

The Sharing Tree

August 2019

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, August 8, 2019** at **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, August 15, 2019** (in office).

Riverfront Music Series

Head down to the Riverfront Park on Wednesday nights this summer for great music, food vendors, farmers market, movies & more!

August 7 | 7:00 p.m. | 9:00 p.m.

Glastonbury Town Band (Movie Magic)

Outdoor Movie (Fantastic Beasts)

August 14 | 7:00 p.m.

Glastonbury Town Band (Broadway)

August 21 | 7:00 p.m.

Glastonbury Town Band (World of Music)

Call for Dial-A-Ride Service 860-652-7638

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.

Trolley Museum - East Haven**Tuesday, September 10, 2019****9:30 am Leave RCC 10:30 - 11:30 pm Museum****12:30 pm The Chowder Pot III****Approximate Return to RCC: 4:30 pm****Cost: R: \$14.00 NR: \$18.00**

Enjoy a three mile leisurely round trip onboard a restored historic trolley car, learn about the history of trolley development and trolleys in Connecticut and beyond from expert trolley operators/ tour guides.

Tour the indoor exhibit room to understand how trolleys played a role in the development of America as we know it today. Following the museum, enjoy lunch at The Chowder Pot III, which serves award winning seafood in a nautical setting. **(The Trolley is not**

handicap accessible)**RESTAURANT \$\$****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!

**The Seafood Express
from Hartford - to the Shoreline**

Lenny & Joe's Fish Tale - Westbrook

Wednesday, August 14, 2019

10:00 am Leave RCC

11:00 am Lunch on own

Approximate Return to RCC: 2:00 pm

R: \$7.00 NR: \$9.00

A shoreline seafood mainstay for fried fish & lobster rolls. RESTAURANT \$\$

Jimmie's of Savin Rock - West Haven

Wednesday, August 28, 2019

**10:15 am Leave RCC 11:00 am Lunch Approximate
Return to RCC 2:00 pm**

\$7.00 NR: \$9.00

Once a hot dog stand, now a spacious family-run eatery serving seafood, steak & Italian classics.

Satisfy your appetite with huge portions you'll only find at Jimmies Galley. RESTAURANT \$\$

Thimble Island Cruise - Stony Creek & Rocky's Aqua in Clinton**Wednesdays, August 21, 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 \$\$****Cross Sound Ferry Classic Lighthouse Tour****Thursday, August 15, 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)**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!

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.

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)

**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!

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.

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

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.

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! Drop-ins welcome.

**Lifelong Learning - The Great Courses:
*"The Great Tours - England, Scotland & Wales"***

Tuesdays, Through - 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.

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

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** 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.

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

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.

Foodshare

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays August 14 and August 28. 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 August 17, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

Back to School Program

The annual Back to School Program that assists Glastonbury students in need of help obtaining school supplies will be held in August. Your donation of backpacks, gift cards for Staples or monetary donations is greatly appreciated. Providing gift cards allows students the flexibility to prioritize their back-to-school needs, as well as to choose their own school supplies. Donations may be dropped at the Riverfront Community Center through August 19. Thank you.

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.

Outreach at Center Village and Village Green

Outreach Social Worker Theresa Buckson will be at Center Village at 10AM on Tuesdays August 6 and August 20 and at Village Green on Tuesdays August 13 and August 27 and alternating Tuesdays throughout the year. Day old bread and bakery from Stop and Shop and fresh vegetables from growers at the Community Garden will be available, and time is available for private consultations. Please call Theresa at 860-652-7640 with questions or for a specific appointment.

"EYE OPENERS" LOW VISION SUPPORT GROUP**Friday, August 23, 2019**

Field Trip to NEAT Center in Hartford – demonstration of technology in a "smart home" Group will depart from the RCC at 9:45 am, with an approximate return of 11:45 am.

For more information, call Susan Parrotta, 860-652-7636.

Program and Support Group News continued**Bereavement Support Group****Wednesdays, August 7 and August 21, 2019 2:00 - 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**Thursday, August 15, Monday, August 26 and Tuesday, August 27, 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.

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 \$3.00 each way). For application and info, call: **(860) 724-5340**

**Cozy Corner Evening Café
Tuesdays in August**

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

Registration and Special ticket required

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 please contact the office the day prior. *Thank you.*

August Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 A Glimpse of "Footloose" Pasta w/meat sauce	2 Chef's Choice
5 Manicotti topped w/ spinach & Alfredo sauce	6 President's College Baked Pork Chop	7 Parks & Rec Annual Senior Picnic	8 Living w/COPD Beef Stroganoff	9 Breaded Fish on bun
12 Eggplant Parmesan	13 Philly Cheesesteak	14 Baked Chicken	15 Baked Sole	16 Chef's Choice
19 Birthday Party Shepherd's Pie	20 Chicken Pot Pie	21 Pasta w/meat sauce	22 Ham & Cheese on roll	23 Tuna Melt & Soup
26 Glazed Ham	27 Focused Awareness Meditation Cranberry Glazed Chicken	28 Cheeseburger	29 Ruben Sandwich	30 Chef's Choice

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!

LUNCH & LEARN**A Glimpse of the 45th Summer Musical "Footloose" 12:15****Thursday, August 1**

Join us for a glimpse of the upcoming theatrical production of "Footloose" by Youth and Family Services. They will highlight songs and dance routines that will have you wanting more! The show will be running from August 8 – August 10 with a 7 pm curtain at GHS auditorium. **(Community Room A)**

What is The President's College at University of Hartford? 12:30**Tuesday, August 6**

The Presidents' College, started over twenty-five years ago, is a self-supporting program that supports lifelong learning by offering modestly priced courses and lectures by leading University faculty, scholars, and community leaders. Classes are open to all adult members of the greater Hartford community. Presented by Nancy Mather **(Community Room B)**

Living with COPD 12:30 - 1:30 pm Thursday, August 8

This program will provide an overview of signs & symptoms of COPD. The presenters will review methods of self-assessment, prevention, and coping strategies. The program will share tips and tricks for managing COPD within your environment and daily activities. There will be an overview of equipment and strategies to minimize fatigue and increase independence.

Presented by Amanda Bierkan, OT, Tracey Bosco, RN, COS-C, Tammy Piel, RN, BS, COS-C, and Michelle Traynor, RN. Sponsored by Hartford HealthCare Senior Services and Hartford HealthCare at Home. Call to register: 860-652-7638 (Community Room B)

Focused Awareness Meditation 1:30 pm - 2:30 pm

Tuesday, August 27

Glastonbury Senior Center, 300 Welles St., Glastonbury.

Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you feel more relaxed, focused and calm. Participants are asked to bring a large towel or small blanket with them for proper positioning in their chair. Presented by Emil Johnson, program director of GoodLife Fitness. Presented by Emil Johnson, Sponsored by GoodLife Fitness. Call to register: 860-652-7638 **(Community Room B)**

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

(all on DVD in office)

August 5 ***"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.

Rated PG/Drama/117 minutes.

August 12 ***"Coach Carter"*** (2005) ***** Starring Samuel L. Jackson, Rick Gonzalez and Robert Richard -Controversy surrounds high school basketball coach Ken Carter after he benches his entire team for breaking their academic contract with him. Rated PG-13/Drama/136 minutes.

August 19 ***"We Are Marshall"*** (2006)***** Starring Matthew McConaughey, Matthew Fox and Anthony Mackie - Life hit the West Virginia town of Huntington and it's Marshall University heard. When it did, Jack Lengyel came by to help pull them onto their feet by taking the job no one wanted. Rated PG/Drama/131 minutes.

Monday Movie Madness Movies start promptly at 1:00 pm Continued
August 26 *"Invincible"* (2006) ***** Starring Mark Wahlberg, Greg Kinnear and Elizabeth Banks - Based on a true story about Vince Papale, a Philadelphia Eagles football player. Rated PG/Drama/123 minutes.

Thursday Evening Movies start promptly at 5:30 pm (all on DVD in office)

August 1 *"Vertical Limit"* (2000) ***** Starring Chris O'Donnell, Bill Pxtton and Robin Tunney - An emotionally-charged action-adventure tale of a retired climber who must launch a treacherous and extraordinary rescue effort up K2, the world's second highest peak, to save his estranged sister and her summit team in a race against time. Rated PG-13/Action/124 minutes.

August 9 *"De-Lovely"* (2004) **** Starring Kevin Kline and Ashley Judd - From Paris to Venice to Broadway to Hollywood, the lives of Cole and Linda Porter were never less than glamorous and wildly unconventional.

August 16 *"Lee Daniels' The Butler"* (2013) ***** Starring Forest Whitaker, Oprah Winfrey and Terrence Howard - A White House butler who served eight presidents while the civil rights movement and other major events affect his life, family, and society. Rated PG-13/Drama/132 minutes.

August 23 *"The Soloist"* (2009) ***** Starring Jamie Foxx, Robert Downey Jr., and Meggan Anderson - Inspiring true story of how a chance meeting can change a life. The Soloist tells the poignant and ultimately soaring tale of a Los Angeles newspaper reporter who discovers a brilliant and distracted street musician, with unsinkable passion and the unique friendship and bond that transforms both their lives. Rated PG-13/Drama/137 minutes.

August 30 *"The Emperor's Club"* (2002) ***** Starring Kevin Kline, Joel Gretsch and Emile Hirsch - A professor clashes with a senator's troubled son. Rated PG/Drama/129 minutes.

Saturday Matinees - Movies start promptly at 12:00 pm

August 3 *"Please Don't Eat the Daisies"* (1960) Starring Doris Day, David Niven, and Janis Paige. Drama critic Larry McKay, his wife Kate, and their four sons move from their crowded Manhattan apartment to an old house in the country. While housewife Kate settles into suburban life, Larry continues to enjoy the theater and party scene of New York. Kate soon begins to question Larry's fidelity when he mentions a flirtatious encounter with Broadway star Deborah Vaughn. Rated NR/Romance Musical/132 minutes.

August 10 *"Calamity Jane"* (1953) *** Starring Doris Day, Howard Keel, and Allyn Ann McLerie. Deadwood, Dakota Territory, is largely the abode of men, where Indian scout Calamity Jane is as hard-riding, boastful, and handy with a gun as any; quite an overpowering personality. But the army lieutenant she favors doesn't really appreciate her finer qualities. One of Jane's boasts brings her to Chicago to recruit an actress for the Golden Garter stage. Arrived, the lady in question appears (at first) to be a more feminine rival for the favors of Jane's male friends...including her friendly enemy Wild Bill Hickock. Rated NR/Comedy, Musical, Romance/ 1hr 41 minutes. (DVD)

August 17 *"Love me or Leave Me"* (1953) **** Starring Doris Day, James Cagney, and Cameron Mitchell. In 1920's Chicago, Ruth Etting wants to be a renowned singer, which is a far step away from her current work as a taxi dancer. Upon walking into the dance hall and seeing her, Chicago gangster Marty Snyder immediately falls for Ruth, and works toward being her lover, which he believes he can achieve by opening up singing opportunities for her. Rated NR/Biography, Drama, Music/ 2hr 2 minutes. (DVD)

August 24 *"Romance on the High Seas"* (1948) *** Starring Doris Day, Jack Carson, Janis Paige. Romantic misunderstandings abound when spouses suspect each other of being unfaithful, and a nightclub singer takes a cruise under a false identity.

Rated NR/1hr 34 minutes. (DVD)

August 31 *"That Funny Feeling"* (1965) *** Starring Sandra Dee, Bobby Darin, and Donald O'Connor. Joan Howell, a young and pretty maid-for-hire, meets and begins dating wealthy New York City businessman Tom Milford.

Keeping You Informed

You might think flavored yogurt is healthy, but it is often riddled with sugar.

Fat-free flavored yogurts are often riddled with sugar - which goes to prove that just because something labels itself as "fat-free," it may still contain other harmful ingredients. And removing the fat from yogurts, like many brands do, leaves you feeling less full and simply allows the sugar to affect your body more quickly.

"When you consume a lot of sugar in the morning, you can end up feeling like laying down on your desk by 10 o'clock," Taub-Dix said. "The best breakfast would include that trifecta of protein, a good whole-grain carbohydrate, and some sort of healthy fat. And that combination could keep you going until lunchtime, if you do it the right way."

Good alternative: Plain Greek yogurt with fresh fruit