



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

July 2019



Join us for a **Red, White & Blue** Summer Picnic Celebration
Tuesday, July 23, 2019

12:00 pm Lunch
12:30 pm - 1:30 pm Entertainment
R: \$5.00 NR: \$6.00

Special Ticket required
Entertainer James Michael, a world class baritone will mesmerize you with his engaging performance and style.



The Well-Heeled and the Wannabees
Summering on the Thames in the Gilded Age
Tuesday, August 27, 2019

9:00 am Leave the RCC
Approximate Return to RCC: 5:30 pm
Cost all inclusive: R: \$82.00 NR: \$90.00

Start with a guided tour of the Lyman Allyn Art Museum including stained glass pieces by Tiffany. Visit St. James Church with its beautiful Tiffany windows in their original settings. Dine at the Thames Club, the oldest social club in CT. Choice of chicken salad sandwich, grain bowl (veggie dish) or chopped salad with a choice of oatmeal raisin cookie w/maple cream cheese frosting or citrus olive oil cake w/vanilla ice cream & berry compote. Board a historic navy utility boat w/guide to see the Eastern Point summer cottages in Groton, elegant homes of financier Morton Plant & publisher Theodore Bodenwein & hear stories of the vacationers from around the world who enjoyed the area in the late 1800s. (Let us know entrée & dessert choices)

Please note: Boat is not fully accessible



Annual Parks & Rec Senior Citizens' Indoor Picnic

Wednesday, August 7, 2019

Cost: \$5.00 Ticket required
Glastonbury residents only


(Age 55 & Over) 9:30 am—1:30 pm

Start the day with a setback tournament followed by some terrific music! For lunch, enjoy finger licking good barbecue chicken with all the fixin's. End the day with bingo for all featuring some great prizes! Tickets will be available in the office starting in July.




☀️ **Summertime Trips** ☀️


The Seafood Express
 from Hartford - to the Shoreline

Lenny's Indian Head Inn - Branford 
Monday, July 15, 2019
10:30 am Leave RCC 11:30 am Reservation
Approximate Return to RCC: 2:30 pm
Cost: R: \$7.00 NR: \$9.00

Lenny's Indian Head Inn has been a shoreline favorite for over four decades. The restaurant's proximity to Long Island Sound has made it a popular gathering spot for boaters, vacationers and a loyal following of locals. Offering house made chowders, fresh lobsters, succulent steamers, clams and oysters on the half-shell.

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!

RESTAURANT \$\$

Cross Sound Ferry Classic Lighthouse Tour
Tuesday, July 16, & Thursday, August 15
9:00 am Leave RCC 10:45 am Cruise
Approximate Return to RCC: 5:00 pm
Cost: R: \$34.00 NR: \$40.00

(plus money for lunch)

Handicap Accessible Main Level

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

Thimble Island Cruise - Stony Creek & Rocky's Aqua in Clinton
Wednesdays, July 10 & August 21, 2019
8:45 am Leave RCC 12:30 pm Lunch
Approximate Return RCC: 3:30 pm
Cost: R: \$20.00 NR: \$24.00
(plus money for lunch)

Welcome aboard The Sea Mist, a 44 foot Carmen boat. Relax as we enjoy a narrated cruise around the Thimble Islands. Following the cruise, it is on to lunch at an island marina where we can order lobster rolls or other seafood treats. The regular menu includes some non-seafood items as well **(extensive walking and climbing required).**

RESTAURANT \$\$ ☹☹☹

Yale College Guided Tour - New Haven
Thursday, July 25, 2019

9:15 am Leave RCC 10:00 am Tour
11:45 am Lunch on own @ Heirloom
Approximate Return to RCC: 2:00 pm

Yale College students provide a glimpse into the history and architecture of the University. The tour will start at the Yale Visitor Center. Hear about Yale's rich 300-year history and aspects of student life at several of Yale's fourteen residential colleges. The tour also includes the Gothic Sterling Memorial Library, Yale's largest, and the Beinecke Rare Book and Manuscript Library. Constructed with more than one hundred panels of translucent marble, the Beinecke is home to one of the world's preeminent collections of rare materials, including the Gutenberg Bible. Following the tour enjoy lunch at Heirloom located within The Study at Yale Hotel, in the heart of the Yale University Arts Campus. Heirloom serves seasonal, flavor-driven, farm & coastal cuisine in a relaxed modern setting.

RESTAURANT \$\$ (Significant walking) ☹☹☹

Goodspeed presents: "Because of Winn Dixie" Thursday, August 22, 2019

10:30 am Leave RCC Approximate Return to RCC: 6:00 pm

Cost: All inclusive: R: \$108.00 NR: \$119.00



Not since Annie has a stray dog inspired such joyful noise! In a southern town filled with lost souls, a new leash on life is just around the corner when a preacher and his daughter take in a mutt named Winn Dixie. Before the show enjoy lunch at the Gelston House.

Dance & Sing!

NEW CLASS

Ballroom Dance Lessons

Wednesdays 1:30 - 2:45

July 17 - August 28, 2019

Cost: \$50.00 pp

Would you like to learn how to dance for any occasion and feel confident on the dance floor in any venue? Dancing will keep you energized, help with fitness and is guaranteed to be lots of FUN!. In this session you will learn the Foxtrot, Swing, Salsa, and slow dance from a professional dance teacher. No partner is required. Participants are encouraged to wear comfortable shoes with a smooth sole. (45 minutes of instruction and 30 minutes of dancing afterwards).



Music & Arts Camp Final Performance

Glastonbury High School

Thursday, July 18, 2019

7:00—8:30 PM

– FREE – Open to Public

Music & Arts Campers invite you to their final performance! This variety show includes performances by the camp concert band, orchestra, chorus, dance and musical theatre classes. Sit back and enjoy an evening of performances by talented 3rd-9th grade children of Glastonbury. (Inquire in office about transportation).



An Evening of Country Music

Thursday, August 29, 2019

6:00 pm - 8:30 pm

Advance Tickets: R: \$10.00

NR: \$12.00

Special Ticket Required

(Cost at the door: \$15.00)

Dial A Ride available

6 pm—6:45 pm Pizza, salad, beverage and ice cream, followed by an



evening of traditional country music by Jim Blanch & the Boot Hill Band.

Get your boots on and come dance and mingle with friends! **Register in July**

Chartered Bus Trips

Flyers available at Senior Center

Gloucester Lobster Cruise - MA

Tuesday, August 13, 2019

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 for some time on your own. ***Waitlist only***



A Day of Remembrance - One World:

September 11 Memorial Museum, Carmine's and One World Observatory

Thursday, September 12, 2019

7:00 am Leave RCC

Approximate Return to RCC: 8:45 pm

Cost: \$183.00 all inclusive

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring 9/11's continuing significance. Following the Memorial Museum, lunch will be served family style at Carmine's. In the afternoon, start by ascending to the top of the World Trade Center to the One World Observatory, with a 360 panoramic view, where you can feel the city's invincible spirit! **👣👣👣**

Salem Witch Museum - Salem, MA.

Thursday, October 17, 2019

7:15 am Leave RCC

Approximate Return to RCC: 8:00 pm

Cost: \$82.00 per person includes charter bus & admission to Salem Witch Museum

Our day will begin with a self-guided tour of the Salem Witch Museum where you can experience first hand the reign of terror and hysteria that was rampant in Salem in the 1690's through the powerful multi-sensory presentation.

The afternoon is yours to explore around town. Enjoy lunch on your own at one of the many restaurants or food trucks. The possibilities are endless! **👣👣👣**

Evening & Weekend Programs & Events

Lifelong Learning - The Great Courses:
"The Great Tours - England, Scotland & Wales"
Tuesdays, May 14, 2019 - September 10, 2019
5:30 pm - 7:30 pm

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.

"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! Drop-ins welcome.

The BIG SING

Noon - 1:00 pm

Saturday, July 20, 2019

No Fee, just beautiful music - Open to the Public

Join us as we celebrate the **100th** performance of **The BIG SING's UKULELE Band** at the Riverfront Community Center! Doctor Rosokoff and the Ukulele players began performing in July of 2008 with 15 players, with an audience of 30. Since that time the players have grown to 60 and the audience of 200 and more singing along to hit songs from across the decades.



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
Setback	6:00 pm—8:00 pm
Thursdays	
Mahjongg	5:30 pm - 8:00 pm
Open Computer	5:30 pm - 8:00 pm
Movie Night	5:30 pm - 7:30 pm
Coloring for Stress Relief	5:30 pm - 7:00 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 100th performance July 20, 2019	Noon-1pm

AARP Smart Driver

Thursday, July 18, 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.

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

Additional Veteran's Exemption

Applications for Additional Veteran's Exemption **from property tax** will be taken through Tuesday, October 1, 2019. Income limits, based on 2018 income, 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 the Social Security end-of-year statement (SSA-1099), federal income tax return, if filing, or copies of all your interest and income statements if not filing an income tax.

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 applications 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.

Medicare

For information on Medicare, to review your options or current coverage, CHOICES trained counselors are available to meet with you at the Riverfront Community Center. To schedule an appointment, call 860-652-7634. You can also visit www.medicare.gov or call Medicare at 1-800-633-4227.

Outreach at Center Village and Village Green

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

Foodshare

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays July 3, July 17 and July 31. 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.

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

C.H.O.I.C.E.S. Medicare Counseling

Meet with a Certified Medicare Counselor regarding Medicare options on Wednesday Afternoons by appointment at Riverfront Community Center. Call 860-653-7634 for more information or to schedule an appointment.

Program and Support Group News**"EYE OPENERS" LOW VISION SUPPORT GROUP****Friday, July 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, July 3 and July 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 Tuesday/Wednesday/Thursday 9:30 - 12:30 pm

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

Friday, July 19, Monday, July 29 and Tuesday, July 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

A Registered Nurse will trim & file toenails, smooth calluses and corns, massage with lotion and powder. *Walk-ins will not be accepted.* Payments must be made at the time of your visit.

Hearing Screening & Aids Serviced Tuesday, July 9, 2019 10:00 am – 12:00 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.

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, July 31, 2019

10:00 am Depart RCC 2:30 pm Return to RCC Transportation 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 \$3.00 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
Tuesdays in July



Pizza Nights Special tickets required—Cost: \$5.00
(Pizza, salad, dessert & beverage)

Please Note: New Price for Senior Lunch


Due to increased costs, beginning in July, 2019, the price of the daily lunch for residents will be increased to \$3.00. All existing pink lunch tickets purchased before the change will be honored in July. The price for a special lunch ticket will now be \$5.00.

Special Diet Requests Procedure

For those individuals who may have special dietary needs or prefer a vegan or meat free diet, please contact the office the day prior. *Thank you.*

All menu items are subject to change without notice when unforeseen circumstances occur.

July Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO LUNCH	2 NO LUNCH	3 NO LUNCH	4 CLOSED 	5 NO LUNCH
8 Chicken Patty on bun	9 Making the most of a Doctor Appt. Shepherd's Pie	10 All Beef Hot Dog w/fixings	11 Madrid video Soft Taco	12 Ham & Cheese on Roll
15 Birthday Party Pasta w/Meat Sauce	16 Grill Cheese w/ Tomato Soup	17 Baked Pork Chop	18 Staying Hydrated Stir Fry Chicken over Rice	19 Chef's Choice
22 Beef Stroganoff over Noodles	23 Red, White & Blue Special Luncheon BBQ Ribs Potato Salad Corn on Cob Watermelon	24 Cheese Pizza	25 Aging at Home Eggplant Parmesan	26 Steamed Fish
29 Chicken Ala King	30 "CHRIS" Radio Baked Sole	31 Cheeseburger on Bun w/fixings		

Join us for a Red, White & Blue Summer Picnic Celebration **Tuesday, July 23, 2019**

12:00 pm Lunch 12:30 pm - 1:30 pm Entertainment

Resident \$5.00 Non-Resident \$6.00 Special Ticket required

(Purchase tickets by Friday, July 19, 2019)

Finger-licking Barbeque Ribs, Potato Salad, Green Beans and Dessert. Following lunch enjoy the vocals of entertainer James Michael, a phenomenal baritone with a resonant singing style, personal stories and a wonderful spirit.



Lunch & Learn

Making the Most of your Doctor's Appointment 12:30 pm Tuesday, July 9, 2019

On average, doctor appointments are only 15 minutes long! Learn how to make the most out of your appointment through various tips and strategies to ensure the optimal visit with your physician.



Presented by Penelope Ross, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

(Community Room B)

Portrait of a City Video: "Madrid" 12:15 pm Thursday, July 11, 2019

Tour the city of Madrid. See and learn the history of the Plaza de la Villa, Torre de los Lujanes, Plaza Mayor (site of the Spanish Inquisition), Casa de la Panaderia, Catedral de Almudena, Palacio Real (official residence of Spain's Royal Family), Plaza de Oriente, Teatro Real Opera House, and more. 26 minutes. **(Community Room A)**

Staying Hydrated 12:30 pm Thursday, July 18, 2019

Learn the importance of hydration and the symptoms someone may experience when they are dehydrated. Presented by Kaitlin Cuas, MSN, RN, Transitional Care Nurse. *Sponsored by Hartford HealthCare Center for Healthy Aging.*



(Community Room B)

Aging at Home 12:30 pm -2:00 pm Thursday, July 25, 2019

Have you wondered what resources are available to help you remain in your home while you age? Penny Ross from Hartford HealthCare's Center for Healthy Aging will present the various types of assistance available in the community including adaptive equipment, hands on care, home modifications, technology and much more. We will also cover what financial resources are available to help pay for these resources. Presented by Penelope Ross, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

(Community Room B) Please call Susan Parrotta at 860-652-7652 to register.

The Connecticut Radio Information System, Inc. (CRIS) 12:15 pm Tuesday, July 30, 2019

A nonprofit 501(c)(3) radio-reading service that has been serving people who are blind or print-challenged for more than four decades. We operate with a small staff and a large number of dedicated volunteers who provide voice talent. Listeners can hear CRIS Radio's 24/7 broadcasts of more than 70 newspapers and magazines several different ways, including online and on-demand. Join us to learn all about CRIS radio. We'll teach you how to navigate the technologies available to access CRIS radio and provide other resources available to your community.



(Community Room A)



Movies At the Riverfront Community Center



For the movie programs, popcorn and an iced beverage will be available. There is no charge for these programs and no reservations are needed. ***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.***

Monday Movie Madness Movies start promptly at 1:00 pm (Netflix)

July 1 "Wine Country" (2019) *** Starring Amy Poehler, Maya Rudolph and Ana Gasteyer - When longtime friends meet up for a wine-soaked birthday getaway in Napa Valley, their perfectly planned weekend turns messier by the minute. Rated R/Comedie/103 minutes.

July 8 "Like Arrows" (2018) *** Starring Micah Lynn Hanson, Alan Powell and Elizabeth Becka - Over 50 years of their lives, a couple enjoys the blessings and setbacks of parenting. Rated TV-PG/Drama/99 minutes.

July 15 "The Imitation Game" (2014) **** Starring Benedict Cumberbatch, Keira Knightley and Matthew Goods - During World War II, a mathematician leads a team of cryptanalysts as they work feverishly to break the Germans' notorious Enigma code. Rated PG-13/Suspenseful/113 minutes.

July 22 "The Jane Austen Book Club" (2007) **** Starring Maria Bello, Emily Blunt and Kathy Baker - Six book club members find their lives resemble a modern-day version of Jane Austen's novels in this drama. Rated PG-13/Drama/105 minutes.

July 29 "Despite Everything" (2019) **** Starring Bianca Suarez, Macarena Garcia and Amaia Salamanca - After their mother's death, four sisters learn a shocking family secret and embark on an adventure to discover the truth about their genealogy. Rated TV-MA/Comedy, Heartfelt/78 minutes.

Thursday Evening Movies start promptly at 5:30 pm (Amazon)

July 11 "Heavens to Betsy" (2017) **** Starring Jim O'Heir, Karen Lesiewicz and Steve Parks - Some prayers are best left unanswered. This light-hearted romp will make you laugh and touch your heart as Betsy learns the truth about unanswered prayers and her own perception of God. Rated PG/Comedy, Drama/101 minutes.

July 18 "A Mile in His Shoes" (2010) **** Starring Luke Schroder, Dean Cain and George Canyon - The story of Mickey Tussler, a young man with a type of autism who is recruited by a passionate coach to pitch for his minor league team. His team is starting another losing season and the coach is getting pressured by the team's owner to start winning games. Rated PG/Drama/89 minutes.

July 25 "Before Your Time" (2017) **** Starring Landon Kasten, Roni Nybo and Erin Black - A musically enhanced family drama that appeals to all ages. A family dealing with loss and relocation finds healing with the discovery of an old desiderata list made by their parents in high school. Taking on the challenge they ultimately discover healing through always moving forward and of family. Rated PG/Comedy/118 minutes.

Saturday Matinees Movies start promptly at 12:00 pm (Amazon)

July 6 "The King of Thieves" (2019) *** Starring Michael Caine, Charlie Cox 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, Suspense/108 minutes.

July 13 "Sisters of War" (2010) ***** Starring Sarah Snook, Claire van der Boom and Susie Porter - The lives of two Australian women, Lorna Whyte, an army nurse, and Sister Berenice Twohill, a Catholic nun, from New South Wales during World War II. Rated PG 13/Action, Drama/95 minutes.

July 20 "Good Intentions" (2010) **** Starring Luke Perry, Elaine Hendrix and Jon Gries - Off-beat southern comedy of blackmail, robbery and family values. Rated PG-13/Adventure/Comedy/84 minutes.

July 27 "Noble" (2015) ***** Starring Deidre O'Kane, Sarah Greene and Brendan Coyle - The extraordinary true story of the fearless and feisty Irish heroine, Christina Noble, who overcomes the harsh difficulties of her childhood in the slums of Ireland to realize her destiny on the streets of Vietnam. Rated PG-13/Drama/101 minutes.

Movies At the Riverfront Community Center

Please note that we receive many recommendations on what type of movies we should and should not show at the center, and as a result have concluded that no two seniors are alike... Some folks want to see only comedies or romantic films. Others want the latest thrillers with lots of action. Because we offer a variety of films, there will be times when a film might not meet an individual's personal preference. Going forward, we will always show you the rating of the film, highlighting its content so that there will be a clear warning that the film may contain sexual content, violence, rough language etc.. Then the choice is yours!

Keeping You Informed



Flag Etiquette



STANDARDS of RESPECT

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. They are:

The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.

The flag should not be used as a drapery, or for covering a speakers desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.

The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard

The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.

The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.

The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.

The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner. Source: www.usflag.org

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 **Tuesday, July 9 at 9:30 am for Glastonbury residents only**. Registration will take place in Community Room A. 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 **Tuesday, July 16, 2019 (in office)**.