30 pm



**Embrace**  
every new day with  
**gratitude,**  
**hope and love.**



### COVID BOOSTER SHOTS

At this time, if you would like to receive a COVID Booster shot, please go to Walgreens or CVS.



## Receive Emergency Updates from the Town of Avon!



**SUBSCRIBE TO NEWS** - (<https://www.avonct.gov/subscribe>). Select "Town Alerts" & "Town News and Announcements"

**CT ALERTS** - Critical emergency information: (<https://portal.ct.gov/ctaalert>) **State of CT & Town of Avon have the ability to send alerts to those registered with CTAAlert system.**



**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.



### E-mail List

If you would like our newsletter emailed to you, 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.  
Beginning November 3.

### Shuffleboard, Table Tennis, Badminton

Avon Senior Center is looking to start some groups- Shuffleboard, Table Tennis and Badminton during the day. Please call 860-675-4355 if interested.



**CARD GROUP**

**3 - 13 card group** meets on Tuesdays at noon.

New players are always welcome. It's easy to learn and fun to play. Come join us!



**Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.**

**William Arthur Ward**

holyspiritelpeso.org



*"Be thankful for the blessings of the little things, even when you don't get what you expect."*

-VICTORIA OSTEEN

Woman's World

**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.  
Wii Bowl— Tuesdays 10-2 & various  
Beading Group —Thursdays at 12:30 p.m.  
Pool/Billiards— various

**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	Shaved Roast Beef w/ Veg Gravy Mashed Potatoes Peas & Carrots Whole Wheat Bread	4	Chicken Breast w/ Gravy Lyonnaise Potatoes Vegetables 12 Grain Bread Fresh Fruit
9	Orange Juice Chicken w/ Pesto Sauce Mashed Potatoes Green Beans Oatnut Bread	11	<b>CLOSED FOR VETERANS DAY</b> 
16	Orange Juice Pasta Bolognese w/ Rigatoni Green Beans Wheat Dinner Roll	18	<b>CRT Holiday Meal</b> Orange Juice Roast Turkey w/ Gravy Herb Stuffing Cranberry Sauce Holiday Vegetables Corn Muffin
23	Cheese Veg Roll-Up w/ Meat Sauce Italian Vegetables Garlic Knot	25	<b>CLOSED FOR THANKSGIVING</b> 
30	Gen Tso Chicken Vegetable Fried Rice Vegetable Blend 12 Grain Bread Mandarins		

# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355



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

Message from the Board of Directors . . .

We wish you a Happy Thanksgiving and hope that you are enjoying this special time of the year.

Things are slowly getting back to normal. Jennifer and the interns have many outstanding program activities in the works, so please be sure to pick up your copy of the newsletter and sign up for the events that interest you.

Fall is a great time to get outside and do some fun activities with our family and friends...don't forget to wear your mask.

As communicated, the Board has decided to begin our programs in 2022. The Organization will offer luncheons once a month. We are looking for volunteers to help assist with miscellaneous tasks that need to be accomplished at each luncheon. Please consider assisting as it's difficult for the same people to complete all the aspects alone. You can determine how involved you'd like to be.

To volunteer...please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. Your cooperation is greatly appreciated. It's only with your help that we can continue to offer quality programs in the future.

Happy Birthday to the following Members:

November 17<sup>th</sup> – Vivian Pane  
November 22<sup>nd</sup> – George DeFranzo  
November 24<sup>th</sup> – Lou Pane

We look forward to hearing from you.

Helen M. Toth



## 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/myYr3vTRphs>



**Mutual of Omaha**

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

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



**VETERANS DAY**

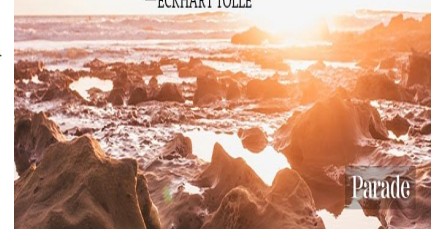


**HONORING ALL WHO SERVED**








"Acknowledging the good that you already have in your life is the foundation for all abundance."

—ECKHART TOLLE



Parade

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 12:45 TREATS 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
8 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 11:30 Merciful HC 12:00 CRT Lunch 12:15 Frauds & Scams 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS 	10 9:00 Wii Bowling 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 6:00 Retire with Confidence 	11 CLOSED FOR VETERANS DAY THANK YOU VETERANS 	12 9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
15 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	16 9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 11:30 Caption Call 12:00 CRT Lunch 12:30 Intern Presentation 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS 	17 9:00 Wii Bowling 12:00 Veterans Celebration 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 	18 9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Badminton THINKING THURSDAYS 	19 9:00 Wii Bowling 1:00 Setback 
22 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	23 9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS 	24 9:00 Wii Bowling 1:00 Setback 	25 CLOSED FOR THANKSGIVING 	26 CLOSED FOR THANKSGIVING 
29 9:00 Wii Bowling CT Attorney General visit 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	30 9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS 	