

OCTOBER 2014

It's that bewitching time of year! Join us for all the fun fall festivities and fitness programs...Zumba, Tai Chi, Chair Yoga, Line and Tap Dancing, Lunch, Parties, Movies...We

have it all. **Don't be scared**....No one will bite you!



Please note: Town offices will be closed on Monday, October 13th for the Columbus Day Holiday.

HALLOWEEN PARTY

THURSDAY, OCTOBER 30TH

12 NOON

ENTERTAINMENT BY THE GRUESOME MR. DJ HIMSELF, TAD TRAVIS!

JOIN US FOR LUNCH, MUSIC, TRIVIA AND FUN

COSTUME OR NOT, DON'T MISS OUT!

MENU: Roast Pork & potatoes, gravy, veggie, applesauce and a very sinister dessert

EXPERIENCE AROMA THERAPY

On October 16th from 1 – 2 PM, Carol Curio of cedar Hill Health Care

Smell...Listen...Learn

How to use aromatherapy as an alternative for relaxation and stress reduction!

AutoMARK Ballot Marking Device Training

At the Council on Aging

October 23rd at 10:30 AM

The AutoMARK ballot-marking device is voting equipment that provides voters in Massachusetts additional accessibility at the polling place. The device allows voters with disabilities to vote independently and privately by providing various accessibility options for marking their ballot. The device is equipped with a screen that can enlarge text for easier viewing, a high contrast display of the ballot for voters with limited vision, has headphones to allow a voter to listen privately to an audio version of the ballot, and has additional connections for other accessibility devices. Don't miss out on how to use the new voting device!

WOMENS CLOTHING SALE
AVON COA
FRIDAY, OCTOBER 31ST
10 AM – 2 PM

Items from Alfred Dunner, Carolyn Taylor, Jenny, and salemans samples. Most items sell for \$20.00 each! Sweaters...separates... fleece jackets...and MORE!
Cash or Checks ACCEPTED!

OCTOBER LUNCH MENU

Join us at the COA Cafe

Tuesdays & Thursdays at 12 NOON

Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00

Thursday, Oct. 2 nd	Turkey Pot Pie with Vegetables
Tuesday, Oct 7 th	Scrambled Eggs, Bacon, Danish & O.J.
Thursday, Oct 9 th	American Chop Suey, Salad, Bread & Butter
Tuesday, Oct 14 th	Tuna Salad with Lettuce and Tomato on a Whole Wheat Wrap, Tomato Soup
Thursday, Oct 16 th	Ham & Potato Scalloped, Vegetable, Bread & Butter
Tuesday, Oct 21 st	BLT, Chicken Noodle Soup
Thursday, Oct 23 rd	Pizza & Greek Salad
Tuesday, Oct 28 th	Scrambled Hamburg, Egg, Noodles & Vegetables
Thursday, Oct 30 th	Halloween Luncheon – Roasted Pork & Potatoes, Gravy, Vegetable, Applesauce, Roll & Butter

Enjoy a movie at the COA on Wednesday, October 15th. Come in and see ***Vincent Price*** in "THE LAST MAN ON EARTH"!!! Bring a Brown Bag Lunch! Popcorn & refreshments will be served. (Movies subject to change according to availability.)



HAPPY BIRTHDAY

	OCTOBER
1 st	Sally Theil
7 th	Frank Golden
9 th	Elaine Dombrowsky
17 th	Eleanor Couch
20 th	Paul Rizzo
21 st	Thomas Kenneally
22	Viola Szydlowski
23	Gerald Picardi
24 th	Ernest Edwards
26 th	Pauline Labella
27 th	Lupe Cruikshank
29 th	Jean Brugnoli

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: **it is important to review, understand and save this information.**

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center **now!** 508-559-0060

REMEMBER YOUR YEARLY SUBSCRIPTION TO THE TOWN CRIER! Become a member by donating \$10.00 per calendar year to ensure home delivery of the newsletter. Beginning with the December/January issue, we will mail to those people that have made the donation to the Avon Council on Aging **on or before November 1, 2014**. Buying the yearly subscription for a loved one is a nice way to say "I'm thinking of you" over the holidays. A card acknowledging your gift will be mailed to the recipient. Please feel free to call the COA at 508-559-0060 for more information.

A message from the Executive Office of Elder Affairs: The next quarterly meeting of the Massachusetts Manufactured Homes Commission is Tuesday, October 21, 2014 10:00 am to 12:00 pm at the Peabody Council on Aging, 79 Central Street, Peabody

MARK YOUR CALENDAR:

Registry of Deeds "OFFICE HOURS" at the COA November 13th from 9 AM - 12 Noon.

Blue Cross & Blue Shield of Massachusetts at the COA on Tuesday, November 18th @ 1:00 PM. The presentation will explain how Medigap plans and Medicare Advantage plans work with Medicare.

OCTOBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO TAI CHI	2 12:00 LUNCH 12:30 CARDS <u>1:00 SHINE</u>	3 10:00 TAP DANCING	4
6 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	7 9:30 LINE DANCING	8 NO TAI CHI	9 12:00 LUNCH 12:30 CARDS	10 10:00 TAP DANCING <u>1:00 Hearing Exams</u>	11 <i>Avon Baptist Church HAM & BEAN SUPPER</i>
13 CLOSED COLUMBUS DAY	14 9:30 LINE DANCE 12:00 LUNCH 12:30 CARDS	15 9:30 TAI CHI 11:30 <i>ECCUMENICAL LUNCH – BAPTIST CHURCH</i>	16 12:00 LUNCH 12:30 CARDS 1:00 AROMA THERAPY! <u>12:00 Blood Pressure Clinic</u> Board of Directors Meeting	17 10:00 TAP DANCING	18
20 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	21 9:30 LINE DANCING 12:00 LUNCH 12:30 CARDS <u>1:00 Ask a Lawyer</u>	22 9:30 TAI CHI 12 NOON MOVIE DAY	23 10:30 VOTING BOOTH TRAINING 12:00 LUNCH 12:30 CARDS	24 10:00 TAP DANCING	25 <i>Avon Baptist Church Pot Roast Supper</i>
27 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	28 9:30 LINE DANCING 12:00 LUNCH 12:30 CARDS	29 9:30 TAI CHI	30 12:00 HALLOWEEN PARTY & LUNCH 12:30 CARDS	31 WOMENS CLOTHING SALE 10:00 TAP DANCING <i>Happy Halloween</i> 	

