

# 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 2020

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



### Senior Center Coordinator's Message

Happy November! I hope you have been enjoying the beautiful sunshine and leaves changing. The trees around the Senior Center are amazing as they change color. I hope everyone is well and making the most of their days.

We have some great programs this month, you need to check out the newsletter! We're having a Veteran's Celebration Grab & Go meal, the Interns are running several groups throughout the week and we continue with our CRT Grab & Go meals on Thursdays.

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.

Please know that we are here for you. Most of our classes and programs are virtual. If you need some help with technology, please feel free to call us and we can assist you. Please do not be afraid of Zoom, if I can use it, so can you!

Our Interns are running small groups both virtually and in-person. Please see page 4 for options. Let us know if there's a group that you want to join or share an idea for a group. We want to do a Music Singing group virtually, so let us know if you want to join.

We will continue to reach out to you for conversation, socialization, a little humor and support. If you need anything, please call us.

Thank you for being a part of our Senior Center Family. We wish you a safe, happy and healthy month. Take care, *Jennifer Bennett, LMSW, CDP*



## Happy Thanksgiving



## On-line Activities to do at home

### Museums

14 World-Class Museums Offering Virtual Tours

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

MOMA Classes:

[https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm\\_content=10&utm\\_medium=partners&utm\\_source=linkshare&utm\\_campaign=Cu8bOePBZBg](https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg)

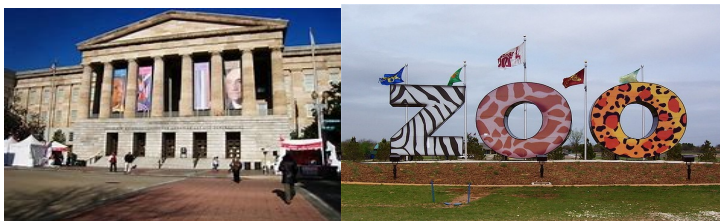
New Britain Museum of American Art activities: <https://nbmaa.org/online>

Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>

Museums, Libraries, Zoos Offer Online Programs <https://www.wvxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian Museum classes: <https://www.edx.org/school/smithsonianx>

Connecticut Historical Society online events & programs: <https://chs.org/bringchshome/>



*Happy Thanksgiving!*



### Documentaries

<https://documentaryheaven.com/>  
<https://www.discovery.com/>

### Opera

[https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm\\_campaign=nym&utm\\_source=fb&utm\\_medium=s1&fbclid=IwAR1TXT9zz\\_SNyRYp\\_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l\\_I5mOuoYoMlwl](https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_SNyRYp_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l_I5mOuoYoMlwl)

### Animals

<https://zoo.sandiegozoo.org/live-cams>  
<https://www.youtube.com/user/LionWhispererTV>  
<https://nationalzoo.si.edu/webcams>

### Webcams

Yellowstone: <https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>  
All different types: <https://www.earthcam.com/>  
Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

### Games

Online games/crosswords/word searches, etc.  
<http://games.courant.com/category/allgames/>

### Fitness/Yoga/Dance/Meditation

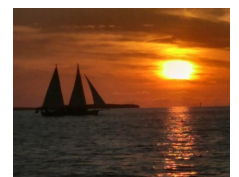
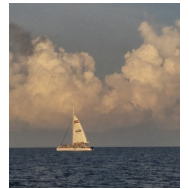
Online fitness classes from the YMCA: [https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A)

Free Fitness Classes online: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Free Adult Dance Classes: <http://www.danceplace.org/virtual-adult-classes/>

Free Meditation: <http://www.freemeditation.com/>

YouTube Free Yoga Classes: <https://www.youtube.list=PLZkDZKOcvYTh4dRDXQ71m7gQUmW>





On-line Activities to do at home**Courses**

You can now take classes from prestigious universities such as Harvard, Yale and the University of Pennsylvania in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

**Ted Talks** <https://www.ted.com/>

**ONLINE JIGSAW PUZZLES:**

<https://games.aarp.org/games/jigsaw>

**CRT Lunch**

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk and other sides. The pick up is on Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.

**Newsletter 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.

**Computer Room**

You can now make an appointment to use the computers at Avon Senior Center! Monday-Friday from 9:00-4:00. Please call for an appointment. 860-675-4355



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

William Arthur Ward

THE LAW OF ATTRACTION.COM

What a precious privilege

It is to be alive

- to breathe, to think,  
to enjoy, to love.

- Marcus Aurelius

**AVON SENIOR CENTER CLASSES**

**Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.**

**Tai Chi**

Wednesdays, 4:00-5:00 p.m.

September 30 – December 16 (no class November 25)

Fee: \$80.00

Senior Fee: \$72.00

**Zumba Gold - Mondays**

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

September 28 – December 14 (no class October 12)

Fee: \$71.00

Senior Fee: \$63.90

**Zumba Gold - Wednesdays**

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

September 30 – December 16 (no class November 25)

Fee: \$71.00

Senior Fee: \$63.90

**Silver Sneakers Chair Aerobics**

Silver Sneakers Chair Aerobics is a chair work-out for people ages 65 and older paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class.

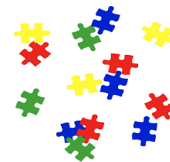
Mondays 3:00-4:00 p.m. & Thursdays 10:30-11:30 a.m. and 3:00-4:00 p.m. This class is ongoing; join any time. Please call Avon Senior Center to register.

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

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

**Books, Movies & Puzzles**

Books, movies & puzzles available to borrow. Please call or email your request & items available for pick up.

**10 Morning Gratitude Affirmations**

*"Enjoy the little things, for one day you may look back and realize they were the big things."*

—ROBERT BRAULT

CountryLiving

1. Thank you for this new day.
2. I'm filled with happiness and gratitude.
3. I'm grateful for another chance to live my life.
4. I'm grateful to feel the air in my lungs and the beating of my heart.
5. I'm thankful simply for being alive.
6. Thankfulness, appreciation and sincere gratitude are part who I am.
7. I'm grateful for who I am and for what I have.
8. I invite gratitude into my heart.
9. Today I will have an attitude of gratitude.
10. Thank you for the blessings this day will bring.



## AVON HISTORICAL SOCIETY RELEASES VIDEO ON HISTORY OF 1865 PINE GROVE SCHOOLHOUSE AND WEST AVON

Avon Historical Society released 1st ever video of the history of the 1865 Pine Grove Schoolhouse & areas of West Avon.

Pine Grove Schoolhouse closed due to the pandemic, AHS turned to a local resident, and Trustee of the Society to bring the story of the schoolhouse to life. The video is narrated by Jeannie Parker, a lifelong resident, former student and docent of this beloved school. Commenting on making this video, Brian Malone, AHS Class of 2014 stated, "I've worked on other amateur film projects but this was certainly the most fun I've had. I think a huge part of that had to do with how much curiosity there was among the community of Avon. Many residents stopped by when they saw our cameras, expressed interest in the film, shared personal stories about what the schoolhouse has meant to them, how much it means to the history and town of Avon, CT."

Originally named Schoolhouse No. 7, it opened in 1865 for students from Avon and Farmington grades 1-8. One teacher would oversee 5-25 students! Once they arrived, students would enter the building to separate areas, drop their belongings and prepare for a day of learning. Students would use slates and would write on the board with slate pencils wrapped in paper. The name was changed to Pine Grove Schoolhouse by students in the 20<sup>th</sup> century.

Jeannie Parker remarked, "It was a pleasure meeting and working with Brian and Kealey. These young men enthusiastically jumped into this project. It was heartening as it is their generation that will carry on the work of the country's historical societies in years to come. Pine Grove One Room Schoolhouse is a little gem. We hope the video will whet your appetite for an in-person visit."

Please view on the Society's website at: <https://avonhistoricalsociety.org/html/sites/pine-grove.html>.

You Tube: [https://www.youtube.com/watch?v=x5EGZcM\\_5OY&feature=youtu.be](https://www.youtube.com/watch?v=x5EGZcM_5OY&feature=youtu.be)

Avon Historical Society  
[www.avonhistoricalsociety.org](http://www.avonhistoricalsociety.org)  
 or leave a message at 860-678-7621 or email at [info@avonhistoricalsociety.org](mailto:info@avonhistoricalsociety.org).



## HAPPY VETERANS DAY

### Veterans Celebration

FREE Grab & Go Meal

Wednesday, November 18, 2020

12:30 p.m. at Avon Senior Center

RSVP by calling #860-675-4355 or

email: [jbennett@avonct.gov](mailto:jbennett@avonct.gov)

Please drive in the second driveway, get in line, pull up to the front door, we will hand the meal to you while you're in your vehicle and wearing your mask for safe social distancing.



### Intern Groups

Discussion Group– Mondays from 11-12

Craft Group– Thursdays from 1-2

Trivia Group– Thursdays from 10-11

Writing Group– Tuesdays from 11-12



Medicare Open Enrollment Oct 15-Dec 7. Unfortunately, this annual event leads to an uptick in Medicare-related fraud. Scammers routinely change their strategies, they capitalize on the fact that Medicare Beneficiaries of all ages are being bombarded with advertisements, reminders, and deadlines, using this overload as a cover for their activities. Check out this excellent article by AARP. <https://bit.ly/2SRFBIt> "JUST. HANG. UP." – Great advice. Please pass this along! If you or someone you know has been a victim of Medicare Fraud, please reach out to the [CT Senior Medicare Patrol Program](https://www.aarp.org/health/medicare/medicare-fraud/). 1-800-994-9422.



# 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  
Secretary - Marian Hurlbut, Financial Secretary - Katie Ruez

## Programs Through December 2020 - Cancelled.

Message from the Board of Directors . . .

We wish you a Happy Thanksgiving and hope that you enjoy this time keeping busy and know that you are not alone in adjusting to a different kind of celebration in lieu of the pandemic.

We would like to remember Bob Wade who was the President of the Senior Organization 2017 through 2018. Bob passed away in March while driving his car home from work. While president, Bob prepared many delicious meals and enjoyed being creative in planning for the various special occasions. Bob also enjoyed calling the bingo numbers during the entertainment portion of our luncheons. Bob is missed by all who knew him...May he rest in peace.

When we reconnect next year, we will plan a wonderful celebration of our 50<sup>th</sup> anniversary and it will be very special to mark this awesome occasion.

Happy Birthday to the following Members:

November 17<sup>th</sup> – Bernadette Mogridge

November 17<sup>th</sup> – Vivian Pane

November 22<sup>nd</sup> – George DeFranzo

November 24<sup>th</sup> – Lou Pane

Please stay safe and know that during this trying time you are in our thoughts and we look forward to resuming our programs in 2021.

Helen M. Toth



## SCHOOL BUS MONITORS WANTED

APPLY IN PERSON AT  
MARTEL TRANSPORTATION  
140 POWDER MILL ROAD  
COLLINSVILLE



# MUSICAL THEATRE

Free streaming musicals you might enjoy!

PBS will stream 5 full-length Broadway musicals for free, starting this month - click here for the complete list:

<http://filmedonstage.com/news/264-pbs-will-stream-5-fulllength-broadway-musicals-for-free-starting-this-month-heres-the-complete-list>

The King and I, In the Heights, Much Ado about Nothing and more!!!!



## Mutual of Omaha

In response to the loneliness & social isolation faced by many Seniors as a result of COVID-19, Mutual of Omaha has launched **Mutual Cares** an online resource for seniors to help them stay well, connected, active and entertained

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

Be kind  
Be thoughtful  
Be genuine  
But most of all  
Be thankful

Happy Veterans Day  
Honoring all who served



## Enroll to Receive Emergency Updates from the Town of Avon!



The Town of Avon is committed to providing residents with up to date information about storm preparations and emergencies. Below are three ways to make sure that you stay up-to-date when weather and other emergencies strike.

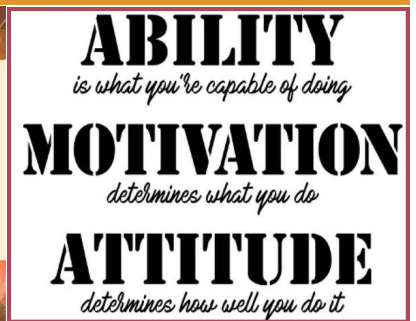
**SUBSCRIBE TO NEWS** - To receive regular updates about Town business, “[Subscribe to News](https://www.avonct.gov/subscribe)” on the Town’s website (<https://www.avonct.gov/subscribe>) to receive email updates straight to your inbox. Select “Town Alerts” and “Town News and Announcements” to receive updates regarding storms, emergencies, and other timely general news.

**CT ALERTS** - To ensure that you receive critical emergency information even when the power is out and you can’t receive emails, you should also sign up for the [CTAlert system](https://portal.ct.gov/ctaalert) (<https://portal.ct.gov/ctaalert>) which sends time-sensitive notices wherever you specify, such as your home, cell or business phone, SMS text messages, email, hearing impaired receiving devices and more. **Both the State of Connecticut and the Town of Avon have the ability to send alerts to those registered with the CTAlert system.** When the State or the Town issues a message about an emergency, the message will be sent to all phone numbers and email addresses enrolled in the system in order of the priority set by the user. If you do not confirm receipt of the message, the system will attempt to reach your next contact number or device entered into the system. **The Town suggests enrolling in both Subscribe to News and CTAlert to stay informed.**



1. NCAAA launched a service for people unable to *shop* for groceries & may be *unable to pay for groceries*. **Grocery Shopping and Delivery** service: we will cover delivery charges, any shopping fees, & cost of groceries at +/- \$100.00 per trip. We partnered with Supermarkets and [UR Community Cares](#) for delivery. Referrals here: (860)724-6443 x 268 “CHOICES”.

2. We have funding for: lift-chairs, incontinence supplies, emergency response systems for individuals who may be home-confined. Contact us at (860)724-6443 x 230 “Caregiver Team”



### Virtual Programs

#### Zoom Tutorial



Avon Senior Center offers virtual programs via Zoom. To watch a short tutorial on how to use Zoom, click on the link below:

<https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE>

Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!



### Money Matters with Mike Sloan of Mutual of Omaha

Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). <https://youtu.be/myYr3vTRphs>



## Autumn - Word Search

Y Z T T Q P M O C T O B E R F Y A  
A T Z E Q U I N O X Z N S R E N S  
C H W K M N I K P M U P O K H O P  
H A B I Z L N Q E W P S R V V S O  
I N C N N R O C H M T U C Z W A R  
L K P E H D E O A A T C O L D E C  
L S V E O M Y B H N R B L U B S N  
Y G W W W F X A M C N V H M N W F  
I I D O A E Y P R E S I E I S T A  
O V D L H S A U Q S T V N S B T R  
U I L L T D U F W S O P Z G T I M  
H N G A I I V F A N U W E K M P I  
E G C H O D Z E K A R N D S M M N  
H K L E P E F Z C Z I X X M Y I G

CANNING  
CHILLY  
COLD  
CROPS  
EQUINOX  
FALL  
FARMING  
FEAST

FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
NOVEMBER  
OCTOBER  
PUMPKIN  
RAKE

SCHOOL  
SEASON  
SEPTEMBER  
SQUASH  
THANKSGIVING  
TURKEY  
WINDY

OCTOBER 2020

**RESERVED FOR  
SPONSORS**