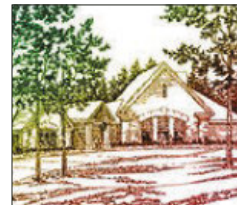


# AVON SENIOR CENTER



635 WEST AVON ROAD  
AVON, CONNECTICUT 06001  
860.675.4355



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

## NOVEMBER 2022

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



### **Senior Center Coordinator's Message:**

Happy November! I hope you are enjoying the weather and beautiful fall colors. 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.

This month, we have our *Veterans Celebration!* This is always a fantastic event that honors our Veterans. You don't want to miss out on this annual event. Free and open to the public. Please RSVP.

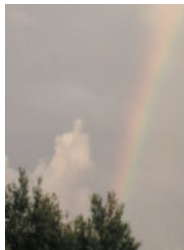
November is National Alzheimer's Awareness Month. Avon Senior Center is collaborating on a "Memory Care Series" with the Avon Free Public Library, Bloomfield Library & Canton Library.

Right now, there are 80,000 people living with Alzheimer's disease in Connecticut and twice as many caregivers, many unpaid family members and friends. <https://www.alz.org/ct>. November is National Family Caregivers Month.

Intern Carly is starting a "Tech Talk" program and group on Wednesdays. Get your questions answered.

Thank you for coming to the senior center and making it the fabulous and special place that it is. Excited for what we're offering and look forward to seeing you there. Please be sure to invite your friends. We love meeting new people! Have a Happy Thanksgiving!

**Please take care,**  
**Jennifer Bennett, LMSW, CDP**  
**Dementia Friend & Dementia Champion**



### **Monday Meals & Minds Program**

Monday Meals and Minds is a bi-monthly program with meals served at the Avon Senior Center and an educational and informational opportunity for learning. The program will stimulate the mind and promote social inclusivity and connectedness. We will increase social integration and decrease social isolation through nutrition and learning. This program is open, welcoming and FREE. SIGN UP IS REQUIRED.

**\*\*Meals at 12:00 & program at 12:30\*\***

### **Elder Financial Fraud and Awareness**

**Monday, November 21, 2022**

Presenters: Tom Faeth, Assistant Vice President, Security Officer, Northwest Community Bank & Avon Police Department

### **Music ~ Monday, November 28, 2022**

Musician & Performer: Brian Gillie

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





Please call  
860-675-4355  
to sign up!

### Lotus Flower Lantern Craft Workshop

**Wednesday, November 9, 2022 at 10:00 am**  
Korean Spirit and Culture Promotion Project will show step by step how to make a lovely lotus flower lantern using colored paper and wire frames. This is free & open to the public. KSCPP (Korean Spirit and Culture Promotion Project), since 2005, is a 501 (c) 3 non-profit organization dedicated to the promotion of greater awareness and understanding of Korean history and culture.

### Veterans Celebration

**Wednesday, November 9, 2022 at 12:00 pm**

Today we will pay tribute to and honor our veterans with a *Veterans Celebration*. This special annual event is being sponsored by the Avon Senior Center. We will enjoy a delicious meal and dessert with a wonderful program! This event is free and open to the public. Please sign up quickly to reserve your seat! **SIGN UP IS REQUIRED PLEASE.**

### Tech Talk with the Intern

**Wednesdays at 10:30 am  
November 16, 30**

Intern Carly will be here to help with your tech questions— computer, phone, email, etc.

**Interested in Cornhole (Bean Bag Toss), Badminton, Billiards— please let us know. We have the equipment and the space, just bring you!**

### Grab & Go— November 30

**Wednesday at 12:30 pm**

Enjoy a delicious FREE Grab & Go Meal. Please drive up to the front door and we will hand you the meal. Please sign up. We look forward to seeing you!

Sponsored by Avon Senior Center



### Free Blood Pressure/Blood Sugar Screening

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



**Senior Medicare Patrol**  
1-800-994-9422  
[www.smpresource.org](http://www.smpresource.org)

**PROTECT, DETECT, REPORT.** Help with fraud, errors, abuse, questions, concerns, complaints.



## 2022 MEMORY CARE SERIES #2

@ THE AVON FREE PUBLIC LIBRARY  
281 COUNTRY CLUB ROAD AVON, CT

People living with memory loss, caregivers, and anyone who wants to learn more about memory care issues are encouraged to attend  
Register at [www.avonctlibrary.info](http://www.avonctlibrary.info) or call 860-673-9712

MON.  
NOVEMBER  
7

### The Age Proof Brain

7:00 pm Virtual

Join author Dr. Marc Milstein, author of *The Age-Proof Brain*, for a discussion about cutting-edge medical research and easy-to-follow advice to help you fire on all cylinders, regardless of your age. Co-sponsored by The Avon Senior Center, The Canton Public Library and The Bloomfield Public Library.

WED.  
NOVEMBER  
9

### Bringing Clarity to Senior Living and Care Options

1:00 pm In-Person

Presented by Heather Pierce & Michael Kolesar. Heather is an Avon Lion and is Senior Advisor and owner of Clear View Senior Living Advisor, LLC, specializing in senior placement and referrals for Independent Living, Assisted Living and Memory Care. Michael is an Avon Lion and is Director of Sales and Business Development at River Ridge in Avon. Co-sponsored by the Avon Lions.

THUR.  
DECEMBER  
1

### Seniors and Isolation, Keeping Seniors Engaged

6:30 pm Virtual

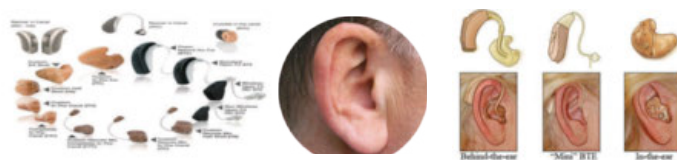
Loneliness and social isolation in older adults puts them at a higher risk of dementia and other serious medical conditions. Join Heather Hitchcock, Community Education Manager at Bristol Behavioral Health to learn how to take steps to combat these conditions. Co-sponsored by The Avon Senior Center, The Bloomfield Public Library, and The Canton Public Library.



### 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, November 17 from 10-12.







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>

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

VOA|ReST (resilience, strength, time) helps people affected by scams through discussion groups. Online & Confidential.  
[www.aarp.org/fraudsupport](http://www.aarp.org/fraudsupport).

### The Perfect Scam

[https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN\\_FraudJuneTPS\\_Heavy-HERO-Hero-IMG-1643502\\_HVY\\_NA&encparam=FHgUvL%2baTSyQe1iQEGtW9bgwqup%2flkzbHsQgMKvhcRQ%3d](https://www.aarp.org/podcasts/the-perfect-scam/?CMP=EMC-MIM-GOI-OTH-FRD-1294404-1643502-6518108-NA-20220721-FWN_FraudJuneTPS_Heavy-HERO-Hero-IMG-1643502_HVY_NA&encparam=FHgUvL%2baTSyQe1iQEGtW9bgwqup%2flkzbHsQgMKvhcRQ%3d)



### 3-13 CARD GROUP

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



### 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.



### CRT CONGREGATE MEAL

Community Café/Lunch Program  
 IN-PERSON AT SENIOR CENTER

Tuesdays and Thursdays  
 Please call to sign up at 860-675-4355.

### Blood Drive

Avon Senior Center

November 16, 2022 10:00-3:00



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

#### Tai Chi

Wednesdays, 4:00-5:00 p.m.  
 (no class Nov. 23, Dec. 14)

Fee: \$66.00

Non Resident Fee: \$72.60

Sept. 28-Dec. 21

Senior Fee: \$59.40

#### Virtual Zumba Gold

Mondays, 5:45-6:45 p.m.

(no class Oct. 10)

Fee: \$74.00

Non Resident Fee: \$81.40

Oct. 3—Dec. 12

Senior Fee: \$66.60

#### Zumba Gold

Wednesdays, 5:45-6:45 p.m.

(no class Nov. 23)

Fee: \$74.00

Non Resident Fee: \$81.40

Sept. 28—Dec. 7

Senior Fee: \$66.60

#### Barre Stretch & Flex

Thursdays, 1:30-2:30 p.m.

Fee: \$77.00

Non Resident Fee: \$84.70

Sept. 29—Nov. 17

Senior Fee: \$69.30

#### Badminton

Tuesdays, 6:30-8:30 p.m.

(no class Nov. 29, Dec. 13)

Fee: \$43.00

Non Resident Fee: \$47.30

Nov. 1—Dec. 20

Senior Fee: \$38.70

#### Badminton

Thursdays, 6:30-8:30 p.m.

(no class Nov. 24)

Fee: \$54.00

Non Resident Fee: \$59.40

Oct. 27—Dec. 22

Senior Fee: \$48.60

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

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



### Chess

Interested in playing Chess, please call.  
 Looking for new players!





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\*

### Construction Work in Town's Right-of-Way

Town's Code of Ordinances Chapter 53, all construction work completed in the Town's right-of-way requires a permit from the Town's Engineering Department. **Obtain permit before work is performed.** Verify all required permits obtained. Engineering Department (860) 409-4322.



Happy Thanksgiving!  
May the autumn glow and delicious harvest of the season bring you happiness and prosperity!

Our flag does not fly because the wind moves it ... it flies with the last breath of each soldier who died protecting it

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/ctalert>)

### MEDICARE OPEN ENROLLMENT PERIOD



### AVON ACES WII BOWLING TEAM NEEDS YOU!



**AVON ACES WII BOWLING TEAM** is looking for a few more people to join us. We practice and play on Tuesday mornings from 10-12. We are a fun-loving group of people and would love to have you be a part of our team!







**NOW BOOKING  
COVID-19  
VACCINE  
APPOINTMENTS**  
Ages 18 and up



**SCHEDULE ONLINE OR  
BY PHONE**

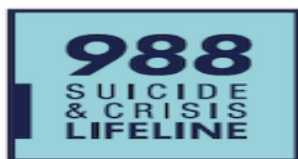
The Farmington Valley Health District is the local health department serving the towns of Avon, Barkhamsted, Canton, Colebrook, East Granby, Farmington, Granby, Hartland, New Hartford, and Simsbury.

**Scheduling options:**

- 1 Visit our website at [fvhd.org/vaccination](https://fvhd.org/vaccination)
- 2 Schedule by phone, (860) 352-2333 (8am-4pm, Monday-Friday)

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

— Albert Schweitzer



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.

**E-mail List**

Please send an email to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting to be added to the newsletter email list.



**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.  
Chess- Wednesdays at 1:00 p.m.  
Wii Bowl- Tuesdays 10-2 & various  
Beading Group- Thursdays at 12:30 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 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	
1	Grilled Catfish w/ Old Bay Remoulade Rosemary Potatoes Chuck Wagon Blend Veg Rye Bread Fresh Fruit	3	Apple Juice Cranberry Chicken Salad Sandwich on a Kaiser Roll Lettuce and Tomato Potato Salad Pudding Cup
8	Chicken Marsala Rice Pilaf Capri Vegetable Blend Dinner Roll Fresh Fruit	10	Spaghetti & Meatballs Parmesan Cheese Steamed Broccoli Garlic Knots Fresh Fruit
15	Cracker Crumb Haddock w/ Tartar Sauce Seasoned Potato California Vegetable Wheat Bread Fresh Fruit	17	Orange Juice Roasted Turkey w/ Gravy Corn Bread Stuffing Glazed Carrots Cranberry Sauce Honey Butter Biscuits Apple Pie
22	Fruit Punch Juice Sheppard's Pie Green Beans Dinner Roll Cookie	24	CLOSED FOR HOLIDAY 
29	Pineapple Sweet n Sour Chicken Vegetable Fried Rice Asian Vegetable Blend Whole Wheat Bread Fresh Fruit		



**Secretary - Marian Hurlbut**

Helen M. Toth

**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/>).



# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:30 Barre 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 7:00 Age Proof Brain 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 10:00 Lotus Flowers 12:00 Veterans Celebration 1:00 Senior Options 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 1:30 Barre 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS 	CLOSED FOR VETERANS DAY 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold BLOOD DRIVE 	9:00 Wii Bowling 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 1:30 Barre 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 12:30 Grab & Go 1:00 Setback 1:00 Chess 3:00 TJQMBB 	CLOSED FOR THANKSGIVING 	CLOSED FOR THANKSGIVING 
 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	 9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & cards THANKFUL TUESDAYS 	9:00 Wii Bowling 10:00 Cornhole 12:00 Grab & Go 1:00 Setback 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 		"Acknowledging the good that you already have in your life is the foundation for all abundance." —ECKHART TOLLE 



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- Hospice
- Home Health Aides
- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

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- ❖ Long-term care
- ❖ Post-acute & transitional care
- ❖ Respite care
- ❖ Alzheimer's & dementia care
- ❖ Hospice and palliative care
- ❖ Physician & nursing services
- ❖ Therapeutic recreation



Avon Health Center

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West Hartford Health & Rehabilitation Center

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rehab or long term care?*



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Avon Senior Center, Avon, CT

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