

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

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



SEPTEMBER 2019

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

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 trips, classes, groups, lunches, activities, exercise, programs and opportunities for socialization. Please come and join us in the fun!

We have a Dementia Caregiver series that starts this month and is run by Hartford Healthcare Center for Healthy Aging. Amina is back as a presenter and speaker. We received rave reviews from her last presentation and training that we're bringing her back with an entire series!

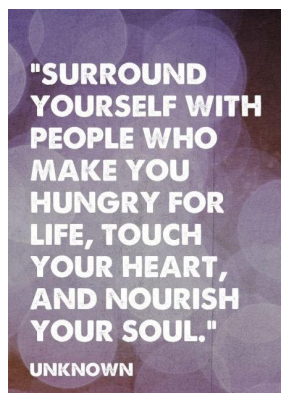
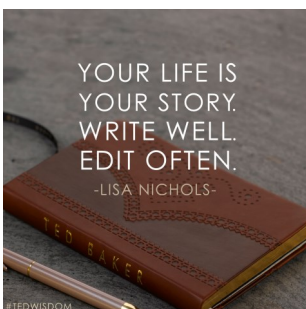
We have some new classes starting this month so come and take a look. You might see one that you like and want to participate in.

We have 2 interns starting this month. Kayla and Jennifer are here! Please greet them and welcome them. They will be running programs and groups this semester. We're so excited to have them here.

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 and want to join!

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. Take care and have fun this month!

Respectfully,
Jennifer Bennett, LMSW



Happy Senior Center Month!

Senior centers: The Key to Aging Well

Our national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging.

Thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations celebrated Senior Center Week. In 1985, NISC was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as **Senior Center Month** to give centers greater flexibility in scheduling celebratory events.



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

SEPTEMBER EVENTS 2019



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860-675-4355



Monday, September 2, 2019 CLOSED FOR LABOR DAY

"Thankful Tuesdays!"

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

Tuesday, September 3, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

Farmington Valley VNA will be here today.

Tuesday, September 3, 2019 at 12:00 p.m.

"Chef Mitch Senior Center Celebration Lunch"

Senior Centers: The Key to Aging Well- Senior Center Month Celebration

Come and join us for lunch today as we celebrate **Senior Center Month!!!** Chef Mitch is back for another month of making a home-made lunch for us and he's making the dessert too. This meal is free and open to the public. Please sign up and get your name on the list so we save a spot for you! ****CRT IS NOT SERVING MEAL TO-DAY**** !!!AVON SENIOR CENTER IS PROVIDING MEAL!!!
Menu: BLT Wraps w/ Mayo, Dijon Dill Potato Salad & Coleslaw and Chocolate Mousse.

Wednesdays at 10:00-11:30 a.m. Aging Mastery Program® (AMP) Getting Connecticut AMPed! The [Connecticut Healthy Living Collective](#) is participating in the statewide initiative to implement the Aging Mastery Program®. The [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 is one of the sites that was chosen to partner with the [Connecticut Healthy Living Collective](#) to implement the **Aging Mastery Program®**. **Session I:** August 7 – October 16, **Session II:** October 9 – December 18, 2019 on Wednesdays from 10-11:30 a.m. This program is free and open to the public!

"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!

Thursdays from 10:30-11:30 a.m. Silver Sneakers Chair Aerobics

Silver Sneakers Chair Aerobics is a chair work out for people 65 and older paid through your health insurance. This class 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're not sure you have silver sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the silver sneakers program. If you do not have the program, you may still participate by paying three dollars per class at the door. Make sure you get your silver sneakers number, which is 16 digits and starts with 2300 from your insurance carrier and bring it with you. Hope to see you in class!

Mondays & Thursdays 3-4 p.m. Silver Sneakers Chair Aerobics

Come get a great workout in the afternoon before dinner!

Monday, September 9, 2019

"Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 2nd Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. **CALL 860.677.7272 TO MAKE AN APPOINTMENT.**

Fridays at 1:00 p.m.

"Adult Coloring"

We have the supplies, you just bring yourself and a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing and inspirational program.

Monday, September 9, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

FV VNA

Tuesday, September 10, 2019

"Birthday Cake to Celebrate Birthdays!"

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people who celebrate a birthday this month.

Saturday, September 14, 2019 at 10:30 a.m. at the Library

"Trauma Informed Communities"

Justine Ginsberg, RN, BSN will teach us about the following: ACE's- Adverse Childhood Experiences, How trauma affects the brain, Trauma Informed Communities- what does this mean, what are the components and how can we all play a role. She has experience in both Intensive Care and Pediatrics in Australia, extensive experience working as a health educator in Australia and Europe and in health program development, successfully developing and implementing educational programs internationally and for the FVHD. She has worked in emergency preparedness for the Australian Federal Police and for the Australian Embassy in Belgrade. She is the Community Health Coordinator for the Farmington Valley Health District and is responsible for the implementation and program development of health outreach, training and evaluation. Justine is the project lead for Resilience Grows Here and passionately believes that the destigmatizing of mental health is vital to the well-being of a community.

Tuesday, September 24, 2019

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!!!!

Tuesday, September 24, 2019 at 12:45 p.m.

"Sepsis Presentation"

September is Sepsis Awareness Month. Jennifer, Avon Senior Center Coordinator will be giving a presentation on Sepsis. Jennifer is on the CT Statewide Sepsis Task Force and these presentations are to get the word out about Sepsis. This presentation is free and open to the public.

Thursday, September 26, 2019 from 6:30-8:00 p.m. at the Library

"Creating a positive body image"

This workshop is designed to offer a safe environment to learn about self-image. Here we will talk about why we become self-conscious and how it affects our day-to-day lives. By hearing each other's stories, we will learn simple coping skills to build positive body image. Presenter Michelle Gage is the founder of Hella Wellness Group. She is a licensed clinical social worker and supervisor at Columbia University. She has over 15 years empowering people in meeting goals in their lives in workshop settings and individual sessions, while continuing to support mind, body and spirit wellness. She has attended many workshops around meta-physical and transpersonal modalities. She is trained in several popular therapy modalities including Motivational Interviewing (empower change), Behavioral Activation and Problem-Solving Therapy. These modalities have informed her work as a Wellness Consultant as her philosophy is working holistically with the person being in the "drivers seat" for their wellness. Take Care of Yourself is a series of community conversations and training that promote good mental health.



SEPTEMBER EVENTS 2019



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, September 24: Legal and Financial. Presented by: Marcia Hess, elder law attorney, Kraner & Hess LLC

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.

September Movie Series: The Dames

There's nothing like a dame! As evidenced by the classy and sassy actresses starring in the Avon Library's next movie series called "The Dames."

September 3, 2019 1:30 pm - *Tea With the Dames*

September 10, 2019 1:30 pm - *Ladies in Lavender*

September 17, 2019 1:30 pm - *Calendar Girls*

All movies are free & open to the public. Movies will be shown in the Library Community Room. Snacks provided.

Co-sponsored by the Avon Library, Avon Senior Center and the Friends of the Library.

TRIPS

Vine to Wine in Vermont, October 1

\$101.00 per person

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



Bridge Players Wanted

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

Level of play is advanced intermediate. Please call Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.



"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 & if you do not have a project, we do and we can help! We do have donations of yarn & you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.



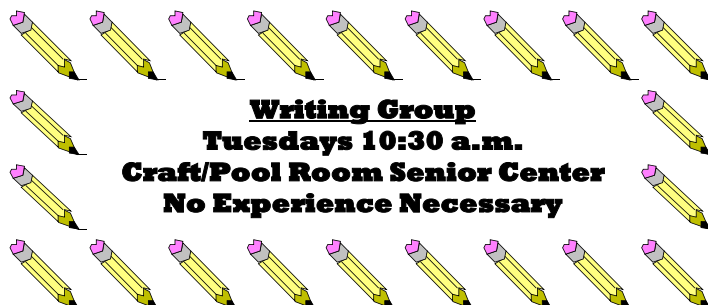
3-13 Card Group

Tuesdays at 1 p.m.

New players always welcome.

The game is easy to learn.

Come join the fun!



Writing Group

Tuesdays 10:30 a.m.

Craft/Pool Room Senior Center

No Experience Necessary



Flu Clinic
Tuesday, October 1
10 am - 1 pm

Call FVVNA for appointment at
860-651-3539
Walk-ins also welcome.

FALL CLASSES

Aging Mastery Program

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

Emotional Freedom

Fridays, 11:30-12:30 p.m. - Senior Center
September 13-October 18 \$86.00 (\$77.40 Senior)

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
September 18-December 18 \$76.00 (\$68.40 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
September 16-December 16 \$76.00 (\$68.40 Senior)
and
Wednesdays, 6:00-7:00 p.m. - Countryside Park
September 11-December 18 \$82.00 (\$73.80 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
September 13-October 25 \$70.00 (\$63.00 Senior)
and
November 1-December 20 \$70.00 (\$63.00 Senior)

Silver Sneakers Chair Aerobics

Mondays and Thursdays, 3:00-4:00 p.m. - Senior Center
Thursdays, 10:30-11:30 p.m. - Senior Center
ongoing
\$3.00 per class (drop in) or free with Silver Sneakers

Volleyball

Thursdays, 8:00-9:00 p.m. - Avon Middle School Gym
September 12 –November 14 \$51.00 (\$45.90 Senior)

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

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

Knitting with Gratitude

Avon Senior Center is “Knitting with Gratitude” & donating blankets to people & animals in need. If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



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.



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	
3	NO CRT LUNCH Avon Senior Center Lunch Free & Open to the public	5	Clam Chowder Seafood Salad Shredded Lettuce Saltines Club Roll Peaches
10	Orange Juice Chicken Caesar Salad w/ Chicken & Shredded Parmesan Cheese Cucumbers Cherry Tomatoes Caesar Salad Dressing Croutons Home-Baked Cookie	12	Orange Juice Turkey Divan Broccoli Baked Potato Whole Wheat Bread Fruit Cocktail
17	Orange Juice BBQ Pulled Pork on Multi-Grain Bun Tortellini Salad Coleslaw Fruit Cocktail	19	Grape Juice Potato Crumbed Fish Potato Wedges/ Ketchup Caribbean Blend Veggies Tartar Sauce Oatnut Bread Tapioca Pudding w/ Topping
24	Hamburger w/ Broth on Multi-Grain Bun Sliced Tomatoes Shredded Lettuce Ketchup / Mustard/ Relish Potato Salad Fresh Orange	26	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Frosted Cake

Mah Jongg group looking for new players. Beginners welcome. Meets Mondays at 10:00 a.m. For more information please call the senior center at 860-675-4355.



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

Message from the Board of Directors . . .

We hope you had a wonderful summer and enjoyed many happy memories with your family and friends.

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

On September 30th we will have John Banker returning with Oktoberfest. This is a popular celebration and fills up quickly. Please be sure to make your reservations early to save your spot. 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.

The Board recently met to discuss the upcoming season and the fact that we incurred a budget shortfall of \$914.17 during previous season. We discussed what course of action we will need to take going forward. It was decided to send an informative letter prior to meeting on September 9th to our membership and discuss further at our first luncheon. This will be a very important meeting so please make every effort to attend.

Happy Birthday to the following Members:

September 15th – Rich Billis

September 17th – Russell Tuller

September 21st – Barbara Schicker

September 30th – Lillian Roberto

We are looking for volunteers to help set up, clean up or assist in the kitchen. Also, we need volunteers to call the numbers for Bingo. Please consider assisting as it's difficult for the same people to complete all the aspects alone. To volunteer...please see a board member...we look forward to a new exciting season.

Helen M. Toth

September 2nd

Labor Day Holiday
Center is closed

September 9th

10:30 – Board Meeting
Noon – Pizza & Salad
Dessert
Bingo

September 16th

Noon – Tuna and Egg Salad
Sandwiches, Cole Slaw
Dessert
Bingo

September 23rd

Noon – Pot Luck, Dessert
Bingo

September 30th

Noon – Oktoberfest
Knockwurst, Red Cabbage,
German Potato Salad,
Rye Bread and Butter
Birthday cake & ice cream

German Oktoberfest 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.





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

Coming up in October:

Anniversary Luncheon and Halloween celebration. More info in October!



SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <p>CLOSED FOR LABOR DAY</p> 	<div>3</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>4</div> <p>9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Crafty Crew</p>	<div>5</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>6</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>9</div> <p>9:00 Wii Bowling 10:00 Mah Jongg Foot Care 11:00 Blood Pressure 1:00 Setback 3:00 Chair Aerobics</p>	<div>10</div> <p>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</p>	<div>11</div> <p>9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 6:00 Zumba Gold- CSP</p>	<div>12</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>13</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Emotional Freedom 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>16</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>17</div> <p>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</p>	<div>18</div> <p>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</p>	<div>19</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>20</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Emotional Freedom 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>23</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>24</div> <p>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</p>	<div>25</div> <p>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</p>	<div>26</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>27</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 11:30 Emotional Freedom 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>30</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>				

RESERVED FOR SPONSORS

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