

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



FEBRUARY 2016

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

Senior Center Coordinator Message

Happy February!! I hope this newsletter finds you well and warm!

We have some great programs this month, so be sure to check out the newsletter & sign up! We also have some fantastic trips & classes, so sign up early to get a space!

There are exciting things happening at the Avon Senior Center!! You definitely want to come & check it out! The Lounge is undergoing some sprucing up, thanks to Public Works, and we're getting fancy!! We have some new equipment, card tables, furniture and supplies!! Woo! Hoo!!

Since February is the month that we celebrate our hearts, I have some quotes that I wanted to share with all of you!

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves. ~**AMELIA EARHART**

Kindness is like snow--it beautifies everything it covers. ~**CROFT M. PENTZ**

Thank you for coming to the senior center and enjoying your time here. It warms my heart & soul. Please reach out to others and show them kindness, caring & compassion so we can fill our senior center!

Respectfully, Jennifer Bennett, LMSW

Black History Month

In honor of Black History Month, check out these inspiring quotes from civil rights icons:

“Never be limited by other people’s limited imaginations.”

—Dr. Mae Jemison, first African-American female astronaut

“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word.” —Martin Luther King, Jr.

“The cost of liberty is less than the price of repression.”

—W.E.B. Du Bois

“In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.” —Thurgood Marshall, first African American U.S. Supreme Court member

“Hate is too great a burden to bear. It injures the hater more than it injures the hated.” —Coretta Scott King

“Whatever we believe about ourselves and our ability comes true for us.” —Susan L. Taylor, journalist

“Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face.”

—Carol Moseley-Braun, politician and lawyer

“One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings.”

—Franklin Thomas, activist, philanthropist, and former president of the Ford Foundation

“My humanity is bound up in yours, for we can only be human together.” —Desmond Tutu

“Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly.” —Langston Hughes

“If there is no struggle, there is no progress.”

—Frederick Douglass

“The time is always right to do what is right.”

—Dr. Martin Luther King, Jr.

“Freedom is never given; it is won.”

—A. Philip Randolph, civil rights activist

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” —Booker T. Washington

FEBRUARY EVENTS 2016

*Jennifer Bennett, LMSW Avon Senior Center Coordinator
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860-675-4355*

Monday, February 1, 2016 "Foot Care"
Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month from 9:00 am-12:00 pm 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.

Tuesday, February 2, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, February 2, 2016 from 11:30-1:30
"Free Blood Pressure Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Wednesday, February 3, 2016 at 10:00 a.m. "Shuffleboard"
Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, February 4, 2016 "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!

Friday, February 5, 2016 from 10-12 "A Matter of Balance"
Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely and avoid tripping and falling over objects in your way.
Justine Ginsberg, BSN, RN, Community Health Coordinator from the Farmington Valley Health District will be here to give us tips on staying safe! You don't want to miss this informational and educational learning opportunity! Please call the senior center at 860-675-4355 to sign up.

Friday, February 5, 2016 at 12:00 p.m.
"Cooking with Morgan!"
Join us for this delicious program that is free & open to the public! Intern Morgan is going to share recipes with us, cook for us and we'll all enjoy the meal together. You don't want to miss this delectable spread. Please call the senior center at 860-675-4355 to sign up.

Friday, February 5, 2016 at 1:00 p.m. "Adult Coloring"
Join the Avon Senior Center for our new program- 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. Please call the senior center at 860-675-4355 to sign up.

Friday, February 5, 2016 at 1:00 p.m. "Wood Carving"
Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

Monday, February 8, 2016 from 11:30-1:30
"Free Blood Pressure Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, February 9, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Wednesday, February 10, 2016 at 10:00 a.m. "Shuffleboard"
Are you interested in playing shuffleboard? Please call the senior center at 860-675-4355 to sign up.

Thursday, February 11, 2016 "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!

Friday, Feb 12, 2016 at 11:00 a.m. "Love Your Neighbor Day"
Come celebrate good fortune & good neighbors with friends at the Canton Community Center. The Canton Community Nursery School will visit with Valentines, and a delicious meal of soup & bread and Ben & Jerry's Ice Cream will be served. Please pay \$5.00 when registering by Wednesday, February 10th. This event is a collaboration between Avon Senior Center & Canton Senior Center. Older & disabled persons from ALL towns are welcome. Please call the senior center at 860-675-4355 to sign up.

Friday, February 12, 2016 at 1:00 p.m. "Adult Coloring"
Join the Avon Senior Center for our new program- Adult Coloring!! Please call the senior center at 860-675-4355 to sign up.

Friday, February 12, 2016 at 1:00 p.m. "Wood Carving"
Join us for wood carving in the afternoon. Please call the senior center at 860-675-4355 to sign up.

Monday, February 15, 2016
CLOSED FOR PRESIDENT'S DAY HOLIDAY

Tuesday, February 16, 2016 "Thankful Tuesdays!"

Wednesday, February 17, 2016 at 12:00 p.m.
"Wii Bowl at Governor's House"
Avon Senior Center is going to Governor's House in Simsbury for Wii Bowling and lunch. We are limited to 10 people. Transportation is on your own. Please sign up with Jennifer.

Wednesday, February 17, 2016 at 10:00 a.m. "Shuffleboard"
Please call the senior center at 860-675-4355 to sign up.

Thursday, February 18, 2016 "Thinking Thursdays"

Friday, February 19, 2016 at 1:00 p.m. "Adult Coloring"
Join the Avon Senior Center for our new program- 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. Please call the senior center at 860-675-4355 to sign up.

Friday, February 19, 2016 at 1:00 p.m. "Wood Carving"
Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

Tuesday, February 23, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, February 23, 2016 DRESS DOWN DAY!!!!
Let's celebrate by wearing red for Valentine's Day & American Heart Month!!! Please join us at the Avon Senior Center for our 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!!!!

Wednesday, February 24, 2016 at 10:00 a.m. "Shuffleboard"
Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, February 24, 2016 from 1-2:30 p.m. "Questions that Keep Seniors Up at Night!"
This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Please call the senior center at 860-675-4355 to sign up.

Thursday, February 25, 2016 "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!

Thursday, February 25, 2016 at 2:30 p.m. "Caregiver Support Group"
The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

Friday, February 26, 2016 at 1:00 p.m. "Adult Coloring"
Join the Avon Senior Center for our new program- Adult Coloring!! Please call the senior center at 860-675-4355 to sign up.

Friday, February 26, 2016 at 1:00 p.m. "Wood Carving"
Join us for wood carving in the afternoon. Please call the senior center at 860-675-4355 to sign up.

Birthdays

February

Suzanne Searles	11th
Pat Carey	15th
Carol DiGrazia	24th



Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate
Scrabble – Tuesdays at 1:30 p.m.
Shuffleboard – Wednesdays at 10:00 a.m.
Setback – Wednesdays & Fridays at 12:00 p.m.
Ping Pong – Fridays at 10:00 a.m.
Woodworking – Fridays at 1:00 p.m.



1:30 pm in the Community Room

FEBRUARY 04 THE BIG SLEEP (1946) - 114 min.	FEBRUARY 11 TO CATCH A THIEF (1955) - 106 min.
AVON FREE PUBLIC LIBRARY IN PARTNERSHIP WITH THE AVON SENIOR CENTER 281 Country Club Road Avon, CT 06001 Tel: 860-673-9712	



2016 Trips and Winter/Spring Classes
(Please see dates, times & locations below)

Trips

35th Annual CT Flower & Garden Show - Lunch at the Chowder Pot, admission to the show and transportation.

Date: Thursday, February 18, 2016

Florida Bus Trip - This is a 12 day trip to Florida - Includes accommodations, admissions to activities, breakfast and some dinners. Please see detailed information on website of call the Avon Senior Center.

Date: March 6, 2016 - March 17, 2016

St. Patrick's Celebration at the Aqua Turf - Entertainment, lunch and transportation.

Date: Wednesday, March 16, 2016

Newport Playhouse and Cabaret Restaurant - See a play, music entertainment, lunch and transportation.

Date: Thursday, March 31, 2016

Winter/Spring Classes

Glass Painting

Date (s) of Class: February 19th

Day, Time & Location: Friday - 9:30 am to 12:30 pm

Snow Date: Friday, February 26th

Avon Senior Center/Craft Room

Tai Chi for Seniors - Winter/Spring I

Date (s) of Class: Jan. 20, 27, Feb. 3, 10, March 2, 9

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Winter/Spring Session I

Date(s) of Class: Jan. 20, 27, Feb. 3, 10, 17, 24

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Winter/Spring Session I

Date(s) of Class: Jan. 25, Feb. 1, 8, 22, 29, March 7

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

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

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

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 \$5.00 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 **February's** menu below:

TUESDAY		THURSDAY	
2	Fish Florentine Confetti Rice Creamed Spinach 12-Grain Bread Fresh Orange	4	French Onion Soup Beef Liver w/Extra Sautéed Onions Mashed Potatoes Seasoned Broccoli Saltines Wheat Dinner Roll Fresh Fruit
9	Apple Juice Chicken Pot Pie w/Peas & Carrots Black Bean & Spinach Salad Raspberry Vinaigrette Dressing Fresh Orange	11	Roast Turkey w/Gravy Sweet Potatoes & Apples Turnips Cranberry Sauce Wheat Dinner Roll Mixed Fruit
16	Minestrone Soup Grande Cheese Ravioli Spinach Salad w/Mandarin Oranges & Sliced Almonds Raspberry Vinaigrette Dressing Dinner Roll Pineapple Tidbits	18	Chicken Lo Mein Oriental Rice Lo Mein Vegetables 100% Whole Wheat Bread Fresh Orange
23	Orange Juice Shepard's Pie w/ Hamburger Meat Mashed Potatoes Corn Wheat Dinner Roll Sliced Apples	25	NATIONAL STRAWBERRY DAY Country Vegetable Soup Hot Dog Baked Beans Red/Green Cabbage Coleslaw Hot Dog Roll Mustard/Relish/Ketchup Special Dessert
			

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355
Mondays



President - Arthur Atwood
• **Vice President, & Cheer- Marie Evans**
• **Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier**
• **Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez**
• **Programs – Helen M. Toth**

Senior Organization President's Message

Valentine's Day is upon us and we will celebrate on February 8th at 12 noon with a Pot Luck Lunch and Birthday celebration. Chip Ames will entertain us. This ancient holiday's roots are in the Lupercalin, a fertility celebration commemorated annually on February 14. Many people exchange cards, candy, gifts or flowers with their special "Valentine". This day of romance we call Valentine's Day is named for a Christian martyr and dates back to the 5th century.

Valentine's Day is a celebration of Love, so instead of the usual sending of gifts, etc., why not volunteer at a soup kitchen? This is a great way to share love. How about sending flowers to someone in the nursing home? We have several members who are there and would appreciate a few flowers and a visit. You can't believe how lonely and sad it is to be confined in this situation.

Here's another suggestion for Valentine's Day as the Senior Center is closed on the 15th. I'd like to tell you about a little known secret. Most of you know that I work in New Britain. Well, surprise is in store – a few of you should get together and visit "little Poland" in New Britsky". This is the home of the largest group of Polish-American citizens in the state. Here on Broad Street you will find great Polish restaurants. Among them is Staropolska, the best, featuring potato pancakes and pierogis. There are dozens of Polish Markets and Bakeries – the most outstanding one is The Roly Poly Bakery which has the most Polish foods and goods, made in Poland. You won't believe the fancy pastries and breads baked on the premises. Anyone for a Paczki doughnut filled with raspberry, blueberry or crème filling? YUM! One more place to visit on Valentine's Day is the East Side German restaurant for lunch or dinner. It is located on 131 Dwight Street and has the high – energy German Fare and accordion music straight out of Bavaria. Ticki, Tocki, Ticki, Tocki, Hoy, Hoy, Hoy!

That's all for now – Please join us on the 8th of February – bring a tea cup and saucer for a hot cup of tea. Teacups will be judged for prizes. And please, invite a friend!

Love to all, on Valentine's Day!

Arthur

February 2016 – Program Schedule

Everyone is Welcome-Reservations Recommended

February 1st	10:30 – Board Meeting Noon – Pizza and Salad Dessert Bingo
February 8th	Noon – Pot Luck Birthday Cake
	Entertainment: Valentine's / Presidents' Day celebration with Chip Ames who will entertain us on Keyboard with a variety of Valentine and Patriotic tunes. Audience is welcome to join in with song and share in this fun event.
February 15th	Presidents' Day Holiday Senior Center is Closed
February 22nd	Noon – Chili and Salad Dessert Bingo
February 29th	Noon – Soup and Sandwich Dessert Bingo

The Senior Citizens of Avon Organization will collect non-perishable food items for the Avon Food Pantry through the end of February. Items most needed include ground coffee, tuna fish, canned corn, pasta sauce, canned fruit, Romaine noodles, cold and hot cereals. Please place items in the container located in the lobby.

Coming up in March:

- St. Patrick's Day celebration with John Banker...Presenting a "Bushel of Blarney" a program of Irish Music. John performs on piano leading a sing-along including many popular Irish tunes. John also performs on the Irish Penny Whistle...get ready for an entertaining, fun filled time.
- For our Easter celebration The Helen Flanagan Dancers... comprised of 16 dancers will be here to entertain us.

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Foot Care 1 10:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold	9:00 Billiards 2 10:00 Wii Bowling 11:30 Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	8:30 Mid Tempo 3 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 4 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Billiards 5 10:00 Matter of Balance 10:00 Ping Pong 12:00 Cooking -Morgan 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
8:30 Mid Tempo 8 Cardio Class 10:00 Wii Bowling 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards 9 10:00 Wii Bowling 11:30 Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	8:30 Mid Tempo 10 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	9:00 Billiards 7 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Billiards 8 10:00 Ping Pong 11:00 Love Your Neighbor Day in Canton 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-left: 10px;"> 15 CENTER CLOSED FOR PRESIDENT'S DAY </div> </div>	9:00 Billiards 16 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS	10:00 Shuffleboard 17 12:00 Wii Bowl at Governor's House 1:00 Setback 1:00 Billiards 6:00 Zumba Gold—CSP	9:00 Billiards 18 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS	9:30 Glass Painting 19 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
10:00 Wii Bowling 22 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	9:00 Billiards 23 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY	8:30 Mid Tempo 24 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Questions that Keep Seniors Up at Night 6:00 Zumba Gold—CSP	9:00 Billiards 25 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:30 Caregiver Support Group THINKING THURSDAYS	9:30 Billiards 26 10:00 Ping Pong 1:00 Setback 1:00 Wood Carving 1:00 Adult Coloring
10:00 Wii Bowling 29 12:00 Senior Org Lunch 12:30 Mah Jongg 1:00 Setback 3:30 Zumba Gold	<p style="font-size: small; color: gray;">(c) Salire-And-Diamonds.deviantart.com</p>			

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Avon Senior Center



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