

The Sharing Tree

NOVEMBER 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 **Tuesday, November 5, 2019 at 9:30 am** for Glastonbury residents only **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 **Tuesday, November 12, 2019 (in office)**.

Special Luncheons

A Time To Remember Our Veterans

Thursday, November 7, 2019

10:00 am - 11:30 am Photo Booth

(Special photo pass must be obtained by October 31.)

11:45 am Opening Flag Ceremony

12:00 pm ham, sweet potatoes, green beans, roll & apple pie.

12:30 pm Speaker LCdr-USNR Michael Lepore

R:\$3.00 NR: \$5.00 Special ticket

(Special ticket purchased by Tuesday, November 5, 2019 at 1:00 pm).

A Meal of Thanksgiving

Thursday, November 21, 2019

11:55 am Invocation by Rev. Denise Cabana

12:00 pm roast turkey dinner

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

(Must be purchased by Monday, November 18, 2019 - 1pm)

Thanksgiving is a wonderful time for traditions, a time to count our blessings and consider all the things for which we are thankful. Glastonbury Social Services will be conducting their annual appeal for, "Pocket Change Charlie" with 100% of the proceeds being used to assist local families with their fuel bills this winter.

Jingle Bell Rock Holiday Luncheon Thursday, December 12, 2019

12:00 pm Lunch 12:30 Entertainer Tom Stankus (aka T-bone)

R:\$5.00 NR: \$6.00 (Must be purchased by Monday, December 9, 2019 at 1:00 pm)

Tis the season for holiday magic. Enjoy a holiday meal of cranberry chicken breast, rice pilaf, green beans and confetti cake topped with a holiday kiss. Following lunch entertainer Tom Stankus will carry us through time with holiday music magic! Special ugly sweater parade with prizes for most creative, funny and best in show.

Ethnic Lunch Outings

Belvedere Restaurant & Café - New Britain

Monday, November 18, 2019

10:30 am Leave RCC 11:00 am Reservation (Lunch on own)

Approximate Return to RCC: 2:30 pm

R:\$7.00 NR: \$9.00

Belvedere Cafe and Restaurant is the newest restaurant in the New Britain area. Located on Broad Street, it features an intimate dining experience that includes Polish and European cuisine.

RESTAURANT \$\$

Mykonos Mediterranean Restaurant - Newington

Monday, November 25, 2019

10:30 am Leave RCC 11:00 am Reservation (Lunch on own)

Approximate Return to RCC: 2:30 pm

R:\$7.00 NR: \$9.00

Mykonos Mediterranean Restaurant is a local, family owned and operated business that serves traditional Greek dishes and Italian specialties.

RESTAURANT \$\$

Webb-Deane-Stevens Museum Wednesday, November 20, 2019

10:15 am Leave RCC 10:30 am Tour inside the 3 homes

Approximate Return to RCC: 1:00 pm

All inclusive: R: \$20.00 NR: \$25.00

Box lunch Sandwich choices: turkey, roast beef, ham or veggie.

Also included, pasta salad, steamed-seasonal vegetables, brownie and bottled water.

Begin with a guided tour of the 1752 Joseph Webb House, the 1770 Silas Deane House and the 1788 Isaac Stevens House depicting life in the 18th and 19th centuries, and includes a fascinating exhibit of antique toys. After the tour you will have time to explore the Webb House Museum Shop.

Following the tour, enjoy your boxed lunch provided by Cove Deli.

**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 Kate presents: "*Madama Butterfly*"
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. Following the Opera, enjoy dinner at Red Hen a small neighborhood bistro focused on crafting thoughtfully prepared food in a friendly, relaxed atmosphere.

Creative Experience presents

"A Night at the Movies, a Musical Cabaret"

Friday, November 8 & Saturday, November 9, 2019

7:00 pm at RCC

Tickets \$5.00 purchase online at <http://www.showtix4u.com> as well as at the door

The Cabaret will be filled with songs from the classic musicals, South Pacific, Kiss Me Kate & Gypsy, as well as songs from the newer musicals Hairspray, Legally Blonde & Mean Girls. It's a wonderful production for all ages! Food will be sold at the event.

Holiday Shopping at Westfield Meriden Mall

Thursday, December 5, 2019

10:00 am Leave RCC 10:30 am - 2:00 pm Shop

Return to RCC: 3:00 pm

R: \$7.00 NR: \$9.00

Bring your gift list and shop your way through the mall with stores like Boscov's, TJ Maxx, Yankee Candle, Lane Bryant, Macy's, Macy's Backstage and so many more to choose from!

Knights of Columbus - New Haven Monday, December 9, 2019

***"Christmas in Europe"* & Fratelli Restaurant - Wallingford**

11:30 am Leave RCC 12:30 pm Guided Tour of Christmas in Europe and Festival of Trees

2:30 pm Fratelli Restaurant (on own)

Approximate Return to RCC: 5:00 pm

R:\$7.00 NR: \$9.00

Christmas in Europe is the theme of the Knights of Columbus Museum's 15th annual Christmas exhibition, showcasing the art and customs of the continent.

Following the museum enjoy a late lunch at Fratelli's, serving a full range of Italian fare of pasta, pizza and more. **Register in November**

RESTAURANT \$\$

Beneski Museum of Natural History Amherst, MA**Tuesday, December 10, 2019****10:00 am Leave RCC 11:30 am Johnny's Tavern (on own)****1:30 pm Guided Tour of Museum****Approximate Return to RCC: 5:00 pm****R: \$10.00 NR: \$12.00**

Prior to our visit to the museum, enjoy lunch at Johnny's Tavern. Nestled in the heart of downtown Amherst, Johnny's serves up meals using organic produce and sustainable seafood whenever possible. Their mission is to provide a truly unforgettable dining experience through excellent hospitality and delicious food.

After lunch, a guided tour of The Beneski Museum of Natural History (located on the campus of Amherst College), showcasing dinosaur skeletons, footprints, fossils, dazzling minerals and more collected locally and abroad.

RESTAURANT \$\$ Register in November**Griswold Inn - Essex, The Little Gift Shop & Saybrook Home****Wednesday, December 11, 2019****10:30 am Leave the RCC****Approximate Return to RCC: 4:00 pm****Transportation Fee: Resident: \$7.00****Non-Resident: \$9.00**

Enjoy an afternoon of sophisticated cuisine this holiday season at one of the oldest continuously operated inns in the country. The Griswold Inn will be decorated in all its charm for the holidays.

After lunch enjoy seasonal shopping in beautiful Old Saybrook, including...

Little Gift Shop & iconic Saybrook Home store, originally Old Saybrook

Barn. **Register in November**

RESTAURANT \$\$

Technology**Techy Teens Assist Savvy Seniors****Tuesday, November 19, 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.*****AARP Smart Driver Thursday, November 21, 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.

***** NEW *** It's Time forTrivia Night****Thursday, November 7 & 21, 2019 6:00 pm – 7:30 pm****Call 860-652-7645 to register**

Please join us as you match wits against other teams. It is free to play. Prizes will be awarded. The more friends you bring the better chances to win. Each section will be a different category. Hosted by our very own Pat Sayjac, Matthew. Come by and get social with It's time for.....Trivia!

The BIG SING Noon - 1:00 pm**Saturday, November 23, 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!

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.

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.

RiverQuilters - Quilts of Valor A multi-generational program**Tuesday, November 12, 2019****4:30 pm - 6:30 pm Registration Requested 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 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.

Evening General Computer Help 6:00 pm - 7:00 pm**3rd Tuesday of the month.****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 for appointment.

****NEW- LEARN TO PLAY 'CROKINOLE'****Thursday November 14 6:00 – 8:00 pm****Saturday November 16 1:00-2:30 pm**

A Canadian made game loved by all ages around the world. Shuffle board meets curling, meets pool. A great dexterity game that you play seated. Give it a shot! Or should we say flick?

Please sign up to reserve your free lesson.

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****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 (s) as there may be changes in your plan (s) that may affect your coverage and costs in 2020. During Open Enrollment, which runs through December 7, 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 households through the Connecticut Energy Assistance Program. Glastonbury Social Services is currently taking applications for this program. Heat source may be a deliverable fuel (propane, wood, oil) or a utility (electric or gas.) Income limits are \$3,014 monthly for an individual and \$3,941 for a household of 2. Homeowners have a liquid asset limit of \$15,000 and renters \$12,000, but any assets over those limits may be added to income to see if you still qualify financially. More information and appointments are available by calling Social Services at 860-652-7634.

Food Share

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on November 6 and November 20. Mobile Foodshare is an outdoor food distribution for persons with 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 paper pantry providing paper and personal products to Glastonbury residents, it is open the third Saturday of each month, which will be November 16, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

This ministry of St. James Church is also supported by its interfaith partners, Buckingham Congregational Church UCC, First Church Congregational UCC, Congregation of Kol Haverim, St. Luke's Episcopal Church and Lutheran Church of St. Mark.

Thanksgiving Food Program: Social Services is accepting donations of non-perishable food items and financial contributions toward the purchase of grocery gift cards for the annual Thanksgiving Program. For more information, please call Social Services at 860-652-7634.

Holiday Gift Program: This program will anonymously match donors and the wish list of Glastonbury children ages infant to 18. Donors can shop for these items with a suggested value of \$50.00, and return them to the Riverfront Community Center for distribution. Financial donations and store gift cards will be used to fill unmatched wish lists. Donors may register at <http://www.glastonbury-ct.gov/donate> or call Theresa Buckson at 860-652-7640 for more information. Thank you for your support!

OUTREACH at Center Village and Village Green

Outreach Social Worker Theresa Buckson will be at Center Village at 10AM on Tuesdays November 12 and November 26 and at Village Green on Tuesdays November 5 and November 19 and alternating Tuesdays throughout the year. Day old bread and bakery from Stop and Shop 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, November 22, 2019

Eye Openers Support Group on November 22 at 10:00 a.m. Join us when Thomas Bozzi speaks at Eye Openers Support group this month with an uplifting story about how he lives with an eye disease that caused his blindness called Retinitis Pigmatosa. Retinitis pigmentosa is a rare, inherited degenerative eye disease that causes severe vision impairment. Thomas's theme is "we are all here for a reason!" **For more information, call Susan Parrotta, 860-652-7636.**

Bereavement Support Group **Wednesdays, November 6 & 20, 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.

**Flu Clinic: Tuesday, November 12, 2019 Academy School
Cafeteria 2pm—6 pm**

Healthy Foot Clinic**Tuesdays, November 19 & 26 and Thursday, November 14, 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, November 12, 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

Other Transportation Options

FISH Phone: (860) 647-3911 Transportation for Glastonbury residents to out of town medical appointments is available Tuesday through Friday from Glastonbury to the following towns: Hartford, East Hartford, West Hartford, Manchester, Rocky Hill and Wethersfield. Please note: pickup can be no earlier than 8:00 am and no later than 4:00 pm. FISH also transports to the Farmington Health Center for appointments between 10:00 am. and 2:00 pm. You must request a ride by noon of the previous day. **FISH** is unable to transport wheel chairs; parking fees are the responsibility of the rider.

American Cancer Society's Road to Recovery Transportation Service

Phone: 1(800)227-2345. They can provide transportation for doctors' appointments and treatments. Patients must be ambulatory. Requests must be made 3 business days before the appointment.

A.D.A. Transportation, CT Transit This service provides door-to-door service for any purpose to persons unable to use regular CT Transit bus service, if the pick-up and destination is within their service area. (7 days a week with a charge of \$3.50 each way). For application and info, call: **(860) 724-5340**

Winter Weather Alert

Senior programs and Dial-A-Ride will be canceled when road and sidewalk conditions are, or may become too hazardous for safe operation of a vehicle. If Glastonbury schools are closed, senior center programs will also be canceled. Additionally, schools may be open, but if sidewalks are judged to be unsafe for seniors, programs will be canceled. Look for cancellation notices on **WFSB Channel 3**. On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

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)****Registration and Special ticket required****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.

November Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 Swedish Meatballs	29 Ragu Bolognese	30 Breaded Fish	31 Halloween Party	1 Chef's Choice
4 Hotdog	5 Lunch & Learn Cheeseburger	6 Turkey & Provolone on a roll	7 Veteran's Day Special Luncheon	8 Breaded Fish
11 CLOSED VETERANS DAY	12 Grilled Ham & Cheese	13 Baked Chicken	14 Lunch & Learn Smothered Pork Chop	15 Chef's Choice
18 Birthday 19 Party Spaghetti Meat Sauce	19 Chicken Salad on a roll	20 Lunch & Learn Sausage Onions & Peppers on Roll	21 Thanksgiving Special Luncheon	22 Shepherd's Pie
25 Lunch & Learn Chicken Ala King	26 Lunch & Learn Beef Stroganoff	27 Stuffed Shells	28 CLOSED Thanksgiving	29 CLOSED

Lunch & Learn**Maintaining Active, Healthy Bones & Joints 12:30 pm****Tuesday, November 5, 2019**

The Glastonbury Surgery Center will be discussing the importance of maintaining active, healthy bones and joints. Presentation will focus on bringing awareness to common bone and joint disease prevention and management. **Presented by Kate Salter, RN** **Community Room B**

(UTI) Urinary Tract Infections in the Elderly 12:30 pm**Thursday, November 14, 2019**

What causes urinary tract infections? Why do they keep coming back in some people? Recognize symptoms of infections and how they can be different in the older population. You will learn treatment options that are available and common myths.

Registration Requested**Presented by Dr. Sudeep Bansal, MD Internal Medicine****Community Room B****Nat Geo presents -America's National Parks - YouTube TV - Videos**

National Geographic Channel turns its state-of-the-art cameras on America for a close-up of its national parks. More than three years in the making, the eight-part series goes beyond the homegrown beauty to allow viewers to witness moments full of drama, watch stories of life and death, and discover hidden gems in high-tech ways heretofore never presented on TV. Each hourlong episode features one park, from the geysers of Yellowstone and the hot desert of Saguaro to the sprawling Smoky Mountains and world-famous Grand Canyon.

Olympic - 12:15 pm Wednesday, November 20, 2019

The Olympic peninsula is home to one of North America's most diverse parks.

Yosemite - 12:15 pm Monday, November 25, 2019

The landscape and animals inside Yosemite National Park.

Community Room A

Dental Hygiene Program & Screening

12:15

Tuesday,

November 26, 2019

Do you have any concerns about your oral health? Students from the Goodwin College Dental Hygiene program will provide a presentation on oral health. Come and join us and receive your complimentary gift of dental supplies. Call 860-652-7638 to register.

Community Room A**AARP Chapter # 2010 News:****AARP BOARD MEETING: Tuesday, November 5, 2019 9:30 am****AARP GENERAL MEETING: Tuesday, November 19, 2019 Noon****PROGRAM: The Magic of Michael Michaels**

A magician and illusionist who has performed in town to the enjoyment of all.

UPCOMING TRIP INFORMATION:**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.

Keeping You Informed**History of Daylight savings time**

George Hudson proposed the idea of daylight saving in 1895. The German Empire and Austria-Hungary organized the first nationwide implementation starting on April 30, 1916. Many countries have used it at various times since then, particularly since the 1970s energy crisis. DST is generally not observed near the equator, where sunrise times do not vary enough to justify it. Some countries observe it only in some regions; for example, parts of Australia observe it, while other parts do not. Only a minority of the world's population uses DST; Asia and Africa generally do not observe it.

DST clock shifts sometimes complicate timekeeping and can disrupt travel, billing, record keeping, medical devices, heavy equipment, and sleep patterns. Computer software often adjusts clocks automatically, but policy changes by various jurisdictions of DST dates and timings may be confusing.

-From Wikipedia, the free encyclopedia

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)

November 4 "Invincible" (2006) *** Starring Mark Wahlberg. Invincible is the inspiring true story of Vince Papale, an ordinary guy who, against extraordinary odds, gets a one-in-a-gazillion shot at living every sports fan's wildest fantasy. Rated PG/Family/104 minutes.

November 11 "Saving Mr. Banks" (2014) *** Starring Tom Hanks and Emma Thompson. This is the true story of one of the most treasured Disney classics of all time, *Mary Poppins*. Rated PG-13/Family/125 minutes.

November 18 "Grand Prix: The Winning Tale" (2011) *** Starring Carlisle Studer, Hunter Pecunia and Justice Luce - Alice, and her dog, Bill battle back against her bullies by transforming an old go-kart into a speed machine and burning up the track. Rated G/Family/94 minutes.

November 25 "Grumpy Old Men" (1993)**** Starring Walter Matthau and Jack Lemmon. These two funny men play Minnesota ice-fishing pals whose crusty friendship grows hilariously icier as they vie for an attractive widow. Rated PG-13/Comedy/104 minutes.

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

November 7 "Jersey Boys" (2014) *** Starring Eric Bergen and Christopher Walken. Director Clint Eastwood follows the story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic '60s rock *group Frankie Valli and The Four Seasons*. Rated R/Drama/134 minutes.

brings her late husband's ashes to California. Looks like a road trip. Rated PG/Drama/ 93 minutes.

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

November 14 "An American Rhapsody" (2001) **** Starring Scarlett Johansson. A young Hungarian girl struggles to find her place in the world when she's reunited with her parents in the USA years after she was left behind during their plight from the communist country in the 1950s. Rated PG-13/Drama/106 minutes.

November 21 "The Adventures of Greyfriars Bobby" (2011) *** Starring Oliver Golding - Based on a true story of a dog that changed the history of a city. A magical film for the whole family. Bobby, a friendly small terrier, befriends Wan, a young boy. Rated PG/Family/104 minutes.

Saturday Matinees Movies start promptly at 12:00pm

November 2 "Wind Dancer" (1993) *** Starring Mel Harris and Matt McCoy. A young girl bonds with a spirited horse named Wind Dancer after a riding accident leaves her unable to walk. Rated PG/Family/90 minutes.

November 9 "Bigfoot: The unforgettable encounter" (2000) *** Starring Matt McCoy. When Cody gets lost while exploring in the woods, he finds a friend in the legendary creature, Bigfoot. Rated PG/Adventure/Family/88 minutes.

November 16 "Seeker & Fetch" (2012) *** Starring Nancy Sale. Seeker and Fetch are without an owner until Ana brings them home from the park. But this dog and pig combo do not want any other animals to be left alone either! Rated G/Family/80 minutes.

November 23 "We are Marshall" (2007) **** Starring Matthew McConaughey. An energetic compassionate coach of inexperienced players whose chances of victory are slim. They decide it's time to play until the whistle blows. Rated PG/Family/131 minutes.

November 30 "Bonneville" (2007) *** Starring Kathy Bates. Recently widowed Arvilla is at a crossroads. Her stepdaughter, Francine, has threatened to sell Arvilla's Idaho home unless Arvilla

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!

Movie requests are welcome. Let us know what you would like to see! (Forms available in office).

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.****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.

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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.

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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.