

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



OCTOBER 2022

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

Senior Center Coordinator's Message

Happy Fall My Senior Center Friends!! October is a beautiful month with the leaves changing, the colors are bright and the air is crisp. Hope you are enjoying the season change.

Avon Senior Center is busy with programs, food, presenters, classes and activities. Come check things out and join us for the fun!

We have several groups that are looking for more participants: 3-13 Card Group, Chess, Setback, Mah Jongg, Wii Bowling, Crafty Crew Knitters and Billiards. Come and spend some time with us!

Carly, our UCONN BSW intern will be running some great programs this semester. You do not want to miss out, so please sign up. These programs are part of her social work education and we want to support her as she supports you!

If you have any ideas about programs, please share them with us. We like to try new things. We have Shuffleboard, Cornhole, Ping Pong, Badminton, Puzzles, Dominoes and Cribbage.

As the season changes, try something new at the senior center. We will have the coffee on for you! See you soon!

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****

Monday, October 17 **CT Poison Control Ctr**

Do you know what the Connecticut Poison Control Center does? It is more than you think. From emergency calls to research, the state center provides resources and information that effects your life. Come and learn more!

Monday, October 31 **Halloween Party!**

Dress up, games, music, candy, fun!

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

Avon Senior Center Volunteer Wins Silver at Special Olympics CT!



Jodi Selinger volunteers at the Avon Senior Center on Tuesdays and Thursdays during our Congregate Meal program with her friend, Dayna. Jodi competed in Special Olympics CT and placed 2nd in Bocce! Love your Silver Medal. Congratulations Jodi, we are so proud of you and your accomplishments! Thanks for being an awesome volunteer too! Woo! Hoo!!



Please call
860-675-4355
to sign up!

Sunshine Wheels/New Horizons

Tuesday, October 4, 2022 from 11-1

Medicare Questions Answered

October 11, 2022 from 11 am-1 pm

Lou & Jessica Pelletier

Lower Prescription Costs

October 12, 2022 at 1:00 pm

Senior Services of North America

Retirement Seminar

October 18, 2022 at 6:30 pm

Lou & Jessica Pelletier

Grab & Go- October 26

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



Brighter Days-ies

Favarrh friends on Tuesdays from 9:30-11:00 making beautiful flower arrangements. Join us, no sign-up necessary.

WE NEED
TO KEEP HOPE
ALIVE AND STRIVE
TO DO BETTER

KOFI ANNAN

Chess Group

Tuesdays 1:00-3:00 p.m.
Looking for new players!



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

PROTECT from Medicare fraud, errors, & abuse; **DETECT** potential fraud, errors, abuse; **REPORT** concerns. Help with questions, concerns, complaints.



Farmington Valley
Visiting Nurse Association

FLU CLINIC
Tuesday, October 11
from 1-3 pm

FV VNA 860-651-3539
Make appointment

Unearthing History: 2022 Virtual Lecture #5:

Update on the scientific analysis of the

Brian D. Jones site in Avon, CT

Thursday October 13 at 7:00 pm - 8:30 pm

Presented by David Leslie, Dir. of Archaeological Research, Heritage Consultants, Berlin, CT & Eric Heffter, Senior Archaeologist, Archaeological and Historic Services, Storrs, CT. They will present new findings based on artifacts and new analysis techniques. October is Connecticut Archaeology Month!

Register & Zoom link will be sent out before event.

<https://www.avonctlibrary.info/event/unearthing-history-2022-update-briandjones/>

This 2022 VIRTUAL HISTORY SERIES is sponsored by Avon Historical Society, Avon Free Public Library and Avon Senior Center, in partnership with the Avon Land Trust, Farmington River Watershed Association, and the Institute of American Indian Studies in Washington, CT.



BREAST CANCER AWARENESS MONTH

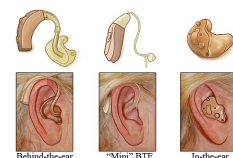
OCTOBER



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, October 20 from 10-12.



AARP® Real Possibilities Connecticut

AARP Fraud Watch Network: identity theft, investment fraud & scams. 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 or call 1-877-322-8228, Protect Your Mail: www.dmachoice.org & www.optoutprescreen.com or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: 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.

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

AARP® Fraud Watch Network



3-13 CARD GROUP

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



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

October 21, 2022 10:00-3:00



**American
Red Cross**

Please call 1-800-RED CROSS
(1-800-733-2767) or 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.

Fee: \$54.00

Non Resident Fee: \$59.40

Sept. 6—Oct. 25

Senior Fee: \$48.60

Badminton

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

Fee: \$54.00

Non Resident Fee: \$59.40

Sept. 1—Oct. 20

Senior Fee: \$48.60

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

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



How to "X-ray" a Planet Monday, October 3 at 6:30 pm

Scientists utilize natural phenomena to advance our understanding of Earth's interior. Planets suffer fractures & scientists perform diagnostic X-ray. Learn more from this free virtual lecture. Registration required, www.hamdenlibrary.org, (click on "Programs") or call 1-203-287-2680. Zoom link via email. Hamden Public Library with Yale Peabody Museum Speakers Bureau. Speaker: Yantao Luo, Yale PhD Candidate.



**INDIGENOUS
PEOPLES' DAY**

**HISPANIC
HERITAGE MONTH**

September 15 to October 15

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

Chapter 53 of the Town's Code of Ordinances, 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.** Town may impose financial penalty for un-permitted work & **property owner** will be liable. Verify that all required permits are obtained before beginning work. Engineering Department (860) 409-4322.

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>)

Expanded Availability: At-home COVID Tests for People Who Are Blind or Have Low Vision

Tests work with Bluetooth-enabled smartphone app to provide users with audible instructions. Order [online](#) or call 1-800-232-0233. Orders ship free, while supplies last. **Assistance?** Please call Disability Information & Access Line (DIAL): 888-677-1199 Monday-Friday 9 am-8 pm (EST) or email DIAL@usaginganddisability.org.

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!

Brene Brown

IT'S OK TO...

NOT KNOW EVERYTHING

MAKE MISTAKES

BE YOURSELF

ASK FOR HELP

HAVE BAD DAYS

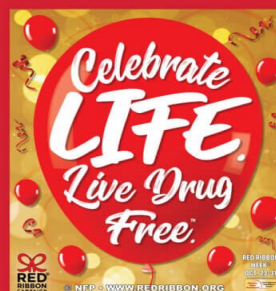
START OVER

SAY NO

NOT BE OK

What you do makes a difference, and you have to decide what kind of difference you want to make.

—Jane Goodall



Celebrate
Red Ribbon Week®
(October 23-31)

www.redribbon.org





NOW BOOKING COVID-19 VACCINE APPOINTMENTS

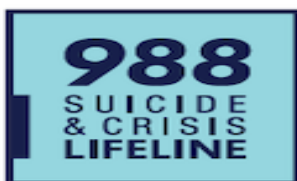
Ages 18 and up

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.

SCHEDULE ONLINE OR BY PHONE

Scheduling options:

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



The [988 Suicide & Crisis Lifeline](https://988lifeline.org/) (formerly known as the National Suicide Prevention 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 kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support. Free & confidential. The Lifeline helps thousands of people overcome crisis situations every day.

E-mail List

Please send an email to: 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	
4	BBQ Chicken Leg Potato Salad Seasoned Corn Cornbread Loaf Fresh Fruit	6	Orange Juice Kielbasa Mustard Home Fries Vegetables Rye Bread Jello Cup
11	Fruit Punch Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Coleslaw Pudding Cup	13	Grape Juice Roast Turkey w/ Gravy Sweet Potatoes Wax Beans Cranberry Sauce Wheat Roll Yogurt
18	Baked Chicken Potato Stuffin' (Potatoes w/ Onions, Carrots, Celery) Vegetables Wheat Dinner Roll Fresh Fruit	20	Orange Juice Apple Cider Marinat- ed Pork Cornbread Stuffing Peas & Carrots Whole Wheat Bread Pudding Cup
25	Orange Juice Spaghetti & Meatballs Marinara Sauce Parmesan Cheese Italian Mix Vegetables Italian Bread Cookie	27	Potato Crumb Fish Tartar Sauce Mashed Potatoes Vegetables Whole Wheat Bread Fresh Fruit



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355



President & Programs– Helen M. Toth (acting)

Vice President & Cheer– Vivian Pane

Treasurer - Barbara Schicker, Hospitality - Jean Pelletier & Vivian Pane

Secretary - Marian Hurlbut

Message from the Board of Directors . . .

We hope that you are enjoying the cooler Fall weather. After the steamy humid summer that we've had the transition is most welcome. It's great to get outside and do some fun activities with our family and friends.

We look forward to the October entertainment by the Kinetic Ukes. Sounds like a fun group that has performed at various concerts throughout the area. Our luncheon will be pizza from George's Restaurant with a variety of toppings to choose from. Fee for this event is \$10 pp. Attendance limited to 40 so please call Barbara Schicker and reserve your spot. To confirm reservation, please send your check made payable to the Avon Senior Organization c/o Barbara at 27 Peachtree Village, Avon, CT 06001.

We are in the middle of our membership drive. Please consider becoming a member of the Senior Citizens of Avon Organization. Membership is \$10 for the 2022 – 2023 Season. Please see Barbara if you have any questions.

If you are interested in helping with set up or serving please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. We look forward to hearing from you.

Happy Birthday to the following Member:
October 27th – Paul Boyne

Helen M. Toth



Senior Citizens of Avon Organization *Everyone is Welcome – Reservations Required*

LUNCHEON DATE:

October 24, 2022 at Noon - Luncheon

MENU:

Pizza, Salad and Dessert

ENTERTAINMENT:

The Kinetic Ukes will be here to entertain us. Kinetic Ukes performs joyful tunes in a variety of genres from classic ukulele songs to modern country, blues and rock. Popular tunes from the 50's, 60's and 70's make up the core repertoire, with true oldies (1920's) and more contemporary songs sprinkled in here and there. It's guaranteed to make you smile!



FUTURE LUNCHEON EVENTS:

December 12th - Holiday party – Avon High School Chorus under the direction of Andrew Brochu will perform.



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/myYr3vTRpPhs>



Mutual of Omaha

Mutual Cares: help seniors stay well, connected, active, entertained. (<https://cares.mutualofomaha.com/>).

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 6:30 X-ray Planet 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 11:00 Sunshine Wheels/NH 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 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 
CLOSED FOR INDIGENOUS PEOPLES' DAY 	9:00 Wii Bowling 9:30 Brighter Days-ies 10:30 Mah Jongg 11:00 Medicare Questions 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 1:00 Prescription Costs 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB 6:30 Badminton 7:00 Paleo Presentation THINKING THURSDAYS 	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 6:30 Retirement Seminar 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 11:00 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 BLOOD DRIVE 
9:00 Wii Bowling 12:00 Senior Organization 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 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 	9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 1:30 Chair Yoga 
 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold		