

Council on Aging - APRIL 2016

National Volunteer Appreciation Week is April 10th - 16th

National Volunteer Appreciation Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities.

We hold our Volunteer Appreciation lunches in June of every year and look forward to the next one. The Council on Aging would like to thank our volunteers for all of their hard work and dedication.

Please contact us if you are interested in volunteering and have an idea, craft or specialty which you can teach to our seniors or maybe you would just like to help us in the dining room or on special occasions.

For more information, contact Jane Carthas at 508-559-0060 and THANK YOU TO ALL VOLUNTEERS PAST AND PRESENT EVERYWHERE WE COULD NOT DO IT WITHOUT YOU!!!

Thank You



AVON SENIORS ARE INVITED TO JOIN US FOR A FREE PAINT PARTY ON WEDNESDAY APRIL 27TH. SPACE IS LIMITED TO 25 SENIORS AND IS FREE.

Please call the Council on Aging to sign up at 508-559-0060

The painting party will feature a fun, social class taught by Heather Martin, owner of the Pour Artist. No art experience is necessary. You will follow Heather's step-by-step instructions to create your own 16" X 20" masterpiece. By the end of the class you will be shocked at your final product; everyone is! All supplies are provided. The painting is created using non-toxic acrylic paints. Smocks are also provided, but painters are encouraged not to wear their Sunday best.

This class is supported by a grant from the Howard Home for Aged Men, Brockton, MA

**LUNCH AT CHATEAU DE BLEU
BLUE HILLS REGIONAL HIGH SCHOOL
Wednesdays, April 13th and May 4th**

Are you interested in having lunch at Blue Hills High School? We are scheduling two trips, one in April and one in May for Avon Seniors. The COA van is limited to eight (8) persons per trip. Please note that if you sign up for the first trip on the 13th other seniors will be given first opportunity to go on May 4th. We hope to keep this going so that everyone will have the opportunity to experience lunch at the Chateau De Bleu.

The cost of Lunch is approximately \$10.00 and there is no charge to the seniors for the COA van ride. Please call the Council on Aging to sign up.

FREE INCOME TAX HELP

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, the elderly, and others who need assistance in preparing their own tax returns. To find the nearest VITA or TCE site, call 800-906-9887 or see Louise.

Fuel Assistance is available until April 30, 2016

This program helps eligible households afford home heating expenses for their house or apartment. For more information contact the Avon Council on Aging.

ACTIVITIES & PROGRAMS

The Council on Aging has programs to help enrich you. Such as: SHINE, HEARING EXAMS, LAWYER APPT., BLOOD PRESSURE CLINICS, CRIBBAGE, CHAIR YOGA, TAP DANCE, CAREGIVER SUPPORT GROUP and more. Call for more information at 508-559-0060.

INFORMATIONAL WORKSHOPS SCHEDULED IN APRIL

Thursday, April 7, 2016 at 12:30 p.m. – “Where does the state’s \$3billion funding for elder service go?”

Chairwoman of the House Committee on Elder Affairs, Rep. Denise Garlick, will explain this and she and Rep. Galvin will then open the floor for questions and suggestions. The aim is to improve resources for seniors, but attendees may bring up any topic they’d like- it’s really a chance for seniors to share any concerns or suggestions with their legislators.

LOOKING FORWARD:

Ham & Bean Supper @ Avon Baptist, April 9th

April 12th Town Election

April 18th Patriots Day

Income Taxes due April 19th

EARTH DAY IS APRIL 22ND

Arbor Day is April 29th

Annual

Town Meeting is May 3rd

Mother's Day is May 8th

ARMED FORCES

DAY IS MAY 21ST

MEMORIAL DAY IS MAY 30TH



APRIL BIRTHDAYS

5th- Daphne Weiss
 14th – Rose Stefani
 21st – Veronica Dunay
 25th – James Ficarra

10th - Anthony Pizzano
 19th – Christine Lamarre
 22nd – Carol Pendergrace

LUNCH MENU
 TUESDAYS & THURSDAYS AT 12 NOON
 SUGGESTED DONATION IS \$4.

TUESDAY		THURSDAY	
5 th	Cheeseburger, French Fries & Fixings and Dessert	7 th	Stuffed Shells & Salad and Dessert
12 th	NO LUNCH – TOWN ELECTIONS (Home Delivered Meals Only- Grilled Cheese, Soup, Pickles & Chips)	14 th	Fenway Franks, Onion Rings, Popcorn, & Apple Pie
19 th	Chicken Casserole & Cornbread, Dessert	21 st	Spaghetti & Meat Sauce, Salad & Garlic Bread and Dessert
26 th	Tuna Salad on Rye & Potato Salad, Dessert	28 th	Meatloaf, Roasted Potato, Corn and Dessert

