



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

October 2019



Pumpkintown - East Hampton

Wednesday, October 16, 2019

10:00 am Leave RCC

12:30 pm Sadler's Ordinary –Marlborough

Approximate Return to RCC: 3:00 pm

Cost includes transportation, admission and hayride (lunch on own).

Resident: \$16.00 Non-Resident: \$19.00

Upon arrival we'll visit Pumpkintown Village where over 70 pumpkinhead people and animals enjoy life in their old-fashioned village complete with a church, post office, saloon, and more. Check out the The Pumpkintown Forest that is full of surprises! Hop on the hay wagon for a mile long ride through the forest and catch a glimpse of over 30 Pumpkinheads and their woodland dwellings. Following Pumpkintown enjoy lunch at Sadler's Ordinary Restaurant offering hearty American fare. **Restaurant \$\$** 🍴🍴🍴

Murder She Wrote Tea Party @

The Storyteller's Cottage - Simsbury

Wednesday, November 6, 2019

10:15 am Leave RCC

11:00 am Maple Tree Café

1:00 pm The Storytellers Cottage

Approximate return to RCC: 4:00 pm

R: \$28.00 NR: \$34.00 (Lunch on own)

Prior to our visit to The Storyteller's Cottage, enjoy lunch at The Maple Tree Café, specializing in outstanding Italian cuisine. Following lunch it is off to our mystery tea party. Are you a fan of Jessica Fletcher? Do you like to solve a good mystery? Then join the fun. Afterward, discuss your adventure as you enjoy tea and cakes in the Literary Tea Room. **Register in October**

The Davison Art Center - Wesleyan University

Luce Restaurant-Middletown - Wednesday, October 30

11:00 am Leave RCC 11:30 am Luce Restaurant

1:00 pm The Davison Art Center

Approximate Return to RCC: 4:30 pm

R: \$7.00 NR: \$9.00

Prior to our Wesleyan visit enjoy lunch at Luce Restaurant, for inspired Tuscan dishes with a modern American flare. Following lunch we'll take a self guided tour of The Davison Art Center (DAC), on Wesleyan Campus. The Davison Art Center holds Wesleyan's collection of more than 25,000 works of art on paper, chiefly prints and photographs by European and American artists. **Restaurant \$\$** 🍴🍴🍴



Halloween Party -

Thursday, October 31

Special Ticket

Required

R: \$5.00 NR: \$6.00

Must be purchased by

Monday, October 28, 2019

Don't miss this fun filled annual tradition with a frighteningly yummy Chicken with Cranberry Glaze lunch. Entertainment: Brian Gillie

(see page 9 for details)

Trips

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.

Avert Brasserie Restaurant –West Hartford Wednesday, October 9, 2019

11:00 am Leave RCC 11:30 am Reservation

Approximate Return to RCC: 1:30 pm

R: \$7.00 NR: \$9.00 (Lunch on own)

Step into Avert and be whisked away to the brasseries and outdoor cafes lining the cobblestone streets of Lyon and Paris. The indulgence of traditional French comfort food is balanced by a modern, clean interpretation and an uncompromising devotion to the highest quality and locally-sourced ingredients. Avert is classic yet creative; inspired yet approachable. Experience old world European charm with a modern flair in a casual, relaxed environment.

RESTAURANT \$\$

Programs



Intergenerational Pen Pal Program

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)

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 there will be a short documentary on Korea and traditional Korean refreshments.

The Senior Centers of SECT present Doo Wop, Dancing and Drinks with "The Corvettes"

Thursday, October 17, 2019

7pm – 10pm 6:00 pm Leave RCC

Approx. Return to RCC: 11:00 pm

Great Neck Country Club, Langley's
Restaurant

A 50/50 Raffle for a \$1 a ticket.

Cost: \$20 payable to Senior Resources

\$7.00 payable to Town of Glastonbury



The Kate presents: "Madama Butterfly "

(Met in HD, Encore performance)

Red Hen Restaurant - Old Saybrook

Tuesday, November 12, 2019

11:30 am Leave RCC 12:45 pm Opera

4:30 pm Red Hen Restaurant

Approximate Return to RCC: 7:30 pm

Cost: R: \$34.00 NR: \$39.00

Leading sopranos Hui He and Ana María Martínez share the heartbreaking title role of the doomed geisha, with tenors Piero Pretti and Andrea Carè as the American naval officer who abandons her. The great Plácido Domingo makes his role debut as Sharpless, alternating with Paulo Szot and Markus Brück. Pier Giorgio Morandi is on the podium for Anthony Minghella's sweeping production, a perennial audience favorite. Following the Opera, enjoy dinner at Red Hen a small neighborhood bistro focused on crafting thoughtfully prepared food in a friendly, relaxed atmosphere.

"What's Your Story"

First Fridays of each month

October 4, 2019 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 importantly once in print, it will be there for generations to come.

Art Expression Fridays 10 am - Noon
October 4 - November 8, 2019

Cost: R: \$60.00 NR: \$70.00



Express yourself in this freewheeling series of classes with projects designed to give students the freedom to create their own

unique artworks. Materials provided.

AARP Smart Driver

Thursday, October 17, 2019

8:30 am - 12:30 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.

**A Time To Remember**

Our Veterans

Thursday, November 7, 2019

Today, we honor our Veterans and Active Servicemen of the Military. This year the first 25 veterans to sign up for a photo pass will have an opportunity to have **one** 4x6 photo of themselves, with a friend or loved one.

10:00 am - 11:30 am Keith Alan Photo Booth

11:30 am Collection of worn & tattered flags by Daughters of the American Revolution

11:45 am Opening Ceremony with members of Glastonbury's Veteran Service Commission

12:00 pm Ham, Sweet potatoes, Green beans, Roll and Apple pie.

12:30 pm Speaker LCdr-USNR Michael Lepore

R: \$3.00 NR: \$5.00 Special Luncheon ticket (Special ticket purchased by Tuesday, November 5, 2019 at 1:00 pm)

**Technology****Techy Teens Assist Savvy Seniors**

Tuesday, October 15, 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 appointments please call: (860) 652-7638.

Evening & Weekend Programs & Events

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

Tuesdays, through 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.

Evening Billiards for all Ages Tuesdays/Thursdays

5:30 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.



RiverQuilters - Quilts of Valor A multi-generational program

Tuesday, October 8, 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, in fact it is a great time to learn. Individuals can help by cutting, ironing, binding and more. An awesome opportunity to say thank you to our veterans and others touched by war.

Tuesday Evenings 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.



Setback Nights - Tuesdays

6:00 pm—8:00 pm

Join the fun on Tuesday nights at the Community Center. If you would like to have pizza for dinner that night come by the office a day or two prior and purchase a ticket, then dine and play.



The BIG SING Noon - 1:00 pm

Saturday, October 26, 2019

No Fee, just beautiful music—Open to the Public - This month enjoy spooktacular songs to Sing-a-Long with Jim Rosokoff and forty plus Ukulele players. This popular event draws people of all ages! Lyrics for the songs are projected for easy reading. Stop by for a fun afternoon activity!

Watercolor Class Saturdays October 5 & 12 (Please note date change)

9:30 am - 11:30 am

Instructor: Shannon Faust

R: \$10.00 per class NR: \$15.00 per class

\$10.00 Supply fee payable to instructor per project.



Evening General Computer Help

Tuesday, October 15, 2019

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.



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

Medicare Annual Open Enrollment runs from October 15-December 7, 2019

Now is the time to review your Medicare coverage plans. Be sure to read all notices sent to you by your insurer as there may be changes in your plan that may affect your coverage and costs in 2020. During Open Enrollment you can: join or change a Part D Plan (prescription drugs); return to original Medicare from a Medicare Advantage Plan; or enroll in or change Medicare Advantage plans. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to www.medicare.gov or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7634.)

ENERGY ASSISTANCE

Help with heating costs is available for qualified individuals through the Energy Assistance Program. Glastonbury Social Services has begun taking applications for those households that heat with deliverable fuels (such as oil or propane) and will begin taking all applications on October 14. 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.)

The monthly income limits for this program are \$3,014 for an individual and \$3,941 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 income to see if you still qualify. More information and appointments are available by calling Social Services at 860-652-7634. Information regarding required documentation will be provided when an appointment is made.

FOODSHARE

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays October 9 and October 23. 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 October 19, from 10 AM to 12 noon at St. James, 2584 Main Street. Carol's Closet may be reached at 860-633-8333 for questions.

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 food from the Food Bank, please call Senior & Social Services at **860-652-7634**.

Program and Support Group News**"EYE OPENERS" LOW VISION SUPPORT GROUP****Friday, October 25, 2019**

Eye Openers Support Group on October 25 at 10:00 a.m. will have a representative from New England Low Vision and Blindness company! Please contact Susan Parrotta at 860-652-7636 to register!

Learn about the latest technologies for low vision when New England Low Vision and Blindness, a full-service technology and training company that provides low vision and blindness products and training services to people who are blind and visually impaired and to the professionals who serve them throughout the six states of New England presents to the Eye Openers Support Group. New England Low Vision and Blindness is New England's leading provider of low vision aids, blindness aids and training services to people who are blind and visually impaired and to the professionals who serve them. **For more information, call Susan Parrotta, 860-652-7636.**

Bereavement Support Group Wednesdays, October 2 & 16, 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

Thursdays, October 17 & 31 and Tuesday, October 29, 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.

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

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.

Keeping You Informed :

Compost Bin and Rain Barrel Sale and Pick Up Event - October 19th - 9:00am to Noon

Glastonbury will host a rain barrel and compost bin pickup event October 19th in the Academy parking lot. Residents can order a compost bin, rain barrel, and related products online and collect their items at the event between 9:00am and 12:00 pm (Noon). Orders must be done online by no later than Oct. 15th to be available for pickup on the 19th. To learn more and place your order, please visit www.glastonbury-ct.gov/recycle and click on the "Compost and Rain Barrel Pick Up Event" link.

Passport Processing Event – October 26th - 10:00 am – 1:00 pm

Glastonbury is hosting a passport processing event at the Friends Room of Welles-Turner Memorial Library on **Saturday, October 26th**. The walk-in clinic style event will run from **10am – 1pm** on the 26th and attendees will be helped on a first come, first served basis. Interested parties should bring their applications for New or Lost/Stolen passports along with the required documentation and fees. (No passport RENEWALS available – done by mail only). Please register before the event by contacting Kathryn at marketing@glastonbury-ct.gov.

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 October



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.

October Lunch Entrée Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Parmesan	2 Stir-fry Pork	3 Steamed Cod w/tomatoes & onions	4 Chef's Choice
7 Chicken-Ala-King	8 Flu Talk Beef Stroganoff	9 Fire Prevention Talk Baked Ham	10 Understanding Lymphedema Spaghetti & Meat sauce	11 Tuna Grinder
14 CLOSED Columbus Day 	15 Stuff Shells w/Meat sauce	16 Baked Chicken in Cream sauce	17 Breaded Fish on a bun	18 Chef's Choice
21 Birthday Party Meet the Republican Candidates Smothered Pork Chop w/gravy	22 Meet the Democratic Candidates Spaghetti & Meatballs	23 ADA Transit Info Oven Roasted Turkey Breast	24 GHS Treble Choir Meatloaf	25 Hot toasted Ham & Cheese Sandwich w/ Tomato Soup
28 Swedish Meatballs	29 Ragu Bolognese w/Turkey sausage	30 Breaded Fish	31 Halloween Special Luncheon Chicken with Cranberry Glazed	

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Halloween Party **Thursday, October 31, 2019** **Special Ticket Required -**
R: \$5.00 NR: \$6.00 (Must be purchased by Monday, October 28, 2019)

Don't miss this fun filled annual tradition with a frighteningly yummy Chicken with Cranberry Glaze. (Costumes not required) Join the fun as we are entertained by Brian Gillie with a few Halloween favorites. A parade of costumes will creep along as the judges pick Best, Most Creative, Scariest & Silliest costumes for prizes.

Lunch & Learn

Influenza (flu) season is rapidly approaching—are you prepared? **Tuesday, October 8**
12:15 pm—12:45 pm

Come listen to the latest updates about the 2019-20 flu season and how to protect yourself, your family and your friends. Glastonbury's Community Health Nurse, Krista Timken, will share what's new in flu and important prevention and treatment strategies to keep you healthy during this flu season.

Presented by Glastonbury's Community Health Nurse, Krista Timken.

Fire Prevention **Wednesday, October 9, 2019** **12:15 pm**

October 9th is Fire Prevention Day and Fire Chief Michael Thurz will talk about important fire safety tips as well as four goals of fire prevention.

Presented by Town of Glastonbury, Fire Chief Michael Thurz.

Understanding Lymphedema **Thursday, October 10, 2019** **12:30 pm**

The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. **Presented by Felicia Monteforte, PT, CLT, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services.** Prior registration required in office or by phone at (860)652-7638.

Meet the Candidates **Monday, October 21** **Meet the Republicans** **12:15 pm**

Tuesday, October 22 **Meet the Democrats** **12:15 pm**

Meet the candidates who are running to serve on a municipal level. You will have the opportunity to hear them speak and ask questions on issues of concern to you in the town. Don't miss your chance to be an informed voter.

CT Transit ADA PARATRANSIT SERVICE **Wednesday, October 23, 2019** **12:15 pm**

"Providing a safe and outstanding quality of service to all riders is their top priority."

The Greater Hartford Transit District provides transportation services for individuals who, because of their disability, are unable to travel on the fixed route system operated by CTtransit. This service is designed to provide those with disabilities equal access to public transportation. Come and learn about whether you may be eligible for this valuable service in Glastonbury. Presented by Pat Williams, Manager of ADA Transit.

Glastonbury High School Treble Choir - Ethan Nash **Thursday, October 24, 2019**

12:15 pm

The Treble Choir is an auditioned group open to 10th, 11th and 12th graders at the high school. They sing music in a wide variety of styles and annually take part in the Festival of Women's Voices with the West Hartford Women's Chorale. You are in for a real treat!



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)

October 7 "The Great Debaters" (2007)**** Starring Denzel Washington, Forest Whitaker and Kimberly Elise - A drama based on the true story of Melvin B. Tolson, a professor at Wiley College Texas. In 1935, he inspired students to form the school's first debate team, which went on to challenge Harvard in the national championship. PG-13/Drama/2 hours 6 minutes.

October 21 "The Secret Life of Bees" (2008) **** Starring Dakota Fanning, Jennifer Hudson and Queen Latifah - In 1964, a teenage girl in search of the truth about her mother runs away to a small town in South Carolina and finds a family of independent women who can connect her to her past. PG-13/Drama/2 hours.

October 28 "When The Game Stands Tall" (2014) *** Starring Jim Caviezel, Alexander Ludwig and Michael Chiklis - The journey of legendary football coach Bob Ladouceur, who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records for any American sport. PG/Drama, Sport/ 2 hours.

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

October 3 "The Best Exotic Marigold Hotel" (2011) **** Starring Judi Dench, Bill Nighy and Maggie Smith - British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. PG-13/Comedy, Drama/2 hours.

October 10 "The Way" (2010) **** Starring Martin Sheen, Emilio Estevez and Deborah Kara Unger - A father heads overseas to recover the body of his estranged son who died while traveling the "El camino de Santiago," and decides to take the pilgrimage himself. PG-13/Adventure, Drama/2 hours.

October 17 "Ballet Shoes" (2007) *** Starring Emma Watson, Yasmin Paige and Lucy Boynton - The story of three orphan girls (Pauline, Petrova, and Posy), adopted by an eccentric explorer, Great Uncle Matthew, and his niece Sylvia, in 1930s London. PG/Drama/1 hour 25 minutes.

October 24 "The War Horse" (2011) **** Starring Jeremy Irvine, Emily Watson and David Thewlis - Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and to the front lines as the war rages on. Rated PG-13/Drama/2 hr 26 min.

October 31 "Practical Magic" (1998) **** Starring Sandra Bullock, Nicole Kidman and Stockard Channing - Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love. PG-13/Comedy, Drama/1 hour 44 minutes.

Saturday Matinees - Movies start promptly at 12:00 pm

October 5 "Leap Year" (2010) **** Starring Amy Adams, Matthew Goode and Adam Scott - Anna Brady plans to travel to Dublin, Ireland to propose marriage to her boyfriend Jeremy on Leap Day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it. Rated PG/Comedy/1 hour 40 minutes.

October 12 "Dolphin Tale" (2011)**** Starring Morgan Freeman Ashley Judd and Harry Connick, Jr. - A story centered on the friendship between a boy and a dolphin whose tail was lost in a crab trap. Rated PG/ Drama, Family/1 hour 53 minutes.

October 19 - Closed for Apple Festival

October 26 "The Phantom of the Opera" (2004)***** Starring Gerard Butler, Emmy Rossum and Patrick Wilson - A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House. Rated PG-13/Drama/2 hours 23 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!

Ways to Increase Your Well-Being:

Make sleep a priority

Spending even just 60 more minutes in bed each day can make a major difference when it comes to your overall wellbeing. That's because "sleep is the most critical daily 'activity' needed for healing, repairing, and keeping the immune system fully functioning," says Paver.

"Sleep deprivation is linked to chronic illness, slowed reaction time, increased risk of injury and accidents, lowered productivity, depression, carbohydrate cravings, and weight gain." Her suggestion? Try to hit the hay shortly after sunset and wake up close to sunrise when you can.

© Provided by Best Life

Pet an animal

The key to feeling amazing? Spending time with your furry friends. In a 2019 study published in the journal *AERA Open*, university students who had pet a cat or dog for just 10 minutes saw significant reductions in their levels of the stress hormone cortisol.

© Provided by Best Life

Have a good laugh

Whether you get there by reading a few corny jokes or watching a funny movie, laughter really is the best medicine when it comes to your general wellbeing. A 2011 study published in the *International Journal of Geriatric Psychiatry* found that Laughter Yoga—a combination of unconditioned laughter and yoga-style breathing—helped combat depressive symptoms and improved subjects' overall satisfaction with their lives.



AARP Chapter # 2010 News:

AARP BOARD MEETING:	Tuesday, October 1, 2019	9:30 am
AARP GENERAL MEETING:	Tuesday, October 15, 2019	Noon
PROGRAM:	Laura and Irv will entertain with their Las Vegas tunes for us to sing with them! Laura plays the keyboard and guitar and Irv is their vocalist.	

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.	

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 **Monday, October 7, 2019 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, October 15, 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.