

The Sharing Tree

Your source of information at the Glastonbury Senior Center.

Office Hours:
Monday - Friday
Tues. & Thurs.
Saturday

8:00 am to 4:30 pm
8:00 am to 8:30 pm
9:00 am to 3:30 pm

Main Information Number (860) 652-7638
Dial -A-Ride Numbers:
Reservations: (860) 652-7643
Cancellations: (860) 652-7638

March 2019



SPRING IS IN THE AIR



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

7:00 am Depart RCC

Approx. Return: 7:15 pm

Cost: \$106.00 (indicate food choice)

REGISTER BY MARCH 14, 2019

Flyer available at Senior Center

- Blithewold - Historic mansion and Gardens -33 acre summer estate with grand views of Narragansett Bay and a guided tour.
 - Lunch at the Mooring - a historic waterfront location in Newport, RI.
- Meal choices: Grilled Chicken** (served with Wild Mushroom Gravy) or **Local White Fish** (served with Fresh Citrus). All served with Potato, Vegetable, Warm Bread, Butter, Dessert, Coffee, Tea, and Soda.
- Following lunch, time on your own to explore the shops, watch the boats or just relax and people watch.

Checks payable to: "Tours of Distinction"

St. Patrick's Day Luncheon

Thursday, March 14, 2019

Lunch - Corned Beef & Cabbage & Irish Dessert

Followed by The Mulcahy Academy of Irish Dance Students

\$4.00 Special Ticket

(Must be purchased by Tuesday, March 12, 2019)



Trips

Lunch Outings

The Dublin - Beef & Seafood Company
East Hampton

Monday, March 11, 2019

11:00 am Leave RCC

Approximate Return to RCC: 2:00 pm

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

The Dublin Restaurant is a comfy Irish pub with a warm feel. **RESTAURANT \$\$**

Rescheduled lunch outing:

Red Fox Restaurant - Middletown

Wednesday, March 20, 2019

10:45 am Leave RCC 11:30 am Reservation

Approximate Return to RCC: 2:00 pm

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

Red Fox is a family owned gourmet restaurant that serves top of the line Mediterranean/American cuisine. **RESTAURANT \$\$**

American Clock & Watch Museum - Bristol
Sage Grill - Bristol



Wednesday, March 27, 2019


9:30 am Leave RCC

10:30 am Tour Museum

12:30 pm Lunch -(On own)

Resident: \$16.00 Non-Resident: \$20.00

The American Clock & Watch Museum is one of a very few museums in the United States dedicated solely to horology, which is the history, science and art of timekeeping and timekeepers. The museum holds one of the largest displays of American clocks and watches in the world. As we travel through the museum's eight galleries, these timekeeping devices chime and strike upon the hour.

Following the museum, enjoy lunch at Sage Grill, serving Italian and American inspired cuisine made fresh to order. **RESTAURANT \$\$** 

NEW Program—Glastonbury Senior Center
version of the Price Is Right!

Friday, March 29, 2019 11:00 am—11:45 am

Several grocery items will be placed on the table. Can you guess the price of the items. No Googling or using your phones or tablets. Prizes will be awarded.

RiverQuest Eagle Cruise—Haddam
Pattaconk Bar & Grille—Chester

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

RESTAURANT \$\$



Rescheduled Trip from January Ice Storm
Yale University Art Gallery - New Haven

Thursday, April 4, 2019

11:00 am Leave RCC

11:30 am—Lunch at Atticus

Bookstore & Cafe



1:20 pm Guided Tour

Transportation cost: Resident: \$7.00

Non-Resident: \$9.00 (lunch on own)

Approximate Return to RCC: 4:30 pm

Waitlist Only— **RESTAURANT \$\$**

The Genius Museum—Montville

Two Brothers Pizza—Salem

Monday, April 15, 2019

9:15 am Leave RCC 10:00 am Tour

Cost: Resident: \$15.00

Non-Resident: \$20.00

Have you ever wondered how newspapers were printed in the 19th century or how a steam-engine could power a boat? Then step through the gates of time into The Genius Museum at Nature's Art Village and enter a village of progress! Take a historic walk and discover a timeless town displaying the rapid transformation of American technology over two centuries. Following our time at Nature's Village, enjoy lunch at Two Brothers Pizza Great selections of Pasta, Pizza and more.

RESTAURANT \$\$



Girl Talk Group Social March 8 10:30 am

Join in on the fun and social time with other ladies. Share stories, recipes & more.

Upcoming Spring Charter Trips

**Riding through the Times – Newport, RI
Rail Explorers & Newport Car Museum
Tuesday, May 14, 2019**

Cost: \$175.00 Checks payable to:

Tours of Distinction -

REGISTER BY APRIL 10, 2019

Head off to Rhode Island for a grand adventure that consists of vehicles of today and those of antiquity!

- Explore the great outdoors and the rails as you ride on the up-and-coming **Rail Explorers**. (Open air rail vehicles)
- Newport Car Museum
- Lunch at La Forge Casino (not a casino). Choice of: Turkey Club, or Chicken Salad (on French bread), or Veggie Wrap. All entrees will be served with Mixed Green Salad and Dessert.

New York Botanical Garden

Tuesday, June 11, 2019

9:00 am Depart RCC

8:00 pm approximate Return to RCC

Cost: \$88.00 - Payable to

“Town of Glastonbury”

Experience the magic of the New York Botanical Garden. Explore over 50 diverse gardens and plant collections that are located throughout 250 acres. You will have plenty of time to see exhibits that stay in place throughout the year, as well as those that are brought in for a specific season. With over a million plants, the garden will help you explore various and extensive collections and exhibits. The garden has a tram, which you have unlimited access to as you make your way around the property. Lunch will be on your own. The garden offers a couple of dining options for you to choose from.

Red Cross Blood Drive March 16, 2019

9:30 am -2:30 pm

March is Red Cross Month. You can be part of the Red Cross’ humanitarian mission by donating blood to bring hope and help to patients in need. Be an everyday hero by giving blood. Folks can sign up for the blood drive at the Riverfront Community center by calling 1-800-RED CROSS, logging onto www.redcrossblood.org or the blood donor app and use sponsor code “Glastonbury”.



Tax-Aide Program

February 4- April 15

Mondays, Wednesdays and Thursdays

Morning Appointments Only

Please call 860-652-7638 to schedule your 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.

AARP Smart Driver

Thursday, March 21, 2019

12:30 pm - 4:30 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.

Techy Teens Assist Savvy Seniors

Tuesday, March 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.

Glastonbury Senior Services Spring 2019 Class Schedule

Registration for all classes must take place prior to participation in the first class. You can register at the Riverfront Community Center any day, Monday thru Saturday prior to the start of the class. All classes will be located at the Riverfront Community Center and are subject to cancellation if not enough students are enrolled at the time of the first class.

PLEASE NOTE: If participants do not sign up by April 1, 2019 a late fee of \$5.00 will be assessed. Registrations on the first day of class will be assessed a higher fee of \$10.00.

Individuals may try any exercise/dance class (at no cost) prior to registering for the class. Refunds to participants will be made for medical reasons only. Documentation from a medical professional is required for all refunds.

CLASS	DESCRIPTION	MEETS	DATES	# OF CLASSES	FEE	
					R	NR
BEGINNERS LINE DANCING	Learn the basic steps of this fun and challenging dance.	Thursdays 12:00 - 12:45 pm	4/11 - 6/13	10	\$40	\$45
INTERMEDIATE LINE DANCING	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 am - Noon	4/11 - 6/13	10	\$50	\$55
POWERFUL AGING & FITNESS	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays. & Fridays 11:00 am - Noon	4/10 - 6/21	21	\$78	\$85
STRETCHERCIZE EXERCISE	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tues/Wed 1:00-2:00 pm	Ongoing		\$35	\$40
TAI CHI INTRO	Learn the basics of this life altering discipline.	Mondays 1:30 - 2:15 pm	4/8 - 6/17	10	\$40	\$45
TAI CHI	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6 - 7 pm	4/11 - 6/20	11	\$55	\$60
YOGA - HATHA	Yoga can enhance your lifestyle no matter what age; develops self-discipline; can enhance physical and mental health.	Mondays & Fridays 10:00 - 11:00 am	4/8 - 6/24	18	\$90	\$100
LOW IMPACT CARDIO DANCE FITNESS	Perfect for active seniors who are looking for a modified Zumba class at a lower-intensity with easy-to-follow choreography, focusing on balance, range of motion and coordination.	Mondays 12:30 - 1:15 pm	4/8 - 6/17	10	\$45	\$50
ITALIAN	Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required)	Thursdays Intermediate 9:00 am Advanced 10:00 am	4/4 - 6/20	12	\$5	\$6
WATERCOLOR	Drawing is not a prerequisite - Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30 am	4/6 & 4/13	2	\$10 ea. Class +supplies	\$15 ea. Class + supplies

GHS Senior Lunch Theater *presents:*

"Guys & Dolls" Sunday, March 3, 2019

11:30 am Doors Open for Lunch 2:00 pm Performance in

Auditorium Fee: \$15.00 All Inclusive. Checks payable to:

"GHS Student Council" Tickets must be purchased in advance at the

Senior Center (RCC) Please note: This afternoon is limited to

Glastonbury senior residents only with 185 tickets for sale. The

afternoon is co-sponsored by the Glastonbury High School Student Council,

Music & Choral Groups, and Drama Club. **Dial A Ride will be available.**

The BIG SING

Noon - 1:00 pm

Saturday, March 30, 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.



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

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 10:00 to 10:45 on March 13 and March 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 are being taken through May 15, 2019.

Applicants for the Additional Veterans Exemption have until October 1, 2019 to complete that application. Income limits, based on 2018 figures, are \$36,000 for an individual and \$43,900 for a married couple for the State Elderly and Totally Disabled program. The income limit for the Town Elderly Tax Relief Program is \$57,150 for an individual or married couple.

Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your federal income tax return for 2018, if filing, and/or copies of all your interest and income statements and also the 2018 Social Security end-of-year statement (SSA-1099).

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.

Outreach at Center Village and Village Green

Outreach Social Worker Theresa Buckson will be at Village Green at 10AM on Tuesdays March 12 and March 26 and at Center Village on Tuesdays March 5 and March 19 and alternating Tuesdays throughout the year. Day old bread and bakery from Stop and Shop will be available to residents, and time is available for private consultations. Please call Theresa at 860-652-7640 with questions or for a specific appointment.

Social Services News 'Continued

Carol's Closet

A ministry of St. James Church, the paper pantry provides paper and personal products to Glastonbury residents. It is open the third Saturday of each month, which will be March 16, from 10 AM to 12 noon at St. James, 2584 Main Street. Call 860-633-8333 for questions.

Medicare

For information on Medicare, you can visit www.medicare.gov, call Medicare at 1-800-633-4227 or reach one of the CHOICES trained counselors at the Riverfront Community Center by calling 860-652-7634.

Support Group News

"EYE OPENERS" LOW VISION SUPPORT GROUP

Friday, March 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, March 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.

AARP Chapter # 2010 News:

AARP BOARD MEETING:	Tuesday, March 5, 2019	10:00 am
AARP GENERAL MEETING:	Tuesday, March 19, 2019	Noon
PROGRAM:	Fashionably Connecticut: 100 years of Connecticut Fashion History 1860-1960	

Did you ever wonder why our grandparents wore those "serious" shoes and a hat whenever they went out? Jennifer Busa, Connecticut Historical Society, will help us explore how our choice of clothing communicates who we are and what we do. Recall the clothing of our ancestors as we learn about fashion choices.

UPCOMING TRIP INFORMATION:

June 19, 2019	Saint Clements Castle
November 12-14, 2019	Christmas in the White Mountains - NH

Contact Diane Mansur @ 860-781-2853 for additional information.

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.

Hearing Screening & Aids Serviced **Tuesday, March 12, 2019 10:00 am – noon**

Call 860 652-7638 to schedule your appointment. A free hearing exam will be conducted by a licensed hearing specialist. Hearing aids will be cleaned, checked and minor adjustments made.

Healthy Foot Clinic

Thursday, March 14, Monday, March 25 and Tuesday, March 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: **Westfarms Mall - Wednesday, March 6, 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 and snacks. (Open Monday - Friday 9:30 am—1:30 pm).

Cozy Corner Evening Café**5:00 pm****Tuesdays, March 5 & 19 - Pizza****Tuesday, March 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.

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).

March Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef's Choice
4 Herb Roasted Chicken	5 Sausage & Peppers on a Roll	6 <i>First Day of Lent</i> Minestrone Soup & Grilled Cheese	7 Probate Court Services Shepherd's Pie	8 Steamed Cod
11 Glazed Pork Chop	12 Tacos	13 Swedish Meatballs	14 St. Patrick's Day Luncheon Corned Beef & Cabbage	15 Cheese Ravioli
18 Birthday Party Travel Scotland Video Spaghetti w/meat sauce	19 Baked Meatloaf	20 Reuben Sandwich	21 Dogs on the Job Video Chef's Choice	22 Tuna Melt
25 Indoor Walking Awards Chicken ala King	26 Wow, I Never Knew That! Video Eggplant Parmesan	27 Cube Steak	28 (Snow Date for Probate Court) Baked Ham	29 Stuffed Shells

Special Luncheons

St. Patrick's Day Luncheon

Thursday, March 14, 2019

12:00 pm Lunch - Corned Beef & Cabbage & Irish Dessert

12:30 pm The Mulcahy Academy of Irish Dance Students

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

Be Irish for a day and enjoy a traditional Corned Beef and Cabbage meal. Following lunch The Mulcahy Academy students will add a very special Irish touch to our luncheon.

Lunch & Learns

12:30 pm - 1:15 pm

Probate Court Services

Thursday, March 7, 2019

Navigating the probate court system can be a challenging experience for many. Learn about the range of important services provided through the local Probate Court.

Presented by Probate Judge Sean Michael Peoples. (*Snow date: March 28, 2019*)

12:15 pm - 12:45 pm

Travel Scotland with James McCreadie

Monday, March 18, 2019

James McCreadie takes you on an intimate journey through the Trossachs region of Scotland. Enjoy stunning views of Loch Lomond and Conic Hill. Experience the history and folklore: the Poker Tree, Aberfoyle, Loch Katrine and Factor's island. Walk the Doonhill Fairy Trail, then travel to Callander and visit a neolithic Cairn. The charm and beauty of Scotland awaits you (**Video - 27 minutes**).

Dogs on the Job

Thursday, March 21, 2019

A dog's purpose can extended beyond a companionship role as man's best friend to a functional one that comes with great purpose and responsibility. This fascinating documentary series explores the history, training and duties of working dogs and the integral role they serve to assist mankind.

(Video - 27 minutes)

3rd Annual Walking Group Awards

Monday, March 25, 2019

Show your support for the 2018/19 Glastonbury Senior Center Walking Group participants, several of whom have walked as many miles as it takes to get to the Connecticut shoreline and back. Recognition will be given for attendance, miles walked, most fun/creative and most dedicated! Get inspired... **Presented by: The Glastonbury Senior Center Staff.**

Wow, I Never Knew That!

Tuesday, March 26, 2019

Coca Cola, Slinky, and Frisbee - Learn how a pharmacist and an accountant created the most famous drink in the world, COCA COLA! And, learn the "BEAR" truth behind how a U.S. president helped create everyone's favorite stuffed toy, THE TEDDY BEAR! Then, how did a piece of wire accidentally "SLINK" its way to become a fantastic fun toy for children? Plus, how the WIFFLE BALL was invented. **(Video - 23 minutes).**

Monday Movie Madness Movies start promptly at 1:00 pm

March 4 *"The Lamp"* (2011) ***** Starring Louis Gossett, Jr., Roger Nix and Jason London - A couple's marriage has fallen apart after the death of their son, until a mysterious stranger presents them with a magical lamp and three wishes to put things right. However, they must choose very carefully what they ask for. Rated PG/Drama/96 minutes. (Amazon)

March 11 *"One Special Night"* (1999) ***** Starring James Garner and Julie Andrews - Two strangers who take refuge in a small cabin during a stormy winter night and, despite their differences, or perhaps because of them, they are undeniably drawn to one another in this holiday classic. Rated PG/Drama/87minutes. (Amazon)

March 18 *"The Last Laugh"* (2019) **** Starring Chevy Chase, Richard Dreyfuss and Andie MacDowell - After moving to a retirement home, restless talent manager Al reconnects with long-ago client Buddy and coaxes him back out on the comedy circuit. Rated TV-Mature/Comedy/98 minutes. (Netflix)

March 25 *"Mr. Holland's Opus"* (1996) ***** Starring Richard Dreyfuss, Glenn Headly and Olympia Dukakis - Heartwarming tale about the importance of following your passion. Rated PG/Drama/142 minutes. (Amazon)

Thursday Evenings - Movies start promptly at 5:30 pm

March 7 *"Last Flag Flying"* (2017) **** Starring Steve Carell, Bryan Cranston and Laurence Fishburne - A Vietnam veteran visits two of his fellow Marines to ask them with help in bringing the body of his son, a fallen soldier in Iraq, to Arlington. As they learn the truth about his death, they bond over the sore memories of their own troubled pasts. Rated R/Comedy, Drama, Military and War/124 minutes.(Amazon)

March 14 *"Beautiful Boy"* (2018) **** Starring Steve Carrell, Timothee Chalamet and Maura Tierney - A beautiful boy chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years. Based on the bestselling memoirs from David and Nic Sheff. Rated R/Drama/120 minutes.

March 21 *"Marilyn Hotchkiss' Ballroom Dancing & Charm School"* (2006) **** Starring Robert Carlyle, John Goodman and Sean Astin - Frank, a baker by trade, has been consumed by grief over his wife's death. But everything changes when he pulls his bread truck over on a rural highway to help a dying stranger entangled in a car wreck. A heartfelt, nostalgic and gently humorous story about a chance encounter in which one man's dreams become another man's destiny. Rated PG-13/Comedy, Drama/104 minutes.

March 28 *"Kindness Matters"* (2018) ***** Starring Bill Wetherill, Aaron Ginn-Forsberg and Raine Hartman Forsberg - A little boy named Lincoln, who is bullied for the way he talks, creates a superhero in his head. A lonely man rescues a puppy who transforms his life and falls in love. This inspiring story illustrates how kindness can truly make a difference. A family movie of inspiration. NR/Drama/102 minutes.

Saturday Matinees Movies start promptly at 12:00 pm

March 2 *"Charlie & Me"* (2008) ***** Starring Tom Bosley, Jordy Benattar and Lara Jean Chorostecki - A touching story of an eleven-year-old girl who has an extraordinarily close relationship with her grandfather and a complex relationship with her widowed father. NR/Comedy, Drama/90 minutes (Amazon).

March 9 *"A Box of Faith"*(2015) ***** Starring Savannah McMahon and Jule Van Lith - Alone and on her own, sixteen-year-old Dior figures out how to survive on the streets by the stroke of a spiritual pen. NR/Faith & Spirituality/90 minutes (Amazon).

March 16 *"The Storyteller"* (2018) ***** Starring Constance Towers, Brooklyn Rae Silzer and Samantha Colburn - The love of an enchanted young girl brings wonder and healing to a broken family. NR/Drama/90 minutes (Amazon).

March 23 *"Words & Pictures"* (2014) **** Starring Clive Owen and Amy Brenneman - Prep school English teacher Jack Marcus meets his match in Dina Delsanto - an abstract painter. Rated PG-13/Drama/115 minutes.

March 30 *"Salmon Fishing in the Yemen"* (2012) ***** Starring Ewan McGregor and Emily Blunt - An inspirational film where a fisheries expert is enlisted to bring the sport of fly-fishing to the desert and prove the impossible is truly possible. Rated PG-13/Comedy, Drama/107 minutes (Amazon).

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.***

KEEPING YOU INFORMED

Smartphone Tips of the Month:

Set a Sleep Timer

If you like to listen to music or podcasts before you fall asleep, you're going to love this trick. The iPhone includes a timer in the clock app that can stop audio playback from any app.

- Open the Clock app
- Select Timer at the bottom right
- Set how long you want the timer to be
- Tap: When Timer Ends
- Scroll to bottom of the list and tap Stop Playing
- Tap Set at the top right of your screen
- Press the Start button

Drift off to sleep without worrying about your iPhone battery being dead in the morning from leaving your music on.

RXmindMe App -Prevent medication errors with helpful reminders

Features:

- Nine different types of reminders
- A passcode lock screen for your privacy
- Multiple types of alert sounds
- Photos of your prescriptions
- Email your prescription history
- The FDA Drug Database for easy searching of medications
- Historical records of all your reminders and prescriptions
- Multitasking
- Fast app switching
- Snoozing capabilities, 15 minutes, 30 minutes, 1 hour, or 2 hours
- Ability to add multiple prescriptions/pill /vitamins/medications to a single reminder
- Prescription refill reminder

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 and 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

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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, March 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, March 14, 2019 (in office)**.