

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
Keisha Y. Freckleton, Administrative Secretary



OCTOBER 2016

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

Senior Center Coordinator Message

Happy Fall to all our seniors! I hope you're enjoying the changing of the leaves and all the beautiful colors as much as I am!

I am so excited about our upcoming programs, trips and events. We have some fantastic things for you! Please be sure to check them out!

We're celebrating Halloween Fun on Tuesday, October 25th, so be sure to dress up!

Avon Senior Center was awarded a grant last month from the Rotary Club of Avon-Canton for \$2,000.00. The funding will cover the meals over the 35 person cap set by CRT for our Congregate meals on Tuesdays and Thursdays and we're getting a new projector! Thank you so much for your generosity and kindness to our senior center! We appreciate you!

We have 2 interns at the senior center. Waad is attending CCSU and is going for her Bachelor's in Social Work. Elena is attending UCONN and is going for her Master's in Social Work. We are so happy to have them here and we look forward to their programs like "Interns Do Lunch!" this month.

Thank you to everyone who made our *Senior Center Month* Celebration a success! The food was delicious, the musical performance was amazing and the company of seniors was extraordinary. We had a fantastic time together. I look forward to more special events with all of you!

Thank you for another great month together and I am so excited for this month! Happy October!!

Respectfully, Jennifer Bennett, LMSW

Special Days

October 1 - International Day for the Elderly
October 5 - National Do Something Nice Day
October 7 - World Smile Day
October 10 - Native American Day
October 11 - Face Your Fears Day
October 23-31 Red Ribbon Week– Be Drug Free
October 31 - National Knock-Knock Jokes Day



Key facts from the (World Health Organization) 2016

- *Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.
- *By 2020, the number of people aged 60 years and older will outnumber children younger than 5 years.
- *In 2050, 80% of older people will be living in low- and middle-income countries.
- *The pace of population ageing is much faster than in the past.
- *All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.



OCTOBER EVENTS 2016

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Keisha Y. Freckleton, Administrative Secretary
860-675-4355

Monday, Monday, October 03, 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, October 04, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, October 04, 2016 from 11:00-1:00
"Visiting Angels- John"
John Lew from Visiting Angels Homecare will be here for conversation, to answer any questions you may have about care in the home and provide information. Please stop by and say hello!

Tuesday, October 04, 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, October 05, 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, October 05, 2016 at 12:00 p.m. "Lunch & Learn"
Apple Rehab will be here with the knowledgeable and handy staff member Dave to discuss home and maintenance repairs so seniors can stay safe. This is a great time to ask questions and get your questions answered by someone who knows! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, October 06, 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, October 07, 2016 at 10 a.m. "Breakfast"
Destiny's Caregivers will be here this morning to bring us breakfast and talk about caregivers in the home and how they can help us. Please call the Senior Center at 860-675-4355 to sign up.

Friday, October 07, 2016 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. Please call the Senior Center at 860-675-4355 to sign up.

Monday, October 10, 2016
CLOSED FOR COLUMBUS DAY HOLIDAY

Tuesday, October 11, 2016 "Thankful Tuesdays!"
Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Wednesday, October 12, 2016 at 10:00 a.m. "Shuffleboard"
Please call the Senior Center at 860-675-4355 to sign up.

Thursday, October 13, 2016 from 11-12:30 "FLU CLINIC"
Farmington Valley VNA will be holding their Flu Clinic today. Please call the FV VNA at 860-653-5514 to make an appointment and save your spot.

Thursday, October 13, 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, October 14, 2016 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. Please call the Senior Center at 860-675-4355 to sign up.

Monday, October 17, 2016 from 12-1:30 p.m.
"Oktoberfest!"
Avon & Canton Senior Centers invite you to our annual Oktoberfest to be held in Canton. Join us in celebrating the fall season with good food, good music and good friends. Sign up to attend this annual event by 10/11/16. Cost: \$5.00. Menu- Beer & Cheese Soup accompanied by a salted pretzel rod, Chicken Weiner Schnitzel breaded chicken cutlet, pan fried & served with lemon butter sauce, Bratwurst & Sauerkraut slow cooked in German beer with onions & garlic, Apple Strudel baked in puff pastry, topped with vanilla cream sauce & Black forest cookies. Music provided by THE AUSTRIAN BOYS BAND. Please call the Senior Center at 860-675-4355 to sign up.

Tuesday, October 18, 2016 "Thankful Tuesdays!"
Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Wednesday, October 19, 2016 at 10:00 a.m. "Shuffleboard"
Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, October 19, 2016 at 12:00 p.m.
"Interns Do Lunch!"
Please join our interns, Waad and Elena as they prepare lunch for us. We will be tasting delicious and diverse food from other cultures and countries. You don't want to miss this! Please call the Senior Center at 860-675-4355 to sign up.



OCTOBER EVENTS 2016

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Keisha Y. Freckleton, Administrative Secretary
860-675-4355

Thursday, October 20, 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, October 21, 2016 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. Please call the senior center at 860-675-
4355 to sign up.

Friday, October 21, 2016 from 9-2
“Bus Trip- New England Air Museum”
Avon Senior Center & Avon Library are taking a trip to the New
England Air Museum as part of the series on the Wright Brothers!
Cost is \$39.00 & includes transportation, lunch and museum en-
trance. What a trip! You don't want to miss out on this, so please
sign up early as space is limited! Please call the senior center at
860-675-4355 to sign up.

Tuesday, October 25, 2016 **DRESS DOWN DAY!!!!**
Let's celebrate fall!!! 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!!!!

Tuesday, October 25, 2016 **“Thankful Tuesdays!”**
Bring a smile, share your thoughts & think positive! Tuesdays
during lunch! Inspirational, uplifting, motivating and encourag-
ing ideas, feelings and words.

Tuesday, October 25, 2016 **“Halloween Fun!”**
Come dressed for Halloween and enjoy some Trick or Treating,
decorations, candy and fun!

Tuesday, October 25, 2016 at 12:30 p.m.
“Medicare Presentation”
Please join Connie MacDonald, Medicare professional as she
takes time to explain Medicare during Open Enrollment. Please
call the senior center at 860-675-4355 to sign up.

Wednesday, October 26, 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, October 26, 2016 at 12:30 p.m.
“Coffee, Cookies & Conversation About Elder Care”
Bruce Oren from Care Match America will be here for coffee,
cookies and conversation so you can ask questions, get answers
and talk. You may have questions such as “Where do I start?”
“What are my choices?” “Can I afford my choice?” and many
others. Please call the senior center at 860-675-4355 to sign up.



Need help paying for groceries?

Foodshare volunteers can help you apply for benefits!

SNAP is the Supplemental Nutrition Assistance Program
(Formerly known as the Food Stamp Program)

**All you need is a photo ID, and some basic information
about your household to complete the application.**

**Bring recent paystubs to speed up the process

Avon Senior Center
Please call to make an appointment
at 860-675-4355 ext. 1

These Thursdays each month From 12:00pm-3:00pm

October 27
November 17
December 15



Thursday, October 27, 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, October 27, 2016 from 11:30-1
“Free Hearing Screening”
Please join us for your free hearing screening today with Dis-
count Hearing. Please sign up to save your spot. This is free and
open to the public. Please call the senior center at 860-675-4355
to sign up.

Friday, October 28, 2016 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. Please call the senior center at 860-675-
4355 to sign up.



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

Tai Chi for Seniors - Fall Session

Date(s) of Class: September 07 - December 14, 2016
 Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Zumba Gold - Fall

Date(s) of Class: September 21 - December 14, 2016
 Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Taz Fitness Challenge

Date(s) of Class: September 26 - December 21, 2016
 Day, Time & Location: Mon/Wed/Fri. - 8:15 am to 9:15 am

Taz Morning Aerobics

Date(s) of Class: September 26 - December 21, 2016
 Day, Time & Location: Mon/Wed/Fri. - 9:25 am to 10:25 am

Jewelry Making

Day (s): Friday Time(s): 1:00 pm – 3:00 pm
 Date(s) of Class: October 21st OR November 18th
 Total Cost: \$35.00

Centerpieces

Day (s): Thursday Time(s): 2:00 pm – 4:00 pm
 Date(s) of Class: October 13
 SENIOR COST: \$26.50 NON-SENIOR COST: \$35.00

For more information about registering, classes, and setting up your account please visit:
<http://www.avonct.gov/recreation-and-park-department>



Trips

New England Air Museum– Friday, October 21, 2016

Avon Senior Center & Avon Library are taking a trip to the New England Air Museum as part of the series on the Wright Brothers! Cost is \$39.00 & includes transportation, lunch and museum entrance. Please call the senior center at 860-675-4355 to sign up.

Christmas in Newport - Thursday, December 15, 2016

See Trip Bulletin Board & our website for more trips!!!



- 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.
- Adult Coloring– 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 \$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 **October's** menu below:

| TUESDAY | | THURSDAY | |
|---------|--|----------|---|
| 4 | Stuffed Cabbage w/ Marinara Sauce Brown Rice Beets Rye Bread Fresh Orange | 6 | Grape Juice Country Fried Steak Baked Potato California Blend Vegetables Oatnut Bread Sliced Peaches |
| 11 | Pineapple-Orange Juice Hot Dog on Hot Dog Roll Baked Beans Red/Green Cabbage Cole-slaw w/Shredded Carrots Mustard/Ketchup/Relish Homemade Cookie | 13 | Tuna Salad on Star Roll Tortellini Salad Sliced Tomatoes & Leaf Lettuce Fresh Banana |
| 18 | Cream of Vegetable Soup Chef Salad w/Mixed Greens Shredded Cheese Turkey Ham Cooked Egg Italian Salad Dressing Wheat Dinner Roll Fresh Orange | 20 | Minestrone Soup Grande Cheese Ravioli Tossed Green Salad French Dressing Saltines Fresh Banana |
| 25 | Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Orange | 27 | Hamburger w/Broth Sliced Tomatoes & Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Fresh Banana |
| | | | |

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

Dear hearts and gentle people. And that includes all Senior Citizens of Avon.

Join us October 3rd for pizza, our meeting and Bingo! We have such a good time together!

The senior center is closed on Monday, October 10th for the Columbus Day Holiday!

Thank you to everyone who attended our Oktoberfest! It was such a great event. Thank you to all of our helpers who made it possible! You know we couldn't do it without you!

We look forward to the weather changing and the colors we will see outside! Fall is so beautiful. If you take any pictures, please be sure to share them with us!

We have some fantastic entertainment this month and you sure do not want to miss it. We will see you at our Monday events.

Please join us for our Anniversary Luncheon on Monday, October 17th. The Senior Citizens of Avon Organization has been in existence for over 40+ years! We know you want to celebrate this day with us! Reservations are required!

Try to be a rainbow in someone's cloud. Maya Angelou

If opportunity doesn't knock, build a door. Milton Berle

Change your thoughts and you change your world.
Norman Vincent Peale

Ar-
thur

Everyone is Welcome – Reservations Recommended

Oct. 3rd 10:30 – Board Meeting
Noon – Pizza and Salad
Dessert
Bingo

Oct. 10th COLUMBUS DAY HOLIDAY
Center Closed

Oct. 17th Anniversary Luncheon
Noon – Pasta, Meatballs & Garlic
Bread
Birthday Cake & Ice Cream

Entertainment provided by The Bennett Family... an eleven member ensemble who will play hand bells, accordion, brass and wind ensemble, trombone, cello and piano.

Ray and Diane Bennett and their nine children have performed for over ten years and participated in many concerts and parades in the local area.

Reservations required.

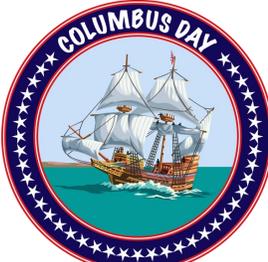
Oct. 24th Noon – Soup and egg and tuna
Sandwiches, Chips
Dessert & Bingo

Oct. 31st Noon --- HALLOWEEN PARTY –
Pot Luck followed by Dessert

Prizes awarded for funniest, most original and scariest costumes.

Entertainment: Provided by Bill Benson a Connecticut based singer-songwriter who performs music as a messenger of love, hope and passion. He conveys his messages through inspiring lyrics and heart-felt vocals in the styles of folk, country and soft rock. Bill leverages the deep, brassy timbre of his vocals to convey emotion and draw listeners into his songs, evoking a mood that pulls you into the moment and offers retreat from life's day to day chaos.

OCTOBER 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">3</div> <p>9:00 Foot Care 9:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">4</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Visiting Angels 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">5</div> <p>9:00 Wii Bowling 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">6</div> <p>9:00 Wii Bowling 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">7</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Breakfast 1:00 Setback 1:00 Adult Coloring</p> |
| <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">10</div> <p style="text-align: center;">SENIOR CENTER CLOSED COLUMBUS DAY HOLIDAY</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">11</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">12</div> <p>9:00 Wii Bowling 10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">13</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 FLU CLINIC 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">14</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p> |
| <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">17</div> <p>9:00 Wii Bowling 12:00 Senior Org Lunch 12:00 Oktoberfest-Canton 12:30 Mah Jong 1:00 Setback 6:00 Zumba- CSP</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">18</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">19</div> <p>9:00 Wii Bowling 10:00 Shuffleboard 12:00 Interns Do Lunch! 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">20</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 6:30 Medicare 101 at Library THINKING THURSDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">21</div> <p>9:00 NE Air Museum 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p> |
| <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">24</div> <p>9:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 6:00 Zumba- CSP</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">25</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch HALLOWEEN FUN!! 12:30 Medicare Presentation 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">26</div> <p>9:00 Wii Bowling 10:00 Shuffleboard 1:00 Setback 12:30 Coffee, Cookies, Conversation-Elder Care 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">27</div> <p>9:00 Billiards 9:00 Wii Bowling 11:30 Hearing Screening 12:00 CRT Lunch 12:00 SNAP Sign Up 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS</p> | <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">28</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring</p> |
| <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; margin: 0 auto;">31</div> <p>9:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback 6:00 Zumba- CSP</p> |  |  |  |  |

RESERVED FOR SPONSORS

Avon Senior Center



AVON SENIOR CENTER
635 WEST AVON ROAD
AVON, CONNECTICUT 06001

NON-PROFIT
U.S. POSTAGE
PAID
AVON, CT 06001
PERMIT NO. 32