

The Sharing Tree

JUNE 2019

**IF IT DOESN'T
CHALLENGE YOU,
IT DOESN'T
CHANGE YOU.**
(FRED DEVITO)

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

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

Registration Information: Sign-up for all trips and activities will take place on **Thursday, June 6, 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, June 13, 2019** (in office).

Elizabeth Park in June ... Time to Smell the Roses

Thursday, June 20, 2019

9:30 am Leave RCC 10:00 am - 12:00 pm on own

12:30 pm Division West Restaurant - West Hartford

Cost: \$7.00 Resident / \$9.00 NR

Spend the morning taking in all the colors on display at Elizabeth Park. The Rose Garden is the center of Elizabeth Park. It is the first municipal rose garden in the United States and the third largest rose garden in the country today. Following Elizabeth Park enjoy lunch at Division West Restaurant and Bar in West Hartford Center, featuring New American Fare including specialty soups, sandwiches and an array of healthy and tasty choices.

RESTAURANT \$\$



Ivoryton Playhouse presents *"Mamma Mia"*

Wednesday, July 24, 2019

10:30 am Leave RCC 11:30 am Black Seal Restaurant

2:00 pm Performance Approximate Return: 5:30 pm

Resident: \$50.00 Non-Resident: \$60.00

Mamma Mia! The ultimate feel-good show! Set on a Greek island paradise, the story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A mother. A daughter. Three possible dads. A trip down the aisle you'll never forget! Prior to the performance enjoy lunch at the Black Seal Restaurant. A landmark near the center of the historical village of Essex, the Black Seal embodies New England charm and the Essex nautical spirit.

RESTAURANT \$\$ Register in June



Cinemark Movie Theater - Manchester**Tuesday, June 18, 2019****9:45 am Leave RCC Approximate Return to RCC: 2:00 pm****Resident: \$7.00 Non-Resident: \$9.00****Movie and refreshments on own.**

Tuesday is Senior Day, tickets are \$5.99 plus tax.

Lunch on your own with choices of pizza, hot dogs or dine in the restaurant within the theater. The choice is yours.

(Seniors Day Price not valid for Cinemark XD, Xtreme, IMAX and Special Engagements.)

**Strawberry Shortcake & Bingo—South Windsor Senior Ctr.****Thursday, June 27, 2019****12:15 pm Leave RCC 1:00 pm Bingo followed by Strawberry Shortcake - Approximate Return to RCC: 3:30 pm****Cost: Resident: \$9.00 Non-Resident: \$10.00****(plus money for Bingo)**

Join our friends from South Windsor for an afternoon of bingo fun with prizes followed by a gastronomical treat – homemade strawberry shortcake.

Yard Goats vs Portland Seadogs Thursday, July 17, 2019**10:45 am Leave RCC 12:05 pm Game****Approximate Return to RCC: 5 pm****Resident: \$14.00 /Non-Resident: \$18.00**Baseball fans join the fun as the Yard Goats (the Double-A affiliate of the Colorado Rockies) take on the Portland Seadogs (the Double-A affiliate of the Boston Red Sox)! One, two, three strikes you're out at the ole ballgame! **Register in June**

**The Seafood Express
from Hartford - to the Shoreline
June—September**

**USS Chowder Pot –IV - Hartford Tuesday, June 4, 2019
11:30 am Leave RCC Approximate Return to RCC: 2:00 pm
Resident: \$7.00 Non-Resident: \$9.00**

Casual spot for basic seafood in a big waterfront-themed space to relax and enjoy a delicious lunch. **RESTAURANT \$\$**

**Latitude 41 - Mystic Thursday, June 13, 2019
10:30 am Leave RCC 11:30 am Reservation
Approximate Return to RCC: 2:30 pm
Resident: \$7.00 Non-Resident: \$9.00**

Located on the shore of the Mystic River, Latitude 41° Restaurant & Tavern has an ambiance that captures the fresh essence of the maritime experience.

Serving New American cuisine using the highest quality ingredients, Executive Chef Eric Veilleux practices a no-boundaries approach to flavors and techniques, based on consistency, creativity, innovation, and inspiration. Latitude 41° offers something for everyone and is truly a destination dining experience. **RESTAURANT \$\$**

**The Seahorse Restaurant - Noank Tuesday, July 30, 2019
10:30 am Leave RCC 11:30 am Reservation
Approximate Return to RCC: 2:30 pm
Resident: \$7.00 Non-Resident \$9.00**

At the Seahorse Restaurant, they specialize in classic dishes you will remember and want to go back for. Enjoy a classic and generous Lobster Roll, or their succulent Steak & Scallops! **Register in June**
RESTAURANT \$\$

**Thimble Island Cruise - Stony Creek &
Rocky's Aqua in Clinton Wednesday, July 10, 2019**

9:30 am Leave RCC 12:30 pm Lunch

Approximate Return RCC: 3:30 pm

**Cost: Resident: \$20.00 Non-Resident \$24.00 plus money
for lunch (Extensive walking and climbing required).**

RESTAURANT \$\$ Register in June



Cross Sound Ferry Classic Lighthouse Tour

Tuesday, July 16, 2019

9:00 am Leave RCC 10:45 am Cruise

Approximate Return to RCC: 5:00 pm

Cost: Resident: \$34.00

Non-Resident: \$40.00

Enjoy sightseeing from the water - aboard the comfortable high-speed SEA JET. Following the cruise enjoy lunch at Longhorn Steakhouse, a casual steakhouse serving a variety of lunch combinations.

RESTAURANT \$\$ (Meal on own) Register in June

Holiday Hill Senior Outing theme: "SOCK HOP"

Monday, August 19, 2019

8:15 am Leave RCC

Approximate Return to RCC: 5:00 pm

Cost: Resident: \$48.00 Non-Resident: \$53.00

(Minimum of 10 required)

Enjoy a fun day of food, games, dancing, swimming and raffle prizes! **Register in July**

Westchester Dinner Theater presents:

"On Your Feet:

The Story of Emilio and Gloria Estefan"

Wednesday, July 31, 2019

9:00 am Leave RCC

Approximate Return 6:00 pm

Cost: \$120.00 payable to:

Tours of Distinction

Depart for Westchester Broadway Theatre, where we will enjoy a very unique experience. Start with lunch which includes an extensive menu to choose from (at your table). Choices vary from Pasta, Fish, Beef, Chicken, and a Vegetarian option. All options come with assorted Rolls, Salad, and Accompaniment of Vegetable and Starch. Dessert follows with Coffee or Tea. Following lunch sit back and enjoy "On Your Feet." On your Feet takes you behind the music and inside the real story of this record-making and 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

7:45 am Leave RCC

Approximate Return to RCC: 7:30 pm

Cost: \$105 payable to:

Tours of Distinction

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.

TRIP REFUND POLICY:

NO refunds will be issued unless your ticket can be resold to another person. (Check in office for waitlist info)

PARKING FOR TRIPS:

When going on trips - PLEASE park in the north parking area closest to Naubuc Avenue to allow others access to the front of the building.

AARP Smart Driver Thursday, June 20, 2019

8:30 am—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.

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

Computer Assistance by appointment

Fridays Noon - 2:00 pm Facilitator: Ron M.

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

Evening & Weekend Programs/Activities

Setback Nights 6:00 - 8:00 pm

Tuesdays, June 4, 2019 – August 27, 2019

We would like to welcome you to our evening Setback games, for a limited time only! Have fun at the center playing this great card game offered at a new time, in addition to our popular day Setback. Party and prizes at the end!

Tuesdays	
Pickleball at RCC & Addison Park	5:30 pm - 8:00 pm
Lifelong Learning	5:30 pm - 7:30 pm
Open Computer	5:30 pm - 8:00 pm
Coloring for Stress Relief	5:30 pm - 7:00 pm
Setback	6:00 pm—8:00 pm
Thursdays	
Mahjonn	5:30 pm - 8:00 pm
Open Computer	5:30 pm - 8:00 pm
Movie Night	5:30 pm - 7:30 pm
Pickleball Addison	5:30 pm - 8:00 pm
Saturdays	
Co-ed Billiards	9:00 am - Noon
Open Studio	9:30 am - 11:30 am
Saturday Movies	Noon
Open Computer	9:00 am - 3:00 pm
Pickleball Addison	9:00 am - Noon
Dance Practice	9:00 am - 10:30 am
The Big Sing June 22	Noon-1pm

The BIG SING Noon - 1:00 pm Saturday, June 22, 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.

AARP Chapter # 2010 News:

AARP BOARD MEETING: Tuesday, June 4, 2019 9:30 am

AARP GENERAL MEETING: Tuesday, June 18, 2019 Gallery

UPCOMING TRIP INFORMATION:

October 20, 2019 Barry Manilow Tribute—Log Cabin, MA

November 12-14, 2019 Christmas in the White Mountains

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: 652-7644

Evelyn Lopez: 652-7652

Theresa Buckson: 652-7640

Susan Parrotta: 652-7636

Additional Veteran's Exemption

Applications for Additional Veteran's Exemption from property tax are being taken through Tuesday, October 1, 2019. Income limits, based on 2018 figures, are \$36,000 for an individual and \$43,900 for a 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, if filing, and/or copies of all your interest and income statements and also the Social Security end-of-year statement (SSA-1099).

For more information or an appointment, please contact Social Services at 860-652-7634 or the Assessor's Office at 860-652-7600. Home visits can be scheduled as needed.

Renters Rebate

Renters Rebate application will be accepted through Tuesday, October 1, 2019. 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) Monthly rent paid in 2018
- 3) Monthly utilities paid in 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 June 5 and June 19. 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.

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.

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 June 15, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

Outreach at Center Village and Village Green

Outreach Social Worker Theresa Buckson will be at Village Green at 10AM on Tuesdays June 4 and June 18 and at Center Village on Tuesdays June 11 and June 25, and alternating Tuesdays throughout the year. Day old bread and bakery from Stop and Shop will be available, and time is available for private consultations. Please call Theresa at 860-652-7640 with questions or for a specific appointment.

Back-to-School

Although school is still in session, planning has begun for the annual Back-to-School Program in August. This program assists Glastonbury students in need of help obtaining backpack and school supplies. This year we are asking for new backpacks, gift cards to Staples, or monetary donations. Providing gift cards allows students the flexibility to prioritize their back-to-school needs, as well as to choose their own school supplies.

Support Group News**“EYE OPENERS” LOW VISION SUPPORT GROUP****Friday, June 28, 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, June 5 and
June 19, 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 RCC

**Thursday, June 13, Monday, June 24, and
Tuesday, June 25, 2019 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

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**

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).

June Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti w/ Meat Sauce	4 Baked Pork Chop	5 Chicken Parmesan	6 Portrait of a City "Vienna" Beef Stroganoff	7 Tuna Sandwich
10 Kielbasa	11 Meatball Grinder	12 Baked Chicken	13 Managing Neck & Back Pain Smothered Pork Chop	14 Chef's Choice
17 Birthday Party Chicken ala King	18 Cube Steak	19 Chicken Cacciatore	20 Portrait of a City "Paris" Baked Ham	21 Pasta w/ Meat Sauce
24 Grilled Ham & Cheese	25 Farm Fresh Talk Sausage & Peppers	26 Hot Dog	27 Italian Sandwich	28 Cheeseburger

Please Note: Annual Shutdown

The Kitchen will be Shutdown the first week of JULY.

No Lunch will be served.

Cozy Corner Café will be open daily

*Lunch & Learns***NEW - Portrait of a City Video Series - two cities a month****"Vienna" 12:15 pm Thursday, June 6, 2019**

Tour the city of Vienna. See and learn the history of the Hofburg Imperial Palace, Kunsthistorisches Museum, Stephansdom, Figarohaus (Mozart's home where he wrote the Marriage of Figaro), Hoher Markt, Ruprechtskirche, Judenplatz, Schonbrunn Palace, Karlskirche, Naschmarkt, Burgtheatre Opera House, Johann Strauss statue in Stadt Park, the Palaces and Gardens of the Belvedere and more. 26 minutes. **(Community Room A)**

"Paris" 12:15 pm Thursday, June 20, 2019

Tour the "City of Lights" - Paris. See and learn the history of Notre Dame Cathedral with its Rose window, Conciergerie (where Marie Antoinette was imprisoned), the Louvre and its Glass Pyramid, Arc de Triomphe, Place de la Concorde, Champs Elysees, Tomb of the Unknown Soldier, Musee D'Orsay, Eiffel Tower, Ecole Militaire, Montmartre, Napoleon's Tomb, Sacre-Coeur, Opera Garnier and more. 26 minutes. **(Community Room A)**

Managing Neck and Back Pain 12:30 pm Thursday, June 13, 2019

Informational presentation about the general causes of back and neck pain; review currently-available non-surgical procedures, diet, exercise, medication management and other alternatives.

Presented by Jonathan Sylvain, PT, DPT, OCS, FAAOMPT, Hartford HealthCare Rehabilitation Network. Call to register 860-652-7638 (Community Room B)

FARM FRESH PRODUCE: Local and Beneficial! 12:30 pm**Tuesday, June 25, 2019**

What are the options in town for local fresh produce and ways it can benefit you as part of a healthy diet. Highlights of the talk are: What is available in Glastonbury now; What different farms are offering; Fresh - Canned - Frozen?; What can you freeze?; How long to keep in freezer and more.

(Important to note: There are people on varying medications and with different conditions that may not be able to eat certain fruits or vegetables, so please always check with your physician if there is something you want to add to your diet and you are concerned about it). **Presented by Carrie Skopic, Registered Dietician (Community Room B)**

Monday Movie Madness Movies start promptly at 1:00 pm

(movies on Netflix)

June 3 *"The Perfect Date"* (2019) **** Starring Noah Centineo, Laura Marano and Camila Mendes - To earn money for college, a high schooler launches an app offering his services as a fake date. But when real feelings emerge, things get complicated. Rated PG/ Comedy/ 90 minutes. (Netflix)

June 10 *"Queen of the Desert"* (2015) ***** Starring Nicole Kidman, James Franco and Damian Lewis - Driven beyond the bounds of convention, adventurer Gertrude Bell leaves turn-of-the-century Britain behind for the deserts of the Middle East. Rated PG-13/Drama/Biographical/120 minutes. (Netflix)

June 17 *"A Little Chaos"* (2014) **** Starring Kate Winslet, Matthias Schoenaerts and Alan Rickman-A willful young woman is hired to design a garden at Versailles for Louis XIV. Soon, she's ensared in political and romantic complications. Rated R/ Drama/112 minutes. (Netflix)

June 24 *"Music and Lyrics"* (2007) **** Starring Hugh Grant, Drew Barrymore and Brad Garrett-When a has-been pop star struggles to write a song that could launch his comeback, it takes a quirky woman with a gift for lyrics to get him on track. Rated PG-13/Romantic Comedy/104 minutes. (Netflix)

Thursday Evenings - Movies start promptly at 5:30 pm

(movies on Amazon)

June 6 *"Race"* (2016) ***** Starring Stephan James, Jason Sudeikis and Jeremy Irons - The incredible true story of Olympic legend Jesse Owens' quest for gold by facing off against Adolf Hitler's Germany as well as overcoming racial prejudice in America. Rated PG-13/Drama/135 minutes.

June 13 *"The Bouquet"* (2011) **** Starring Kristy Swanson, Danny Glover and Michael Shanks - Two estranged sisters torn apart by their differences suddenly find themselves working together towards a common goal in the heartwarming drama. Rated PG/Drama/90 minutes.

June 20 *"Music From Another Room"* (1998) **** Starring Jude Law, Jennifer Tilly and Brenda Blethyn -
A man's search for his one true love, whose birth he assisted in as a five-year-old. Rated PG-13/Comedy/104 minutes.

June 27 *"The King of Thieves"* (2019) *** Starring Michael Caine, Charlie and Michael Gambon - Based on infamous true events, a famous thief, Brian Reader, pulls together a band of misfit criminals to plot the biggest bank heist in British history. Rated R/Action/108 minutes.

Saturday Matinees - Movies start promptly at 12:00 pm

(movies on Amazon)

June 1 *"Dances with Wolves"* (1990) **** Starring Kevin Costner and Mary McDonnell - Lt. John Dunbar, exiled to a remote western Civil War outpost, befriends wolves and Indians, making him an intolerable aberration in the military. Rated PG-13/Drama/181 minutes.

June 8 *"Still Mine"* (2013) **** Starring Chuck Shamata, Genevieve Bujold and James Cromwell - A husband determined to build a more suitable house for his ailing wife, meets with resistance from an overzealous government inspector in this love story based on actual events. Rated PG-13/Drama/103 minutes.

June 15 *"The Carol Burnett Show"* (1972) (2 episodes) 1. The Lost Episodes - Lucille Ball and Tim Conway make their debuts on the show! Crazy redheads Carol and Lucy dine at Café Argentine and rival as rental car agents, and Tim finds himself anchoring a news broadcast with no news, no weather, and partial sports scores. 2. Lesley Ann Warren joins Don Adams as Carol's special guests. Adams plays late-night show host Donny Bishop, Warren delivers the Frank Sinatra standard "The Best Is Yet to Come," and both join Carol in the hilarious "The Lost Purse" sketch.

June 22 *"The Perfect Game"* (2011) ***** Starring Clifton Collins Jr., Cheech Marin and Moises Arias - After Cesar's baseball career ends, he moves to Mexico and is recruited to coach a rag tag team and compete in the 1957 Little League World Series. Rated PG/Drama/117 minutes.

June 29 *"Red Dog"* (2011) ***** Starring Josh Lucas, Rachael Taylor and Rohan Nichol - This is the story of a legendary, lovable red dog who roamed the outback looking for his original master, finding his way into the hearts of everyone he meets, bringing people and communities together, some who find love, and others who find themselves. Based on true events. Rated PG/Comedy, Drama/92 minutes.

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 Seasonal Allergies

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. Here are some tips from the Mayo Clinic to help:

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start (always consult your doctor or pharmacist)
- Close doors and windows at night or any other time when pollen counts are high and use your ac in your home and car.
- Avoid outdoor activity in the early morning when pollen counts are highest
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.