



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

September 2019



September is National Senior Center Month
"The Key to Aging Well"
Growing - Learning - Connecting - Giving



New England Civil War Museum & Research Center and Rein's Deli - Vernon
Tuesday, September 24, 2019
9:30 am Leave RCC 10:00 am Guided Tour
Approximate Return: 2:00 pm
R: \$7.00 NR: \$9.00

The tour of the museum and research center resides in the historic downtown section of Rockville. It is housed in an original Grand Army of the Republic hall and contains numerous one-of-a-kind artifacts. Before returning home enjoy lunch at Rein's Deli.

RESTAURANT \$\$



Lotus Flower Lantern Workshop
Tuesday, October 22, 2019
1:00 pm
R: \$5.00 NR: \$6.00
Advance Registration Required



Join Members of The Korean Spirit and Culture Promotion Project as they help attendees make lovely traditional lotus flower lanterns using colored paper and wire frames. All materials will be provided; participants can choose the color of their lotus flower. Following the lotus flower making, there will be a short documentary on Korea and traditional Korean refreshments.

Register in September



The Senior Centers of South Eastern CT present
Doo Wop & Dancing with
"The Corvettes"
Thursday, October 17, 2019
6:00 pm Leave RCC

Approx. Return to RCC: 11:00 pm
Great Neck Country Club, Langley's Restaurant,
Waterford, CT

7 pm - 8 pm Hot & Cold Hors D'oeuvres & non-alcoholic beverages

8 pm - 10 pm Band plays
 Cash bar with 3 specialty drinks

A 50/50 Raffle will be held for \$1 a ticket.

Cost: \$27 per person (check payable to "Senior Resources")

Register in September

National Senior Center Month
Special Lunch w/Singer Walter Martin
Thursday, September 19, 2019
12 pm - 1:30 pm Special Ticket
Required: (Purchase tickets by:
(Tuesday, September 17, 2019)
R: \$5.00 NR: \$6.00

(see page 11 for more details)

Trips



Engine Room - Mystic
Wednesday, September 25, 2019
10:00 am Leave RCC
11:00 am Lunch on own
Approximate Return to RCC: 2 pm
R: \$7.00 NR: \$9.00

The Engine Room is located in the beautifully restored Lathrop Marine Engine building with views of the Mystic River. The menu consists of locally sourced, creative American comfort food, with a focus on America's most beloved dish, the burger, Enjoy! **RESTAURANT \$\$**

Trolley Museum - East Haven
Tuesday, September 10, 2019
9:30 am Leave RCC
10:30 - 11:30 am Museum
12:30 pm The Chowder Pot III (on own)
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.
 (Trolley is not handicap accessible)
 Following the museum, enjoy lunch at The Chowder Pot III. **RESTAURANT \$\$**

Ivoryton Playhouse presents:
"Shear Madness"



Wednesday, October 2, 2019
10:30 am Leave RCC
11:30 am Scotch Plains Tavern
2:00 pm Performance
Approximate Return: 5:30 pm
Resident: \$50.00
Non-Resident: \$60.00

Shear Madness is one of the most popular productions in the world, delighting audiences night after night with its unique blend of madcap improvisation and spine-tickling mystery.

Prior to the performance enjoy lunch at Scotch Plains Tavern in Essex, serving up authentic tavern cuisine in a modern rustic ambiance. **RESTAURANT \$\$**
Register in September

Remembering G Fox & Co. - Goodwin College
Monday, October 7, 2019

10:00 am Leave RCC

10:30 am - 11:45 am Presentation

Approximate Return to RCC: 12:00 pm

In the 1950s, just about every major city had a landmark department store. In Connecticut, it was G. Fox & Co. in Hartford! Joe Waxman, from CT Historical Society, will bring you back in time to Fox's heyday. **Register in September**

Chartered Bus Trip



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 (Lunch on own) Check in Office for info.



Intergenerational Pen Pal Program
back in session.

Would you like to be a part of teaching a young person the joyful experience of writing and receiving a hand-written letter? If so please sign up to be paired with a young person through our Youth and Family Division. Guidelines will be provided to get you started. Join the effort to revive a nearly lost art form and make a new friend! (Call 860-652-7638)

Technology

Techy Teens Assist Savvy Seniors

Tuesday, September 17, 2019 3:15 pm

You will be paired with a teen from our Youth and Family program who will help you navigate the evolving technological world that we live in. You might just teach them a thing or two. Please register in the office (860-652-7638) and let us know your area of interest/need.

Computer Assistance by appointment

Fridays, Noon - 2:00 pm Facilitator: Ron

Mac, iPad, or Smart Phone Assistance

Thursdays, 1:30 - 3:00 pm Facilitator: Ann H.

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

Take a Stand to Prevent Falls

September 23, 2019, the first day of fall, marks the 10th annual National Falls Prevention Awareness Day, sponsored by the National Council on Aging (NCOA). Falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries. Numerous states and countries worldwide are now coalescing to address this growing public health issue.

This year's theme, *Take a Stand to Prevent Falls*, seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population.

Tai Ji Quan: Moving for Better Balance® Mondays and Thursdays



Please see class insert for dates and times.

Take steps now to improve your strength and balance and maintain an active lifestyle! Years of research and community evaluations are behind this therapeutic movement program aimed at improving postural stability, awareness and mindful control of body positioning, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower-extremity muscle strength, to improve balance, mobility and daily functioning and prevent falls. This program can accommodate individuals who need some assistance with walking, such as use of a cane (No Cost)

Ballroom Dance Lessons Wednesdays September 11 - October 16

1:30 pm - 2:45 pm 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 & 30 minutes of dancing afterwards).

BEGINNERS LINE DANCING Thursdays September 12 - December 12, 2019

11:45 am - 12:45 pm 13 Classes
R: \$55.00 NR: \$65.00

Learn the basic steps of this fun and challenging dance with others who are just beginning as well.

INTERMEDIATE LINE DANCING Thursdays September 12 - December 12, 2019

10:15 am - 11:45 pm 13 Classes
R: \$65.00 NR: \$75.00

Explore the many facets and experience the impact of this form of choreographed dance. Prior dancing experience required.



Book Discussion Group Thursdays 10:30 am

September 19 "*Bluebird, Bluebird*"
by Attica Locke;
October 17 "*Following Atticus*"
by Tom Ryan
November 21- "*There, There*"
by Tommy Orange
December 19 - "*Code Girls*"
by Liz Mundy

NEW PROGRAM "What's Your Story"

Friday, October 4
11:00 am - 12:00 pm

Registration Required call (860) 652-7638

All of us have stories that we tell our families and friends, but have you ever thought about preserving it in print? If your answer is yes, then join this fun writing group. Who knows, you could be the next Erma Bombeck or appear on Oprah's must read list. Most important though, once in print, it will be there for generations to come.

Register in September



Evening & Weekend Programs & Events

The Grotesque 10: Amazing Architectural Sculpture from Ten American Colleges and Universities

Thursday, September 19, 2019

6:00 pm - 7:30 pm Registration Required

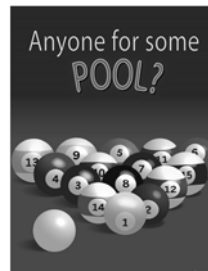
Armed with only a camera, a sense of humor and a host of frequent flyer miles, Mathew Duman embarked on a "grotesque safari", traveling to 10 universities around the country to photograph the grotesques and gargoyles roosting on their academic buildings.

NEW

Evening Billiards for all Ages

Tuesdays/Thursdays

5:00 pm—8:00 pm



Now open for all ages to participate. Youth must be accompanied by an Adult. Players will need to sign in and it will be first come first served play.

Lifelong Learning - The Great Courses: "The Scientific Wonder of Birds"

Tuesdays, September 24 - October 29, 2019

5:30 pm - 7:30 pm



Birds are endlessly compelling and fascinating creatures. Millions of people around the world engage in the organized activity of birding, and countless more enjoy casually watching our avian neighbors in their daily activities. But beyond what we can observe on the surface, birds are phenomenally interesting—and often extremely surprising—in their biology, physiology, aerodynamics, and their multifaceted behavioral adaptations.

Tuesday Evening Pickleball

Two Courts -

Senior Play on Court B (50 +)

Adults and Youth on Court A (49 -)

5:30 pm—8:00 pm



Prior to play individuals are required to sign in and play in that order. Players are responsible for setting up the courts with **blue painters tape only**, as well as breaking down the courts. Youth must be accompanied by an Adult.

RiverQuilters - Quilts of Valor

Tuesdays, September 10 & 24, 2019

4:30 pm - 6:30 pm

Registration Required Call: 860-652-7655

Once again RiverQuilters will be quilting Quilts of Valor for Veterans. Knowing how to sew is not a prerequisite, and you can assist from home if you choose. Individuals can help by cutting, ironing, binding and more.

Evening General Computer Help

3rd Tuesday of the month.

6:00 pm - 7:00 pm

Registration required

Do you have basic computer questions on tablets, computers, and gadgets? Meet with tech volunteer Lynne - 30 minute appointments. Bring your laptop or tablet with you or use the computer lab computer which uses Window 10. Call 860-652-7645 or 860-652-7638 to make your appointment.

AARP Smart Driver

Thursday, September 19, 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. (Limited seats available)

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 – Last month to apply

Applications for Additional Veteran's Exemption **from property tax** are being 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 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 – Last month to apply

Renters Rebate applications will be accepted through Tuesday, 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) 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 September 11 and September 25. 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 September 21, 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

Thank you for your generous support of the annual Back to School Program! You helped children from Glastonbury families in financial need be prepared for school with backpacks and supplies. The students and their families thank you for your kindness!

ENERGY ASSISTANCE-Help with heating costs is available for qualified individuals through the Energy Assistance Program. Glastonbury Social Services will begin taking applications for those households that heat with deliverable fuels (such as oil or propane) on **Sept. 16**, by appointment only. Please keep in mind it may be up to 6 weeks for your application to be processed by CRT, so make your appointment as soon as possible! (The earliest date for deliverable fuel authorizations is usually the second week of November.)

Utility-heated households may apply for Energy Assistance as of **Oct. 15**. The income limit of this year's program has not been set as of this writing, but last year's income limits were: \$2,926 a month for an individual; \$3,826 a month for a household of two. Homeowners have a liquid asset limit of \$15,000 and renters, \$12,000, but any assets over those amounts may be added to your annual income to see if you still qualify. More information and appointments are available by calling **860-652-7634**. Information regarding required documentation will be provided when you make an appointment.

FOOD BANK-The Glastonbury Food Bank, with the great support of the community, helps approximately 50 households a month with food and personal items. Your contributions of non-perishable food items and personal items, as well as cash contributions are always welcomed. Donations may be brought to the RCC office. As a reminder, we do not accept expired food items. For more information, or if you could use the help of the Food Bank, please call Senior & Social Services at **860-652-7634**.

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 Center Village at 10AM on Tuesdays September 3 and September 17 and at Village Green on Tuesdays September 10 and September 24 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 to residents. Time is available for private consultations. Please call Theresa at 860-652-7640 with questions or for a specific appointment.

Program and Support Group News

"EYE OPENERS" LOW VISION SUPPORT GROUP

Friday, September 27, 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.

Bereavement Support Group Wednesdays, September 4 & 18, 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 memory loss. 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, September 19, Tuesday, September 24, and Monday, 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, September 10, 2019** **10:00 am – 12:00 pm**

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

Dial-A-Ride Hours:

Weekdays: Monday - Friday 9:00 am - 3:30 pm

Evenings: Tuesday/Thursday 4:30 pm - 8:00 pm * Saturdays: 9:00 am - 3:00 pm

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, September 11, 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 September**



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

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.

11:45 am Lunch

12:15 pm or 12:30 pm Program (If Planned)

Ticket Prices: \$3.00 per person includes hot entrée, vegetable, dessert & beverage.
\$5.00 per Guest (Non-Resident and/or not a senior citizen).

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

September Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY	3 NO LUNCH	4 NO LUNCH	5 NO LUNCH	6 NO LUNCH
9 Spaghetti w/meat sauce	10 Smothered Pork Chop	11 Portrait of a City Moscow Creamy Chicken Breast w/mushrooms	12 Hot Dog	13 Breaded Fish on a bun
16 Birthday Party American's Great Road Trip—Hawaii Swedish Meatballs	17 Pork Roast	18 Hamburger	19 National Senior Center Month Luncheon Special Ticket Required	20 Chef Choice
23 Verse Come Verse Served Poetry Reading Stuff Shells w/meat sauce	24 Baked Chicken Legs	25 Beef Stroganoff	26 Beef Stew	27 Steamed Cod
30 Chicken Parmesan				

National Senior Center Month Luncheon Thursday, September 19, 2019 Noon - 1:30 pm

Special Ticket Required: R: \$5.00 NR: \$6.00

(Purchase tickets by 12:00 pm Tuesday, September 17, 2019)

Enjoy a delicious BBQ chicken lunch with rice, carrots, salad, roll and cheesecake.

Walter Martin will delight you with his vocals, charm, and wit. Singing Rock n' Roll, Frank Sinatra, Motown and more. He will win you over with the first note he sings!

Upcoming Special Lunch Events - Save the Dates

October 24, 2019

GHS Treble Choir

October 31, 2019

Halloween Special Luncheon w/Brian Gillie

November 7, 2019

Veteran's Day Special Luncheon

November 21, 2019

Thanksgiving Luncheon

Lunch & Learn



Portrait of a City - Moscow

Wednesday, September 11, 2019

12:15 - 12:45 pm

Tour the city of Moscow. See and learn the history of the Kremlin, Trinity Tower, Kremlin Palace, Red Square, St. Basil's Cathedral and more. (2010 - 26 minutes)

Community Room A



America's Great Road Trips - Hawaii

Monday, September 16, 2019

12:15 - 12:45 pm

In Hawaii, watch a veteran lei maker in action. Step into the solitude of the Place of Refuge, built for ancient lawbreakers. Explore Hawaii Volcanoes National Park to catch mighty explosions before your eyes. (2004—19 minutes)

Community Room A

Verse Come, Verse Served Poetry Group Reading

Monday, September 23, 2019

12:30 pm - 1:00 pm

The Poetry Group, formed under the leadership of Glastonbury Poet Laureate Michael Lepore, is ready to show off their new found skills with poems they have written. Poets who will read their work are:

Gloria Jainchill, Richard Swanson and Gary Vollinger. **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

September 9 "Mary Poppins Returns" (2018) ***** Starring Emily Blunt., Lin-Manuel Miranda and Ben Whishaw - In 1930's London, Michael Banks and his three children get some help turning their topsy-turvy world around when his magical childhood nanny reappears. Rated PG/Family/2 hours and 10 minutes. (Netflix)

September 16 "The Cider House Rules" (1999) ***** Starring Tobey Maguire, Charlize Theron and Paul Rudd - A compassionate young man, raised in an orphanage and trained to be a doctor there, decides to leave to see the world. Rated PG-13/Drama/ 2 hours and 5 minutes. (Amazon)

September 23 "The Never Ending Story" (1984)***** Starring Alan Oppenheimer, Noah Hathaway and Barret Oliver - A family fantasy/adventure epic based on the acclaimed best-seller about a troubled boy who discovers an extraordinary storybook-and the fantastical world within its pages. Rated PG/Adventure, Drama/1 hour and 34 minutes. (DVD)

September 30 "Cocoon" (1985)*****Starring Don Ameche. Wilford Brimley and Hume Crohyn - Three Florida retirees discover a fountain of youth thanks to friendly aliens from another galaxy in this fantasy. Rated PG-13/Comedy, Drama/1 hour and 57 minutes. (DVD)

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

September 5 "Lethal Weapon" (1987) *****Starring Mel Gibson, Danny Glover and Gary Busey - Two tough cops: one carries a lethal weapon, the other is one. Teamed as unlikely partners in a highly unusual case. Rated R/Action/1 hour and 49 minutes. (DVD)

September 12 "Lethal Weapon 2" (1989) ****Starring - Mel Gibson, Danny Glover and Joe Pesci - This time, the two cops must protect Leo Getz (Pesci), an accountant who has laundered a half billion dollars in narcotics money. Rated R/Action/1 hour and 54 minutes. (DVD)

September 19 "Lethal Weapon 3" (1992)*****Starring Mel Gibson, Danny Glover and Joe Pesci - Days away from retirement, Murtaugh is reluctantly pushed into action by Riggs and beautiful cop Lorna Cole (Rene Russo). Rated R/Action/2 hours. (DVD)

September 26 "White Comanche" (1968) *****Starring Joseph Cotton, William Shatner and Rosanna Yanni - Johnny and Notah Moon, a pair of half-white, half Comanche twin brothers, find themselves in a deadly conflict. Not Rated/Action, Drama/1 hour and 33 minutes. (DVD)

Saturday Matinees - Movies start promptly at 12:00 pm

September 7 "Wild Hogs" (2007) Starring Tim Allen, John Travolta and Martin Lawrence. Four weekend-warrior friends decide to hit the road for a cross-country motorcycle adventure. But the perils of the open road turn out to be a lot more than they bargained for. Rated PG-13/Comedy/ 1hr 39 minutes. (DVD)

September 14 "The Trouble with Angels " (1966) *** Starring Hayley Mills, June Harding and Binnie Barnes - Two high-spirited young students at St. Francis Academy For Girls keep things hopping for the challenged Mother Superior and her staff of bewildered Sisters. Rated PG/Comedy/ 1hour 52 minutes. (DVD)

September 21 "Contraband" (2012) *** Starring Mark Wahlberg, Kate Beckinsale and Ben Foster - A reformed smuggler (Mark Wahlberg) must pull off one last run to protect his family. Rated R/Action/ 1hour 49 minutes. (DVD)

September 28 "3:10 Yuma" (2007) *** Starring Russell Crowe, Christian Bale and Logan Lerman - An update of the 1957 Western, 3:10 TO YUMA pairs two of today's finest actors, Academy Award winner Russell Crowe and Christian Bale, as an infamous outlaw and the struggling rancher who volunteers to deliver him to justice. Rated R/Action/ 2hour 2 minutes. (DVD)

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!

AARP Chapter # 2010 News:

AARP BOARD MEETING:

Tuesday, September 3, 2019

9:30 am

AARP GENERAL MEETING:

Tuesday, September 17, 2019

Noon

PROGRAM: Marshall S. Porter, Glastonbury's Chief of Police, will join us to speak about our town and for a question and answer session. Chief Porter will talk about their support services, the use of 911, and safety concerns for seniors. Meet K-9 Soleil with her handler Office Cavanaugh.

UPCOMING TRIP INFORMATION:

October 20, 2019

Barry Manilow Tribute—Log Cabin, MA

November 12-14, 2019

Christmas in the White Mountains - NH

December 12, 2019

Glenn Miller Orchestra—Aqua Turf—CT

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

National Senior Center Month Senior Spotlight

Doris Scaglia O'Rourke, retired school teacher and long time resident of Glastonbury, always finds time to write poems. Her poem "Happy Birthday!" has been a work in progress beginning in 1989 and completed in 2019. She gave us permission to publish it here in the Sharing Tree, for all to enjoy.

Happy Birthday!

Ten you've been, but that was then.
Twenty was plenty of fun back when.
Thirty was "over the hill" some thought.
Forty was mid-life, cheerfully fought.
Fifty was nifty and life begun.
Sixty you're sixty and your're still fun. (1989)

Seventy is heavenly, so give a cheer,
You're over seventy and you're still here.
Eighty is weighty, but great to reach,
You're over eighty and you're a peach. (2009)

Ninety is fine-ty, if you have health,
Especially so, if you have wealth.
One hundred look to, if you dare.
You won't be a burden for those who care. (2019)

-Doris Scaglia O'Rourke

Town of Glastonbury
Senior Services Department
300 Welles Street
Glastonbury, Connecticut 06033

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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 **Wednesday, September 4 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 **Wednesday, September 11, 2019 (in office)**.

 **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.