



The Sharing Tree

Your source of information at the Glastonbury Senior Center.

Office Hours:
Monday - Friday 8:00 am to 4:30 pm
Tues. & Thurs. 8:00 am to 8:30 pm
Saturday 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

April 2019



New Britain Museum of Art
J Timothy Taverne
Wednesday, April 24, 2019
10:15 am Leave RCC
11:00 am Tour

1:00 pm Lunch at J. Timothy Taverne
Approximate Return to RCC: 3:30 pm
Resident: \$32.00/Non-Resident: \$37.00
 A Docent-led hour tour of *"The Beyond: Georgia O'Keeffe and Contemporary Art"*, an innovative exhibition that celebrates her work and legacy. Georgia O'Keeffe's art has intrigued viewers and artists alike for generations.
 Following the museum enjoy lunch at J. Timothy's Taverne where the menu is large and varied, and of course, features their award-winning Dirt wings! **RESTAURANT \$\$**

Your Adventure awaits...
Riding through the Times-Newport, RI Rail Explorers & Newport Car Museum
Tuesday, May 14, 2019

Cost: \$175.00 Checks payable to:
Tours of Distinction -

- Explore the great outdoors and the rails as you ride on the up-and-coming **Rail Explorers**. (Open air rail vehicles)
- Visit Newport Car Museum
- Lunch at La Forge Casino Restaurant



Peter Pan Players present
Thursday, May 2, 2019
1:45 pm - 2:30 pm
Riverfront Community Center
No Fee however registration is requested.



Please join us for this amazing group of students as they share the delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory! This captivating adaptation of Roald Dahl's fantastical tale is a scrumdiddlyumptious musical guaranteed to delight everyone's sweet tooth."

The "Peter Pan Players" troupe consists of 7th-12th grade Glastonbury students and is produced by Creative Experiences- a division of Glastonbury Youth and Family Services. Light refreshments provided.
Register in April

Wadsworth Mansion - Middletown
"A Spot of Tea & Tour"
Wednesday, May 8, 2019
1:15 pm Leave RCC
2:00 pm Tea & Tour
Approximate Return to RCC: 4:30 pm
Resident: \$7.00 Non-Resident: \$9.00 (\$5.00 cash at door)

The docents will sweeten their accounts of the Wadsworth family story with some dainty goodies and a cup of tea. The "Spot of Tea & Tour" will be served in the Mansion's fabled tradition of hospitality. **Register in April**



Trips

Lunch Outings

Lucky Lou's - Old Wethersfield

Wednesday, April 10, 2019

10:45 am Leave RCC 11:00 am Reservation

Approximate Return: 2:00 pm

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

Lucky Lou's is located at the historic crossroads of Main and Marsh Streets in the Deming-Standish House. Lucky Lou's incorporates ingredients native to the area into delicious farm-to-table offerings. **RESTAURANT \$\$**

Effie's Place - West Hartford

Tuesday, April 23, 2019

11:00 am Leave RCC 11:30 am Reservation

Approximate Return to RCC: 1:30 pm

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

Effie's Place prides itself on home made cooking, and daily specials. **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

Step through the gates of time into The Genius Museum at Nature's Art Village and enter a village of progress! Following our time at Nature's Village, enjoy lunch at Two Brothers Pizza which offers great selections of Pasta, Pizza and more. **RESTAURANT \$\$**



Programs of Interest

Mahjongg Lessons

Wednesday, May 1, 8, 15 & 29, 2019

1:00 - 3:00 pm

Resident: \$15.00

Non-Resident: \$20.00

Instructor: Zelda Lessne

(Maximum of 5 only)

Learn this fun and addictive tile game.

Register in April



Tax-Aide Program



February 4- April 15

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.

Volunteer Opportunity

Volunteers are needed for a social event. Gideon Welles School will host a Senior Social **on Friday, May 24, 9:00-10:30**. Each volunteer will be paired with a sixth grader for the morning of fun. The event includes a tour of the school, a musical performance and light refreshments. If you are interested, **please contact Lisa McKeon at 860-652-7605**.

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.



Chartered Bus Trips



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 the 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 in 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.

SAVE THE DATES

Wednesday, July 31, 2019

Westchester Dinner Theater presents:

"On Your Feet: The Story of Emilio & Gloria Estefan"

On your Feet takes you behind the music and inside the real story of this record-making and the groundbreaking couple who, in the face of adversity, found a way to end up on their feet.

Tuesday, August 13, 2019

Gloucester Lobster Cruise - MA

Step aboard the elegant Beauport Princess and settle back in luxury as we cruise the historic Gloucester Harbor while enjoying a lobster buffet lunch. Once back on land we'll head to Rockport, MA., one of the countries oldest artisan colonies.

WEEKDAY PROGRAM /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 April - <i>"The Revolution Song"</i> by Russell Shorto
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
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
VERSE COME VERSE SERVE POETRY GROUP	Second Thursday of each month 3:30 pm-5:00 pm
Wii BOWLING	Thursdays 1:00 - 3:00 pm

Evening & Weekend Programs/Activities

The BIG SING Noon - 1:00 pm
Saturday, April 27, 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.

Glastonbury Senior Center Welcomes
An Evening of Rhyme and Rhetoric
Featuring Glastonbury High Student Poets
Thursday, May 2, 2019 7:00 pm
Produced by: Michael Lepore,
Poet Laureate of Glastonbury and
The Glastonbury High School English Dept.
 Refreshments will be provided.

Lifelong Learning - The Great Courses:
"The Great Tours - England, Scotland & Wales
Tuesdays, May 14, 2019 - September 10, 2019
 A tour of England, Scotland, and Wales rewards visitors with an astonishing array of historical, cultural, and scenic pleasures and reveals the heritage of a nation that has influenced the world immeasurably.

FREE
Probate Court Presentation & Estate Planning
Herbert T. Clark House
43- 45 Canione Road
Glastonbury, CT 06033
Thursday, May 9, 2019 6:30 pm - 8:00 pm
RSVP by May 1, 2019 to 860-652-7623
Space is limited!

Tuesdays

Pickleball at RCC & Addison Park	5:30 pm - 8:00 pm
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Lifelong Learning	5:30 pm - 7:30 pm
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RiverQuilters	2nd & 4th Tuesdays 4:30 pm - 6:30 pm
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Open Computer	5:30 pm - 8:00 pm
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Thursdays

Mahjongg	5:30 pm - 8:00 pm
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Open Computer	5:30 pm - 8:00 pm
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Movie Night	5:30 pm - 7:30 pm
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Pickleball Addison	5:30 pm - 8:00 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	April 20 & 27 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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Pickleball Addison	9:00 am - Noon
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Dance Practice	9:00 am - 10:30 am
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The Big Sing	April 27 Noon-1pm
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AARP Chapter # 2010 News:

AARP BOARD MEETING:

Tuesday, April 2, 2019

9:30 am

AARP GENERAL MEETING:

Tuesday, April 16, 2019

Noon

PROGRAM:

Join Johnny P (aka John Paolillo) for an afternoon of musical delight. Johnny will entertain with his guitars and musical talents performing a selection of classic rock to selections from the American Standard Songbook to Jazz and Blues.

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.

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 through May 1, 2019 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.

Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief are being taken through Wednesday, May 15, 2019. Applicants for the Additional Veterans Exemption have until October 1, 2019 to complete that application. Income limits, based on 2018 income, are \$36,000 for an individual and \$43,900 for a married couple for the State Elderly and Totally Disabled program and \$57,150 for the Town Elderly Tax Relief program. Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your Social Security 1099 for 2018 and federal income tax return, if filing. If you do not file a federal income tax, you must provide copies of all interest and income statements and the SSA 1099 for 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.

Renters Rebate

Renters Rebate application will be accepted beginning in April through October 1. Glastonbury residents age 65 or older by 12/31/2018 or those receiving Social Security Disability are eligible if their 2018 income was \$36,000 or less for an individual or \$43,900 or less for a married couple. There is no asset limit for this program. The following documentation is required:

- 1) Income for 2018 – SSA 1099 required; income tax, if filed, or all 1099s if not
- 2) Rent paid for each month of 2018
- 3) Utilities paid for each month of 2018
- 4) Proof of disability if not on Medicare and below age 65

Appointments are necessary. Please contact Social Services at 860-652-7634 to request an appointment or for more information.

Foodshare

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays April 10 and April 24. 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.

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 April 20, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

Medicare

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

Outreach at Center Village and Village Green

Outreach Social Worker Theresa Buckson will be at Village Green at 10AM on Tuesdays April 9 and April 23 and at Center Village on Tuesdays April 2, April 16 and April 30 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.

Mother's and Father's Day Gift Collection

Have some unused, new gifts taking up space? Want to do some early Spring Cleaning and help others at the same time? Social Services will be collecting new gifts from April 15 to May 1 at the Riverfront Community Center. Gifts should be suitable for children to give to their parents for Mother's Day or Father's Day. Your donations will be made into gift baskets children will select for their parents in a program jointly sponsored by the Parks and Recreation Department, Social Services and Senior Services. Thank you for your generosity!

Support Group News

"EYE OPENERS" LOW VISION SUPPORT GROUP

Friday, April 26, 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, April 3 & 17, 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) 209-3147 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.

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.

Healthy Foot Clinic

Thursday, April 18, Monday, April 29 and Tuesday, April 30, 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, April 17, 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).

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).

April Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Chicken Legs	2 Stuffed Peppers	3 Hot Dog	4 Chef's Choice	5 Stuffed Shells
8 Kielbasa	9 Hamburger	10 Chicken & Pasta in Alfredo Sauce	11 Do you suffer from painful or tender muscles? Roast Pork	12 Grilled Cheese & Tomato Soup
15 Birthday Party Ziti w/meat sauce	16 Baked Pork Chop	17 Beef Stew in Bread Bowl	18 New Zealand Video Breaded Chicken Patty	19 CLOSED GOOD FRIDAY
22 Baked Chicken Breast	23 Baked Ham	24 Baked Meatloaf	25 Healthy Brain Series Begins Shepherd's Pie	26 Chef's Choice
29 Swedish Meatballs	30 Liver Wellness Baked Fish			

Special Luncheons

Memorial Day Picnic Luncheon 12:00 pm - 1:00 pm **Tuesday, May 28, 2019**
Cost: Resident \$3.00 Non-Resident \$4.00 (Purchase Tickets by Friday, May 24, 2019)
 Join us for an indoor picnic serving up Cheeseburger, Pasta salad and Chips. A day of remembrance for all the men and women who have died in military service.

Lunch & Learns 12:30 pm - 1:30 pm

Do you suffer from painful or tender muscles? Learn about Dry Needling
Thursday, April 11, 2019

Trigger points are irritable, hard "knots" within a muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. This event will focus on dry needling as a treatment approach that releases the tight muscle bands and can lead to decreased pain and improve function.

Presented by Matthew Reynolds, physical therapist, Hartford Hospital Rehabilitation Network. Registration requested by calling 860-652-7655 (Community Room B)

Short Trip: New Zealand in 14 Days

Thursday, April 18, 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)

A Healthy Brain Series— Sponsored by Hartford Healthcare Center for Healthy Aging



#1 "Eat Brain Foods & Stay Hydrated" Thursday, April 25, 2019

Join us for a free five-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. Participants are encouraged to attend all sessions.

Registration Requested by calling 860-652-7638 (Community Room B)

Liver Wellness Educational Program

Tuesday, April 30, 2019

This program provides an overview of liver health and wellness, with an emphasis on how to keep one's liver healthy as well as setting specific plans to maximize liver health by changing unhealthy lifestyles. Presented by: **Donna Sciacca, Community Outreach and Education Manager**

(Community Room B)



American Liver Foundation

Your Liver. Your Life.

Monday Movie Madness

Movies start promptly at 1:00 pm

April 1 *"The Silver Brumby"* (2017) **** Starring Russell Crowe and Caroline Goodall - A beautiful, grand, courageous and daring stallion roams In the unforgiving wilderness of the Australian Alps. King Silver Brumby is revered by all - including his greatest enemy: Man. For years, men have tried to claim the elusive Brumby as their prize with no success. One determined horseman sets off on an unforgettable adventure to capture the horse that could never be tamed. Rated PG/Adventure/94 minutes. (Amazon)

April 8 *"Julie & Julia"* (2009) **** Starring Meryl Streep and Amy Adams - A culinary legend provides a frustrated office worker with a new recipe for life in Julie & Julia, the true stories of how Julia Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days. Rated PG-13/Comedy/Drama/123 minutes. (Netflix)

April 15 *"Definitely, Maybe"* (2008) **** Starring Ryan Reynolds and Abigail Breslin - From the makers of Notting Hill and Love Actually comes this charming romantic comedy about a father who discovers that a second look at the past may lead to a second chance at the future. Rated PG-13/Comedy/112 minutes (Netflix)

April 22 *"A Funny Thing Happened on the Way to the Forum"* (1966)**** Starring Zero Mostel, Buster Keaton, Phil Silvers and an all-star cast scam their way through this boisterous romp amidst gorgeous girls, mistaken identities, stunning surprises, cunning disguises and great Sondheim songs. NR/Comedy/97 minutes (Amazon)

April 29 *"The Hundred-Foot Journey"* (2014) **** Starring Helen Mirren, Om Puri and Manish Dayal - The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. Rated PG/Drama/122 minutes. (Amazon)

Thursday Evenings - Movies start promptly at 5:30 pm

April 4 *"Larry Crowne"* (2011) **** Starring Tom Hanks and Julia Roberts - Optimistic comedy about how when you think everything worth having has passed you by, you just might find your reason to live. Rated PG-13/Comedy/Drama. 98 minutes. (Netflix).

April 11 *"The Cobbler"* (2015) **** Starring Adam Sandler - A frustrated shoemaker finds a magical sewing machine that allows him to see the world in a new way by stepping into the lives of his customers. Rated PG-13/Comedy/98 minutes. (Netflix)

April 18 *"The Polka King"* (2017) **** Starring Jack Black, Jenny Slate and Jason Schwartzman - Determined to make it big in America, Polish-born bandleader Jan Lewan draws his fans into a Ponzi scheme in this comedy based on a true story. Rated TV-14/Comedy/95 minutes. (Netflix)

April 25 *"Sandy Wexler"* (2017) **** Starring Adam Sandler, Sandy Wernick and Jennifer Hudson -A talent manager working in Los Angeles in the 1990s, diligently representing a group of eccentric clients on the fringes of show business. His single-minded devotion is put to the test when he falls in love with his newest client, Courtney Clarke. Rated TV-14/Comedy/130 minutes. (Netflix)

Saturday Matinees Movies start promptly at 12:00 pm

April 6 *"Sixteen Candles"* (1984) **** Starring Molly Ringwald and Anthon Michael Hall -It's Samantha Baker's Sweet Sixteen and no one in her family remembers the important occasion. Rated R/ Comedy/93 minutes. (Netflix)

April 13 *"Some Like it Hot"* (1959) **** Starring Tony Curtis, Jack Lemmon and Marilyn Monroe -After witnessing a Mafia murder, slick saxophone player Joe and his long-suffering buddy, Jerry, improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. Rated PG/Mystery/132 minutes. (Amazon)

April 20 *"Pretty in Pink"* (1986) **** Starring Molly Ringwald and Andrew McCarthy - A bittersweet story with an upbeat ending and a phenomenal rock score. Rated PG-13/Comedy-Drama/96 minutes. (Netflix)

April 27 *"It's a Mad, Mad, Mad World"* (1963) **** Starring Milton Berle, Sid Caesar and Jimmy Durante -laugh-out-loud adventure about a goofy assortment of vacationing motorists who compete to locate a stolen fortune. Rated G/Comedy/159 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**The Problem with Plastic Bags**

Plastic bags have some unique problems. ... Even when disposed of properly, plastic bags are so lightweight and aerodynamic, they are easily picked up and carried by the wind. They can escape from trash bins, recycle bins, garbage trucks, and landfills, and end up littering the landscape.

While it's best to reduce the amount of plastic bags you use by reusing them or remembering to bring your own reusable bags to the grocery store, you can still recycle plastic bags and keep them out of the landfills or environment.

Six Things You Can Do

- 1.** Give up plastic bags. Take your own reusable ones to the store. A trillion plastic shopping bags are used worldwide every year, and 100 billion in the United States alone—that's almost one per American per day. The average Dane, in contrast, goes through four single-use bags per year. Denmark passed the first bag tax in 1993.
- 2.** Skip straws. Unless you have medical needs, and even then you could use paper ones. Americans toss 500 million plastic straws every day, or about 1.5 per person.
- 3.** Pass up plastic bottles. Invest in a refillable water bottle. Some come with filters if you're worried about water quality. A handful of cities, including Bundanoon, Australia, and San Francisco, have banned or partially banned bottled water. But around the world, nearly a million plastic beverage bottles are sold every minute.
- 4.** Avoid plastic packaging. Buy bar soap instead of liquid. Buy in bulk. Avoid produce sheathed in plastic. And while you're at it, give up plastic plates and cups. The French are (partially) banning the stuff.
- 5.** Recycle what you can. Even in rich countries, recycling rates are low. Globally, 18 percent of all plastic is recycled. Europe manages 30 percent, China 25—the United States only 9.
- 6.** Don't litter. The Ocean Conservancy has run beach cleanups for 30 years. Of the top 10 types of trash they find, the only non-plastic item is glass bottles. Worldwide, 73 percent of beach litter is plastic: cigarette butts (the filters), bottles and caps, food wrappers, grocery bags, polystyrene containers. In 2016 the conservancy collected 9,200 tons of trash in 112 countries—around a thousandth of what enters the ocean each year.

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

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.

Registration Information: Sign-up for all trips and activities will take place on **Thursday, April 4, 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, April 11, 2019 (in office)**.