

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



SEPTEMBER 2022

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



Senior Center Coordinator's Message

Happy Senior Center Month!! We are so excited to share this month with you and all that it has to offer. We have music, seminars, meals, lectures, trips, classes, groups, lunches, activities, exercise, programs and opportunities for socialization. Please come and join the fun!

We have some new classes come & take a look. You might see one that you want to participate in.

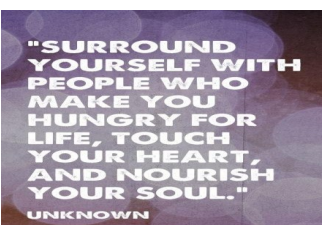
Please check out the newsletter for all of the groups that we have going on at the senior center. We're sure that you'll find one that you like!

Thank you for a wonderful summer. We look forward to a fantastic fall. We appreciate you and we enjoy seeing you at the senior center.

FLU CLINIC-Tuesday, October 11 from 1-3 pm

Avon Senior Center thanks you for sharing your time, energy, creativeness, volunteer spirit, effort, kindness, enthusiasm & vivacity with us! We look forward to an outstanding month! Woo! Hoo!!

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



**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL;
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

WINSTON S. CHURCHILL

Monday Meals & Minds Program

Monday Meals and Minds is a bi-monthly program where meals will be served at the Avon Senior Center (in-person or take away) and there will be 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****

Downsizing, De-cluttering and Home Modification Tips for Seniors

By Amston Home Transition Solutions
Monday, September 12

Advance Directives Presentation

By Greater Hartford Legal Aid
Monday, September 19

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

National Senior Center Month Celebrating Senior Centers



Strengthening Community Connections

The 10,000 senior centers across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior Centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. The mission remains: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.



Please call
860-675-4355
to sign up!

Musical Entertainment

Thursday, September 8 at 12:00 pm
Chris Marolda- of the Funkbrokers

Life is Calling, See Every Word
Caption Call

Thursday, September 15 at 12:30 pm

Lunch & Learn

Fall & Balance Talk, Screening & Fitness
Program Ideas by Ivy Rehab
Wednesday, September 21
Lunch at 12:00 & Learn at 12:30

Medicare 101 Presentation

Tuesday, September 27 at 6:30 pm
Lou & Jessica Pelletier

Grab & Go- September 14

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 call 860-675-4355 to sign up. We look forward to seeing you!



Sponsored by Avon Senior Center



Brighter Days-ies

Our friends from Favarh
will be here on Tuesdays in
September from 9:30-11:00.

Please feel free to join them to help make the
beautiful flower arrangements for our tables.

No sign-up necessary.



I AM LEARNING TO FIND JOY
RIGHT HERE IN THE MESS OF THINGS.



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.



If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide & encourage you
- Support from other participants with the same goals as you — and fun
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months



FREE class begins:

September 5th 2022 from 5:30 - 6:30pm

Location: Farmington Valley Health District
95 River Rd, Canton, CT, 06019

Please call to register & check your eligibility.
(860) 352-2333 Farmington Valley Health District



Chess Group



Tuesdays 1:00-3:00 p.m.



Looking for new players!



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, September 15 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/>
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AARP® Fraud Watch Network

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

Chair Yoga

Fridays, 1:30-2:30 p.m.
(no class Nov. 11)

Fee: \$77.00

Non Resident Fee: \$84.70

Sept. 23—Nov. 18

Senior Fee: \$69.30

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/info/>



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.

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

September 14, 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
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*

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>)



QPR Question. Persuade. Refer.
 Three simple steps that anyone can learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR can be learned in as little as 90 minutes.

As a QPR Trained Gatekeeper you will learn:

- How to recognize the warning signs of suicide
- How to offer hope
- How to get help and save a life

Upcoming Class: **9/22 - 6-8pm**
95 River Road, Canton

Call Justine to register
 (860) 352-2333 x312
 Farmington Valley Health District



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

The tests work with a Bluetooth-enabled smartphone app to provide users with audible instructions and test results.

People will receive 12 test kits with order.

Order [online](#) or by calling 1-800-232-0233.

Each order includes 12 rapid-antigen tests.

Orders will ship free, while supplies last.

Need more assistance? Please call the trained staff at the Disability Information & Access Line (DIAL): 888-677-1199 Monday-Friday 9 am-8 pm (EST) or email DIAL@usaginganddisability.org.

“Unearthing History: The Discovery of a 12,500 year old Paleo-Indian Site along the Farmington River in Avon, CT” webinar series continues with *Looking into the Past with Ancient DNA (aDNA)*

Thursday, Sept. 15 at 7:00pm via Zoom www.avonctlibrary.info

Series created by the Avon Historical Society, Avon Free Public Library & Avon Senior Center

Sponsored by a grant from the Lower Farmington River and Salmon Brook Wild and Scenic Committee with funding from the National Park Service

“Looking into the Past with Ancient DNA” will be presented by Christina M. Balentine, PhD candidate at the University of Texas and University of Connecticut & Samantha Archer, M.A., in the doctoral program at University of Connecticut. They will present a broad overview of (aDNA) research past and present, discuss the ethical considerations of working with priceless aDNA samples, and highlight their own dissertation research that uses aDNA to address very different questions about the lived experiences of humans in the past. Partners: Farmington River Watershed Association, Institute of American Indian Studies, Washington, CT and the Avon Land Trust.



Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: true fulfillment.
Tony Robbins

What Avon Senior Center Means To Me

Gives life to people who might otherwise be lonely. Friends & activities that are stimulating, keep us happy & healthy. New friends, learn helpful things, enjoy good food. Avon Senior Center has kept my life active. “What am I going to do when I retire? That was the big question. I found the Avon Senior Center. “ If it wasn’t for the senior center, I probably would be sitting home watching the tube & wasting the rest of my life away. Meet people, get involved & volunteer. Reach out & communicate with others. “You have to give to get!” “We all need to do our part to make our programs a pleasure for all!” “Exercise & take care of myself.” “Lunches & eating with friends.” “Socialization” “Staff- helpful & nice.” Activities are better because we share them. We are fortunate to have such a great senior center with great seniors!!



NOW BOOKING COVID-19 VACCINE APPOINTMENTS

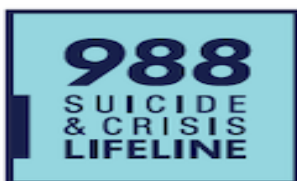
Ages 18 and up

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 | |
|---------|--|----------|---|
| | | 1 | Grape Juice Chicken Francaise Linguini Broccoli Florets Dinner Roll Frosted Cake |
| 6 | Fruit Punch Juice Crab Cakes w/ Old Bay Remoulade Yellow Rice Mixed Vegetables 12 Grain Bread Frosted Cake | 8 | Orange Juice Beef Stew w/ Root Vegetables Whole Wheat Bread Cookie |
| 13 | Classic Pot Roast w/ Gravy Boiled Potatoes Parslied Carrots Oatnut Bread Fresh Fruit | 15 | Shrimp Teriyaki Fried Rice Asian Style Vegetables 12 Grain Bread Fresh Fruit |
| 20 | Grape Juice Vegetable Pizza Salad Greens w/ Cherry Tomatoes Cucumbers Salad Dressing Cookie | 22 | BBQ Pulled Pork Mac n Cheese Collard Greens Dinner Roll Fresh Fruit |
| 27 | Honey Garlic Meatballs White Rice w/ Vegetables Broccoli Florets 12 Grain Bread Fresh Fruit | 29 | Apple Cider Pork Loin Seasoned Orzo Spinach Garlic Knot 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– Vivan Pane

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

Secretary - Marian Hurlbut

Message from the Board of Directors . . .

The summer certainly has flown by and here we are contemplating the Fall season and all its beautiful colors. We hope you take the time to enjoy all the beauty around you.

We are working on the Oktoberfest and firmed up the menu for the event. Due to the cost of food and entertainment the 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 will also have a brief installation of officers ceremony. If you are interested in holding an office in the Organization, please submit your name prior to the September luncheon to 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 Members:

September 15th – Rick Billus
September 17th – Russell Tuller
September 19th – Joe Vasile
September 21st – Barbara Schicker
September 30th – Lillian Roberto

Helen M. Toth



LUNCHEON DATE:

September 26, 2022 at Noon - Oktoberfest

MENU:

Wurst served over sauerkraut, German Potato Salad, Rye Bread & Butter & Gourmet Brownies.

ENTERTAINMENT:

German Oktoburfest with John Banker who will be dressed in an authentic Lederhosen presenting German Folk music combined with traditional songs and lots of Polkas. John performs on tuba, trumpet and accordion. Highlights include selections on Alpine Bells and solos on a 12 ft. Alpenhorn from Switzerland. Songs are performed in German, Polish and English with audience participation.

FUTURE LUNCHEON EVENTS:

October 24th – 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!

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/myYr3vTRpfs>



Mutual of Omaha

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

SEPTEMBER 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
|  |  | | 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  |
|  5 WE WILL BE CLOSED ON LABOR DAY  |  6 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  | 7 9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold  | 8 9:00 Wii Bowling 12:00 CRT Lunch 12:00 Music 12:30 Beading 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS  | 9 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  |
|  12 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  |  13 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  | BLOOD DRIVE 14 9:00 Wii Bowling 10:00 Cornhole 12:30 Grab & Go 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi  |  15 9:00 Wii Bowling 11:00 Hearing Aid Check 11:30 BP check 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB 6:30 Badminton 7:00 Paleo Presentation THINKING THURSDAYS  | 16 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong  |
| 19 9:00 Wii Bowling 12:00 Meals & Minds 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  | 20 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  | 21 9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB  | 22 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS  | 23 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 1:30 Chair Yoga  |
| 26 9:00 Wii Bowling 12:00 Oktoberfest 1:00 Setback 1:00 Crafty Crew  | 27 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 Medicare 101 THANKFUL TUESDAYS  | 28 9:00 Wii Bowling 10:00 Cornhole 1:00 Setback 1:00 Chess 3:00 TJQMBB 4:00 Tai Chi 5:45 Zumba Gold  | 29 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 1:30 Barre 3:30 TJQMBB 6:30 Badminton THINKING THURSDAYS  | 30 9:00 Wii Bowling 1:00 Setback 1:00 Ping Pong 1:30 Chair Yoga  |