

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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

OCTOBER 2019

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

Senior Center Coordinator's Message

Happy Fall! I hope everyone is enjoying the changing of the leaves. It is such a beautiful sight.

We are busy and having fun at the Avon Senior Center. We have classes, trips, groups, activities, series and programs going on and you're sure to find something that interests you. If there's something you want to try, please ask and we'll see if we can make it happen.

This month, we continue with our "Take Care of Yourself" mental health series with three programs. Be sure to check out the newsletter for information. We're starting a new AMP— Aging Mastery Program series this month. We have a Caregiver Series presented by Hartford Healthcare Center for Healthy Aging that is helpful and useful knowledge for people caring for someone with dementia.

Happy Halloween: we're going to have a Halloween Party! Dress in costume or colors of the season and enjoy the fun! There will be Trick or Treating with candy, games, prizes and decorations. You will have a ghoulish time! Thank you for enjoying your time at the senior center. We



enjoy seeing people talking, drinking coffee together, Wii Bowling, playing cards and games, taking exercise classes, eating meals together, putting puzzles together and using the computer. We appreciate you. Looking forward to seeing all of you in October. Take care and enjoy the month.

Respectfully,
Jennifer Bennett, LMSW



CT Healthy Living COLLECTIVE

[Connecticut Healthy Living Collective](#) is implementing the [Aging Mastery Program®](#) (AMP) a 10-week evidence-based program developed by the National Council on Aging. AMP is a fun and engaging education and behavior change incentive program for aging well. AMP is funded in part by the Anthem Foundation. AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. Free & open to the public! New session starts Oct 9.

AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements.

Topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention & Community Engagement.



Flu Clinic
Tuesday, October 1
10 am - 1 pm

Call FV VNA for appointment at
860-651-3539

OCTOBER BREAST CANCER Awareness Month



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up
hope

OCTOBER EVENTS 2019

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

Tuesday, October 1, 2019 from 11:30-1:30
“Free Blood Pressure/Blood Sugar Screening”
Farmington Valley VNA will be here today.

Tuesday, October 1, 2019 from 10:00-1:00 **“Flu Clinic”**
Please bring your medical insurance card. Call Farmington Valley VNA (860) 651-3539 for appointment. Walk-ins welcome.

Wednesday, October 2, 2019 at 10:00-11:30 a.m. **“AMP”**
Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. AMP is a fun and engaging education and behavior change incentive program for aging well. The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. Avon Senior Center was chosen to partner with the [Connecticut Healthy Living Collective](#) to implement the **Aging Mastery Program®**. **Session I:** Aug 7 – Oct 16, Wednesdays from 10-11:30 a.m. or **Session II:** Oct 9 – Dec 18, Wednesdays from 1:30-3:00 p.m. This program is free and open to the public! Please call the Senior Center at 860-675-4355 to sign up.

Wednesdays from 1-3 p.m. **“Crafty Crew”**
Join us on Wednesday afternoons 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 have donations of yarn and you can bring your own!

Wednesday, October 2, 2019 from 6:30-8:00 p.m.
“Medicare & Beyond”
Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by the father-daughter team of Lou Pelletier and Jessica Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Program held at the Avon Free Public Library.

Thursday, October 5, 2019 **“Thinking 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!

Thursday, October 5, 2019 from 10:30-11:30 a.m.
“Silver Sneakers Chair Aerobics”
Silver Sneakers Chair Aerobics is a class that 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.

Mondays & Thursdays from 3:00-4:00 p.m.
“Silver Sneakers Chair Aerobics”

Fridays at 1:00 p.m. **“Adult Coloring”**
We have the supplies, just bring yourself and a smile. This is a fun, creative, imaginative, inspiring, amusing and inspirational program.

Tuesday, October 8, 2019
“Birthday Cake to Celebrate Birthdays!”
Brookdale Farmington (formerly The Gables) will be here with a delicious cake in commemoration of the people who celebrate a birthday.

Wednesday, October 9, 2019 at 6:30 p.m.
“When a Child Comes Out: Providing Culturally Competent Support to Families”
Emerging research suggests that the single most significant factor in predicting outcomes for youth is the response of their families when the child comes out. This workshop will focus on evidence-based strategies that families and caregivers can use to help their LGBTQ+ children live happy, healthy, productive lives. Discussion will be led by Robin McHaelen, MSW, Executive Director of True Colors, Inc. 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. This event is free and open to the public.

Saturday, October 12, 2019 at 11:00 a.m.
“The Opioid Epidemic: Where are we now?”
Find out where we are within the opioid epidemic. What are the current patterns of use? How are doctors handling pain management? How has fentanyl changed the landscape? How are pharmaceutical companies responding? Where are hope and help being found? Led by Dr. Charles McKay, Associate Medical Director of the Connecticut Poison Control Center. 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. This event is free and open to the public.

Monday, October 14, 2019 CLOSED- COLUMBUS DAY

Thursday, October 24, 2019 6:30 p.m. **“Conservatorship: What is it? Why would you need one?”**
Marcia L. Hess, an Elder Law attorney from Kraner & Hess, LLC, in Avon will discuss the estate planning documents that everyone should have and why they are important. This presentation will include a discussion of Conservatorship and when it is necessary and even how to avoid it. The topics of Probate and Long Term Care planning may also be covered. 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. This event is free and open to the public.



OCTOBER EVENTS 2019

Monday, October 28, 2019 6:30 p.m. "PTSD/TBI and Communities"

Learn about two important mental health challenges: Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). See why there is often a misdiagnosis of one or both of these disorders, especially since they share many of the same symptoms. Led by Justine Ginsberg, R.N., Community Health Coordinator for the Farmington Valley Health District. 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. This event is free and open to the public. No reservation required.

Tuesday, October 29, 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, October 31, 2019 at 11:00 a.m.

"Happy Halloween!"

We will celebrate and Trick or Treat on Halloween Day! Join us for candy, games, prizes, fun, decorations and goodie bags. This is free and open to the public! Please come in costume to enhance the festivities! Feel free to sign up for our CRT Lunch that will be served at 12:00 p.m. Please call the senior center at 860-675-4355 to sign up.



TRIPS

Vine to Wine in Vermont, October 1
\$101.00 per person

Lockwood Mathews Mansion, October 16
\$55.00 per person

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



"It's Your Life...Live it Well"

Chronic Pain Self-Management

Join this free 6-week workshop to learn how to
better
manage your chronic pain

Thursdays, October 17-November 21
1:00pm-3:00pm
To register call Avon Senior Center
(860) 675-4355

Take care of your self



The 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, including programs for the public and sessions for Town of Avon employees. The series will offer individual speakers, virtual reality demonstrations, panel discussions, and add new books and resources to the library's circulating collection.

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 reality 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 the 4-series education program:

Tuesday, October 15: Basics of Good Communication and Understanding Behaviors

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

All others 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

Aging Mastery Program

Wednesdays, 1:30-3:00 p.m. - Senior Center
October 9 - December 18 (no fee)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
Sept. 13- October 25 \$70.00 (\$63.00 Senior)

Silver Sneakers Chair Aerobics

Mondays & Thursdays, 3:00-4:00 p.m. - Sr Center and
Thursdays, 10:30-11:30 p.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. 18 - Dec. 18 \$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>



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

Bridge group meets Tuesday & Thursday
from 12:30-3:00 p.m.
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.



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	
1	NO CRT LUNCH Avon Senior Center Free Lunch Open to the public	3	Roast Turkey w/ Gravy Sweet Potatoes 4-Way Vegetable Blend Cranberry Sauce Corn Muffin Fresh Banana
8	Cream of Broccoli Soup Lemon Baked Chicken Egg noodles Peas & Diced Carrots Wheat Dinner Roll Fruit Oatmeal Bar	10	Breaded Pollock Mashed Potatoes Wax Beans Tartar Sauce Wheat Bread Pineapple Tidbits
15	Orange Juice Hot Dog w/ Bun Mustard/Relish/Ketchup Baked Beans Coleslaw Peaches	17	Baked Ham with Raisin Sauce Yams Italian Green Beans 12 Grain Bread Fruit Cocktail
22	Corn Chowder Potato Crumb Fish Tartar Sauce Stewed Tomatoes Tortellini Salad Oatnut Bread Fresh Orange	24	Vegetable Soup Penne w/ Meatballs Garden Salad w/ Cherry Tomatoes & Cucumbers Ranch Dressing Saltine Crackers Gelatin Cup
29	Grape Juice Turkey Meatballs w/ Sweet & Sour Sauce White & Brown Rice Italian Vegetables Whole Wheat Bread Pineapples	31	Rosemary Baked Chicken Roasted Potatoes Sliced Carrots 12 Grain Bread Fresh Banana



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.

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

• Membership Committee– Lorraine Foster

Message from the Board of Directors . . .

We wish you a Happy Autumn! Hope you are enjoying the beautiful fall weather, fresh air, sunshine and anticipating the beautiful fall colors.

We continue with some special programs this month. On October 7th we will have guest speakers Dr. Diane Hayden, PhD and James Osborne, MS, LPC, BCPC for an enlightening discussion on the many benefits of meditation and positive mindset for older individuals. Diane is the daughter of our secretary Marian Hurlbut.

On October 21st we celebrate our 49th Anniversary...the Senior Citizens of Avon was organized in 1970. We will have The Bennett Family back providing entertainment celebrating our special day. 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.

Next year we will celebrate the Organization's 50th Anniversary. We will be forming a planning committee to work on how best to celebrate this milestone. We're looking for volunteers to bring new ideas to the table. Please consider helping.

Happy Birthday to the following Members:

October 1st – Wanda Karpo

October 27th – Paul Boyne

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

We have many exciting programs scheduled for the fall and hope you will join us. If you have any topic suggestions, please let us know.

Helen M. Toth



Senior Citizens of Avon Organization

October 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended

**October 7th 10:30 – Board Meeting
Noon – Pizza & Salad, Dessert**

Please join our guest speakers Dr. Diane Hayden, PhD and James Osborne, MS, LPC, BCPC for an enlightening discussion on the many benefits of meditation and positive mindset for older individuals. What are the benefits of meditation and how long do we need to meditate daily? How can meditation reduce anxiety and worry and shift your thinking towards the positive? It's never too late to learn! Dr. Diane will interview James on his expertise in mindfulness and value-based techniques unique to the individual to support positive health changes. Your questions are welcome.

October 14th COLUMBUS DAY – Center is closed

**October 21st Noon Anniversary Luncheon
Ham with roasted potatoes,
vegetables and fruit cup
Birthday Cake and Ice Cream**

Entertainment provided by The Bennett Family... an eleven member ensemble who will play hand bells, accordion, brass and wind ensemble, trombone, cello and piano. Ray and Diane Bennett and their nine children have performed for over ten years and participated in many concerts and parades in the local area.

RESERVATIONS REQUIRED.... Please call Katie Ruez at (860-673-9883)

**October 28th Halloween Celebration
Noon – Pot Luck
Dessert
Bingo**

Coming up in November:

Veterans Day and Thanksgiving celebration. More info in November newsletter!

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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 FLU CLINIC 10-1	9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi 6:00 Zumba Gold –CSP 6:30 Medicare –Library	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	9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring
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	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	9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 1:30 AMP 3:30 Tai Chi 6:00 Zumba Gold- CSP 6:30 Program– Library	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	9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring
CLOSED FOR 	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	9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 1:30 AMP 3:30 Tai Chi 6:00 Zumba Gold- CSP	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	9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring
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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 6:30 PTSD/TBI– Library	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	9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 1:30 AMP 3:30 Tai Chi 6:00 Zumba Gold- CSP	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 Happy Halloween!!	

RESERVED FOR SPONSORS

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