

# THE AVON TOWN CRIER



**AVON COUNCIL ON AGING**  
65 EAST MAIN STREET • AVON, MA 02322  
HOURS OF OPERATION: 8:30AM – 4:00PM  
PHONE: 508-559-0060  
508-588-2391 (Line 2)  
508-584-9650 (Fax)



FEBRUARY 2016

## BOARD OF DIRECTORS:

### MEMBERS

Jane Lukaszewicz .... 508-586-0742  
Sonny Mercuri .....508-588-5184  
Jason Miller ..... 508-588-3449  
Director .....Jane Hanley

### IMPORTANT NUMBERS

Emergency ..... 911  
Fire Department,  
non-emergency .....583-5361  
Fuel Assistance, Self Help588-5440  
Housing Authority .....588-1847  
Park & Rec. ....588-5042  
Police Dept. non-emergency ...  
583-6677  
Public Library .....583-0378  
Southeastern Legal .....586-2110  
Town Hall (Assessor, Tax collector,  
Health, Building, Zoning, etc.)  
588-0414  
Toll Free Numbers  
Elder Affairs .....1-800-882-2003  
TRIAD .....1-781-751-3516  
RUOK? .....1-866-900-7865  
OCES .....508-584-1561  
FEDERAL CONSUMER  
INFORMATION  
Food Stamps .....1-800- 645-8333  
MassHealth: Medicaid .  
1-800-841-2900  
Medicare .....1-800-633-2273  
Social Security Ad. 1-800-772-1213

## MISSION STATEMENT OF THE AVON COA.

*Mission Statement of the AVON COA is to recognize, understand the interests, needs and concerns of seniors. To develop, design and implement programs and educate the community about aging in place. To provide information, referrals for services which support the dignity and independence of elders. To maximize their quality of life, help live safely in good health and prevent premature institutionalization*

The Council on Aging would like to remind everyone that the Town's website has up to date news, events, notices, public meetings, etc. for all departments. Most of your questions can be answered by checking out the website.

[www.avon-ma.gov](http://www.avon-ma.gov)

## THANK YOU AVON POLICE & FIRE

We would like to thank the Avon Police and Firefighters Relief Association for their generous donations to the Council on Aging.

## FEBRUARY BIRTHDAYS:

4<sup>th</sup> Walter Fisher  
11<sup>TH</sup> Louis Pellagi  
12<sup>th</sup> Bernie Brown  
13<sup>th</sup> Maureen Sullivan  
24<sup>th</sup> Sally Bonasera  
25<sup>th</sup> Virginia Kindem

## Happy Birthday



**Valentine's Day Luncheon**  
Thursday, February 11<sup>th</sup> @ noon

Join us for Lasagna, Salad, Green Beans, Roll & Butter and Strawberry Shortcake for Dessert.

**LUNCH MENU**  
**COME FOR LUNCH ON TUESDAYS & THURSDAYS AT 12 NOON**

**Suggested donation is \$4.**

Monthly birthday cake every 2<sup>nd</sup> Thursday!

**FEBRUARY**

- 2<sup>nd</sup> BLT'S AND CLAM CHOWDER
- 4<sup>th</sup> HAMBURGERS/CHEESE, FRENCH FRIES, COLE SLAW, PICKLE AND ROOT BEER FLOAT.
- 9<sup>th</sup> CHICKEN SALAD SANDWICH, CHIPS, PICKLES, CARROTS & CELERY STICKS
- 11<sup>th</sup> VALENTINE'S DAY LUNCHEON – LASAGNA, SALAD, GREEN BEANS ROLL & BUTTER with STRAWBERRY SHORTCAKE FOR DESSERT.
- 16<sup>th</sup> PORK FRIED RICE, CHICKEN LEGS, CHICKEN THIGHS AND VEGETABLE
- 18<sup>TH</sup> PIZZA AND GARDEN SALAD
- 23<sup>rd</sup> BAKED POTATO BAR WITH ALL THE FIXINGS
- 25<sup>TH</sup> CHICKEN BROCCOLI, ZITI, ROLL & BUTTER

**SPACE FOR SALE**

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**CALL 603-601-8047**

Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

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Please call Steve Persichetti  
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• [www.cradultday.com](http://www.cradultday.com)

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Equal Housing Opportunity



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Join us for **Chair Yoga** on Mondays every week at 1 p.m. with Mary Ryan.

Learn postures, breathing and relaxation techniques even if you are a couch potato you'll love Chair Yoga.

### COUNCIL ON AGING INCLEMENT WEATHER POLICY

During the winter months, if school is closed, there will be no van transportation. When schools re-open, the COA will resume transportation. The **office will be open** unless Town Hall is closed or if the Governor declares a State of Emergency. Please listen to radio station 1460 AM, local TV stations, or Cable Channel 9 for closures and cancellations. If you call the Council on Aging during a weather emergency and you do not reach the office staff, please leave your name, phone number and a short message. We will call you back.



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534 Main Street, Suite 2, Route 18  
Weymouth, MA 02190  
**781-337-1144**

140 Bedford St., Route 18  
Bridgewater, MA 02324  
**508-279-0700**

John Klefeker, BC-HIS MA License #127

 **Old Colony Elder Services**  
Serving elders, families and caregivers since 1974

144 Main Street  
Brockton, Massachusetts 02301  
**508-584-1561 ~ TTY 508-587-0280**  
[www.oldcolonyelderservices.org](http://www.oldcolonyelderservices.org)

### To the Seniors and Advertisers

Senior News Publications would like to thank our advertisers for their support of this Senior Citizen Newsletter. **SENIORS**, please let our advertisers know that you saw their ad in your senior newsletter.

# FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1:00 CHAIR YOGA	2 12:00 LUNCH 12:30 CRIBBAGE	3	4 12:00 LUNCH <u>SHINE APPTS.</u>	5 10:00 TAP DANCE	6
7	8 1:00 CHAIR YOGA	9 12:00 LUNCH 12:30 CRIBBAGE	10	11 12:00 VALENTINES DAY LUNCH	12 10:00 TAP DANCE <u>HEARING EXAMS</u>	13
14	15 <b>OFFICES CLOSED FOR PRESIDENTS DAY</b>	16 12:00 LUNCH 12:30 CRIBBAGE <u>1:00 LAWYER APPTS.</u>	17 ECUMENICAL LUNCHEON @ AVON BAPTIST CHURCH	18 12:00 LUNCH <u>BLOOD PRESSURE &amp; GLUCOSE TEST CLINIC @ NOON</u>	19 10:00 TAP DANCE	20
21	22 1:00 CHAIR YOGA	23 12:00 LUNCH 12:30 CRIBBAGE	24	25 12:00 LUNCH	26 10:00 TAP DANCE	27
28	29 1:00 CHAIR YOGA					