

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 2021

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 celebrate this month with you and for you. Avon Senior Center is Awesome! The people that come and spend time in this place and space are the reason why the Senior Center is so amazing.

Join us for some wonderful programs this month. We have 3 Lunch & Learn programs, Make Your Own Sundae, Theraputty with Tully from McLean and numerous other fun activities!

The Interns are here. Woo! Hoo!! We are so thrilled to have another group of interns with us. Faridah & Emma are returning and Sidney, Nicole, Morgan, Amanda are new and they are going to have great activities, groups, sessions and presentations. They are pursuing degrees in social work from CCSU (BSW) & UCONN (MSW).

We want to make sure to keep our thoughts on our country and nation, as we go through these unparalleled times. We are important to each other and there is value in human life. If you need to talk, please let us know. We are here for you.

Thank you for making Avon Senior Center outstanding. We celebrate and appreciate you!

Take Care, Jennifer Bennett, LMSW, CDP

When you can't control
what's happening, challenge
yourself to control the way you
respond to what's happening.
That's where your power is.



Let's Celebrate Senior Centers!
National Senior Center Month

Avon Senior Center delivers vital connections to support older adults aging well. Preventing social isolation is vital and a core mission. We succeed in continuing to provide support, knowledge, programming, and resources. Avon Senior Center promotes a positive image of aging, and creates interest among participants.

National Council on Aging (NCOA) and our National Institute of Senior Centers (NISC) celebrate National Senior Center Month every September.

nco
national council on aging

We Remember



20TH ANNIVERSARY

9-11-01

CRT CONGREGATE MEAL **Community Café/Lunch Program** **IN-PERSON AT SENIOR CENTER**



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

Crafting with Tully from McLean **Avon Senior Center**

Tuesday, September 14, 2021 at 11:00 am

Join us as we craft with our friend Tully from McLean. We will be making Theraputty! We have a great time. Please call the Senior Center at 860-675-4355 to sign up.

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** televēda

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.

Upcoming Virtual Programs:

Rainbow Lunch Hour - September 23 at 12:00 pm

Bingo – October 22 at 1:00 pm

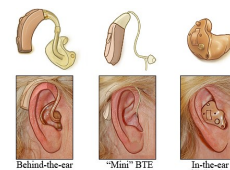
The 5 Things You Need to Know to Retire With Confidence – November 10 at 6:00 pm

<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>.

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 from 11-1.



Wed, Sept 8 at noon– Hebrew Center

Topic: Concierge Program- Hebrew Center for Health & Rehabilitation, feel supported in your wellness journey & achieve a positive recovery.

Mon, Sept 20 at noon– Arden Courts Avon

Topic: Caregivers– Assessment, needs

Wed, Sept 29 at noon– Anthology


Topic: Assisted Living

These programs are free & open to the public, please RSVP to reserve your lunch and a seat, thanks!



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings the 1st & 3rd Thursday of the month from 11:30-1:00. Please call the senior center at 860-675-4355 to sign up. Please wear a mask & practice safe social distancing.



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
REGISTER AT: WWW.AVONCTLIBRARY.INFO FREE TO ATTEND

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 (IAIS), 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



Bridge Group
looking for players
(beginner/intermediate).
Tuesdays & Thursdays 12:30.
Please contact the
senior center if interested.

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.

Make Your Own Sundae!

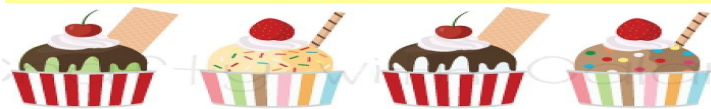
Thursday, September 16, 2021

1:00 pm at Avon Senior Center

Free & Open to the Public

Please RSVP to reserve your spot

Chocolate & Vanilla ice cream
assorted toppings



Blood Drive
Avon Senior Center
September 15 & 30
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

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

Sept. 20—Oct. 29
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: www.avonrec.com.



Farmington Valley
Visiting Nurse Association



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

Insurances accepted include United Health Care.

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



CT Healthy Living COLLECTIVE **ncoa** | **AgingMastery**
national council on aging

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 or call Avon Senior Center at 860-675-4355.



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. *Bringing your own lunch optional!* Our September topic is "Resourcefulness and Healthy Living"

Receive Emergency Updates from the Town of Avon!



SUBSCRIBE TO NEWS - Email updates on website

(<https://www.avonct.gov/subscribe>). Select "Town Alerts" & "Town News and Announcements"

CT ALERTS - Critical emergency information:

(<https://portal.ct.gov/ctalert>) **State of CT & Town of**

Avon have the ability to send alerts to those registered with CTAAlert system. The Town suggests enrolling in both Subscribe to News and CTAAlert.



Senior Medicare Patrol (SMP)

1-800-994-9422

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 requesting to be added to the newsletter email list.



MyPlaceCT.org—free resource from State of CT—

Shuffleboard, Table Tennis, Badminton

Avon Senior Center is starting some groups. Shuffleboard, Table Tennis and Badminton on Wednesday and Friday mornings from 10-12. Please call 860-675-4355 to sign up for one or all three!

Hispanic Heritage Month
September 15-October 15





Accessible & reliable transportation for:

- Routine Medical & Dental Appointments , PT & Rehab
- Outpatient Procedures & Treatments , Dialysis
- Airport, Bus , Train , Long-Distance , 1-Way Transport

860-507-7704 www.SunshineWheels.org

NO COST TO ELIGIBLE MEDICAID MEMBERS



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 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

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

Check out a charity before donating: www.charitywatch.org or www.charitynavigator.org


VOA|ReST (resilience, strength, time) helps people affected by scams & addresses emotional impact of experience through facilitated peer-discussion groups. Online, join by computer, tablet or smartphone. 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.

AVON SENIOR CENTER ACTIVITIES

Mah Jongg– Tuesdays at 10:30 a.m.
 Bridge– Tues. & Thurs. at 12:30 p.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	
	SEPTEMBER  MENU	2	Potato Crumbed Fish Tartar Sauce Potato Wedges Vegetable Oatnut Bread Fresh Orange
7	Teriyaki Chicken Strips Rice Broccoli Florets Dinner Roll Pineapple Tidbits	9	Grape Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Fruit
14	Grape Juice Salisbury Steak w/ Gravy Sweet Potatoes Vegetable Wheat Bread Fresh Fruit	16	Apple Juice Pot Roast w/ Gravy Roasted Potatoes Brussels Sprouts Dinner Roll Pears
21	Beef Chili w/ Cheese Baked Potato Sliced Carrots Wheat Dinner Roll Fresh Orange	23	Swedish Meatballs Noodles Vegetable Wheat Bread Fresh Fruit
28	Orange Juice Hot Dog w/ Roll Baked Beans Mixed Vegetables Chocolate Chip Cookie	30	Seafood Salad Baked Sweet Potato Vegetable Club Roll Peaches



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

Due to the poor response to our letter to members in August, the Board has decided not to begin our programs in September 2021 but wait and try again in 2022.

As communicated, the Organization will offer luncheons once a month but we need a commitment from you to help with miscellaneous tasks. Please see list below:

We are looking for volunteers to help assist with miscellaneous 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.

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.

Katie Ruez has decided to retire from the Organization. She will continue to attend our functions but will not be an active board member. We will miss her but wish her well in her retirement. Katie, we miss you already!

Happy Birthday to the following Members:

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

We look forward to hearing from you.

Helen M. Toth

TOGETHERWERISE



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.


















[\(https://cares.mutualofomaha.com/\)](https://cares.mutualofomaha.com/).

*Aspire to inspire
before we expire.*

BE KIND TO EVERYTHING
THAT LIVES.



SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Senior Center Month 		<div>1</div> 9:00 Wii Bowling 1:00 Setback 5:45 Zumba Gold 	<div>2</div> 9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Beading 12:30 Bridge THINKING THURSDAYS	<div>3</div> 9:00 Wii Bowling 1:30 Chair Yoga 1:00 Setback 
<div>6</div> 	<div>7</div> 9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes THANKFUL TUESDAYS	<div>8</div> 9:00 Wii Bowling 12:00 Lunch & Learn 1:00 Setback 5:45 Zumba Gold 	<div>9</div> 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	<div>10</div> 9:00 Wii Bowling 1:30 Chair Yoga 1:00 Setback 
<div>13</div> 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>14</div> 9:00 Wii Bowling 10:30 Mah Jongg 11:00 Craft with Tully 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes THANKFUL TUESDAYS	<div>15</div> 9:00 Wii Bowling 1:00 Setback 5:45 Zumba Gold 	<div>16</div> 9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Wii Bowling 12:30 Bridge 1:00 Make Your Sundae THINKING THURSDAYS	<div>17</div> 9:00 Wii Bowling 1:00 Setback 
<div>20</div> 8:30 Senior Fitness 9:00 Wii Bowling 12:00 Lunch & Learn 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	<div>21</div> 9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Scrabble & cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS	<div>22</div> 8:30 Senior Fitness 9:00 Wii Bowling 1:00 Setback 	<div>23</div> 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:30 Wii Bowling 12:30 Bridge 6:30 Badminton THINKING THURSDAYS	<div>24</div> 8:30 Senior Fitness 9:00 Wii Bowling 1:30 Chair Yoga 1:00 Setback 
<div>27</div>  8:30 Senior Fitness 9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew	<div>28</div> 9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS	<div>29</div>  8:30 Senior Fitness 9:00 Wii Bowling 12:00 Lunch & Learn 1:00 Setback 5:45 Zumba Gold	<div>30</div> 9:00 Wii Bowling 11:00 Hearing aid check 12:00 CRT Lunch 12:30 Beading 12:30 Wii Bowling 12:30 Bridge 6:30 Badminton THINKING THURSDAYS	  Avon Senior Center is Awesome!

