



The Sharing Tree

Your source of information at the Glastonbury Senior Center.

Office Hours:		Main Information Number	(860) 652-7638
Monday - Friday	8:00 am to 4:30 pm	Dial –A-Ride Numbers:	
Tues. & Thurs.	8:00 am to 8:30 pm	Reservations:	(860) 652-7643
Saturday	9:00 am to 3:30 pm	Cancellations:	(860) 652-7638

February 2019



February is Heart Health Month



The Nation Goes Red on Friday, February 1, 2019

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

Be relentless in support of women's health on Friday, February 1, 2019. Wear your favorite red clothing and pledge to take one or two steps to improve your overall heart health. Photo taken in the RCC foyer at 12:30 pm.

Long Wharf Theater Tour & Show "Tiny Beautiful Things"

Lunch at Brazi's—New Haven
Wednesday, February 27, 2019
9:30 am Leave RCC 10:30 am Tour followed by Lunch 11:45 am Brazi's 2:00 pm Show
Approximate Return to RCC: 6:00 pm
Cost: Resident: \$68.00
Non-Resident: \$75.00 (Lunch on Own)

Enjoy a private behind the scenes tour of the Long Wharf's Theater followed by lunch at Brazi's restaurant, a family friendly, Italian restaurant, providing great food and service. After lunch it is back to the theater for the performance of **"Tiny Beautiful Things"**. Thousands of people reach out to Sugar, an anonymous online advice columnist, seeking words of wisdom and hope. It's a lot to ask of one person. Little did she realize that for all her efforts they just might be healing her as well. Deeply funny, empathetic, and uplifting, **"Tiny Beautiful Things"** shows that in spite of our differences, we are all in this together. **RESTAURANT \$\$**



Lunch Outings

Carbone's Prime - Rocky Hill
Monday, February 11, 2019

11:15 am Leave RCC

Approximate Return to RCC: 2:00 pm

Cost: Resident: \$7.00 Non-Resident: \$9.00

Carbone's Ristorante is recognized as one of the finest restaurants in the state. Current Chef-Owner Vinnie Carbone represents the third generation of family ownership. Consistently excellent cuisine along with old world hospitality and service define its appeal. **RESTAURANT \$\$**

Saybrook Fish House - Rocky Hill
Tuesday, February 26, 2019

11:15 am Leave RCC

Approximate Return to RCC: 2:00 pm

Cost: Resident: \$7.00 Non-Resident: \$9.00

Since 1978, Saybrook Fish House has created an environment to enjoy fresh, healthy seafood.

Bon appetit!

Pattaconk Bar & Grille—Chester
RiverQuest Eagle Cruise—Haddam
Wednesday, March 13, 2019

10:45 am Leave RCC

11:30 am The Pattaconk (lunch on own)

1:45 pm Check in and Board

Approximate Return to RCC: 5:00 pm

Cost: Resident: \$52.00

Non-Resident: \$59.00

Enjoy lunch in the historic hamlet town of Chester at Pattaconk Bar & Grille. Choice of burgers, deli sandwiches, Fish & Chips and more. Following lunch we'll board the bus and head to RiverQuest to experience the beauty and solitude of the lower Connecticut River. It is so different than at any other time of the year. There are no other vessels on the water, and with no leaves on the trees, the wildlife viewing is easy & fun. Be sure to wear warm clothing.

RESTAURANT \$\$

Register in February



CT Flower Show - Convention Center, Hartford
Friday, February 22, 2019

10:00 am Leave RCC Return to RCC 2:00 pm

Cost: Resident: \$7.00 Non-Resident: \$9.00

Admission & Lunch on Own (many food vendors to choose from). The Hartford Convention Center will be transformed into a breathtaking event with over 300 booths for floral and garden enthusiasts!



New Program

Verse Come, Verse Served Poetry Group
First and Third Tuesdays

March 5 & 19, 2019

3:00 pm - 4:30 pm

Facilitator: **Michael Lepore,**
Glastonbury Poet Laureate

Have you ever wanted to write or read poetry? Well, this is your chance to unleash your creative self! Poetry is an exciting way to retell and relive memories as well as to express your personal feelings, and it is not hard to do! Take a chance, challenge yourself, become part of an exciting poetry community. This program is where it all starts, no previous experience needed.

Call to register (860) 652-7655

AARP AARP Tax-Aide Program
Mondays, Wednesdays and
Thursdays

Morning Appointments Only

Please call 860-652-7638 to schedule your required appointment. No walk-ins will be accepted.

AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals, with special attention to people 60 plus years of age.

See page 13 for more details.



Upcoming Spring Charter Trips for 2019

All chartered trips - Checks only payable to: *Tours of Distinction*

**Daffodil Days - Bristol, RI
Thursday, April 11, 2019**

7:00 am Depart RCC

Approx. Return: 7:15 pm 🍷🍷🍷

Cost: \$106.00

REGISTER BY MARCH 7, 2019

Flyer available at Senior Center

- Blithewold - 33 acre summer estate with grand views of Narragansett Bay and a guided tour of the mansion.
- Lunch at the Mooring - a historic waterfront location in Newport, RI.
- Following lunch time on your own to explore the shops, watch the boats or just relax.

Save the Date

**Riding through the Times-Newport RI
Tuesday, May 14, 2019**

Cost: \$175.00 Checks payable to:

Tours of Distinction - Take a tour with Rail Explorers and experience the magic of the railroad like never before! A unique activity suitable for everyone. Admission to the Newport Car Museum, free-time, and all taxes and gratuities (including driver and tour director). **REGISTER BY APRIL**

June 11 NYC Botanical Gardens

\$88.00 - Admission to the NY Botanical Garden, free-time, and all taxes and gratuities. **(Fliers available in office)**

WEEKLY ACTIVITIES

BILLIARDS - CO-ED	Saturdays 9:00 am - Noon Mondays 1:00 pm - 3:00 pm Tuesdays & Thursdays 9:00 am - 8:00 pm
BINGO	Fridays 12:45 pm - 3:00 pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 10:30 am February " <i>Angle of Repose</i> " by Wallace Stegner
BRIDGE	Wednesdays 1:00 - 3:30 pm
CANASTA	Tuesdays 12:30 - 2:30 pm
CERAMICS	Wednesdays 1:30 - 3:30 pm
CHESS	Second and Fourth Tuesdays 1:00 - 3:00 pm
CREATIVE CRAFTERS	Mondays & Thursdays 1:00 - 3:30 pm
CRIBBAGE	Mondays 12:45 - 3:00 pm
CURRENT ISSUES	First and Third Fridays 10:00 am
DUPLICATE BRIDGE	Mondays 1:00-4:00 pm
GIRL TALK SOCIAL GROUP	2nd Friday 10:30 am - 11:30 am
INDOOR WALKING	Monday, Tuesday, Wednesday, and Thursday 12:15 - 1:00 pm (unless indicated on Large Calendar)
KNIT/CROCHET GROUP	Mondays 9:30 - 11:30 am
MAHJONGG AFTERNOON	Wednesdays 1:00 - 3:00 pm
MEN'S POOL	Monday, Wednesday & Friday 9:00 am - Noon
PINOCHLE	Tuesdays 1:00 - 3:00 pm
RUMMIKUB	Tuesdays 10:00 - Noon
SETBACK	Thursdays 10:00 - Noon
Wii BOWLING	Thursdays 2:00 - 4:00 pm

Techy Teens Assist Savvy Seniors Tuesday, February 12, 2019 3:15 pm

You will be paired with a teen from our Youth and Family program who will help you navigate the evolving technological world that we live it. You might just teach them a thing or two. Please register in the office (860-652-7638) and let us know your area of interest/need.

Technology: *To make an appointment please call: (860) 652-7638.*

Computer Assistance by appointment Fridays Noon - 2:00 pm Facilitator: Ron M.

Mac, iPad, or Smart Phone Assistance Thursdays 1:30 pm - 3:00 pm Facilitator: Ann H.

Computer Assistance by appointment Tuesday/Thursday Evenings Facilitator: Kathryn S.

Evening & Weekend Programs

UCONN Women's Basketball vs Houston At Gampel Pavilion—Storrs

Saturday, March 2, 2019

11:00 am Leave RCC 1:00 pm Game

Approximate Return to RCC: 4:00 pm

Cost: Resident: \$30.00

Non-Resident: \$36.00

Please note: In the event of a snow storm or bad road conditions, tickets are non refundable. Seating is limited - and are bleacher seats.

It's Senior Day for the players! Cheer the girls on as they play Houston.

GOOO UCONN! Register in February

The BIG SING Noon - 1:00 pm

Saturday, February 23, 2019

No Fee, just beautiful music—Open to the Public

Sit back and Sing-a-Long with Doctor Rosokoff and forty plus Ukulele players as they play hit songs from across the decades. This popular event draws people of all ages! Lyrics for the songs are projected for easy reading. Stop by for a fun afternoon activity!



Lifelong Learning Series (On DVD)

Tuesdays 5:30 – 7:30 pm

The Great Courses:

"Music and the Brain"

February 19, 2019 – April 16, 2019

18 Lectures / 9 weeks

Registration is required Call 860-652-7638

Music is an integral part of humanity, from large societies to small tribes—but why? Music and the Brain probes this profound mystery, exploring the origins of music's emotional powers; the connections between music and language; the links between hearing, moving, remembering, and imagining; and beyond. This interdisciplinary course combines music and cognitive science to reveal the glory of this marvelous gift.

Tuesdays

Pickleball at RCC	5:30 pm - 8:00 pm
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Lifelong Learning	5:30 pm - 7:30 pm
<i>The Great Courses : "Music and the Brain"</i>	

Open Computer	5:30 pm - 8:00 pm
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Thursdays

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Open Computer	5:30 pm - 8:00 pm
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Thursday Evening Movie	5:30 pm - 7:30 pm
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Coloring for Stress Relief	5:30 pm - 7:00 pm
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Saturdays

Co-ed Billiards	9:00 am - Noon
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Open Studio	February 9:30 am - 11:30 am
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Saturday Movies	Noon
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Open Computer	9:00 am - 3:00 pm
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Dance Practice	9:00 am - 10:30 am
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The Big Sing	February 23, 2019 12pm—1pm
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Social Services News

Glastonbury Social Services and Senior Outreach Call 860-652-7634 if you want to:

SPEAK with a member of the Social Work staff

FIND out what programs you may qualify for

MAKE an APPOINTMENT for any financial assistance applications

Get REFERRALS to appropriate programs and services

Learn about and/or apply for MEDICARE

If you wish to see a particular worker you may still call them directly, otherwise, please call Social Services & Senior Outreach at 860-652-7634

Kathryn Carfi: 860-652-7644

Theresa Buckson: 860-652-7640

Evelyn Lopez: 860-652-7652

Susan Parrotta: 860-652-7636

Medicare

If you are in a Medicare Advantage Plan, you can make one change to a different plan or switch back to Original Medicare between January 1 and March 31, 2019. For more information on this or other Medicare issues, you can call the plan directly, call Medicare (1-800-633-4227), go to www.medicare.gov or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7634.)

Energy Assistance

Glastonbury Social Services continues taking applications for heating assistance. Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the Energy Assistance program. The income limit for an individual is \$2,926 per month, for a couple the income limit is \$3,826 per month. Homeowners have a liquid asset limit of \$15,000 and renters \$12,000, but any assets over those limits may be added to your annual income to see if you still qualify financially. More information and appointments are available by calling Social Services at 860-652-7634.

Food Share

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:15 to 10:45 on February 13 and February 27. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability. Please remember to bring a bag or box with you to carry your food.

Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption will be taken beginning in February. The income limits for the State program are \$36,000 for an individual and \$43,900 for a married couple. The Town Homeowner's Program income limit was not available at time of publication. Income is based on 2018 figures.

Income verification needed to apply for above programs:

**2018 Social Security 1099; 2018 federal income tax, if filed;
if no income tax filed, all 1099s from 2018**

For more information, an appointment or to apply, please contact Social Services at 860-652-7634 or the Assessor's Office at 860-652-7600.

Social Services News 'Continued

Carol's Closet

A paper pantry providing paper and personal products to Glastonbury residents, it is open the third Saturday of each month, which will be February 16, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

This ministry of St. James Church is also supported by its interfaith partners, Buckingham Congregational Church UCC, First Church Congregational UCC, Congregation of Kol Haverim, St. Luke's Episcopal Church and Lutheran Church of St. Mark.

Support Group News

"EYE OPENERS" LOW VISION SUPPORT GROUP

Friday, February 22, 2019

The Low Vision Support Group will meet from 10:00 - 11:30 in the Special Activities Room at the Riverfront Community Center. This group is open to any person living with low vision. Members learn from one another and guest speakers. Refreshments are served. For more information or to receive meeting announcements, call Susan Parrotta, 860-652-7636.

Bereavement Support Group Wednesdays, February 6 & 20, 2019 2:00 pm- 3:30 pm

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is co-sponsored by Hartford Healthcare at Home and Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860) 969-5442 for additional information.

The Friendship Circle Memory Program

The Friendship Circle Memory Program is a social engagement program designed for Glastonbury Seniors with early stage dementia. The program provides the opportunity to gain the many benefits derived by being active and socially engaged in a supportive group environment.

Activities are coordinated by a trained Program Coordinator and volunteers. The program offers a variety of engaging mental and physical activities including music, arts and crafts, exercise, puzzles, and plenty of opportunities to enjoy the company of others. A monthly fee is charged. Lunch and transportation are included. For more information contact 860-652-7646.

American Heart Month—Word Jumble

Unscramble the letters

- | | |
|--------------------|----------------------|
| 1. OTSKRE _____ | 6. ALTEHH _____ |
| 2. WARENASSE _____ | 7. THRAE _____ |
| 3. RHACERSE _____ | 8. RFBYUREA _____ |
| 4. ONCIDTUAE _____ | 9. TNANFMIIORO _____ |
| 5. REWA DER _____ | 10. SIEDSEA _____ |

Health and Wellness News

Free Blood Pressure & Wellness Clinic **Wednesdays** **RCC** **9 am – 12 pm**

Glastonbury's Community Health Nurse will be conducting the above clinic this month. Blood pressure, medication, diet questions, symptom management and other health related concerns can be addressed. Walk-ins are encouraged.

(Please note: No Clinic on Wednesday, February 13, 2019)

Healthy Foot Clinic

Thursday, February 14, Monday, February 25 and Tuesday, February 26, 2019 **RCC**

8:40 am – 3:30 pm **Appointment Required – Call (860) 652-7638 to schedule an appointment** **Cost: \$29.00 – check made payable to: Pedi-Care**

Walk-ins will not be accepted. Payments must be made at the time of your visit.

Dial-A-Ride Shopping and Schedule Information

For All Reservations Call: (860) 652-7643 **For Cancellations Call: (860) 652-7638**
Information Line Call: (860) 652-7638

Weekly Shopping: **For residents who live north of Hebron Avenue (Zone A)**

Mondays - Stop & Shop (Glastonbury Blvd.)

1st & 3rd Tuesdays of the month: Shop Rite

For residents who live south of Hebron Avenue (Zone B)

Thursdays - Stop & Shop (Oak Street)

2nd & 4th Tuesdays of the month: Shop Rite

Mall Shopping Trip: **Buckland Mall - Wednesday, February 13, 2019**

10:00 am Depart RCC 2:30 pm Return to RCC Trans. fee: \$5.00

You may register for the monthly shopping trip at anytime during the month.

Other Transportation Options

FISH Phone: (860) 647-3911 Transportation for Glastonbury residents to out of town medical appointments is available Tuesday through Friday from Glastonbury to the following towns: Hartford, East Hartford, West Hartford, Manchester, Rocky Hill and Wethersfield. Please note: pickup can be no earlier than 8:00 am and no later than 4:00 pm. FISH also transports to the Farmington Health Center for appointments between 10:00 am. and 2:00 pm. You must request a ride by noon of the previous day. FISH is unable to transport wheel chairs; parking fees are the responsibility of the rider.

American Cancer Society's Road to Recovery Transportation Service

Phone: 1(800)227-2345. They can provide transportation for doctors' appointments and treatments. Patients must be ambulatory. Requests must be made 3 business days before the appointment.

A.D.A. Transportation, CT Transit This service provides door-to-door service for any purpose to persons unable to use regular CT Transit bus service, if the pick-up and destination is within their service area. (7 days a week with a charge of \$3.50 each way). For application and info, call: **(860) 724-5340**

Cozy Corner Café News

You can place your order via phone (860)368-4535, or in person ahead of time. Enjoy healthy combinations with fresh produce, yogurts and snacks. (Open Monday - Friday 9:30 am—1:30 pm).

Cozy Corner Evening Café**5:00 pm****Tuesdays, February 5 & 19 - Pizza****Tuesday, February 12 & 26 - Sub****Special tickets & Registration required by the prior Monday. Cost: \$5.00****Special Diet Requests Procedure**

For those individuals who may have special dietary needs please contact the office the day prior.

Thank you.

11:45 am Lunch 12:15 pm or 12:30 pm Program (If Planned)

Ticket Prices: \$2.50 per person includes hot entrée, vegetable, dessert & beverage.
\$5.00 per Guest (does not live in town and/or not a senior citizen).

February Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Minestrone Soup & Sandwich
4 Baked Meatloaf	5 Stuffed Cabbage	6 Steamed Cod	7 Shepherds Pie	8 Chef's Choice
11 Pork Stir Fry	12 Valentine Special Luncheon Cranberry Glazed Chicken Breast	13 Be aware of your Surroundings Swedish Meatballs	14 Turkey Breast	15 Breaded Fish on Bun
18 CLOSED Presidents Day	19 Smothered Pork Chop	20 What's Happening in the Community Cube Steak	21 Spaghetti w/meat sauce	22 Grilled Cheese & Tomato Soup
25 Eggplant	26 Breaded Chicken	27 Hot Dog	28 New Zealand Video Chicken ala King	1 Chef's Choice

Special Luncheons

Valentine Celebration

Tuesday, February 12, 2019

12:00 pm Lunch - Cranberry Glazed Chicken Breast 12:30 pm Entertainer Maia Dobbs
\$4.00 Special Ticket (Must be purchased by Friday, February 8, 2019)

Valentine's Day is a special day to show those we love how important they are to us. So please join us for our special celebration with your good friends. Entertainment by Maia Dobbs performing songs through the ages typically in a soft-rock, Nora Jones/Jewel style.

St. Patrick's Day Luncheon

Thursday, March 14, 2019

12:00 pm Lunch - Cornbeef & Cabbage

12:30 pm The Mulcahy Academy of Irish Dance Students

\$4.00 Special Ticket (Must be purchased by Tuesday, March 12, 2019)

'Tis time for the Leprechauns to come out and partake in some mischief, serving up corn beef and cabbage, as well as an Irish Dessert. Following lunch The Mulcahy Academy students will add a very special Irish touch to our luncheon.

Lunch & Learns

12:30 pm - 1:30 pm

How to be Aware of your Surroundings

Wednesday, February 13, 2019



By being aware of your surroundings you can avoid slips, trips and falls.

Presented by Alyssa Lombardi, exercise physiologist - (registration is required for program by calling (860) 652-7638).

12:15 pm - 12:45 pm

What's Happening in the Community

Wednesday, February 20, 2019



Do you have a question regarding the community or what is the newest scam out there? Come and meet the new Community Outreach Officer, Michael Magrey. He'll be able to tell you what the newest scams are and answer safety questions regarding the community.

12:30 pm - 1:00 pm

Short Trip: New Zealand in 14 Days

Thursday, February 28, 2019



Show you how you can travel New Zealand's North- and South Island in 14 days and take the most out of it on an individualized route. An entertaining half hour with lots of tips and great pictures of the New Zealand countryside.
30 minutes - **Community Room B**

Movies At the Riverfront Community Center

Popcorn and an iced beverage will be available. There is no charge and no reservations are required. ***Due to the length of movies and other circumstances there will be no previews.*** If you wish to recommend a movie, please complete a suggestion form in the Senior Center office. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie. Your cooperation is appreciated.***

Monday Movie Madness Movies start promptly at 1:00 pm

February 4 "Pride & Prejudice" (2005) **** Starring Keira Knightley, Matthew Macfadyen and Talulah Riley - The story is based on Jane Austen's novel about five sisters - Jane, Elizabeth, Mary, Kitty and Lydia Bennet - in Georgian England. Their lives are turned upside down when a wealthy young man (Mr. Bingley) and his best friend (Mr. Darcy) arrive in their neighborhood. Rated PG/Historical, Drama/ 128 minutes (Amazon).

February 11 "Enchanted" (2007) ***** Starring Amy Adams, Patrick Dempsey and James Marsden A classic Disney fairytale collides with modern-day New York City. In this story, an animated princess is sent into the real world by an evil queen, where she meets a handsome lawyer. Can a storybook view of romance survive in the real world? Rated PG-13/Fantasy/107 minutes (Amazon).

February 18 No Movie: Closed

February 25 "Maid In Manhattan" (2002) **** Starring Tyler Garcia Posey, Jennifer Lopez and Ralph Fiennes - A woman takes a job as a chambermaid at a luxury hotel in New York. She meets and falls in love with a debonair heir to an America political dynasty who mistakes her for a society woman. When her real identity is revealed, the truth sets in about the disparity of their lives. Rated PG-13/Comedy/105 minutes.

Thursday Evenings - Movies start promptly at 5:30 pm

February 7 "Swimming with Men" (2018) *** Starring Rob Brydon, Rupert Graves, and Thomas Turgoose. - A man who is suffering a mid-life crisis finds new meaning in his life as part of an all-male, middle-aged, amateur synchronized swimming team. Rated NR / Comedy / Drama / Romance / 97 minutes.

February 14 "Love, Gilda" (2018) ****in her own words, comedienne Gilda Radner looks back and reflects on her life and career. Weaving together recently discovered audiotapes, interviews with her friends, rare home movies and diaries read by modern day comediennes. Rated NR / Documentary / Comedy / 86 minutes.

February 21 "Smile" (2005) *** Starring Mika Boorem, Yi Ding, and Sean Astin- High School student Katie signs up for a trip to China, where she meets Lin, who has a facial deformity that discourages her from ever showing her face, but her friendship with Katie helps her start to see life in a new way. Rated PG13/ Drama/107minutes. (Netflix)/Amazon)

February 28 "Everything, Everything" (2017) **** Starring Amandla Stenberg, Nick Robinson and Anika Noni Rose- A teenage girl is unable to leave her home because she has an immunodeficiency that makes her allergic to almost everything. However, her life changes for the better when she begins to communicate with the boy next door. . Rated PG13/Drama/Romance/96 minutes. (Amazon)

Saturday Matinees Movies start promptly at 12:00 pm

February 2 "Fences" (2016) ****Directed by and starring Denzel Washington. A working-class African-American father tries to raise his family in the 1950s, while coming to terms with the events of his life. Rated PG-13 / Drama / 133 minutes.

February 9 "RBG" (2018) ****At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming an unexpected pop culture icon. But without a definitive Ginsburg biography, the unique personal journey of this diminutive, quiet warrior's rise to the nation's highest court has been largely unknown, even to some of her biggest fans. Rated NR/Documentary/96 minutes.

February 16 "Queen of Katwe" (2016) **** Starring David Oyelowo - The colorful true story of a young girl selling corn on the streets of rural Uganda whose world rapidly changes when she is introduced to the game of chess. Rated PG / Drama / 124 minutes.

February 23 "Race" (2018) **** Race is based on the incredible true story of Jesse Owens, the legendary athletic superstar whose quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. Rated PG-13 / Drama / 134 minutes. (Amazon).

AARP Tax-Aide Program**Mondays, Wednesdays and Thursdays****Morning Appointments Only**

Please call 860-652-7638 to schedule your required appointment. No walk-ins will be accepted.

AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals, with special attention to people 60 plus years of age. For filing of your 2018 federal and state tax forms, if married, both husband and wife should be present during the session. Taxpayers must have available all information and documents that apply to their 2018 income taxes including:

- 1. A copy of last year's tax returns (Federal & State)**
- 2. ID information for taxpayers and all dependents (photo ID and Social Security cards)**
- 3. A current check so refunds can be directly deposited and your checkbook listing payments during 2018**
- 4. All W2, 1099 forms, etc. showing wages, pensions, interest, dividends, stock sales, etc. Also original cost basis for any stocks or other assets sold during the year.**
- 5. If itemizing deductions: proof of charitable contributions, mortgage interest, property taxes, etc.**
- 6. Any other documentation you think might be relevant.**

If possible arrive 15 minutes before your appointment to fill out some paperwork.

If, you are unable to come, please call to cancel and to reschedule. If possible please cancel the appointment a day or two ahead so that the time can be available for another taxpayer.

The Tax aide program is sponsored by the IRS and AARP, and the counselors are certified to prepare most tax returns. However, there are some situations that are "Out of Scope" and we are not authorized to prepare these returns. e.g., rental income, complex stock transactions (day-trading...). If you have any concerns about whether your return is within the scope, please leave a message with the scheduler and one of the counselors will call you ahead of your appointment to review your concerns.

AARP Smart Driver**Thursday, February 21, 2019****8:30 am - 12:30 pm**

Cost: \$15.00 for AARP members; \$20.00 for Non-members. No cash or charge-Checks only payable to AARP due upon advance registration. The insurance discount afforded to seniors taking the course is a minimum of 5% for a period of 2 years if you are 60 years of age or older.

Glastonbury Senior Center Participant Contact Information Updates

Every year, all Glastonbury Senior Center Participants are required to update their emergency contact information. Please stop in the office during the month of January to review and update your form. If you have not filled out a form please stop in the office to obtain one as well as a copy of the operating policies and procedures of the Center.

How to read/get a copy of The Sharing Tree

This newsletter is published monthly for Glastonbury seniors. You may access it online through the town website: www.glastonbury-ct.gov-seniorservices. Copies of the newsletter are also available at the library and town hall as well as delivered to the congregate senior living facilities throughout town. If you are not currently receiving a copy and wish to do so, please contact the Senior Center office to arrange for receipt via e-mail or postal service.

Town of Glastonbury
Senior Services Department
300 Welles Street
Glastonbury, Connecticut 06033

PRSR - STD
U.S. POSTAGE
PAID
Hartford, CT
PERMIT # 300

Return Service Requested

The Sharing Tree

Winter Weather Alert

Senior programs and Dial-A-Ride will be canceled when road and sidewalk conditions are, or may become too hazardous for safe operation of a vehicle. If Glastonbury schools are closed, senior center programs will also be canceled. Additionally, schools may be open, but if sidewalks are judged to be unsafe for seniors, programs will be canceled. Look for cancellation notices on **WFSB Channel 3**. On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

Registration Information: Sign-up for all trips and activities will take place on **Thursday, February 7, 2019 9:30 am** for **Glastonbury residents only**. Registration will take place in Community Room A. (*Doors open at 8:30 am for registrants to take a number for their place in line*). One person may make reservations for up to **two** people only. Checks should be made payable to the **Town of Glastonbury**. Registration for activities and lunches (not trips) can be made at the office before and after this date based upon space availability. Non-Residents may register on **Thursday, February 14, 2019** (in office).

Answers: 1. stroke 2. awareness 3. research 4. education 5. wear Red
6. health 7. heart 8. February 9. Information 10. disease