

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



SEPTEMBER 2016

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

Senior Center Coordinator Message

Happy Senior Center Month!!! I am so excited to be able to share this month with all of you! We have some great programs this month, so please be sure to join us! We look forward to seeing all of you here!

Our fall classes start this month & we continue with some fantastic trips! Please check out the newsletter & bulletin boards for information.

Respectfully, Jennifer Bennett, LMSW

Quotes from seniors about the Avon Senior Center

"Overall, it's an extremely good place for seniors to get together for comradery or competition...and then you can come in and eat."

"I like the social connections...the food is secondary. "

"It's very nicely organized."

"The card games are enjoyable."

"It's nice and cool. "

"I like coming here for lunch."

"We like it here because there are men nearby!..."

"It's easy and convenient to get here. "

"There's always coffee available."

"Everyone is welcome & greeted when you come in. "

"You're very accommodating to us..."

"We like the dog that comes here. "

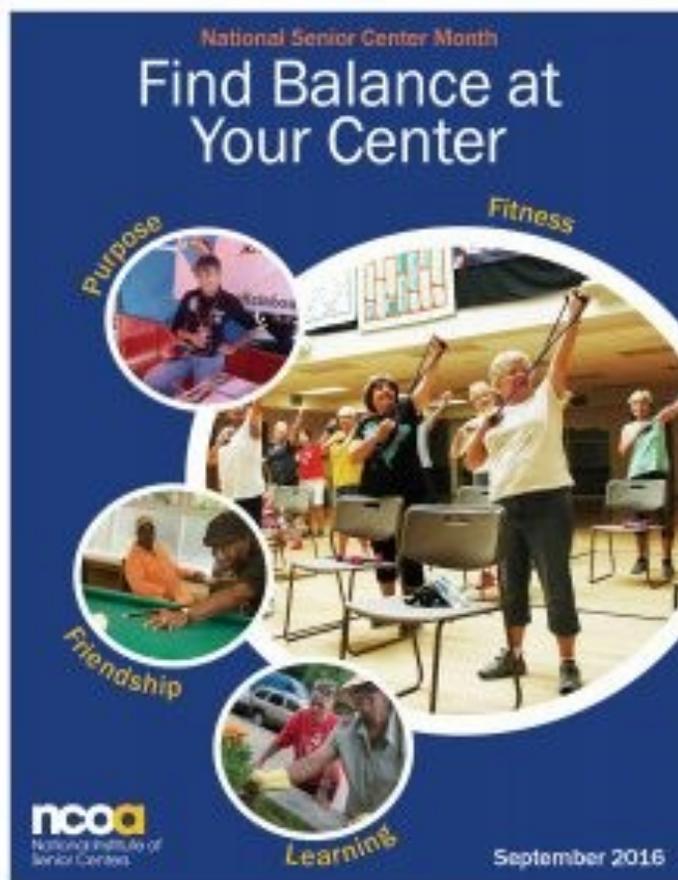
"Thank you for all you do for us!"

"I enjoy coming for the people and programs."

"I like the staff. They are helpful and nice."

Special Days

September 1-7 International Enthusiasm Week
September 2 National College Colors Day
September 6 Read A Book Day
September 8 International Literacy Day
September 12 National Day of Encouragement
September 13 International Chocolate Day
September 16 National Play-Doh Day
September 20 National Punch Day
National Courtesy Month
Self Improvement Month



SEPTEMBER EVENTS 2016

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860-675-4355

Happy Senior Center Month!!!

Thursday, September 1, 2016 "Thinking Thursdays"
Thursday is the day to "think" and work your brain muscles by completing the challenges!

Friday, September 2, 2016 at 1:00 p.m. "Adult Coloring"
We have the supplies, you just bring yourself and a smile. Please call the senior center at 860-675-4355 to sign up.

Friday, September 2, 2016 at 1:00 p.m. "Wood Carving"
Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information. Please call the senior center at 860-675-4355 to sign up.

Monday, September 5, 2016
CLOSED FOR LABOR DAY HOLIDAY

Tuesday, September 6, 2016 from 11:30-1:30
"Free Blood Pressure Screening"
Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, September 6, 2016 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive!

Wednesday, September 7, 2016 at 10:00 a.m. "Shuffleboard"
If you are a beginner or experienced, come and join us! Please call the Senior Center at 860-675-4355 to sign up.

Wednesday, September 7, 2016 at 12:00 p.m.
"Apple Rehab Lunch"
Apple Rehab is helping us celebrate *Senior Center Month* with a light BBQ lunch! We're so thrilled to have them here this month. We appreciate them for caring about us. Please be sure to sign up quickly as space fills fast. Please call the senior center at 860-675-4355 to sign up.

Thursday, September 8, 2016 "Thinking Thursdays"
Complete the puzzles, answer the riddles & think outside the box!

Thursday, September 8, 2016 at 12:30 p.m.
Life Alert- ADT"
Eric will be here today to talk about Life Alert ADT and how this system works to keep you safe in your home. You do not want to miss this presentation! Please call the senior center at 860-675-4355 to sign up.

Friday, September 9, 2016 at 1:00 p.m. "Adult Coloring"

Friday, September 9, 2016 at 1:00 p.m. "Wood Carving"

Monday, September 12, 2016 from 11:30-1:30
"Free Blood Pressure Screening"

Tuesday, September 13, 2016 "Thankful Tuesdays!"

Wednesday, September 14, 2016 at 10:00 a.m. Shuffleboard"

Wednesday, September 14, 2106 from 12:30-1:30 p.m.
"Ice Cream Social"

Heather from Always Best Senior Care will be here for an Ice Cream Social to celebrate *Senior Center Month!* We're so delighted to share this month with her and look forward to this tasty treat! Please call the senior center at 860-675-4355 to sign up.

Thursday, September 15, 2016 "Thinking Thursdays"

Thursday, September 15, 2016 from 6:30-8:00 p.m.
"MEDICARE 101"

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Program will be held at the Avon Free Public Library. Please sign up early! This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up.

Friday, September 16, 2016 at 12:00 p.m.
"Senior Center Month Celebration!"

Woo! Hoo!! You do not want to miss out on this special event! September is *Senior Center Month* and we're going to celebrate! We're going to have a delicious meal and fantastic entertainment! This event is free and open to the public so please sign up! Please call the senior center at 860-675-4355 to sign up.

Friday, September 16, 2016 at 1:00 p.m. "Adult Coloring"
Friday, September 16, 2016 at 1:00 p.m. "Wood Carving"
Tuesday, September 20, 2016 "Thankful Tuesdays!"
Wednesday, September 21, 2016 at 10:00 a.m. Shuffleboard

Wednesday, September 21, 2016 at 12:00 p.m.
"Lunch & Learn"

Join us for a Lunch and Learn with 2 great speakers. First, Chef Paul Finney from October Kitchen will talk about proper nourishment for seniors and why it's so important for us to eat healthy as we age. Then Attorney Lara Bomzer from the law firm CzepigaDalyPope will talk about planning for long-term care. She'll touch on Medicare and also talk about Medicaid and what it takes to get on the program. Lara will discuss the lookback period, spending down, and other ways to protect what you've earned in life. Bring your questions and your appetites. A healthy lunch will be provided for free, courtesy of October Kitchen. Please call the senior center at 860-675-4355 to sign up.

Thursday, September 22, 2016 "Thinking Thursdays"

Thursday, September 22, 2016 from 12:00- 3:00 p.m.
"SNAP Sign Up"

SNAP is the Supplemental Nutrition Assistance 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**** Please call the senior center at 860-675-4355 to sign up.

SEPTEMBER EVENTS 2016

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Friday, September 23, 2016 at 1:00 p.m. "Adult Coloring"

Friday, September 23, 2016 at 1:00 p.m. "Wood Carving"

Saturday, September 24, 2016 AVON DAY

Saturday, September 24, 2016

"LGBT Moveable Senior Center Program"

LGBT (Lesbian, Gay, Bisexual, Transgender) Adults & Allies are invited to join the LGBT Moveable Senior Center—a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging! This month we're at the Manchester Senior Center! More information to follow. Please call the senior center at 860-675-4355 to sign up.

Tuesday, September 27, 2016 DRESS DOWN DAY!!!!

Let's celebrate *Senior Center 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!!!!

Tuesday, September 27, 2016 "Thankful Tuesdays!"

Wednesday, September 28, 2016 at 10:00 a.m. "Shuffleboard"

Wednesday, September 28, 2016 at 12:00 p.m.
"Lunch & Learn"

Masonicare will be here today to provide us with a light lunch and to discuss volunteers needed for their Veteran's program and what the program is all about. Please join us for this informational talk. Please call the senior center at 860-675-4355 to sign up.

Thursday, September 29, 2016 "Thinking Thursdays"

Thursday, September 29, 2016 at 12:30 p.m.

"Home Energy Saving Assessment"

Valley Energy will be here to explain the State of CT Home Energy Saving Assessment service via Eversource to help home owners and residents save on their homes energy usage. All CT residents are welcome to sign up for the service. The Home Energy Assessment consists of the following- the audit team will change out up to 25 energy efficient light bulbs at no cost (income eligible applicants may qualify for additional at no charge), identify air/energy leaks & perform corrections to seal up leaks, assess insulation levels, test heating equipment efficiency. In addition, income eligible residents may qualify for valuable rebates toward the replacement of inefficient sources listed below: refrigerator, heating system/furnace/boiler, energy efficient windows & insulation. The cost of the audit is a co-pay of \$124 however income eligible participants can have the co-pay fee waived. *** Please bring a copy of your electric & gas bill (where it applies) to the event to expedite the scheduling/application process. Please call the senior center at 860-675-4355 to sign up.

Friday, September 30, 2016 at 1:00 p.m. "Adult Coloring"

Friday, September 30, 2016 at 1:00 p.m. "Wood Carving"



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

April 28

September 22

May 26

October 27

June 23

November 17

July 28

December 15

August 25



Upcoming Movie Matinees at the Avon Public Library

MUSICALS

THURSDAYS at 1:30 in THE COMMUNITY ROOM

September 08 - The Music Man - (151 min)

September 15 - Fiddler on the Roof - (181 min)

September 22 - The King and I - (133 min)

September 29 - West Side Story - (152 min)

AVON FREE PUBLIC LIBRARY IN PARTNERSHIP WITH THE
AVON FRIENDS OF THE LIBRARY & AVON SENIOR CENTER
281 Country Club Road
Avon, CT 06001
Tel: 860-673-9712

2016 Trips and Summer 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

Avon Senior Center



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 Summer

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 Summer

Date(s) of Class: September 26 - December 21, 2016

Day, Time & Location: Mon/Wed/Fri. - 9:25 am to 10:25 am

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

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



Trips

The Big E Fair - Wednesday, September 21, 2016

Essex Steam Train & Riverboat Ride - Friday, Sept. 30, 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.

Woodworking – 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 **September's** menu below:

TUESDAY		THURSDAY	
		1	Tuna Salad on Star Roll Black Bean & Cous Cous Salad Sliced Tomatoes/Leaf Lettuce Fresh Banana
6	Meatloaf w/Gravy Parslied Bowtie Noodles Spinach Rye Bread Fresh Orange	8	Peach BBQ Chicken Leg Potato Salad Corn Cobbette Homemade Biscuit Fresh Apple
13	Italian Meatballs Seashell Pasta w/Marinara Sauce Spinach Salad w/Sliced Tomatoes Ranch Dressing Club Roll Fresh Apple	15	Hamburger w/Broth Sliced Tomatoes & Leaf Lettuce White Bean & Broccoli Florets Salad Wheat Hamburger Bun Mustard/Relish/Ketchup Fresh Banana
20	Cran Raisin Chicken Salad on Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Watermelon	22	Country Vegetable Soup Garden Salad Greens Cherry Tomatoes/ Cucumbers/ Onions w/Grilled Chicken Strips Cheddar Cheese Italian Dressing/Saltines Fresh Orange
27	Cream of Asparagus Soup Chicken Caesar Salad w/ Spring Greens/Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Croutons Caesar Salad Dressing Dinner Roll Homemade Cookie	29	Turkey Meatballs w/Sweet & Sour Sauce Brown & White Rice Mixed Vegetables 12-Grain Bread Pineapple Tidbits & Mandarins

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

President's Message

Dear hearts and gentle people. And that includes all Senior Citizens of Avon. Welcome back once again. Guten Tag! On the 19th of September we have Pot Luck – we always have great home cooked food. All I can say is yummy!

Oktoberfest will be celebrated on the 26th of September. So wear your lederhosen and dirndls. The menu will be: knockwurst, red cabbage, hot German potato salad, carrots, birthday cake and ice cream. The cost is \$7.00. We will have German Bier, there is a \$1.00 donation charge. Entertainment will be John Banker dressed in German attire with his big alpine horn and will entertain us with German Folk Songs.

Now here is the surprise – you **must** to sign up for reservations. You must let us know ahead of time – we will cook for those that register. Walk – ins are discouraged. In the past we have wasted expensive food and we must do something about it. It's the same system as CRT - you must order food ahead of time. **PLEASE REGISTER!!** We are adding a raffle to the festivities. So come join us for our annual Oktoberfest.

Prost!
Arthur



Everyone is Welcome – Reservations Recommended

Sept. 5th **LABOR DAY HOLIDAY**
Senior Center Closed

Sept. 12th **10:30 – Board Meeting**
Noon – **Pizza and Salad & Dessert**
Bingo

Sept. 19th **Noon – Pot Luck & Dessert**

Janet Carville from the Woodford Farm located on the Avon/Simsbury Town Line will be here to present a short video of about life on the Woodford Farm in the 1940's. The audience is invited to ask questions following her presentation.

Sept. 26th **Noon – Oktoberfest**
Knockwurst, red cabbage, carrots
& potato
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.

Coming up in October:

Oct. 17 - Anniversary Dinner – entertainment provided by the Bennett Family.
Oct. 31 – Halloween Party – Prizes for best costumes – entertainment provided by Bill Benson.

November 12th – 2nd annual Craft Fair. We can use your assistance...please let Helen or Barbara know if you can help.

SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">1</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Wood Carving <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">2</div>
9:00 Wii Bowling 10:30 Sr Org Board Mtg 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">5</div>	9:00 Billiards 10:00 Wii Bowling 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 <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">6</div>	10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">7</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Life Alert— ADT THINKING THURSDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">8</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Wood Carving <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">9</div>
9:00 Wii Bowling 11:30 Blood Pressure 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">12</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">13</div>	10:00 Shuffleboard 12:30 Ice Cream Social 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">14</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 6:30 Medicare 101 at Library THINKING THURSDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">15</div>	9:30 Billiards 10:00 Ping Pong 12:00 Senior Center Month Celebration!!! 1:00 Setback 1:00 Adult Coloring 1:00 Wood Carving <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">16</div>
9:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">19</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble THANKFUL TUESDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">20</div>	10:00 Shuffleboard 1:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">21</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:00 SNAP Sign Up 12:30 Wii Bowling 12:30 Bridge THINKING THURSDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">22</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Wood Carving <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">23</div>
9:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jong 1:00 Setback <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">26</div>	9:00 Billiards 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 <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">27</div>	10:00 Shuffleboard 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">28</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Home Energy Saving Assessment THINKING THURSDAYS <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">29</div>	9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Wood Carving <div style="text-align: right; border: 1px solid black; width: 20px; height: 20px; display: inline-block; text-align: center; vertical-align: middle;">30</div>

RESERVED FOR SPONSORS

Avon Senior Center



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