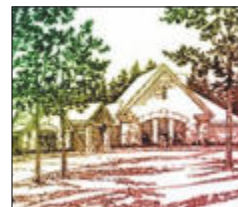


# AVON SENIOR CENTER



635 WEST AVON ROAD  
AVON, CONNECTICUT 06001  
860.675.4355



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

JANUARY 2022

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



## Senior Center Coordinator's Message

Happy New Year! I hope you enjoyed the holiday season and are looking forward to a new year!

We have some fantastic programs this month and in the coming months. Please be sure to read the entire newsletter for all the latest and greatest information.

*Thank You* to our volunteers! We appreciate you and you are *AMAZING!* Thanks to Jim Martino, Lion's Club & Lending Locker, FAVARH Community Cruisers, interns, program and meal helpers and Jodi & Dayna for their help with CRT Lunch on Tuesdays. We are successful because of you and we are so thankful for all you do.

As we say goodbye to one year and start a new year, please let's make it great! We have a fantastic Senior Center family and are here for one another. Please remember to speak with kindness and be gentle with one another. Let's move through these days thinking of others and spreading joy and love.

Please remember to stay safe, warm, healthy and in good spirits during the winter season. You can always join us for some socialization and recreation! We enjoy your company.

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



## Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers from February 2 through April 13. Special attention is given to those 50 and older. Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.



We have before us the  
glorious opportunity  
to inject a new  
dimension of  
**Love**  
into the veins  
of our civilization.

- Martin Luther King Jr.





**REDUCE FALL RISKS AND IMPROVE BALANCE!**

A Matter of Balance is an award-winning program designed to help you set goals for increasing activity levels, reduce fall risks at home and learn ways to exercise to increase strength and balance.



**A Matter of Balance at Avon Senior Center Starts February 7 for 4 weeks from 2:00-4:00 pm Mondays & Fridays**

Please call to register 860-675-4355.

Thanks to a collaboration with The Departments of Psychological Science and Physical Education and Human Performance at Central Connecticut State University, a member of the Age-Friendly University (AFU) Global Network. Made possible with support from NCAAA (North Central Area Agency on Aging).



**Memory Care Series  
Dementia 101**

**Thursday, January 13, 2022 6:30-7:45 pm**

Did you know there are 80+ kinds of dementia? This presentation will define dementia, explain why it is not part of normal aging, identify warning signs, share communication techniques, & describe the most common forms of dementia, including Alzheimer's. Presented by Amina Weiland, CDP, CDCP, certified dementia practitioner & resource coordinator for Hartford HealthCare Center for Healthy Aging. People living with dementia, caregivers, & anyone who wants to learn more are encouraged to attend.

Save the date for upcoming programs in series:

**\*February 10, 2022:** Care for the Caregivers

**\*March 24, 2022:**

Healthy Eating for People Living with Dementia

**\*April 21, 2022:**

Activities for People Living with Dementia

Presented online through Zoom. Registration required. This series is jointly sponsored by Avon Free Public Library, Avon Senior Center, Bloomfield Public Library, and Canton Public Library.

<https://www.avonctlibrary.info/event/dementia-101/>

Canton & Avon Senior Center Present  
**Winter Wonderland with Elvis**

**FRIDAY, JANUARY 28, 2022**

**11:00 AM - 1:00 PM**

AT THE CANTON SENIOR CENTER



ENTRY TICKET: **\$5** PER PERSON



Thank you for your patience. We are happy to announce that we are rescheduling our Winter Wonderland program with Elvis.

**Please be advised:**

Entertainment will begin at 11:00 AM. Due to the increased number of COVID-19 cases, we will NOT be serving meals. However, we will be providing the meals as "Grab and Go" at the end of the event.

**My wish for the New Year**

That you have someone to love,  
have meaningful work to do,  
and have things greater than yourself to believe in;  
that you have a reason to smile every day and  
a shoulder to cry on when you need it;  
that you keep your integrity even when the choices are hard;  
THAT YOU LOVE DEEPLY,  
give freely, forgive willingly,  
laugh easily, and live well enough  
to be grateful for every day.

— Margaret B. Moss, January 2016

**FREE Monthly Hearing & Hearing Aid Checks**

Nicholas Wills of Home Hearing will be here to check your hearing and hearing aids and fix them. January 27 from 11-1.



**Free Blood Pressure/Blood Sugar Screening**  
FV VNA will be providing FREE Screenings 1st & 3rd Thursdays from 11:30-1:00. Please wear a mask & practice safe social distancing.



**Bridge Group**  
looking for players  
(beginner/intermediate).  
Tuesdays & Thursdays 12:30.  
Please contact the  
senior center if interested.

**AVON SENIOR CENTER CLASSES**

**Chair Yoga**

Fridays, 1:30-2:30 p.m.  
Fee: \$77.00  
Non Resident Fee: \$84.70

Jan. 14—Mar. 4  
Senior Fee: \$69.30

**Tai Chi**

Wednesdays, 4:00-5:00 p.m.  
Fee: \$66.00  
Non Resident Fee: \$72.60

Jan. 19—Mar. 30  
Senior Fee: \$59.40

**Virtual Zumba Gold - Mondays**

Mondays, 5:45-6:45 p.m.  
Fee: \$74.00  
Non Resident Fee: \$81.40  
(No class Jan. 17 & Feb. 21)

Jan. 3—Mar. 21  
Senior Fee: \$66.60

**Virtual Zumba Gold - Wednesdays**

Wednesdays, 5:45-6:45 p.m.  
Fee: \$80.00  
Non Resident Fee: \$88.00

Jan. 5—Mar. 16  
Senior Fee: \$72.00

**Meditation**

Thursdays, 2:00-3:00 p.m.  
Fee: \$77.00  
Non Resident Fee: \$84.70

Jan. 20—Mar. 10  
Senior Fee: \$69.30

**Badminton—Tuesdays**

Tuesdays, 6:30-8:30 p.m.  
Fee: 54.00  
Non Resident Fee: \$59.40

Jan. 11—Mar. 1  
Senior Fee: 48.60

**Badminton—Thursdays**

Thursdays, 7:00-8:30 p.m.  
Fee: 54.00  
Non Resident Fee: \$59.40

Jan. 13—Mar. 3  
Senior Fee: 48.60

For more information about registering, classes and setting up your account, please visit: <https://avonct.myrec.com/info/>



AARP Fraud Watch Network: identity theft, investment fraud & scams. [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360  
<https://www.aarp.org/money/scams-fraud/info-2018/password-manager-identity-protection.html>

How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

Investments: [www.smartcheck.gov](http://www.smartcheck.gov)

Watch Your Credit Reports: [www.annualcreditreport.com](http://www.annualcreditreport.com) or call 1-877-322-8228, Protect Your Mail: [www.dmachoice.org](http://www.dmachoice.org) & [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 1 (888) 5-OPT-OUT.

Do Not Call Registry: [www.donotcall.gov](http://www.donotcall.gov) or call (888) 382-1222

Check out a charity before donating: [www.charitywatch.org](http://www.charitywatch.org) or [www.charitynavigator.org](http://www.charitynavigator.org)

VOA|ReST (resilience, strength, time) helps people affected by scams & addresses emotional impact of experience through discussion groups. Online & Confidential. Experiencing a scam can be devastating. It doesn't define you. Sign up & take important step toward emotional recovery. Remember, you are not alone. [www.aarp.org/fraudsupport](http://www.aarp.org/fraudsupport).

**Caregiver Support Group**

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.



**Blood Drive**  
Avon Senior Center  
January 10 & 28



**American Red Cross**

Please call 1-800-RED CROSS (1-800-733-2767) or [RedCrossBlood.org](http://RedCrossBlood.org) and enter: ASC to schedule an appointment.

WRITE down your goals  
GO outside  
ENJOY simple things  
SMILE at a stranger  
LOOK for adventure  
EAT your veggies  
SEE your own beauty  
WANT less  
GIVE more  
WORK hard  
FIND your sense of humor  
DRINK more water  
CREATE something  
MAKE a new friend

**YOU**  
ARE UNIQUE  
ARE SMART  
ARE TALENTED  
ARE WORTH IT  
ARE SPECIAL  
ARE VALUED  
ARE AMAZING  
ARE LOVED  
**MATTER!**

**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\* Share in safe setting, gain hope & develop supportive relationships. Encourages empathy, productive discussion & sense of community. Benefit and gain insight from others, discover inner strength & empower yourself by sharing in a non-judgmental space. Better coping skills, Strength in sharing, Not judge anyone's pain, Forgive ourselves & reject guilt, Embrace humor as healthy, Cannot solve every problem, Mental health conditions are no one's fault & can be traumatic experiences.

**Avon Senior Center**  
**3rd Monday of the month**  
**7:00-8:30 pm**



**Masks are required**



regardless of vaccination status

*"Tomorrow is the first blank page of a 365-page book. Write a good one."*

BRAD PAISLEY

*Wave goodbye to the old year and embrace the new -*



*full of hope, dreams, and good health. Wishing you a happy new year full of joy!*

*Behind you,* all your memories.  
*Before you,* all your dreams.  
*Around you,* all who love you.  
*Within you,* all you need.

**CRT CONGREGATE MEAL**  
**Community Café/Lunch Program**  
**IN-PERSON AT SENIOR CENTER**  
 Tuesdays and Thursdays  
 Please call to sign up at 860-675-4355.

**FRAUDS & SCAMS**

Please be aware of frauds & scams, especially during the holiday season. Please do not answer calls if you do not know who is calling and do not open mail if you do not know the sender. Any questions or concerns, please contact the Senior Center and we will assist and help you.

**Receive Emergency Updates from the Town of Avon!**



**SUBSCRIBE TO NEWS** - (<https://www.avonct.gov/subscribe>). Select "Town Alerts" & "Town News and Announcements"

**CT ALERTS** - Critical emergency information: (<https://portal.ct.gov/ctaalert>)



**Senior Medicare Patrol (SMP)**  
**1-800-994-9422**  
[www.smpresource.org](http://www.smpresource.org)

**PROTECT** from Medicare fraud, errors, & abuse; **DETECT** potential fraud, errors, abuse; **REPORT** concerns. SMPs educate & empower against health care fraud. Help with questions, concerns, complaints & provide information and educational presentations.



**E-mail List**

If you would like our newsletter emailed to you, please send an email to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting to be added to the newsletter email list.



**Chess Group**

Wednesdays 1:00-3:00 p.m.  
 Drop in or call to sign up.  
 Looking for new players!

**COVID BOOSTER SHOTS**

At this time, if you would like to receive a COVID Booster shot, please go to Walgreens, CVS or Walmart Pharmacies.

**CARD GROUP**

**3 - 13 card group** meets on Tuesdays at noon. New players are always welcome. It's easy to learn and fun to play. Come join us!



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

This 2022 series will cover the archaeology, genetics, Ice Age mammals, trade routes and foodways of early life along the Farmington River including the Brian D. Jones Paleo-Indian discovery in Avon.

**Thursday, March 10 at 7:00 p.m.** - "What Genetics Teaches Us About the Peopling of North America"

**Thursday, April 7 at 7:00 p.m.** - "Ice Age Animals of New England"

**Thursday, May 12 at 7:00 p.m.** - "Paleo-Indian Foodways with Trade & Network Exchange"

**September (date TBA)** - "aDNA – Ancient DNA"

**Thursday, October 13 at 7:00 p.m.** - "Update on the Scientific Analysis of the Brian D. Jones site in Avon, CT Since its Discovery in 2019"

To register to attend the 2022 events, please visit:  
[www.avonctlibrary.info](http://www.avonctlibrary.info)  
 Or watch on YouTube: [www.youtube.com/user/afplct](http://www.youtube.com/user/afplct)



Another fresh new year is here.  
 Another year to live! To Banish  
 worry, doubt and fear, to love and  
 give

— William Arthur Ward —

### AVON SENIOR CENTER ACTIVITIES

- Mah Jongg– Tuesdays at 10:30 a.m.
- Card Group-Tuesdays at 1:00 p.m.
- Scrabble– Tuesdays at 1:00 p.m.
- Knitting- Mondays at 1:00 p.m.
- Setback– Wed & Fri at 1:00 p.m.
- Chess—Wednesdays at 1:00 p.m.
- Wii Bowl– Tuesdays 10-2 & various
- Beading Group –Thursdays at 12:30 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 at 860-675-4355. The cost is a suggested \$3.00 donation for persons 60 years of age and over and a mandatory \$9.89 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 menu below:

TUESDAY		THURSDAY	
4	Italian Style Calzone Pasta Marinara Sauce Mixed Vegetables 12 Grain Bread Fruit	6	Cran-Apple Juice Roast Turkey w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Cookie
11	Orange Juice Fish Sticks Tartar Sauce Potato Wedges 4-Way Veg Blend Oatnut Bread Fruit Oatmeal Bar	13	Chicken Parmesan Pasta / Italian Sauce Vegetable Medley Whole Wheat Bread Pears
18	Stuffed Shells Sauce Parmesan Cheese Zucchini Garlic Knot Fruit	20	Glazed Baked Ham Sweet Potatoes Green Beans 12 Grain Bread Mandarin Oranges
25	Battered Fish Tartar Sauce Potato Wedges Vegetables Wholegrain Bread Fruit	27	Roast Beef w/ Gravy Mashed Potatoes Vegetable Medley Corn Muffin Peaches



# 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 & Vivian Pane**  
**Secretary - Marian Hurlbut**

Message from the Board of Directors . . .

We wish you a Happy New Year and hope you were able to enjoy the holidays with family and friends.

Things are still fluid and going forward we still need to be careful and wear our masks.

We hope to activate our monthly luncheons soon and will communicate plans as soon as available.

Since the luncheons will be once a month, we hope to have guest speakers or entertainment at each luncheon.

We are still looking for volunteers to help assist with miscellaneous tasks that need to be accomplished at each luncheon.

Please consider assisting as it's difficult for the same people to complete all the aspects alone. You can determine how involved you'd like to be.

To volunteer...please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. It's only with your help that we can continue to offer quality programs in the future.

Happy Birthday to the following Members:

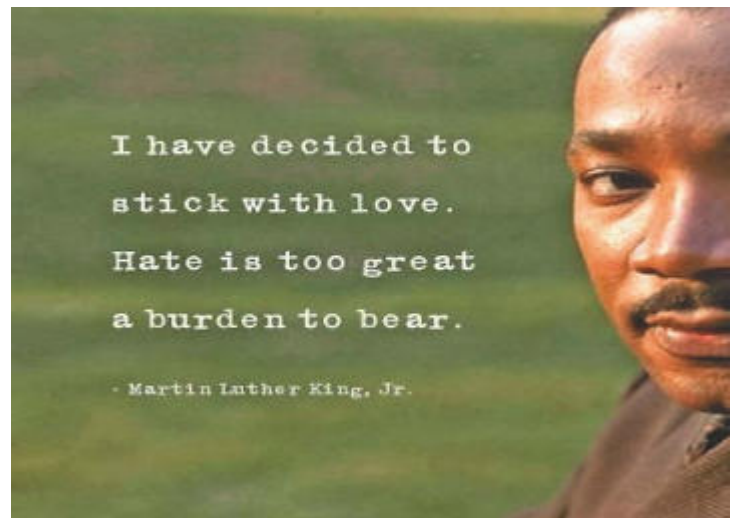
January 2<sup>nd</sup> – Janet Bilodeau

January 14<sup>th</sup> – Rose Bennett

January 31<sup>st</sup> – Irene Pocoski

We look forward to hearing from you.

Helen M. Toth



**Mutual of Omaha**





















**Mutual Cares** is an online resource to help seniors stay well, connected, active, entertained.

(<https://cares.mutualofomaha.com/>).

**Money Matters with Mike Sloan of Mutual of Omaha**

Please click link to watch video. Program focuses on HECM reverse mortgage (HUD sponsored & FHA insured product). <https://youtu.be/myYr3vTRphs>

# JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold BLOOD DRIVE 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Dementia 101 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
<b>CLOSED</b> 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 2:00 Meditation 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 1:30 Chair Yoga 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & cards 4:45 T2 Diabetes 6:30 Badminton THANKFUL TUESDAYS 	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold 	9:00 Wii Bowling 11:00 Hearing Aid Check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 2:00 Meditation 7:00 Badminton THINKING THURSDAYS 	9:00 Wii Bowling 1:00 Setback 11:00 Winter Wonderland at Canton SC 1:30 Chair Yoga BLOOD DRIVE 
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold 				

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Avon Health Center

652 West Avon Road, Avon  
860-673-2521  
[avonhealthcenter.com](http://avonhealthcenter.com)



West Hartford  
Health & Rehabilitation Center

130 Loomis Drive, West Hartford  
860-521-8700  
[westhartfordhealth.com](http://westhartfordhealth.com)

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## Farmington Valley Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070  
860-651-3539 • [farmingtonvalleyvna.org](http://farmingtonvalleyvna.org)

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- Parkinson's Movement Specialists
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- Flu Shot Clinics Sept- Dec

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or (800) 950-9952 x2525

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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rehab or long term care?



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Avon Senior Center, Avon, CT

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