

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

February 2020 



Friday, February 7, 2020

Following lunch, everyone wearing RED gather for a photo.

Can we double the number from last year?

UCONN Women's Basketball - Senior Day

Saturday, February 22, 2020

10:30 am Leave RCC

1:00 pm UCONN vs UCF Knights

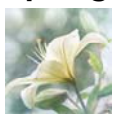


Approximate Return to RCC: 4:30 pm
R: \$18.00 NR: \$22.00

Please note: In the event of a snow storm or bad road conditions, tickets are non-refundable. Seating is limited - and are bleacher seats.

It's Senior Day for the players! Cheer the girls on as they play University of Central Florida Knights. GO UCONN!

Spring is in the air...



39th Annual Connecticut Flower & Garden Show
"Connecticut Springs into Earth Day"

CT Convention Center

Thursday, February 20, 2020

10:00 am Leave RCC

Approximate Return to RCC 2:00 pm

R: \$5.00 NR: \$7.00

\$16.00 Admission (Cash Only)

One of New England's largest and most prestigious flower shows, covering almost three acres, with more than 300 booths of displays and over 80 hours of free seminars.



Valentine Luncheon

Thursday, February 13, 2020

12:00 pm Lunch

12:30 pm Entertainment with Paul Shlien

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

Required (Must be purchased by Monday, February 10, 2020 at 1:00 pm).



Saint Patrick's Day Lunch Celebration

Thursday, March 12, 2020

12:00 pm Lunch

12:30 pm Entertainment Mulcahy Academy


R: \$5.00 NR: \$6.00 Special Ticket Required (Must be purchased by Monday, March 9, 2020)



see page 11 for details

Trips & Special Programs

Elizabeth's Restaurant - Rocky Hill
Wednesday, February 19, 2020
10:45 am Leave RCC
11:00 am Lunch on own
Approximate Return to RCC: 1:30pm
R: \$5.00 NR: \$7.00
 Elizabeth's Bar and Restaurant is an Italian and Portuguese restaurant where the dining experience meets at the crossroads between fine and casual dining. **RESTAURANT \$\$**

 **GHS Luncheon Theater presents:**
Sunday, March 8, 2020
Doors for Luncheon open at 11:00 am.
Performance from 1 pm - 3:30 pm
Fee: \$15.00 All Inclusive
Checks payable to: "GHS Student Council"
Tickets purchased in advance at the Senior Center (RCC) Please note: This afternoon is limited to Glastonbury senior residents only with 185 tickets for sale.
 Individuals will be able to choose their seats.
 Lunch will be served by the GHS culinary students. **Register in February**

Royal Talen's Intergenerational Art Program
Thursday, March 19, 2020
5:30 pm - 7:30 pm
R: \$5.00 NR: \$9.00
Children 8+: \$3.00
Registration required by March 6, 2020
 Royal Talen's Art/Educational programs inspire people to paint and draw, as well as engage, inform and inspire artistic experimentation and expression. Participants will explore different techniques and creativity with watercolor inks. Participants under the age of 16 must attend with an adult. **Register in February**



Green Trip—All Things Irish
Ireland's Great Hunger Museum & The Playwright Irish Pub - Hamden
Thursday, March 26, 2020
9:30 am Leave RCC 10:30 am Guided Tour
1:00 pm The Playwright Irish Pub
Approximate return to RCC: 3:30 pm
R: \$18.00 NR: \$23.00 (lunch on own)
 Opened in 2012, the museum is part of Quinnipiac University. Exhibits focus on paintings and sculpture related to the Great Hunger. Following the museum enjoy lunch at The Playwright Irish Pub, one of CT's most authentic Irish Pub Restaurants. Serving fine Irish fare and American cuisine for lunch and dinner, daily. **🍷🍷🍷**
RESTAURANT \$\$ Register in February



UPCOMING Chartered Bus Trips
Checks only - Payable to: "Tours of Distinction"
Flyers available at Senior Services Office



Gold Coast of CT
Wednesday, April 22, 2020
9:15 am Leave RCC
Approximate Return: 5:00 pm
Cost: \$102.00

Give meal choice at registration.
A) Chicken Piccata B) Veal Marsala
C) Stuffed Salmon

Sit back in comfort as you enjoy a guided driving tour of CT's Gold Coast. Travel through the home towns of movie stars and celebrities. See neighborhoods and hear the stories as the tour covers the Long Island Sound shore from Norwalk and Westport to Greens Farms, Southport, and Greenfield Hill. Lunch will be at Bella Sera Ristorante.
Please note: Payment due by March 13, 2020

America 400
Thursday, May 28, 2020
7:30 am Leave RCC
Approximate Return: 7:00 pm
Cost: \$173.00

The Plymouth 400th Anniversary will highlight the cultural contributions and American traditions that began with the interaction of the Wampanoag and English peoples; a story that significantly shaped the building of America. **🍷🍷🍷**
Please note: Payment due by April 17, 2020

Technology**Techy Teens Assist Savvy Seniors Tuesday, February 18, 2020 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.****Welles Turner Memorial Library presents - Technology w/ Kirsten at the RCC****Tuesday, February 4, 2020 3:30 pm Computer Basics: Internet**

Learn the basics of navigating through the world wide web and performing searches. Experience with a mouse and keyboard is required.

Tuesday, March 3, 2020 3:30 pm Computer Basics: E-mail

Want to get an e-mail account but don't know where to start? Come to this intro class, where we'll start by setting up a Gmail account. Experience with mouse and keyboard is required.

Register with Kirsten at 860-652-7720**AARP Smart Driver Thursday, February 20, 2020 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 in person or by mail only. 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.

AARP Tax-Aide Program**Mondays, Wednesdays and Thursdays****Begins Monday, February 3, 2020****Morning Appointments Only****Please call 860-652-7638 to schedule your required appointment. No walk-ins will be accepted.**

AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals, with special attention to people 60 plus years of age. For filing of your 2019 federal and state tax forms, if married, both husband and wife should be present during the session. Taxpayers must have available all information and documents that apply to their 2019 income taxes including:

1. A copy of last year's tax returns (Federal & State)
2. ID information for taxpayers and all dependents (photo ID and Social Security cards)
3. A current check so refunds can be directly deposited and your checkbook listing payments during 2019
4. All W2, 1099 forms, etc. showing wages, pensions, interest, dividends, stock sales, etc. Also original cost basis for any stocks or other assets sold during the year.
5. If itemizing deductions: proof of charitable contributions, mortgage interest, property taxes, etc.
6. Any other documentation you think might be relevant.

If possible arrive 15 minutes before your appointment to fill out some paperwork.

If, you are unable to come, please call to cancel and to reschedule. If possible please cancel the appointment a day or two ahead so that the time can be available for another taxpayer.

The Tax aide program is sponsored by the IRS and AARP, and the counselors are certified to prepare most tax returns. However, there are some situations that are "Out of Scope" and we are not authorized to prepare these returns. e.g., rental income, complex stock transactions (day-trading...). If you have any concerns about whether your return is within the scope, please leave a message with the scheduler and one of the counselors will call you ahead of your appointment to review your concerns.

Evening & Weekend Programs & Events



**Thursday, February 13, &
Thursday February 27
6:00 pm – 7:30 pm**

Join us as you match wits against other teams. Free Admission. Prizes awarded. All Ages Program. We ask that any youth be accompanied by an adult. Questions or to register call Matt at 860-652-7645.

**Evening Billiards for all Ages
Tuesdays/Thursdays**

5:30 pm—8:00 pm

Now open for all ages to participate.

Children must be accompanied by an adult.

Players will need to sign in and it will be first come first served play.



**Lifelong Learning – “African Safari”
Tuesdays, March 10, 2020 – May 26, 2020
5:30 – 7:30 pm**

Africa is a beautiful continent, home to some of the world’s most extraordinary scenery and wildlife. Astonishing animals, untamed wilderness, diverse ecosystems: A safari into this great land is an unforgettable experience. From the Savannah’s of Kenya and Tanzania to the jungles of Uganda and Rwanda to the coasts of Madagascar, an African safari will truly ignite your sense of adventure.

‘CROKINOLE’

Saturdays - 12:30 pm—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?

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.



Scrabble Club

Tuesdays - 5:30 pm - 8:00 pm

Saturdays - 1:30 pm - 3:00 pm

Get out of the cold, and warm up at the Community Center with a hot drink and a game of Scrabble.

All levels are welcome, from beginner to expert...

Call 860-652-7645 to register.



Watercolor Class

Saturdays, February 8 & 22, 2020

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.



The BIG SING Noon - 1:00 pm

Saturday, February 29, 2020

No Fee, just beautiful music—Open to the Public - Sit back and Sing-a-Long with

Doctor Rosokoff and forty plus Ukulele players as they play hit songs from across the decades. This popular event draws people of all ages! Lyrics for the songs are projected for easy reading. Stop by for a fun afternoon activity!

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

If you are in a Medicare Advantage Plan, you can make one change between January 1 and March 31, 2020, to either a different Medicare Advantage Plan, or switch back to Original Medicare. Any changes you make will be effective the first of the month after the plan gets your request. For more information on this or other Medicare issues, 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 (860-652-7638.)

Energy Assistance

Glastonbury Social Services continues taking applications for heating assistance. Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the Energy Assistance program. The income limit for an individual is \$3,014 per month, for a couple the income limit is \$3,941 per month. Homeowners have a liquid asset limit of \$15,000 and renters \$12,000, but any assets over those limits may be added to your annual income to see if you still qualify financially. More information and appointments are available by calling Social Services at 860-652-7638.

Food Share

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on February 12 and February 26. 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.

Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption will be taken beginning in February. The income limits for the State program are \$37,000 for an individual and \$45,100 for a married couple. The Town Homeowner's Program income limit was not available at time of publication. Income is calculated using 2019 figures.

Income verification needed to apply for above programs:

2019 Social Security 1099; 2019 federal income tax, if filed;
if no income tax filed, all 1099s from 2019

For more information, an appointment or to apply, please contact Social Services at 860-652-7638 or the Assessor's Office at 860-652-7600.

Carol's Closet - A paper pantry providing paper and personal products to Glastonbury residents, Carol's Closet is open the third Saturday of each month, which will be February 15, 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, Congregational Church in South Glastonbury, First Church Congregational UCC, Congregation of Kol Haverim, St. Luke's Episcopal Church and Lutheran Church of St. Mark.

OUTREACH at Center Village and Village Green - Outreach Social Worker Theresa Buckson will be at Center Village at 10AM on Tuesday February 4 and February 18 and at Village Green on Tuesdays February 11 and February 25. If Senior Center programs are cancelled due to weather, the Bread Program will also be cancelled. 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 10:00 am Friday, February 28, 2020

Join us on February 28 when we have special guest Lisa Fine of Windham Region Community Council to discuss assistive technology for visually impaired individuals.

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

Bereavement Support Group Wednesdays, February 5 & 19, 2020 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.

Memory Screenings - Schedule an appointment for a free, confidential memory screening. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Sponsored by Hartford HealthCare Center for Healthy Aging. Screenings are done on the third Wednesday of each month from 12:30-1:30 pm. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or susan.parrotta@glastonbury-ct.gov. Pre-registration required.

5 Part Series for Caregivers - Topics include an overview of dementia, communication and behavior challenges, safety and the importance of activities, care giving and care options, and legal and financial issues (presented by an elder law attorney). Program is held Wednesday evenings 3/25/2020-4/22/20 from 5:30-7:00 p.m. Sponsored by Hartford HealthCare Center for Healthy Aging. There is no cost for this program but pre-registration is required by March 23 due to limited space. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or susan.parrotta@glastonbury-ct.gov.

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 stages of 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. 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, February 20, Monday, February 24, and Tuesday, February 25, 2020 **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

Westfarms Mall Shopping **Wednesday, February 12, 2020** **R: \$5.00 NR: \$7.00**
10:00 am Depart RCC 2:30 pm Return to RCC

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**

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).

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).

Special lunches: R: \$5.00 NR: \$6.00

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

February Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
27 kielbasa	28 Lunch & Learn baked chicken in mushroom sauce	29 beef stroganoff	30 BBQ pulled pork	31 chef's choice
3 spaghetti w/ meat sauce	4 smothered pork chops	5 baked chicken	6 swedish meatballs w/ egg noodles	7 breaded fish on bun
10 cheeseburger	11 Lunch & Learn breaded chicken	12 grilled cheese	13 Valentine ♥ Special Luncheon glazed ham	14 chef's choice
17 PRESIDENTS DAY CLOSED	18 oven fried chicken legs	19 Lunch & Learn shepherd's pie	20 tuna salad	21 pork stir fry
24 Birthday Party chicken parmesan	25 beef stew in a bread bowl	26 Lunch & Learn pork roast	27 beef stroganoff	28 chef's choice

Let's celebrate You at our monthly birthday party!

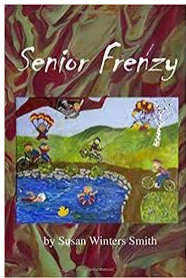
On the third Monday of each month we celebrate those individuals who were born in that month. This celebration includes a small gift and the singing of Happy Birthday in the dining room before lunch. If you would like to participate when it is your birthday please call the office before the 10th of the month to let us know and we will include you on the list of birthday celebrants for that month!

Valentine Luncheon**Thursday, February 13, 2020****12:00 pm Lunch 12:30 pm Entertainer Paul Shlien****R: \$5.00 NR: \$6.00 Special Ticket Required****(Must be purchase by Monday, February 10, 2020 at 1:00 pm)**

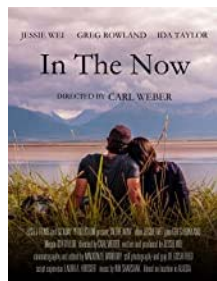
Join the fun at our Valentine celebration! Menu includes Cherry Pineapple Glazed Ham, Sweet Potatoes, Mixed Vegetables, Roll /Butter, Red Velvet Cake topped with a dab of Whipped Cream and a Valentine Heart. Following lunch enjoy entertainment by Paul Shlien - Piano Vocalist who plays popular oldies, movie hits, American classics and contemporary classics.

Saint Patrick's Day Lunch Celebration**Thursday, March 12, 2020****12:00 pm Lunch 12:30 pm Entertainment Mulcahy Academy****R: \$5.00 NR: \$6.00 Special Ticket Required****(Must be purchased by Monday, March 9, 2020)**

Join us for a traditional Corn Beef & Cabbage meal with boiled potatoes, Irish Soda Bread and a rainbow cupcake. Afterwards enjoy The Mulcahy Academy of Irish Dance.

Lunch & Learn**"Senior Frenzy" 12:30 pm****Tuesday, February 11, 2020**

Susan Winters Smith, Enfield writer and self-publisher, will share some laughs with you and tell you about her 7th book, SENIOR FRENZY. This is a non-fiction humor book for senior citizens. We need to laugh at ourselves and the changing world we live in, with all of our struggles in finding clothes to wear, healthy food that we can enjoy, fun things to do, and ways to cope with our complex medical system and the new technologies. **(Community Room B)**

**"In The Now" 12:30 pm****Wednesday, February 19, 2020**

(2017)**** Starring Jessie Wei, Greg Rowland and Ida Taylor - Faced with incurable memory loss, Ellen chooses to watch the sunset with her husband, Jake. When every moment is like sand through our hands, "In the Now" is a film that explores the importance of cherishing the present, with those we love the most. (2018)Rated PG-13/Drama/14 minutes.

**"The Way We Think About Sugar Is Going To Change" 12:15 pm****Wednesday, February 25, 2020**

The FDA recently changed their Nutrition Facts label to include added sugars. But why? (Video length is 7 minutes).

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 Mondays

February 3 "One Last Thing" (2018) **** Starring Wendell Pierce, Jurnee Smollett-Bell and Joanne Froggatt - Dylan Derringer, a lonely dentist in Florida, is reunited with his long-lost daughter Lucy after years apart sending him on an eventful and ultimately life-changing journey of discovery. Rated PG-13/Drama/1 hour 31 minutes.

February 10 "Keep the Change" (2018) ***** Starring Brandon Polansky, Samantha Elisofon and Jessica Walter - When David is mandated by a judge to attend a social program, he is sure of one thing: he doesn't belong there. But when he's assigned to visit the Brooklyn Bridge with Sarah, sparks fly and his convictions are tested. Their budding relationship must weather Sarah's romantic past, David's mother and their own pre-conceptions of what love is supposed to look like. Rated PG-13/Comedy/1 hour 34 minutes.

February 17 Closed No Movie

February 24 "Wonder" (2019) ***** Starring Michelle Monaghan and Leem Lubany - The true story of immigration attorney Judy Wood as she represents and fights for Asefa Ashwari, an Afghan woman who fled her home country after being persecuted by the Taliban. Despite setbacks and losses, their efforts culminate in arguments before the United States Court of Appeals for the Ninth Circuit, as they seek to save not only Asefa's life, but countless others across the world. Rated PG-13/Drama/1 hour 45 minutes.

Thursday Evening - Movies start promptly at 5:30 pm Thursdays

February 6 "Forever My Girl" (2018) **** Starring Alex Roe, Jessica Rothe and Abby Ryder Fortson - A country music super-star returns to his hometown after leaving his love behind 8 years ago. Rated PG/Drama, Romance/1 hour 47 minutes.

February 13 "Little Italy" (2018) *** Starring Emma Roberts, Hayden Christensen and Alyssa Milano - The director of How to Lose a Guy in 10 Days and Miss Congeniality cooks up a sizzling comedy about two lifelong pals whose romance is threatened by their families' rival pizzerias. Rated R/Comedy/1 hour 41 minutes.

February 20 "An Hour Behind" (2017) **** Starring Emily Rose, Barry Watson and Ali Durham - When Trish Harper is late for a blind date due to Daylight Savings time, she mistakenly meets Parker, a thoughtful paramedic. But even though there's a spark between them, when she discovers her error she keeps him at arms-length, focusing instead on her thriving bakery. But ever so slowly, she begins to fall in love... Rated PG/Comedy, Drama/1 hour 30 minutes.

February 27 "Bumblebee" (2018) **** Starring Hailee Steinfeld, John Cena and Jorge Lendeborg - On a mission to protect Earth, the battle-scarred and broken Bumblebee is found and repaired by a teenager named Charlie. They must work together to save the planet from the evil Decepticons in this action-packed adventure for the whole family. Rated PG-13/Action/1 hour 53 minutes.

Saturday Matinees - Movies start promptly at 12:00 pm Saturdays

February 1 "The Perfect Family" (2012) *** Starring Kathleen Turner, Emily Deschanel and Jason Ritter - Kathleen Turner plays a pushy mom trying to turn her husband and two grown kids into 'The Perfect Family.' Rated PG-13/Comedy, Drama/1 hour 24 minutes.

February 8 "Beyond Christmas" (1940) **** Starring Harry Carey, Charles Winninger and Aubrey Smith - It's Christmas Eve in New York City, three elderly businessmen receive visits from two kind-hearted strangers. First a young man, then a young woman. Friendships are built, and romance ensues. Before proceeding to Heaven, the spirits work to ensure that the couple's love will endure forever. Rated G/Drama/1 hour 19 minutes.

February 15 "Late Night" (2019) **** Starring Emma Thompson, Mindy Kaling and John Lithgow - After almost 30 years, a groundbreaking talk-show host (Emma Thompson) suspects she may soon be losing her coveted seat on late-night television unless she manages a game-changing transformation in Late Night. Rated R/Comedy, Drama/1 hour 42 minutes.

February 22 "Overboard" (2018) **** Starring Eugenio Derbez, Anna Faris and Eva Longoria - A spoiled, wealthy yacht owner is thrown overboard and becomes the target of revenge from his mistreated employee. Rated PG-13/Romance/1 hour 52 minutes.

February 29 "Rumor has it..." (2005) **** Starring Jennifer Aniston, Kevin Costner and Shirley MacLaine - When Sarah travels to California for her sister's wedding, she hears a rumor that her family was the real-life inspiration for "The Graduate." Rated PG-13/Comedy/1 hour 36 minutes.

Keeping You Informed:

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision. There are many different types of glaucoma, but the most common type in the United States is called open-angle glaucoma — that's what most people mean when they talk about glaucoma.

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it. Over time, you may slowly lose vision, usually starting with your side (peripheral) vision — especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing, especially at first. But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness.

Am I at risk for glaucoma?. You're at higher risk if you:

- Are over age 60
- Are African American or Hispanic/Latino and over age 40
- Have a family history of glaucoma

Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked.

Article Source:

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma>

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

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PERMIT # 300

Return Service Requested

The Sharing Tree

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 **all local stations**. On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

How to read/get a copy of *The Sharing Tree*

This newsletter is published monthly for Glastonbury seniors. You may access it online through the town website: www.glastonbury-ct.gov/seniorservices. Copies of the newsletter are also available at the library and town hall as well as delivered to the congregate senior living facilities throughout town. If you are not currently receiving a copy and wish to do so, please contact the Senior Center office to arrange for receipt via e-mail or postal service.

Registration Information: Sign-up for all trips and activities will take place on **Tuesday, February 4, 2020 at 9:30 am** for **Glastonbury residents only (Snow date Thursday, February 6, 2020)**. 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, February 11, 2020 (in office)**.