

# 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 2021

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



### Senior Center Coordinator's Message

Happy Fall!! I hope everyone is enjoying the weather and season change. We are so fortunate to live in an area where we get to see the leaves change. The colors are beautiful.

We have a month packed full of fun and exciting programs. Please be sure to check them out. Please remember to sign up for programs so we can reserve your spot and have enough for you.

Please remember to wear your masks inside the Senior Center regardless of vaccination status. We want to be able to keep the Senior Center open & we know you do too, so please continue to wear your masks indoors, thanks!

We have a great team of interns this semester—Faridah, Emma, Morgan, Sidney & Nicole. They are running groups, programs & presentations, please sign up & support them as they support you!

Thank you for coming to the Senior Center. We are having a great time and we know you are too! Please let us know if there is something you would like to try or are interested in and we will see what we can do for you. Enjoy October!

**Take care,**  
**Jennifer Bennett, LMSW, CDP**



























































































































































































































































































































































































### October Special Events

**Grab & Go Lunch 10/20/21 (Wed)**  
**12:30**

**"Make Your Own Sundae" 10/21/21**  
**(Thurs) 12:45**

**Virtual Bingo 10/22/21 (Fri) 1:00**

**Lunch & Music 10/25/21 (Mon) 12:30**

**Halloween Party 10/28/21 (Thurs)**  
**1:00 pm**

**All these events are FREE & open to the public!**

## **Oktoberfest**

Canton Senior Center & Avon Senior Center

**Friday, October 29, 2021**

**12:00 pm—1:30 pm**

Music provided by Frank Billwitz of THE AUSTRIAN BOYS

Join us in celebrating the fall season with  
festive food, great music & good friends.

Please RSVP by 10/25/21

**Raffles & Resource Fair Included!**



**FREE**

Location: Canton Senior Center  
40 Dyer Avenue, Canton CT  
06019

We ask that you please remain socially distant and wear a face mask. You can sign up at the Avon Senior Center at 860-675-4355

**German Menu Provided by the Canton Lions Club!**

## CRT CONGREGATE MEAL

### Community Café/Lunch Program

### IN-PERSON AT SENIOR CENTER

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



**Breaking World  
Records for  
change**

**World Record Online Bingo**

October 22, 2021  
10:00 AM – 1:00 PM MT/PT  
1:00 PM – 4:00 PM ET

Bring Awareness Set a World Record Join Thousands of People

Cigna televeda

Avon Senior Center is excited to participate in a historic community event. On October 22, 2021 at 1:00 pm, we're attempting to set a GUINNESS WORLD RECORDS™ with an exciting game of online bingo!

We're raising awareness of our efforts to fight social isolation and reframing the face of aging by hosting the largest hybrid game of Bingo the world has ever seen. We're partnering with Cigna & Televeda to offer this free game in-person and virtually. There will be games, prizes, food & beverages, and of course a chance to hang out with family and friends. This is your chance to be a part of something huge! Please call us if you are interested in participating or **register here: <https://live.televeda.com/signup> and use Referral ID "AVONBINGO21"**

Now more than ever, it's important that we make people feel like they're not alone, and that the community experience is growing stronger and bolder— not older! All age groups welcome to support this fun cause.

### **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. Last Thursday of the month



### Upcoming Virtual Programs:

**Bingo – October 22 at 1:00 pm**

**The 5 Things You Need to Know to Retire With Confidence – November 10 at 6:00 pm**

<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>.

### Intern Groups

**Gratitude Group– Intern Emma**  
**Starts the end of October (Mondays) 11-12**

**Stress Management Group– starts in November (Wednesdays) 11-12**  
**Intern Faridah**

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

### **UNEARTHING HISTORY:**

THE DISCOVERY OF A 12,500 YEAR OLD PALEO-INDIAN SITE ALONG THE FARMINGTON RIVER IN AVON, CT

Lecture series will cover the archaeology, geology, and anthropology of life along the Farmington River, with a focus on the Brian D. Jones Paleo-Indian discovery in Avon, Connecticut.

7:00 PM. VIA ZOOM FREE TO ATTEND  
REGISTER AT: [WWW.AVONCTLIBRARY.INFO](http://WWW.AVONCTLIBRARY.INFO)

**SEPTEMBER 9:**  
**Connecticut Native American Communities Past and Present**

Presented by Dr. Lucianne Lavin, Director of Research and Collections, Institute for American Indian Studies Museum (AIS), Washington, CT

**OCTOBER 7:**  
**Connecticut's Paleo-Indian Sites October is Connecticut Archaeology Month!**  
Presented by Dr. Zachary (Zac) Singer, Research Archaeologist, Maryland Historical Trust and Dr. David Leslie, Archaeological and Historical Services, Storrs, CT

Recordings of the March, April, and May 2021 lectures in this series are available on the Avon Library's YouTube Page:  
<https://www.youtube.com/user/afplct/playlists>

2021 Webinar Series created by:  
Avon Historical Society  
Avon Free Public Library  
Avon Senior Center

Sponsored by a grant from:  
 FARMINGTON BANK Community Foundation

**"GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW."**

- MELODY BEATTIE



**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** Real Possibilities  
**Connecticut**

Virtual Events link: <https://states.aarp.org/connecticut/events-ct/?cmp=RDRCT-49a47122-20201006>

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).

**AARP**  
**Fraud Watch Network**

### 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**  
**October 22**  
**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

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

#### Aging Mastery Class

Tuesdays, 10:00-11:30 a.m.  
Free

Oct. 5—Dec. 7

#### 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

#### Table Tennis

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

Sept. 21—Dec. 21

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

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



**Farmington Valley**  
Visiting Nurse Association

Flu Shots

**Flu Clinic at Avon Senior Center**  
**Tuesday, October 5 from 1 to 4 pm**  
Provided by Farmington Valley VNA.  
Call for an appointment: **860-651-3539**  
Please wear a mask.



**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



**Avon Senior Center and CT Healthy Living Collective Offer Nationally Recognized Program to Help OLDER ADULTS MASTER AGING**

ASC & CT HLC offer this innovative 10-week health & wellness program to residents 50 & over (Oct 5-Dec 7, Tuesdays from 10-11:30 am). Aging Mastery Program® (AMP) was developed by (NCOA) & has been successful at helping older adults build their own playbook for aging well. This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting-edge program. 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 & others. The program encourages mastery-developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, & increased societal participation. Register: [https://avonct.myrec.com/info/activities/program\\_details.aspx?ProgramID=29214](https://avonct.myrec.com/info/activities/program_details.aspx?ProgramID=29214) or call Avon Senior Center at 860-675-4355.

“  
**A MOMENT OF  
gratitude makes  
A DIFFERENCE IN  
YOUR ATTITUDE.**

— Bruce Wilkinson

“I hope I can be  
the autumn leaf,  
who looked at the sky  
and lived. And when  
it was time to leave,  
gracefully it knew  
life was a gift.”

— DODINSKY



**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.



**We're looking to start some new clubs & groups, please let us know if you're interested & we'll sign you up.**

**\*Chess, Cribbage, Checkers\***

**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.

**“Be present in all things,  
and thankful for all things.”**

**— Maya Angelou**



The LGBT Moveable Senior Center and the W.I.S.E. Program Present...  
**AN INTERGENERATIONAL CONVERSATION**  

 THIS PROGRAM IS PRESENTED BY:

**Thursdays, Oct. 21st & 28th and Nov. 4th, 2021**  
**3:00 - 4:30 pm Via Zoom**  
*For the best experience, plan to attend all three sessions!*

Facilitated small group discussions between younger and older LGBT adults and allies will begin with icebreaker questions and focus on developing rapport. Topics for subsequent sessions will be based on participant interest and may include ageism, relationships, community, and identity and language.

To register follow this link:  
<https://hipaa.jotform.com/212274560646153>

Join us for  
**RAINBOW LUNCH HOUR**  
**OCT. 28TH**  
 Presented by the  
 CT Moveable Senior Centers and the

**Come Out and Connect!**  
 LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on the 4th Thursday of the month at Noon. Pre-registration is required. Visit [www.cthealthyliving.org](http://www.cthealthyliving.org). Bringing your own lunch optional! Our October topic will be inspired by National Coming Out Day.



### **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	
5	Apple Juice Stuffed Pepper/ Marinara Sauce Pasta w/ Sauce Mixed Vegetables Whole Grain Bread Vanilla Pudding	7	Orange Juice Chicken Piccata Noodles Vegetables Whole Wheat Bread Pineapple Tidbits
12	Orange Juice Cheese Ravioli w/ Sauce Squash Medley Dinner Roll Fruit Cocktail	14	Apple Juice Roast Beef w Gravy Mashed Potatoes Vegetables Whole Wheat Bread Frosted Cake
19	Teriyaki Chicken Bites Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	21	Grape Juice Macaroni & Cheese Stewed Tomatoes Dinner Roll Fresh Fruit
26	Grape Juice Salisbury Steak/Gravy Sweet Potatoes Vegetables Wheat Bread Fresh Fruit	28	Apple Juice Pot Roast w/ Gravy Roasted Potatoes Brussels Sprouts Dinner Roll Pears

# 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 hope that you are enjoying the cooler Fall weather. After the steamy – stormy summer we've had, the transition is most welcome. It's great to get outside and do some fun activities with our family and friends...don't forget to wear your mask.

Due to the poor response of our letter to members, the Board has decided to begin programs in 2022.

As communicated, the Organization will offer luncheons once a month but we need a commitment from you to help with miscellaneous tasks. We are looking for volunteers to help with tasks that need to be accomplished at each luncheon:

Assist with set up	Assist with cleanup
Assist with serving	Assist in the kitchen

Please consider assisting as it's difficult for the same people to complete all the aspects alone. The time commitment is minimal and you can determine how involved you'd like to be. Please think about it and join us so we can continue to offer quality luncheons and entertainment.

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:

October 1<sup>st</sup> – Wanda Karpo

October 27<sup>th</sup> – Paul Boyne

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

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








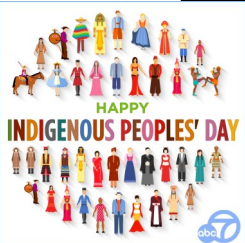











GRATITUDE IS THE HEALTHIEST  
OF ALL HUMAN EMOTIONS. THE  
MORE YOU EXPRESS GRATITUDE  
FOR WHAT YOU HAVE, THE MORE  
LIKELY YOU WILL HAVE EVEN  
MORE TO EXPRESS GRATITUDE FOR.  
ZIG ZIGLAR

SUCCESS.com





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
<div>4</div> 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>5</div> 9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 1:00 FLU CLINIC 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS	<div>6</div> 9:00 Wii Bowling 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 	<div>7</div> 9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Badminton 7:00 Paleo Presentation THINKING THURSDAYS	<div>8</div> 9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
<div>CLOSED</div> <div>11</div> 	<div>12</div> 9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 11:00 Craft with Tully 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS	<div>13</div> 9:00 Wii Bowling 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 	<div>14</div> 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Badminton THINKING THURSDAYS 	<div>15</div> 9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
<div>18</div> 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>19</div> 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	<div>20</div> 9:00 Wii Bowling 12:30 Grab & Go Lunch 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 	<div>21</div> 9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:45 Make Own Sundae 12:30 Beading 12:30 Bridge 6:30 Badminton THINKING THURSDAYS	<div>22</div> BLOOD DRIVE 9:00 Wii Bowling 1:00 Setback 1:00 Virtual Bingo 1:30 Chair Yoga 
<div>25</div> 9:00 Wii Bowling 12:30 Lunch & Music 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>26</div> 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	<div>27</div> 9:00 Wii Bowling 1:00 Setback 4:00 Tai Chi 5:45 Zumba Gold 	<div>28</div> 9:00 Wii Bowling 11:00 Hearing aid check 12:00 CRT Lunch 12:30 Beading 1:00 Halloween Party 6:30 Badminton THINKING THURSDAYS 	<div>29</div> 9:00 Wii Bowling 12:00 Oktoberfest 1:00 Setback 1:30 Chair Yoga 