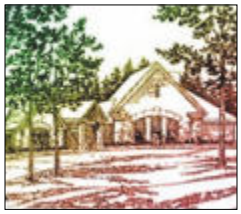
AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

Jennifer Bennett, LMSW, CDP Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



DECEMBER 2020

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

Senior Center Coordinator's Message

Happy Holidays!! We hope that you're doing well and staying safe and healthy. We are getting ready for a holiday season unlike no other and we want to make sure that we spread good cheer and kindness.

Avon Senior Center continues to be a resource and provide outreach to older adults and families. If you need anything, please let us know. Even though we may not be able to see each other, we can still keep in contact by phone & virtually. We are here for you!

We have some great programs this month and you do not want to miss out. Please be sure to read the newsletter as information is throughout and it's good!

We continue with virtual classes, groups and programs. We want to make sure that everyone stays safe and healthy. CRT meals remain Grab & Go, so please feel free to call us and sign up. Every month, Jennifer & Elizabeth (Senior Center staff) prepare an entire delicious meal that is Grab & Go. Please be sure to sign up so we can add your name to the list and you can enjoy!

Thank you for another wonderful year! We appreciate you and our time spent together. As we prepare to wind down 2020, we want you to know that we value you and you are valuable to us. We have enjoyed our connections and conversations this year and we look forward to seeing you in 2021!

Happy Holidays!
Take care, ***Jennifer Bennett, LMSW, CDP***

On-line Activities to do at home

Museums
https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/

https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html

National Museum of Natural History: https://naturalhistory.si.edu/visit/virtual-tour

MOMA Classes: https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg

New Britain Museum of American Art: https://nbmaa.org/online

Grammy Museum: https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart

Museums, Libraries, Zoos Offer Online Programs https://www.wvxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0

Smithsonian https://www.edx.org/school/smithsonianx

CT Historical Society https://chs.org/bringchshome/

Courses
You can now take classes from prestigious universities in the safe haven of your home, and they are free.
https://www.classcentral.com/collection/ivy-league-moocs
https://www.open.edu/openlearn/free-courses

https://www.coursera.org/

https://www.edx.org/school/smithsonianx

Ted Talks https://www.ted.com/

JIGSAW PUZZLES: https://games.aarp.org/games/jigsaw

Documentaries
https://documentaryheaven.com/
https://www.discovery.com/

Opera
https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_SNyRYp_oy7IpXFFBsDmpcEn0Gkqm5JfgT2I_If5mOuoYoMIwI

Animals
https://zoo.sandiegozoo.org/live-cams
https://www.youtube.com/user/LionWhispererTV
https://nationalzoo.si.edu/webcams

Webcams
Yellowstone-https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north
All different types: https://www.earthcam.com/
Volcanoes: https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html

Games
Online games/crosswords/word searches, etc.
http://games.courant.com/category/allgames/

Fitness/Yoga/Dance/Meditation

Online fitness classes from the YMCA: https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

Free Fitness Classes online: https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5

Free Adult Dance Classes: http://www.danceplace.org/virtual-adult-classes/

Free Meditation: http://www.freemeditation.com/

YouTube Free Yoga Classes: https://www.youtube.list=PLZkDZKOcvYTh4dRDXQ71m7gQUmW

Avon Police Association Holiday Meal

Wednesday, December 9, 2020
12:30 p.m. at Avon Senior Center
("Grab and Go" only)

Avon Police Association is sponsoring a Holiday Meal for all seniors!! The meal, prepared by Kane's Market, Simsbury, is free & available to the public. We thank the Police Association for caring about our older adults! When you arrive, please drive in the second driveway of the Avon Senior Center, stay in your car in line, pull up to the front door, and the meal will be handed to you safely. Masks must be worn for everyone's health and safety!

Please call the Avon Senior Center at 860-675-4355 to sign up!

DECEMBER

Grab & Go Meal

Tuesday, December 15 at 12:30 pm

Join us for a special event as we celebrate December with a FREE Grab & Go Meal. Everyone signed up will receive a delicious meal. We will hand them out as you drive up to the front door of the Avon Senior Center. We want to celebrate you, in a safe and socially distant way, so please wear a mask. Please call 860-675-4355 to sign up. We look forward to seeing you!

AVON SENIOR CENTER CLASSES

Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.

Tai Chi
Wednesdays, 4:00-5:00 p.m.
September 30 – December 16 (no class November 25)
Fee: $80.00 Senior Fee: $72.00

Zumba Gold - Mondays
Mondays, 5:45-6:45 p.m.
September 28 – December 14 (no class October 12)
Fee: $71.00 Senior Fee: $63.90

Zumba Gold - Wednesdays
Wednesdays, 5:45-6:45 p.m.
September 30 – December 16 (no class November 25)
Fee: $71.00 Senior Fee: $63.90

Silver Sneakers Chair Aerobics
Silver Sneakers Chair Aerobics is a chair work-out for people ages 65 and older paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor $3.00 per class.
Mondays 3:00-4:00 p.m. & Thursdays 10:30-11:30 a.m. and 3:00-4:00 p.m. This class is ongoing; join any time. Please call Avon Senior Center to register.

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

Newsletter 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.

CRT Lunch
Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk and other sides. The pick up is on Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.

MYPLACECT.ORG
The Virtual Home of No Wrong Door

DEFINE YOUR OWN FUTURE

The future is full of unknowns, planning ahead can help you define the future that's best for you. For older adults & people with disabilities, information & resources are just a click away at MyPlaceCT.org.

MyPlaceCT.org—a free web-based resource from the State of CT—offers a hub of information for you and your loved ones, on the following topics:

Health and Well-being: Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!

Services and Supports: In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!

Learn: Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!

Family Caregivers: Respite Services, Support Groups, Online Resources, Legal Matters, and more!

Connecticut SMP
Empowering Seniors To Prevent Healthcare Fraud

NORTHCENTRAL
AREA AGENCY ON AGING

Medicare frauds & scams: check out this excellent article by AARP. https://bit.ly/2SRFBit "JUST. HANG. UP." Great advice. If you or someone you know has been a victim of Medicare Fraud, please contact CT Senior Medicare Patrol Program. 1-800-994-9422.

AVON HISTORICAL SOCIETY VIDEO ON HISTORY OF 1865 PINE GROVE SCHOOLHOUSE AND WEST AVON

Pine Grove Schoolhouse closed due to the pandemic, Avon Historical Society turned to local resident, and Trustee of the Society to bring the story of the schoolhouse to life. The video is narrated by Jeannie Parker, a lifelong resident, former student and docent of this beloved school. Commenting on making this video, Brian Malone, AHS Class of 2014 stated, "I've worked on other amateur film projects but this was certainly the most fun I've had. I think a huge part of that had to do with how much curiosity there was among the community of Avon. Many residents stopped by when they saw our cameras, expressed interest in the film, shared personal stories about what the schoolhouse has meant to them, how much it means to the history and town of Avon, CT."

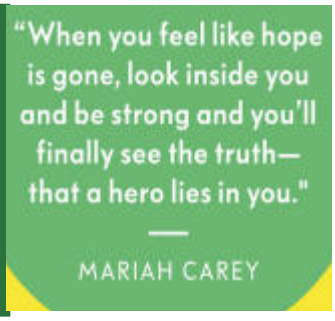
Originally named Schoolhouse No. 7, it opened in 1865 for students from Avon and Farmington grades 1-8. One teacher would oversee 5-25 students! Once they arrived, students would enter the building to separate areas, drop their belongings and prepare for a day of learning. Students would use slates and would write on the board with slate pencils wrapped in paper. The name was changed to Pine Grove Schoolhouse by students in the 20th century.

Jeannie Parker remarked, "It was a pleasure meeting and working with Brian and Kealey. These young men enthusiastically jumped into this project. It was heartening as it is their generation that will carry on the work of the country's historical societies in years to come. Pine Grove One Room Schoolhouse is a little gem. We hope the video will whet your appetite for an in-person visit."

https://avonhistoricalsociety.org/html/sites/pine-grove.html.

You Tube: https://www.youtube.com/watch?

Books, Movies & Puzzles
Available to borrow. Please call or email your request & items available for pick up.



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
Secretary - Marian Hurlbut, Financial Secretary - Katie Ruez

Programs Through March 2021 - Cancelled.

Message from the Board of Directors . . .
We wish you Happy Holidays and hope that you enjoy this time keeping yourself occupied with things we never have time for. We`ve been busy going through closets and getting things organized. You are not alone in adjusting to this unpredictable environment. Please be patient and soon we will be able to live care free again.

The pandemic is again rising up and charging full speed ahead. We have to formulate a defensive plan to protect ourselves against this horrible disease. Please be sure to wear your mask and carefully social distance. We care about you.

Because things have continued to be fluid, we have decided to put off our reconnecting until April 2021. We are still planning to have a wonderful celebration for our 50th anniversary and it will be very special to mark this awesome occasion. We will continue to evaluate the status of getting together and will communicate any changes as we go from month to month.

Happy Birthday to the following Members:
December 14th – Sal Liberatore
December 17th – Barbara Durham
December 23rd– Jeane Jennings

Please stay safe and know that during this trying time you are in our thoughts and we look forward to resuming our programs in the Spring of 2021.

Helen M. Toth

SCHOOL BUS MONITORS WANTED

APPLY IN PERSON AT
MARTEL TRANSPORTATION
140 POWDER MILL ROAD
COLLINSVILLE

MUSICAL THEATRE

Free streaming musicals you might enjoy!

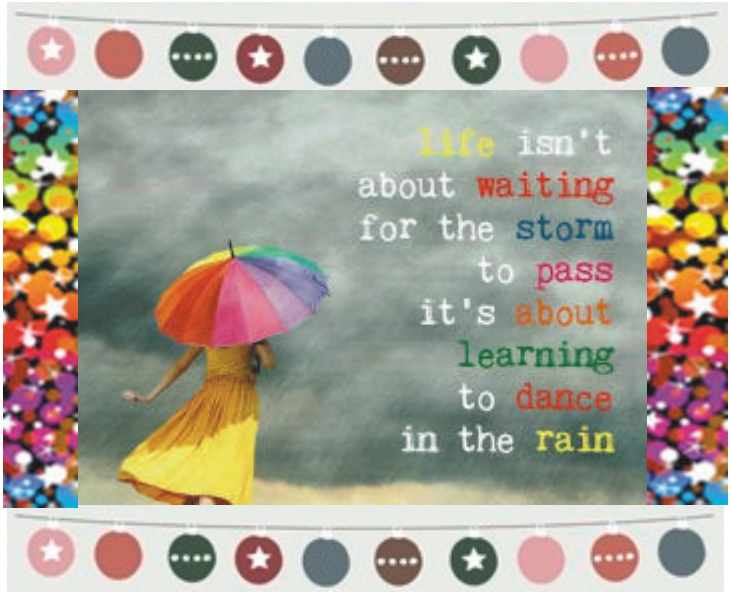
PBS will stream 5 full-length Broadway musicals for free, starting this month - click here for the complete list:

http://filmedonstage.com/news/264-pbs-will-stream-5-fulllength-broadway-musicals-for-free-starting-this-month-heres-the-complete-list

The King and I, In the Heights, Much Ado about Nothing and more!!!!

Mutual of Omaha

In response to the loneliness & social isolation faced by many Seniors as a result of COVID-19, Mutual of Omaha has launched **Mutual Cares** an online resource for seniors to help them stay well, connected, active and entertained (https://cares.mutualofomaha.com/).

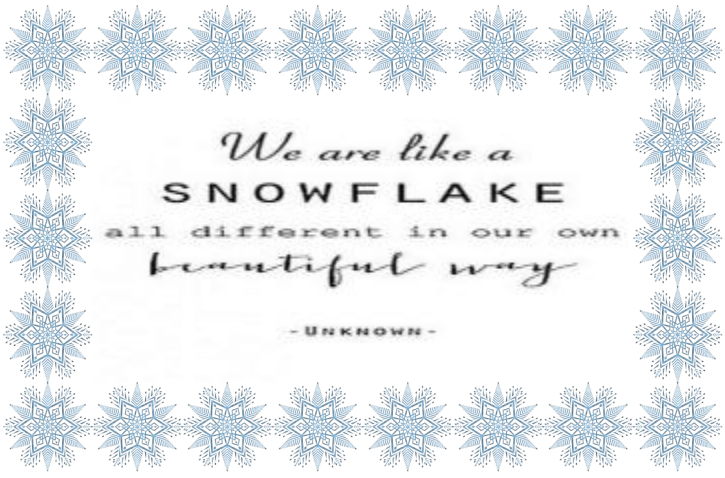


Enroll to Receive Emergency Updates from the Town of Avon!

The Town of Avon is committed to providing up to date information about storm preparations and emergencies. Below are three ways to make sure that you stay up-to-date when weather and emergencies strike.

SUBSCRIBE TO NEWS - To receive regular email updates about Town business, "Subscribe to News" on the Town's website (https://www.avonct.gov/subscribe). Select "Town Alerts" & "Town News and Announcements" to receive updates regarding storms, emergencies, and other timely news.

CT ALERTS - To receive critical emergency information sign up for the CTAlert system (https://portal.ct.gov/ctalert) which sends time-sensitive notices wherever you specify: home, cell, business, text messages, email, hearing impaired receiving devices & more. **Both the State of CT and the Town of Avon have the ability to send alerts to those registered with the CTAlert system.** When the State or the Town issues a message about an emergency, the message will be sent to all numbers & email addresses enrolled in the system in order of priority set by user. If you do not confirm receipt of the message, the system will attempt to reach your next contact entered into the system. **The Town suggests enrolling in both Subscribe to News and CTAlert to stay informed.**



NORTHCENTRAL
AREA AGENCY ON AGING

1. NCAAA launched a service for people unable to *shop* for groceries & may be *unable to pay for groceries*. **Grocery Shopping and Delivery** service: we will cover delivery charges, any shopping fees, & cost of groceries at +/- $100.00 per trip. We partnered with Supermarkets and UR Community Cares for delivery. Referrals here: **(860)724-6443 x 268 "CHOICES".**

2. We have funding for: lift-chairs, incontinence supplies, emergency response systems for individuals who may be home-confined. Contact us at **(860)724-6443 x 230 "Caregiver Team"**

Virtual Programs

Zoom Tutorial

Avon Senior Center offers virtual programs via Zoom. To watch a short tutorial on how to use Zoom, click on the link below:
https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE
Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!

Money Matters with Mike Sloan of Mutual of Omaha
Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). https://youtu.be/myYr3vTRphs

COOKING

N B K X R I T S Y R G W O A G S D
D R K F K V R E C G H C A O P L F
P O V C D E F E S I A R B N D H N
L W N E M N E R T C B S B O I L H
B N G M C E I N Y R T H E R Z B D
O L I Y R U Z R E T G R Z E S G M
D S E U R L D A G J X E A S B N I
I Y P N X A D E J D U D L C B O B
F F H V D P E B R R C L G S T X D
N I V W Q Z Q S O D O I I L Q I Z
R R Q D R X A A B W A K A E C S K
J A P S E A S O N E T H U E N Y F
I L E T D T U V U T M I N C E N S
G C E J G P O K L S R V D E J V E

BLEND
BOIL
BRAISE
BREAD
BROWN
CLARIFY
COAT
DICE
GLAZE
GRIND
JULIENNE
MINCE
POACH
PUREE
REDUCE
ROAST
SEASON
SHRED
SIMMER
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Avon Health Center - A Tradition of Caring
Rely on our experience and quality care for both short term rehabilitation and long term health care needs. We provide post acute and transitional care, as well as dementia, hospice, and respite services. We provide individualized care plans, personal attention and genuine respect for our residents and their families.
★★★★★ Medicare Five Star Rated
Plan to visit our facility and meet our dedicated staff.
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8 Old Mill Lane Simsbury CT 06070 • 860-651-3539 • www.farmingtonvalleyvna.org

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CONTACT
Contact Ellen Heinekamp to place an ad today!
eheinekamp@4LPi.com or (800) 477-4574 x3449

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