

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 2023

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



Senior Center Coordinator's Message

September is *National Senior Center Month*!

"Discover Yours" encourages taking an active role in exploring new activities, hobbies, experiences, and self-discovery. It's never too late to try something new!

"Discover Yours" sets the stage for an inclusive environment where people from diverse backgrounds feel encouraged to explore personal interests and find activities that resonate.

"Discover Yours" invites an opportunity to focus on personal growth and self-improvement. It encourages us to tap into our potential, try new things, and uncover hidden talents or passions. "Discover Yours" fosters a sense of community and camaraderie. Encourages us to discover individual interests, share our experiences with others, sparking conversations and connections within the senior center.

Avon Senior Center has great programs, new classes and activities and you want to sign up!

Thank you for coming to the Senior Center and making it a homey, inviting, exciting, active and special place. We're here for you!

Take care,
Jennifer Bennett, LMSW, CDP
Dementia Friend & Champion

Everyone
smiles in
the same
language

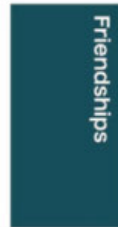


National Institute Of
Senior Centers

September 2023

National Senior Center Month

Discover your...



Intergenerational Chorus

Songbirds Children's Choir was established in September 2018 under the musical direction of Kimberly Perteet. Kimberly is passionate about singing and teaching others to use their voices to make beautiful music. This year, we are inviting older adults in Avon & surrounding areas to join us with their hearts and voices to produce an intergenerational chorus. Rehearsals begin Fridays @ 2:30 in October at Avon Senior Center. songbirdschildrenschoir@gmail.com



Please call
860-675-4355
to sign up!

Tuesday, September 12- Bingo at 12:45 pm

Erika from Anthem- Bingo Caller

Tuesday, September 19 at 12:45 pm

Dessert Social

Tuesday, September 19 at 2:00 pm

Trinhaitia Bijoux Beading Therapy
with Miss Natalie

Thursday, September 21 at 12:45 pm

Ice Cream Social

Tuesday, September 26 at 12:45 pm

M&T Bank- Scams

Flora, Branch Manager, VP



"There is always light.
If only we're
brave enough to see it.
If only we're brave
enough to be it."

AMANDA GORMAN

"THERE IS
NOTHING
IMPOSSIBLE
TO THEY WHO
WILL TRY."
- ALEXANDER
THE GREAT



September 27, 2023

Wednesday

12:30 pm

RSVP required.

Enjoy a delicious FREE Grab & Go Meal.
Please drive up to the front door & we will hand
you the meal. We look forward to seeing you!
Sponsored by Avon Senior Center



Free Blood Pressure/Blood Sugar Screening

FV VNA will be providing FREE Screenings
1st & 3rd Thursdays from 11:30-1:00.

Monday Meals & Minds Program

Bi-monthly program with meals served at the Avon Senior Center with an educational & informational opportunity for learning. The program will stimulate the mind, promote social inclusivity & connectedness. We will increase social integration, decrease social isolation through nutrition & learning. Program is open, welcoming and SIGN UP REQUIRED. *Meals 12:00, program 12:30*

Monday, September 11, 18, 25

Avon Land Trust (ALT)- History Chats

Presenter: Janet Conner, Historian

9/11: Edgar M. Woodford-Cottage Farm, Hartford County Surveyor, cartographer, abolitionist, Civil War soldier

9/18: Little Red Barn: Huckleberry Hill Road-Early Owners, Working Farm, Tragedy, Donation to ALT

9/25: ALT Trails: Early land owners of properties for Hazen Park to Tower, Garvin & Maher, Metacomet Ridge

Presenter: Scott Lewis- Trail Master, ALT

\$1.00 Donation requested

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



FVHD (Farmington Valley Health District) will be presenting a **FREE** Mental Health First Aid (MHFA) training on (Thursdays) September 14 and 21 from 4-8 pm at Avon Senior Center. Please call the Senior Center at 860-675-4355 to sign up. This is an 8 hour training, please attend both classes.

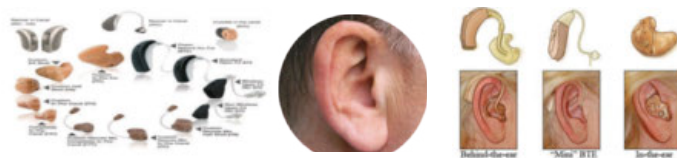
Mental Health First Aid (MHFA) helps you assist someone experiencing a mental health or substance use-related crisis. Learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Gain skills to reach out, provide initial help and support. Learn how to identify, understand and respond to signs of mental illnesses and substance use disorders.



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 28, from 10-12.





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

The Perfect Scam: www.aarp.org/podcasts/the-perfect-scam

THE BIG E



Big E Fair Grounds

CT Day Wednesday, Sept 20, 2023

9:00 am-6:00 pm, Tickets on bus, Explore/Enjoy
Motor coach, Tour Director, ALL SALES FINAL
Gratuities for driver, tour directors not included
For Information & Reservations— please call
Avon Senior Center #860-675-4355

Cost Per Person \$99, Deposit \$20.00 pp

****Monday Meals & Minds Program****

Starting September 2023, we will be accepting and asking for \$1.00 donation per meal. We did not receive the full grant amount requested and the funder is asking for donations to help offset the cost of the meal.

We appreciate your kindness in giving donations, your understanding and your patience.

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

For All Ages~ Tea @ 3 Community Intergenerational Friendship Program
<https://forallages.org/tea-at-3>



If you're a CT resident age 55+ or young adult (age 18-25) or CT college student, we invite you to join the fall 2023 Tea @ 3 Community which runs mid-September -end of November 2023.

Discover the health benefits of drinking tea & making time for yourself, Enjoy the wonderful experience of talking via phone or video call once a week with your Tea-Mate from another generation, Join fellow community members for 2 virtual Community-wide sessions.

AVON SENIOR CENTER CLASSES

Tai Chi

Wednesdays, 4:00-5:00 p.m.
(no class Nov. 22)

Sept. 20—Dec. 13

Fee: \$71.00

Senior Fee: \$63.90

Non Resident Fee: \$78.10

Mah Jongg

October 11, 13, 18 & 20

Wednesdays, 1:00-3:00 & Fridays 10:00-12:00

Fee: \$61.00

Senior Fee: \$54.90

Non Resident Fee: \$67.10

Zumba Gold

Mondays, 5:30-6:30 p.m.

Sept. 18—Dec. 11

(No Class Oct. 9)

Fee: \$86.00

Senior Fee: \$77.40

Non Resident Fee: \$94.60

Zumba Gold

Wednesdays, 5:30-6:30 p.m.

Sept. 20—Dec. 13

(No Class Nov. 22)

Fee: \$86.00

Senior Fee: \$77.40

Non Resident Fee: \$94.60

Badminton

Tuesdays, 6:30-8:30 p.m.

Sept. 26—Dec. 19

(No class Nov. 28)

Fee: \$75.00

Senior Fee: \$67.50

Non Resident Fee: \$82.50

Badminton

Wednesdays, 6:45-8:45 p.m.

Oct. 4—Dec. 13

(no class Nov. 22)

Fee: \$65.00

Senior Fee: \$58.50

Non Resident Fee: \$71.50

Badminton

Thursdays, 6:30-8:30 p.m.

Sept. 28—Dec. 14

(no class Nov. 23)

Fee: \$70.00

Senior Fee: \$63.00

Non Resident Fee: \$77.00

Line Dancing

Thursdays, 2:00-3:00 p.m.

Sept. 28-Nov. 16

Fee: \$77.00

Senior Fee: \$69.30

Non Resident Fee: \$84.70

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

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



New Mah Jongg Group

Beginner Mah Jongg group looking for players. Join them on Wednesdays from 10:00-12:00!



Mobile Foodshare

Free produce available to persons in need in the Farmington Valley. Farmer's market distributes fresh fruits, vegetables, perishables & more.

Alternate Tuesdays – 10:00am -10:30am

2023 Upcoming Dates

Except when Avon Public Schools are closed for bad weather

January 3	March 14	May 23	August 15	October 24
January 17	March 28	June 6	August 29	November 7
January 31	April 11	June 20	September 12	November 21
February 14	April 25	July 18	September 26	December 5
February 28	May 9	August 1	October 10	December 19

*****Please bring your own bags!*****

Mobile Foodshare Avon Site:
The Farmington Valley American Muslim Center
35 Harris Road

Avon Food Pantry

Church of Saint Ann
Lower Level
289 Arch Road

Avon Food Pantry is
open Tuesday mornings
from 9:30am -11:30am

For additional information contact:
Avon Social Services 860-409-4346

Town of Avon**Dial-a-Ride Application**

https://www.avonct.gov/sites/g/files/vyhlif151/f/uploads/dial_a_ride_info_app.pdf

Renters' Rebate

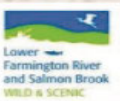
Please call Assessor's
Office 860-409-4335.

Unearthing History: The Discovery of a
12,500 year old Paleo-Indian Site Along
the Farmington River in Avon, CT

7:00 pm EST via Zoom

Free webinars. Register at www.avonctlibrary.info

Sponsored by



September 21:
Paleo-Indian Sites, Site
Patterning and Travel
Corridors along the
Southern Arm of the
Champlain Sea

Presented by Jess Robinson,
Vermont State Archaeologist,
Vermont Archaeology Heritage
Center, Barre, VT. He will
compare and contrast Paleo
sites in Vermont with the BDJ
site in Avon.

October 12: Update on the
Brian D. Jones site in Avon,
CT since discovery in 2019.

Presented by Eric Heffter, Senior
Prehistoric Archaeologist,
Archaeological and Historical
Services, Storrs, CT.



In partnership with



Webinar series created by : Avon Historical Society, Avon Free Public Library, Avon Senior Center

New Card Game- Euchre
Every other Friday 2pm.

Contact Heidi:
heidi10359@aol.com

**Favarh Brighter Days-ies**

Tuesdays from 9:30-10:30

Join us making beautiful
flower arrangements.
Drop in, no sign-up.

**3-13 CARD GROUP**

Tuesdays at noon. Join us!
New players welcome.
Easy to learn & fun to play.

**AVON ACES WII BOWLING!**

Join our team! Tuesdays at 10:00 am
Avon Senior Center at 860-675-4355.

**Make
YOURSELF A
Priority**

MYPLACECT.ORG
The Virtual Home of No Wrong Door

"Be there for
others, but never leave
yourself behind."

DODINSKY



MyPlaceCT.org: help older adults & people with disabilities live with optimal independence, health & well-being. Bringing together the information to live how & where you choose. Sponsored: CT Department of Social Services in collaboration with partner state agencies and Centers for Medicare & Medicaid Services.



“
Every star
shines a little
differently.”

LOVE KNOW



Senior Medicare Patrol
1-800-994-9422

www.smpresource.org

PROTECT, DETECT, REPORT. Help with fraud,
errors, abuse, questions, concerns, complaints.

Avon Emergency Updates!

SUBSCRIBE - (<https://www.avonct.gov/subscribe>). “Town Alerts” & “Town News and Announcements”

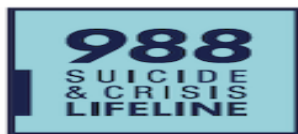
CT ALERTS - Critical emergency info:
(<https://portal.ct.gov/ctalert>)



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*



988 Suicide & Crisis Lifeline 24/7 call/text/chat access to trained crisis counselors who help people experiencing suicidal, substance use, mental health crisis, or emotional distress. Contact 988 if worried about a loved one who may need support. Free & confidential.

Red Cross Home Fire Campaign

Aims to reduce the number of injuries & deaths due to home fires by providing free fire safety education & free smoke alarms. Call: 877-287-3327 option 1 or visit: www.redcross.org/local/connecticut/home-fire-safety-visit.



E-mail List

Please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



**"KNOWING OTHERS IS INTELLIGENCE:
 KNOWING YOURSELF IS TRUE WISDOM.
 MASTERING OTHERS IS STRENGTH:
 MASTERING YOURSELF IS TRUE POWER."**

LAO TZU

AVON SENIOR CENTER ACTIVITIES

Mah Jongg- Tuesdays at 10:30 a.m.
 (for experienced players only)
 Mah Jongg - Wednesdays at 10:00 a.m.
 (beginner group)
 Card Group- Tuesdays at 12:00 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 at 10 a.m. & various
 Beading Group- Thursdays at 12:30 p.m.
 Pool/Billiards- various
 Euchre- Every other Friday at 2:00 pm

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. Printed menu offered each month & reservations are required by calling the Senior Center the day before by 12:00 noon at 860-675-4355. Suggested \$3.00 donation for persons 60 years of age and over & a mandatory \$10.36 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 join us and make new friends. See menu below:



CRT LUNCH

TUESDAY		THURSDAY	
5	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach Whole Wheat Bread Fresh Fruit	7	Grape Juice Ham & Cheese Sandwich on Roll w/Lettuce & Tomato Potato Salad Yogurt Cup
12	Chicken Marsala Pesto Pasta Italian Vegetables Dinner Roll Fresh Fruit	14	Orange Juice Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Mixed Vegetables Wheat Bread Butterscotch Pudding
19	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	21	Beef Meatballs Garlic Smashed Potatoes Vegetable Blend Whole Wheat Bread Fresh Fruit
26	Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Fresh Fruit	28	Potato Crumb Fish w/ Tartar Sauce Rosemary Potatoes Baby Carrots Whole Wheat Bread Fresh Fruit





2023 Flu Clinic

Avon Senior Center

Thursday, October 11 from 1:00- 3:00 pm

Please bring your medical insurance card.

MEDICARE Part B as primary insurance

Aetna – Regular & Medicare

ConnectiCare – Regular & Medicare

Anthem – Regular & Medicare

Harvard Pilgrim HealthCare

We cannot accept:

CIGNA

Care Partners of CT

Health New England

United Health Care



Vaccines available:

Regular for ages 9 & older

High Dose for adults over 65

Call: Farmington Valley VNA 860-651-3539
for an appointment. Walk-ins welcome.



**AVON LIONS
CARNIVAL**
FIREWORKS -- GAMES -- RIDES -- FOOD

Sep. 22-24
99 Thompson Rd
Avon

Fireworks Friday at 9!

Carnival Hours:

Friday, Sept. 22 from 6:00 PM - 10:00 PM

Saturday, Sept. 23 from 3:00 PM - 10:00 PM

Sunday, Sept. 24 from 12:00 PM - 5:00 PM

Rides, games, carnival fare-cotton candy, snow cones, fried dough, candy apples, food trucks, mobile pub. Trucks include Lane's BBQ, New London Shaking Crab, Milkcraft ice cream, Betzy's Puerto Rican food, Farmington Polo Club's mobile eatery, Soulfully Vegan, Sweets n' Eats sausages & more.



Mutual of Omaha

Money Matters with Mike Sloan- Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>

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



**Avon Greater Together
Community Fund**
at the
Hartford Foundation
FOR PUBLIC GIVING

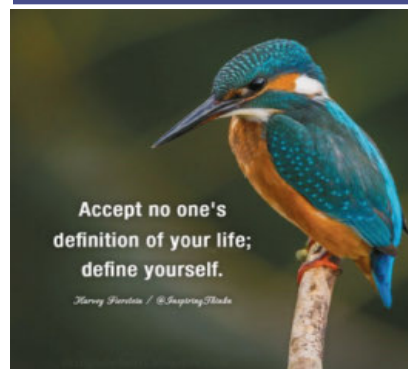
Avon Greater Together Community Fund Advisory Committee is seeking new committee members (specifically, senior citizens who reside in Avon).

Would you like to work with other Avon residents to help fund effective, efficient projects that benefit our Avon community? Consider applying for the Avon Greater Together Community Advisory Committee!

Hartford Foundation for Public Giving established Avon Community Fund in 2020. Advisory Committee manages the fund & is inclusive and reflective of all Avon residents.

Application: <https://www.hfpg.org/donors/ways-to-give/community-funds/avon>

Completed application: avontogetherfund@gmail.com.



Accept no one's
definition of your life;
define yourself.

Harry Ponton / @InspiringWords

Every morning
you have two choices:
continue to sleep
with your dreams
or wake up and
chase them.

CARMELO ANTHONY

Medicare & Beyond: in-person program

Wednesday, September 20 at 6:00 pm - 8:00 pm

or

Monday, October 16 at 6:00 pm - 8:00 pm



Mention the word Medicare and you're likely to get a confused look in return. The Father/Daughter Team of Lou & Jessica Pelletier will sort through the Parts (A- Hospital; B - Physician & Outpatient Coverage; D-Drug Coverage) and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, Social Security Options and how to protect your assets from nursing homes without having Long-Term Care Insurance. Join us if you are a senior, a child of a senior, or just want to know more. PelletierSeniorPlanning.Com

Sponsored by the Avon Senior Center and the Avon Free Public Library. Please register so that we can set up the room with appropriate spacing.

<https://www.avonctlibrary.info/event/medicare-sept2023/>
or

<https://www.avonctlibrary.info/event/medicareoct2023/>

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER MONTH!	 <p><i>Calling All Seniors!</i></p>			10:00 Wii Bowling 1 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
CLOSED FOR LABOR DAY 4 	10:00 Wii Bowling 5 10:30 Mah Jongg 12:00 CRT Lunch 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 6 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 	10:00 Wii Bowling 7 11:30 BP check 12:00 CRT Lunch 12:30 Beading 6:30 Badminton THINKING THURSDAYS 	10:00 Wii Bowling 8 1:00 Setback 1:00 Ping Pong 
 12:00 Meals & Minds 11 1:00 Setback 1:00 Crafty Crew 	10:00 Wii Bowling 12 10:30 Mah Jongg 12:00 CRT Lunch 12:45 BINGO 1:00 Scrabble & Cards THANKFUL TUESDAYS 	10:00 Wii Bowling 13 10:00 Mah Jongg 1:00 Setback 	10:00 Wii Bowling 14 12:00 CRT Lunch 12:30 Beading 4:00 MHFA THINKING THURSDAYS <p>"Whatever the mind can conceive and believe, the mind can achieve." — Napoleon Hill</p>	10:00 Wii Bowling 15 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 
 12:00 Meals & Minds 18 1:00 Setback 1:00 Crafty Crew 5:30 Zumba Gold 	10:00 Wii Bowling 19 10:30 Mah Jongg 12:00 CRT Lunch 12:45 Dessert Social 1:00 Scrabble & cards 2:00 Beading-Miss Natalie THANKFUL TUESDAYS 	10:00 Wii Bowling 20 10:00 Mah Jongg 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 6:00 Medicare- AFPL 	10:00 Wii Bowling 21 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:45 Ice Cream Social 4:00 MHFA 7:00 Paleo Talk-virtual THINKING THURSDAYS 	10:00 Wii Bowling 22 1:00 Setback 1:00 Ping Pong 
 12:00 Meals & Minds 25 1:00 Setback 1:00 Crafty Crew 5:30 Zumba Gold 	10:00 Wii Bowling 26 10:30 Mah Jongg 12:00 CRT Lunch 12:45 M&T Bank-Scams 1:00 Scrabble & Cards 6:30 Badminton THANKFUL TUESDAYS 	10:00 Wii Bowling 27 10:00 Mah Jongg 12:30 GRAB & GO 1:00 Setback 4:00 Tai Chi 5:30 Zumba Gold 6:45 Badminton 	 10:00 Wii Bowling 28 10:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 2:00 Line Dancing 6:30 Badminton THINKING THURSDAYS 	 10:00 Wii Bowling 29 1:00 Setback 1:00 Ping Pong 2:00 Euchre- card game 



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Farmington Valley

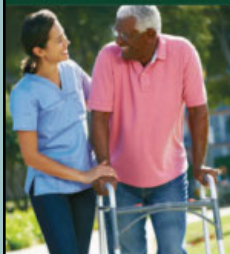
Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070
860-651-3539 • farmingtonvalleyvna.org

Serving the Greater Farmington Valley for over 110 years

- Skilled Nursing
- Hospice
- Home Health Aides
- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

SKILLED NURSING & REHABILITATION CENTERS



Patient-Centered Care

ALWAYS OUR TOP PRIORITY

- Short-term rehabilitation
- Long-term care
- Post-acute & transitional care
- Respite care
- Alzheimer's & dementia care
- Hospice and palliative care
- Physician & nursing services
- Therapeutic recreation



Avon Health Center

860-673-2521 • AvonHealthCenter.com



West Hartford Health & Rehabilitation Center

860-521-8700 • WestHartfordHealth.com

Family Owned and Operated for Over 45 Years!

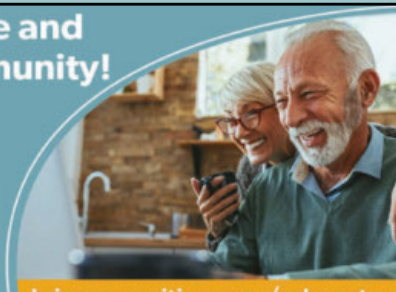
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301 Country Club Road, Avon 860-673-8610

www.carmonfuneralhome.com

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100 Fisher Drive, Avon, CT 06001

860-678-7500

45 South Road, Farmington, CT 06032

860-677-4060



ARDEN COURTS

PROMEDICA MEMORY CARE



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arden-courts.org

EXPANDED SERVICES IN SIMSBURY

UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

Services offered:

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit h.uconn.edu/request-an-appointment, or call 1-84-GET-UCONN (1-844-388-2666).

UCONN HEALTH



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Avon Senior Center, Avon, CT

06-5002