

We Care About You



Wellness Calls: If you would like to be added to the wellness call list please call 860-652-7638 and leave a message and your phone number. **Guess What: It helps us to talk with you, too!!!**



Birthday Celebration: If you are having a birthday please call 860-652-7638 and let us know the date of your birthday at least a week ahead of time. On your birthday one of us will call you or if possible visit you from our cars to wish you well.



Snowflake Holiday Celebration Drive-Through

Thursday December 10th (Snow date Monday December 14)

1:00 pm - 2:30 pm

Come dressed in your favorite holiday sweater or decorate your car with a holiday bow. Holiday gift bags/cards will be distributed. Please enter the parking lot at the north driveway closest to Naubuc Ave. **To Register: RSVP to 860-652-7638 by noon Friday December 4, 2020**

Technology resources for older adults -

The following link has some resources for older adults to get internet access.

<https://dailycaring.com/7-sources-of-low-cost-internet-for-seniors/>

-information provided by article in National Council on Aging newsletter

zOOM in for fun!

Don't Know how to Zoom?

Check out these great video tutorials. They are super helpful!!

To learn how to sign up and download the app copy the link into your browser:

<https://youtu.be/qsy2Ph6kSf8>

To learn how to join a meeting/class copy the link into your browser:

<https://youtu.be/hIkCmbvAHQQ>

To register for Programs:

Email: diana.patterson@glastonbury-ct.gov

or nicole.mercer@glastonbury-ct.gov or call (860)652-7638 for more information.

"In the Kitchen with Chef Nicole"

2nd & 4th Tuesday of every month 10:00 am

Savory French Toast In a mug

PBJ in a mug

Curry Chicken salad

Mac & cheese in a mug

Easy Lasagna

Brownie in a mug

Broccoli and rice in a mug

Pumpkin pie in a mug

Chicken pot pie in a mug

Most recipes are single serve or small recipes

No class on December 22, 2020



Watercolor Series with Let's Make Art - with Norma Watercolor Classes Virtually

The hardest part of learning something new is knowing where to start, but they make it simple. They have created some amazing products and tutorials just for you, so you can focus on the good part: learning and making art! Kit includes everything needed to complete painting.

Holiday Paintings Tuesdays 9:30 am—11:30 am

Cost: \$10.00 each Kit - Registration Required one week prior to classes. To register please email diana.paterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860) 652-7638 (Email required). (Participants will be emailed as to when kit will be available for pick-up). Fun themed projects scheduled -

**Halloween Cat
10/13**



**Haunted House
10/27**



**Autumn Lake
11/10**



**Holiday Card
11/24**



**Wood Ornaments
12/8**



The Wonderful Sound of Music

Enjoy virtual concerts through zoom with a few of our favorite entertainers!

All from the comforts of home! To register please email

diana.paterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860) 652-7638 (Email required)



A Howling Sing-A-Long with Dr. Uke

Join us on Friday, October 30, 2020 2 pm—3 pm

Sing along to songs like "The Monster Mash" or snap your fingers to "The Addams Family" - wear your favorite mask for a snap shot photo.



Veteran's Appreciation Concert - with Jeff Wieselberg

Tuesday, November 10, 2020 1:00 pm - 1:45 pm

Today we show our appreciation to all veterans. Please take the time to thank them for their service, and thank their families for their support of their loved ones.



Holiday Musical Celebration w/Jeff Wieselberg

Wednesday, December 23, 2020 Noon - 1:00 pm

Join us for a virtual holiday of music and fun!

Sign up - Easy Peasy - Lemon Squeezy



Cooking with Lindsey, Retail Dietitian at ShopRite

Wednesday, October 21, 2020 1:00 pm

Registration required: Email: diana.patterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call 860-652-7638

Join Lindsey as she prepares a delicious recipe that you will be able to make at home.

Recipe will be available one week prior to the program.

Glastonbury Senior Center Short Story Contest 2020 "It Happened in Quarantine"



"Short Stories are a tiny window into other worlds and other minds and other dreams. They are journeys you can make to the far side of the universe and still be back in time for dinner". Neil Gaiman

Open to senior citizens that are amateur/unpublished writers. Stories must be fictional original short stories regarding the 2020 COVID-19 pandemic quarantine. The stories should be no more than 1000 words. The deadline for submission will be 12/31/2020 and may be submitted only electronically to nicole.mercer@glastonbury-ct.gov. Prizes awarded!

Welles Turner MEMORIAL LIBRARY

VIRTUAL Adult Programming October—December

All programs are virtual via Zoom and require registration either through our website (wtmlib.info) or by calling the Reference Department at 860-652-7720. Registration with a valid email address is needed in order to receive the link to the Zoom meeting on the day of the program. For more information on any of the programs, patrons can visit our website.

	October		November		December
5	6 pm Homemade Ravioli Workshop	2	6 pm Pure Inspiration	3	6:30 pm Christmas in the Colonies
15	6 pm Black Bears in CT	10	6 pm Protecting Financial Info: Identity Theft	8	6 pm A Creepy Christmas
20	6 pm Peter Biedermann Acoustic Guitar Concert	18	6:30 pm Cookbook Club	16	6:30 pm Cookbook Club
28	6:30 pm Cookbook Club	19	6 pm Books on Tap	17	6 pm Books on Tap
29	6 pm Books on Tap			22	6 pm Paint Night at Home



Glastonbury Health Department 2020 Flu Clinics



The Town of Glastonbury Health Department will be holding three Flu Clinics at the Riverfront Community Center in October by appointment only.

Thursday, October 1, 1:00 pm to 5:00 pm
Saturday, October 10, 10:00 am to 2:00 pm
Thursday, October 22, 1:00 pm to 5:00 pm

For more details please visit the Town of Glastonbury website www.glastonbury-ct.gov

HEALTH SEMINARS

To register: Email: diana.patterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860)652-7638

Healthy Brain Series Thursdays, Oct. 1, 8, 15, 22 & 29, 1-2pm.

Join us for our five-part virtual series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun! Participants are encouraged to attend all sessions. Each of the 5 sessions will cover the following topics:

Session 1: Challenge your mind daily- Activities to keep your mind sharp

Session 2: Feeding the brain- the importance of diet and hydration

Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age

Session 4: Good sleep and brain power: The importance of sleep and your brain

Session 5: The Blue Zones: Lessons for living longer from the people who've lived the longest

Presented by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging.

Sponsored by Hartford HealthCare Center for Healthy Aging and Glastonbury Senior Center.

Dimensions of Wellness

Tuesday, October 13, 2020

11:30 am

This is an interactive and engaging presentation that reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational, and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. Presented by Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging.

*Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP by October 6, 2020***

Storm Preparedness: How can you be ready? Tuesday, October 27, 2020

11:30 am

Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. Steps to prepare your health, emergency plans considerations for long term health conditions, and essential tips for during a storm will be discussed.

Presented by Kaitlin Cuas, Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging.

*Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP by October 20, 2020***

Veterans Social w/Sherri Vogt, Veteran Liaison Hartford Healthcare @ Home 1:00 pm

Friday, October 23, 2020 A support group for veterans. Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans Wartime Service Medal, burial allowances for survivors of veterans, and more.

Facilitated by Sherri Vogt, Army Veteran, Hartford HealthCare Home

Oral Health Presentation via Zoom

November 10, 2020

10:00 am

Presented by Goodwin College Dental Hygiene Students

Do you have any concerns about your oral health? Students from the Goodwin College Dental Hygiene program will provide a presentation on oral health including best practices to stay healthy during the pandemic.

Healing Meditation Tuesdays, November 17 / December 8, 2020

1:00 pm

Presented by Marie Marchesseault

A Healing Meditation: Focus on an area in your life for which you would like to receive healing, wisdom and blessings. This could be any disharmonious emotion such as anxiety, grief, anger, hatred, jealousy, or life situations. As you focus on the issue you choose, you will receive loving energies that will bring you healing, insights and blessings.

Get Ready for an Hour of Armchair Travel

Where in the World? Fridays November 13 & December 11, 2020 2:00 pm

As we've patiently sheltered in place; socially distanced and stayed home rather than hopping on a plane – all to flatten the curve. It's hard to be grounded. Join Tyler Zajacz, President and CEO of Tours of Distinction for a fun-filled hour of Armchair Travel. Where in the World will he take you – see if you can guess. Bring travel back without stepping outside your door. You may bounce over the Savannah, hunt for leopard on safari, zip line over a rain forest or relax at a beautiful beach. Who knows?

To register email: diana.patterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860)652-7638



Traveling Virtually

Travel to Florida without enduring the heat and humidity. Visit: <https://www.visitflorida.com/en-us/virtual-florida-vacations.html> Take in an underwater video of manatees, grab your coffee and watch the sunrise at Fort Pierce beach, or ride along on a kayaking trip in Rainboat Springs State Park.

AccuWeather brings you their Top 10 Virtual Vacations from Home. Destinations include: Los Angeles, Hawaii, Iceland, Kenya and more. Visit: <https://www.accuweather.com/en/travel/top-10-virtual-vacations-you-can-enjoy-from-home/720983>

Smithsonian Channel's 68 full-length episodes of "Aerial America" are available for free and with no login needed on the Smithsonian Channel Plus: <https://watch.smithsonianchannel.com/details/series/aerial-america>

Virtual Entertainment

Take in a show. Every year, Cirque du Soleil sets up camp in Vancouver, so why should this year be any different? You can now stream two, free 60-minute performances from your couch. Visit: <https://www.cirquedusoleil.com/cirqueconnect#hubcontent>

For Downton Abbey Fans, watch this video to learn more about the residents of the Newport Mansions who were the American counterparts of the English elites depicted in Downton Abbey. Find out how and why they lived so extravagantly: <https://www.newportmansions.org/about-us/videos>.

Explore the Virtual Tours of Chihuly Glass. Since the late 1960s, American artist Dale Chihuly has been working in the art and craft of glassblowing. His pieces portray dynamic, flamboyant and color-saturated forms that push the limits of the material. See: <https://www.chihuly.com/videos>

NASA virtual tours of space - explore the TRAPPIST-1 star system, International Space Station, and NASA facilities for an inside look at life as an astronaut.

<https://www.thrillist.com> Use the magnifying glass and type in NASA virtual tours of space.



Thursday Movie on Zoom 5:00 pm
Join your friends for dinner and a movie.
Cozy up to your zoom device with your dinner or a snack
and enjoy the movie and discussion afterwards!



Email diana.patterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860)652-7638.

October 1 "Casper" (1995) **** Starring Christina Ricci, Bill Pullman and Cathy Moriarty - A doctor who specializes in ghosts is hired by an heiress to rid a mansion of spirits, but his daughter befriends a friendly ghost that lives there. Rated PG/Family/1 hour 40 minutes.

October 8 "Maleficent" (2014) **** Starring Angelina Jolie, Elle Fanning and Sam Riley - As a beautiful young woman of pure heart, Maleficent has an idyllic life in a forest kingdom. When an invading army threatens the land, Maleficent rises up to become its fiercest protector. However, a terrible betrayal hardens her heart and twists her into a creature bent on revenge. She engages in an epic battle with the invading king's successor, then curses his newborn daughter, Aurora -- realizing only later that the child holds the key to peace in the kingdom. Rated PG/Family/97 minutes.

October 15 "Maleficent 2" (2019) Starring Angelina Jolie, Elle Fanning and Michelle Pfeiffer - Maleficent travels to a grand old castle to celebrate young Aurora's upcoming wedding to Prince Phillip. While there, she meets Aurora's future mother-in-law -- a conniving queen who hatches a devious plot to destroy the land's fairies. Rated PG/Family/1 hour 58 minutes.

October 22 "Goosebumps" (2015) **** Starring Jack Black, Odeya Rush and Dylan Minnette - Upset about moving from the big city to a small town, young Zach Cooper finds a silver lining when he meets his beautiful neighbor Hannah. The teen is surprised to learn that Hannah's mysterious father is R.L. Stine. Rated PG/Adventure, Horror/1 hour 43 minutes

October 29 "Hocus Pocus" (1993) **** Starring Bette Midler, Sarah Jessica Parker and Kathy Najimy - A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. Rated PG/Family/1 hour 57 minutes.

November 5 "Morning Glory" (2010) **** Starring Rachel McAdams, Harrison Ford and Diane Keaton - A whiz-kid producer finds her abilities put to the test when she's charged with bringing a network morning show back from ratings purgatory. Rated PG-13/Comedy/1 hour 48 minutes.

November 12 "Big Stone Gap" (2014) **** Starring Ashley Judd, Patrick Wilson and Whoopi Goldberg - A single middle-aged woman who has lived her whole life in a small Virginia mining town uncovers a family secret that alters her profoundly. Rated PG-13/Romantic/1 hour 42 minutes.

November 19 "Love, Guaranteed" (2020) **** Starring Rachael Leigh Dook, Damon Wayans Jr. and Heather Graham - Sparks fly when a crusading but cash-strapped attorney takes on a charming client looking to sue a dating site that guarantees its users will find love. Rated PG/Feel-Good Romantic/1 hour 31 minutes.

December 3 "Black Panther" (2018) ***** Starring Chadwick Boseman, and Michael B. Jordan - T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past. Rated PG-13/Action, Adventure/2 hours 14 minutes.

December 10 "The Lost Husband" (2020) **** Starring Leslie Bibb and Josh Duhamel - Looking to start anew, a widow retreats with her children to her aunt's goat farm, where the ranch's manager helps her navigate country life and loss. Rated PG-13/Heartfelt/1 hour 50 minutes.

December 17 "The Christmas Project" (2016) **** Starring Jacob Buster and Anson Bagley - Four brothers prepare for war when they're forced to deliver secret holiday gifts to the school bullies. But they soon learn kindness goes a long way. Rated TV-PG/Heartfelt/1 hour 32 minutes.



Upcoming Events – Please Join us!

Registration is free and open to people of all ages.

Registration: <https://aarp.cvent.com/Sept30MoninWW>

Up Close & Personal at CT's Beardsley Zoo – A 4-Part Series, October 2020

10/1/2020 @ Noon: Animal Enrichment

Animal welfare is a top priority at the Zoo, and that includes enrichment activities for everyone. Enrichment allows animals to be more active, gives them an interesting environment, and permits them to exhibit natural behaviors. Learn more about how Zoo staff works to stimulate our animals' senses and how it benefits them. **Registration:** <https://aarp.cvent.com/Zoo1>

10/8/2020 @ Noon: Animal Commissary

You will be welcomed to the Zoo's Animal Commissary, where Zoo staff prepare all food and meals for each animal! Learn more about the diets of various animals, including how much they eat in a week, what the Zoo feeds the animals, and why. **Registration:** <https://aarp.cvent.com/Zoo8>

10/15/2020 @ Noon: Animal Health & Wellness

Just like people, animals at the Zoo go in for regular visits and check-ups at the Animal Clinic. Animals in human care have longer lifespans than animals in the wild, and that is due largely in part to the outstanding care they receive from Zoo staff. Learn more at this session about how they measure an animal's health, including how they train them to participate in their own wellness check.

Registration: <https://aarp.cvent.com/Zoo15>

10/22/2020 @ Noon: Endangered Species

Connecticut's Beardsley Zoo has a proud history of almost 100 years as Connecticut's only Zoo. As an accredited member of the Association of Zoos and Aquariums (AZA) and participant in its Species Survival Plan (SSP) programs, they are committed to the preservation of endangered animals and are actively developing strategies that will protect species and preserve their wild habitats.

Registration: <https://aarp.cvent.com/Zoo22>

Up Close & Personal at The Mystic Aquarium – A 4-Part Series, October 2020

10/7/2020 @ Noon: Beluga Whales

Explore the Mystic Aquarium's Beluga Whale Program – the largest outdoor habitat for Belugas in the U.S. With their distinct color and shape, belugas are considered to be the most easily distinguishable of all whale species. **Registration:** <https://aarp.cvent.com/Whales>

10/14/20 @ Noon: Penguins

There are many unique characteristics about the endangered African penguin. The pattern of black spots on a penguin's chest is as unique a human fingerprint and they have a bare patch above their eyes to help regulate their body temperature. Penguins are one of only a few flightless bird species and they are the only penguin to breed in Africa. Join us to learn more.

Registration: <https://aarp.cvent.com/Penguins>

10/21/20 @ Noon: Seals

The Mystic Aquarium is one of only three facilities to care for Northern fur seals in the United States. They care for 2 other species of seals, the Harbor seal and the Spotted seal. Learn the difference between them and sea lions. **Registration:** <https://aarp.cvent.com/Seals>

10/28/20 @ Noon: Aquarium Tour

Virtually explore the Mystic Aquarium on a guided tour and see more exhibits, learn about research, conservation, sustainable sea efforts, and more.

Registration: <https://aarp.cvent.com/AquariumTour>



Wheel of Fortune via Zoom

1:00 pm

1st & 3rd Mondays

It is time to play....wheel of fortune - play as a team / couple / individual

Register by emailing diana.patterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860)652-7638 *by Friday the week prior.*



BRITANNICA QUIZZES

www.britannica.com



Want to test yourselves even more? Check out Britannica.com where you can take quizzes by Category such as:

Entertainment & Pop Culture	*	Geography & Travel	*	Health & Medicine
Lifestyles and Social Issues	*	Literature	*	Philosophy & Religion
Politics, Law & Government	*	Science	*	Sports & Recreation



The Glastonbury Planetarium

is offering free virtual shows via their Facebook page.

These live shows are narrated by Planetarium Coordinator Jason Archer



Each show lasts about 60 minutes with an opportunity for questions at the end of the program.

Here is the upcoming schedule of programs:



The Southern Sky - September 17, 2020 @ 7:00 pm
Mars - The Red Planet - October 8, 2020 @ 7:00 pm
Mars - The Red Planet - October 22, 2020 @ 7:00 pm
The Geminids - December 10, 2020 @ 7:00 pm
The Great Conjunction - December 17, 2020 @ 7:00 pm



An Invitation to Join the Tea @ 3 Community – its Free!

A Connecticut non-profit 'For All Ages' is looking for participants interested in joining the **Tea @ 3 (virtual) Community** and being matched with a Tea-Mate, with whom they will share a weekly chat and a cup of tea.



For centuries, tea has been known for providing both mental and physical benefits; a cup of tea can soothe, relax, or reinvigorate us. **When joining Tea @ 3, you will receive a welcome kit that includes a handmade mug cozy, a one-month supply of tea, conversation starters, and other ideas for social engagement during Tea Time.** When you sit down daily for a cup of tea at 3:00 pm, you will find comfort knowing you are a part of a group who are all doing the same thing at the same time. This is a community where you can find comfort and belonging.

You will be matched with a Tea-Mate of a different generation for a weekly phone call (at a mutually agreed upon day and time). You'll connect over tea and enjoy some conversation. Social connection has been shown to reduce feelings of isolation and loneliness, which are more prevalent now than ever before.

For more information about this innovative intergenerational program, and to sign up, please visit <https://forallages.org/tea-at-3> or call For All Ages at 860-899-8867.

We All Need to Sleep!!

The Coronavirus has disrupted many aspects of our lives, including how well we sleep at night. While sleep problems are common at the best of times, all the stress, worry, and turmoil created by this pandemic have made existing sleep difficulties even worse—and triggered new sleep problems in those who used to be “good sleepers”. According to the AARP Health and Wellness information the following tips are designed to help you sleep better.

Get regular exercise: Sleep and physical activity are intimately involved in regulating metabolism and mood. Research indicates that exercise is a simple strategy to help people sleep better.

Gone in 60 Seconds: A breathing exercise touted by holistic doc Andrew Weil promises to knock you out in a minute. The “4-7-8” technique is derived from yoga: Inhale for four seconds, hold your breath for seven seconds and exhale forcefully for eight. Repeat thrice and say good night. With practice, Weil says, you can induce an altered state of consciousness.

Establish Sleep Routine: By going to bed and waking up at the same time every day, even on weekends, it helps your body establish a sleep-wake cycle and will help you fall asleep.

Avoid caffeine at least six hours before sleep time so your body has time to eliminate its stimulant effects. (Not just coffee and tea, but soft drinks and energy drinks with caffeine).

Avoid alcohol before bedtime. (You may think it's a sedative, but it actually disrupts sleep.)

Get out in the bright light during the day. Then at night, dim the lights and make sure your bedroom is cool, dark, quiet and comfortable.



Social Services News

Glastonbury Social Services and Senior Outreach Call 860-652-7638 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

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 860-652-7638.

Kathryn Carfi: 860-652-7644

Evelyn Lopez: 860-652-7652

Theresa Buckson: 860-652-7640

Susan Parrotta: 860-652-7636

Fall/Winter 2020 Social Services News

Medicare Annual Open Enrollment runs from October 15-December 7, 2020

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 2021. 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 860-652-7638.

ENERGY ASSISTANCE -Help with heating costs is available for qualified individuals through the CT Energy Assistance Program. Customers who heat with deliverable fuel, such as oil, wood or propane, or utility customers may be eligible.

Due to COVID-19, the application process will look different this year as there will be no in person appointments. Choose one of three options to apply **1.** Visit www.ct.gov, type **Energy Assistance** in the search bar. Select **Energy Assistance- Winter Heating**. Select **Apply**. Completed application and documents can be emailed directly to crtenergyapplicaton@crtct.org **2.** Call **CRT** for a tele-appointment, **860-560-5800, Option 1.** An application will be completed over the phone and mailed to you for signature. It will need to be returned with documents directly to CRT.

3. Call **Social Services** for a tele-appointment, **860-652-7638.** An application will be completed over the phone and mailed to you for signature. It will need to be returned with documents to Glastonbury Social Services, which will forward the documents to CRT for processing.

The monthly income limits for this program are \$3,137 for an individual and \$4,102 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 860-652-7638.

FOODSHARE -The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays October 7 and October 21; Nov. 4 and Nov. 18; Dec. 2, Dec. 16 and Dec.30. 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 17, November 21 and December 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.

GLASTONBURY GIVES - Glastonbury Gives assists residents experiencing a financial crisis, with help through the Food Bank, Fuel Bank and Special Programs, including the Thanksgiving Program and Holiday Gift Program. It is funded entirely by contributions from generous individuals, businesses, and community groups; with 100% of donations going directly to residents in need. Monetary donations are welcomed and appreciated. Donations may be made through Pay Pal or by check. Checks may be dropped in the Town Hall Drop Boxes, or mailed to PO Box 6523, ATTN: Glastonbury Gives, Glastonbury, CT 06033. Thank you.

Resources For You:**For information on town departments and important resources please visit:****<http://www.glastonbury-ct.gov/covid19>
and State of CT: <https://portal.ct.gov/Coronavirus>**

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online.

Resources for Mental Health:

If you or a loved one is having a mental health crisis: CT Information Hotline 211 or go to www.211ct.org for mobile crisis support for individuals and/or children.

Mental Health Crisis Text Line - Text "SHARE" to 741741

National Suicide Prevention Lifeline: 800-273-TALK (8255)

NAMI (National Alliance on Mental Health): If you need to talk to someone, text NAMI to 741741 or call the NAMI Helpline at 1-800-950- NAMI (6264).

AARP Smart Driver Course Information: As a precaution against the COVID-19 Coronavirus pandemic all in person classes are cancelled until December 31, 2020. However, the course is available on-line. Any Participant taking the on-line course will receive a 25% discount through the end of the year. Information to take the on-line course is listed below:

Website: www.aarpdriversafety.org - Promo code for 25% discount: DRIVINGSKILLS

Good through: December 31, 2020.

By taking the AARP Smart Driver course, drivers will refresh their knowledge of the rules of the road and learn research-based safety strategies to help maintain their confidence behind the wheel. They will also learn how to adapt to changes - changes to themselves, their vehicles, and the driving environment to keep them driving longer and safely.

Transportation Options**American Cancer Society's Road to Recovery Transportation Service**

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

A.D.A. Transportation, CT Transit This service provides door-to-door service for any purpose to persons unable to use regular CT Transit bus service, if the pick-up and destination is within their service area. (7 days a week with a charge of \$3.00 each way). For application and info, call: **(860) 724-5340**

Focus On Veterans, Inc. offers transportation from locations in most Connecticut communities to VA hospitals and clinics in Connecticut, Rhode Island, and Massachusetts at no cost to our clients. We have a seven (7) vehicle fleet and two vans that can handle most motorized wheelchairs or scooters.

REGISTER If you are in need of transportation, you must be a patient of the VA Medical System and registered with FOV. A DD214 is required and you may be asked to produce a copy of your DD214 or your VA card. To register with FOV, please call (860)317-1027 and provide all information required.

Fall/Winter Class Schedule 2020 - Offered Virtually with Zoom

Registration for all classes will begin on October 1, 2020. To register and find out about payment options please email diana.patterson@glastonbury-ct.gov or nicole.mercer@glastonbury-ct.gov or call (860)652-7638. Email is required for all participants to participate on zoom - a zoom invitation/ password will be emailed on the first day of class.

Class	Description	Meets	Dates	# of Classes	Fee	Location
Italian	Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required)	Thursdays Intermediate 9:00 am Advanced 10:00 am	10/1 - 12/17	11	No Fee	Zoom
Stretchercize with Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety Build strength and balance.	Mondays 1:00 - 1:45 pm	10/19 - 12/21	10	\$30	Zoom
Low Impact Cardio Dance Fitness	Perfect for active seniors who are looking for a class at a lower intensity w/easy to follow choreography focusing on balance, range of motion and coordination	Wednesdays 1:00 - 1:45 pm	10/14 - 12/23	10	\$30	Zoom
Let's Make Art Watercolor Class	Online learning - with Norma As we follow along these online Tutorials.	Tuesdays 9:30 - 11:30 am	Oct 13 & 27; Nov. 10 & 24 Dec. 8	5	\$10 Each Kit	Zoom
Current Issues	Discussions range from world-wide to national to local issues. Topic chosen at prior meeting	1st & 3rd Fridays 10 - 11:30 am	Ongoing		No Fee	Zoom
Book Discussion	Join fellow readers for a lively virtual discussion on a current best seller	3rd Thursdays 11:00 am - Noon	Ongoing		No Fee	Zoom
Lifelong Learning	<i>The Great Courses: "France through the Ages"</i>	Fridays Noon - 1:30 pm	9/18 - 12/11	12	No Fee	Zoom
Evening Movie	Cozy up to your zoom device with your dinner or snack and enjoy the movie with a discussion afterward.	Thursdays 5 pm	Ongoing		No Fee	Zoom
Wheel of Fortune	Spin the wheel for fun puzzles	1st & 3rd Mondays 1:00 pm	Ongoing		No Fee	Zoom
Knitting Group	Share your talents and join friends.	Mondays 11am- Noon	Ongoing		No Fee	Zoom
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	11/5 - 12/17	6	\$30	Zoom

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

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**Glastonbury Senior & Social Services Staff
Monday—Friday, 8:00 AM to 4:30 PM
(860)652-7638**

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