

SEPTEMBER 2015

GET READY NOW!

MEDICARE OPEN ENROLLMENT

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 2016: *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. Learn more about how SHINE can help you. Pre-Enrollment forms are available at the Avon Council on Aging, or call 508-559-0060 for a SHINE appointment.



FREE COFFEE & PASTRIES

JOIN US AT THE COA CAFÉ ON FRIDAYS FOR SOCIAL TIME AND QUESTIONS & ANSWERS WITH OUR WEEKLY CO-HOST. FROM 11:00 A.M. TO 1:00 PM.

September 4th	Karen Johnson, Director, Avon Public Library
September 11th	Joe Canavan, Norfolk County Sheriff's Dept.
September 18th	No program - Bourne scallop Festival trip
September 25th	Ask the Assessors

The Classic Series

Pre-1955

MOVIES...MOVIES...MOVIES

Wednesday, September 23rd @ 12 Noon ...

Bring a brown bag lunch...Refreshments provided

MOVIES & THEATER POPCORN DONATED BY SHOWCASE PATRIOT PLACE

ASK ABOUT YOUR CHANCE TO WIN A FREE SENIOR MOVIE TICKET TO

SHOWCASE CINEMAS WHEN YOU COME IN

Prescription for good health

September is Healthy Aging month, designed to remind and encourage all of us that it's never too late to improve our health.

It is well known that exercise and healthy eating are important to our physical health. Choose an exercise you like and stick with it. Eat balanced meals of colorful fruits and vegetables, whole grains and lean proteins. Fish and nuts with omega-3 fatty acids and green tea are believed to improve mental alertness, enhance memory and reduce risk of Alzheimer's disease. Physical activity and wholesome meals give you more energy and also help your mental health.

Perhaps less well known is the link between our social connections and health. Being social reduces our vulnerability to many illnesses.

What are some ideas for maintaining connections with others? One idea is to check out the Avon Senior Center. The Center is a gathering place for food, fun and information. It is a great place to meet new

people, try new activities, contribute to the community through volunteering and—most of all—stay connected!



HAPPY BIRTHDAY

SEPTEMBER	
1 st	Marilyn Kirker
6 th	Ruth Russell
	Shirley Brown
8 th	Mary McCoy
12 th	Mary Farrington
16 th	Sonny Mercuri
17 th	Barbara Joudrey
19 th	Jerry Szydowski
20 th	Michael Ryman
21 st	Kathy Velissaris
25 th	Ida Hale
26 th	Leon Olson
27 th	Ann Hughes
28 th	Judy Chamberlain
30 th	Robert Ellis

Join us at the COA Café Tuesdays & Thursdays at 12 NOON
 Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00.
 All meals come with a dessert

Tuesday, 9/1/15	Grilled Cheese & Chicken Noodle Soup
Thursday, 9/3/15	Spaghetti & Meatballs, Salad, & Garlic Bread
Tuesday, 9/9/15	Hot dog on a roll, Baked Beans & Corn Bread
Thursday, 9/10/15	Grandparents Day – Meatloaf, Mashed Potato and Gravy, Vegetable
Tuesday, 9/15/15	No Lunch - VOTING
Thursday, 9/17/15	Chicken Alfredo with Broccoli, Roll & Butter
Tuesday, 9/22/15	Tuna Sandwich, Chips, Pickles
Thursday, 9/24/15	Pizza and Salad
Tuesday, 9/29/15	Baked Potato Bar with all the fixings



Mike Wilson of Crawford Drug will be returning to the COA on Tuesday, Sept. 1st at 12 noon. If you have questions or concerns regarding prescription or over-the-counter medications, medical equipment, pressure socks, etc., Mike will be happy to assist.

AMVETS News:

POW/MIA Fundraiser Breakfast, Sunday Sept. 13th @10 AM

Pearl Harbor Day Breakfast, Sunday, Nov. 29th @ 10 AM

AMVETS Post 51, 9 AMVETS Lane, Randolph

All tickets \$8.00 available at the bar.

Our SPECTACULAR Annual Cookout at Avon Fish & Game

Thank you to the Tolson Family, The Howard Home Trust, The Avon Civic Association, all our great volunteers, and last, but certainly not least, all of our fun loving seniors.

