

# The Sharing Tree

Your source of information at the Glastonbury Senior Center.



**Stay Active\* Learn New Skills \*  
Meet New People.**

**Winter 20/21**



Dear Friends:

As the holidays and cold winter months draw near, we want to extend to you our very best wishes, and assurances that we are here to serve you and help you endure these hard times with good health, joy and friendship.



Due to the ongoing pandemic, we are not certain as to when we will open our doors to provide in-person services. Please know however, that we are doing everything needed to ensure that when you return to the community center for your favorite activities, it will be done in the safest environment possible.

In the mean-time we encourage you to take advantage of all of the virtual programs being offered by the Senior Services Department, as well as the Parks & Recreation Department and Welles Turner Library. There are so many fun and interesting program offerings. We also encourage you to give us a call at the center if you are feeling lonely or have a question about anything that we might be able to help you with.

We truly miss seeing you and feeling the energy in the building each and every day. Until then, please take good care of yourselves and know that we are here for you.

Sincerely,  
Patti White and the staff of the  
Glastonbury Senior & Social Services Departments



**It's a Wonderful Life - December 18, 2020  
1 PM—2:30 PM  
A Virtual Gathering**



Please Join us for a State-Wide Senior Center Virtual Holiday Bash featuring VIP greetings from around the state, seasonal music, ballroom dancing performances, holiday vignettes celebrating diverse cultures and traditions and many more of our favorite things!

Pre-registration is required by November 30, 2020

Copy the link to register online

<https://cthealthyiving.org/events/statewide-senior-center-holiday-bash/>

## Registering for Programs

All programs are virtual via Zoom and require registration by calling the community center at 860-652-7638 or by emailing Diana Patterson at [diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov) or Nicole Mercer at [nicole.mercer@glastonbury-ct.gov](mailto:nicole.mercer@glastonbury-ct.gov).

### Virtual Art Programs

#### 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.

**Tuesdays 9:30 am—11:30 am**

**Cost: \$10.00 each Kit - Registration Required one week prior to classes.**

**(Participants will be emailed when kit is available for pick-up).**

**January 12  
Lighthouse**



**January 26  
Terrarium**



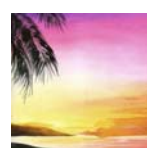
**Feb. 9  
Iris**



**Feb. 23  
Rain Boots**



**March 9  
Paradise**



**March 23  
Colorful Wish**



#### Acrylic for Beginners Series - Virtual Online Classes with Norma by The Art Sherpa YouTube videos

**Tuesdays 9:30 am—11:30 am**

**Cost: \$15.00 each Kit - Registration Required one week prior to classes.**

**(Participants will be emailed when kit is available for pick-up).**

**January 19  
Girl on a Swing**



**February 16  
Cherry Blossoms**



**March 16  
Ship in a Bottle**



### Virtual Cooking Presentations

#### "In the Kitchen with Chef Nicole"

**Wednesdays, January 20, February 24 and March 31, 2021 10:00 am**



Savory French Toast in a mug

Curry Chicken salad

Easy Lasagna

Broccoli and rice in a mug

Chicken pot pie in a mug

PBJ in a mug

Mac & cheese in a mug

Brownie in a mug

Pumpkin pie in a mug

**Most recipes are single serve or small recipes**

## Virtual Cooking Presentations



**Cooking with Lindsey or Sarabeth - Retail Dietitians at ShopRite**

**Monday, January 4 & Wednesdays, February 10 March 10**

**1:00 pm**

**Registration required**

Join Lindsey or Sarabeth 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.

## Virtual Travel & Historic Programs

**Stories From The Attic: Military Memories Friday, January 15 2:30 pm**



"Join Urban Archeologist, Greg Van Antwerp for "Stories from the Attic - Military Memories" in honor of those who have made the greatest sacrifice for their country. Greg will reveal some of the best of his discoveries of hidden military history while searching through the attics and basements of New York and New England. Get ready for first-person accounts from major battles with artifacts and images including a tale of unrequited love and the sacrifice of a fellow soldier to fall on any kind of grenade for a brother in arms. There's a lot to see and much of it has remained away from the public eye for decades."

**Lifelong Learning on Tape: The Great Courses: "Understanding Japan: A Cultural History"**

**January 15 – March 26, 2021 Fridays noon-1:30 pm**



In an exciting partnership with the Smithsonian, The Great Courses presents Understanding Japan: A Cultural History—24 lectures that offer an unforgettable tour of Japanese life and culture. Delivered by renowned Japan scholar and award-winning professor Mark J. Ravina of Emory University, it's a chance to access an extraordinary culture that is sometimes overlooked or misrepresented in broader surveys of world history. Professor Ravina, with the expert collaboration of the Smithsonian's resources brings you a grand portrait of Japan, one that reaches from its ancient roots as an archipelago of warring islands to its current status as a geopolitical giant. The journey is vibrantly illustrated with stunning images from the Smithsonian's vast collections of Japanese artwork and archival material. Here for your enjoyment is a dazzling historical adventure with something to inform and delight everyone, and you'll come away from it with a richer appreciation of Japanese culture.

**Get Ready for an Hour of Armchair Travel**

**Where in the World? Friday, December 11, 2020**

**2:00 pm**



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?

## Virtual Melodies and Songs



**The Wonderful Sounds of Music Virtual Concert Series**  
Enjoy virtual concerts through ZOOM with a few of our favorite entertainers - all from the comforts of home!



**Holiday Musical Celebration w/Jeff Wieselberg**

**Wednesday, December 23, 2020**

**Noon - 1:00 pm**

Join us for a virtual holiday of music and fun!

**New Year Celebration "2021" w/The Elderly Brothers**



**Tuesday, January 5, 2021**

**12:30 pm – 1:30 pm**

The Elderly Brothers are planning a sure-fire celebration for everyone virtually! Here's to 2021 and to better days ahead!

**GHS TREBLE  CHOIR** Friday, January 22, 2021 12:00 pm

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

**Valentine Serenade w/ Paul Shlien**



**Friday, February 12, 2021**

**12:30 pm – 1:30 pm**

Sit back and enjoy the music of Paul Shlien on piano. Serenading songs of love and friendship right to you inside your home.

**Name That Tune & Sing-along with Emily Hope** 2:30 pm - 3:30 pm

**Wednesdays, January 20, February 24 & March 31, 2021**



Please join us for this uplifting fun afternoon with Emily. Emily is a student at Glastonbury High School and is an accomplished musician.

Once the song is guessed everyone can sing-along.

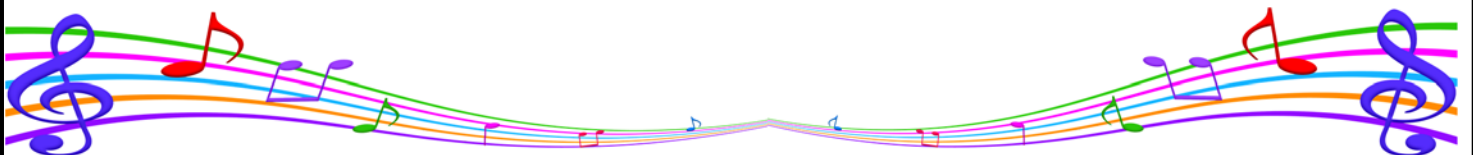


**Sing- A- Long with Dr. Uke**

**Fridays, January 29; February 26 & March 26**

**2 pm - 3 pm**

Follow along as we sing some of our favorite songs with Dr. Uke.



## Stay Safe - Drive-thru Events

### Snowflake Holiday Celebration Drive-thru

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

### Wear Red Day Drive-thru Event

Friday, February 5, 2021 (Snow date: Monday, February 8, 2021)

12:30 pm – 1:30 pm



Wear your favorite "Red" mask, dress, shirt and yes even your car... We have valentines, chocolate and a few kisses for all who join us.

RSVP to 860-652-7638 by noon Friday, January 29, 2021.

Register: Please call (860)652-7638 or email [diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov) or [nicole.mercer@glastonbury-ct.gov](mailto:nicole.mercer@glastonbury-ct.gov)

## Stay Smart

### AARP Staying Sharp Online

#### Empowering you to take control of your Brain Health.

Feeling stressed? Learn about ways to manage stress and calm your mind with the new Find Your Calm Guide. New to mindfulness? Explore the power of Being Present with our new Brain Health Challenge!

<https://stayingsharp.aarp.org/about/brain-health/brain-health-and-music-sample/>

Staying Sharp is a program that shows you how to incorporate the six pillars of brain health into your daily life. The pillars follow guidance from the Global Council on Brain Health whose goal is to provide simple steps people can take every day to learn about their brains and live life to the fullest.

#### 3 Ways to Help Protect Sleep and Brain Health

1. **Find a healthy sleeping and waking rhythm.** This includes going to bed and getting up at the same time each day, but also eating and exercising at the same time, and not too close to bedtime.
2. **Try getting just a little more sleep.** Some research suggests women have a biological need for about 20 minutes more sleep each night than men do, according to the National Sleep Foundation.
3. **Struggling with hot flashes and night sweats?** Try lowering the temperature in your bedroom and wearing moisture-wicking pajamas to stay more comfortable

## HEALTH SEMINARS

**Healing Meditation Tuesday, December 8, 2020 1:00 pm**



**Presented by Marie Marchesseault , Master Rainbow Reiki Teacher and Practitioner at Reiki Rejuvenation: Usui and Rainbow**

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.

**Oral Health Presentation via Zoom January 19, 2021 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.

**Let's Discuss - Tuesdays, January 12; February 16 & March 16, 2021 1:00 pm**

**Presented by Mirela Mujcinovic, Substance Abuse Prevention Coordinator**

**January - Medication management**

How to store your medications safely especially if you have youth who are visiting your home. We will also discuss what is safe use versus misuse? How do drug interactions occur and why it's important to ask questions. As we age - how do medications affect our bodies?

**February- How does alcohol affect safety?**

What alcohol is? How does it impact not only our safety but the safety of those around us? When should we be concerned about alcohol use? How do we ask for help? How do we safely store alcohol in our homes?

**March-Stages of substance use**

When misuse of drugs or alcohol turns into addiction? When should you be concerned about your use? How to help yourself or someone else who is struggling with substance use? My doctor is prescribing this medication- is it safe to use?

**Men's Health – A Path to Health & Wellness 1:00 pm**

**Wednesday, January 27, 2021**

Taking charge of your own health is important. Understanding what are some common areas of concern related to men will allow you to feel empowered about how to partner with your healthcare provider to live your best life. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy aging. Sponsored by Hartford HealthCare Center for Healthy Aging.

### COVID-19 UPDATE

To find recent information on the COVID virus impact on town services go to:

[www.glastonburyct.gov](http://www.glastonburyct.gov)

## Glastonbury Parks & Recreation

### Holiday Decorating Contest

The Glastonbury Parks & Recreation Department will be hosting a Holiday Decorating Contest this December. The Glastonbury community is encouraged to decorate the outside of their homes and businesses and sign up for this friendly competition. A map will be made of all participating locations so residents can do their own festive driving tours and participate in a scavenger hunt. Contest registration will be open November 16 through December 2. Rules, registration, prizes, and additional details can be found at: [www.glastonburyct.gov/holidays](http://www.glastonburyct.gov/holidays)

### Holiday Letters Program

Glastonbury children are invited to write a letter with their holiday wishes to Santa, the Reindeer, the Mensch on the Bench, Frosty the Snowman, or any holiday figure they choose! Beginning on December 1st letters can be dropped off in the holiday box at the Parks & Recreation entrance of Academy, the main entrance of the Riverfront Community Center or mailed to the Parks & Recreation department. Please be sure to include a return address. Children will receive a letter back via US Postal Service!

## Welles Turner MEMORIAL LIBRARY

### VIRTUAL Adult Programming January - March 2021

All programs are virtual via Zoom and require registration either through our website ([wtmllib.info](http://wtmllib.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 @ [www.wtmllib.info](http://www.wtmllib.info)

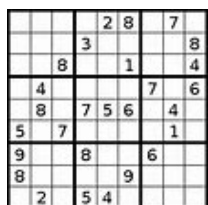
	January		February		March
7	6:30 pm CTHS: CT & the Pandemic of 1918	2	6 pm Genealogy Basics: Using FamilySearch	1	6 pm Tales from CT's Aviation History
12	6 pm Ditching Fad Diets & Healthy Lunch Prep	9	6 pm the Cord on Cable	9	6 pm How to Use Your iPhone Camera like a Pro
19	6 pm Organizing: A Plan of Attack for Any Space	18	6 pm What is the CT Partnership for Long-Term Care?	16	6 pm Irish Pub Songs with Pierce Campbell
27	6:30 pm Cookbook Club	24	6:30 pm Cookbook Club	25	6 pm Books on Tap
28	6 pm Books on Tap	25	6 pm Books on Tap		

## Virtual Zoom Brain Games

**Sudoku & Word Search Play 2 pm**

**Mondays, January 11 & March 22 Sudoku**

**January 25 & February 22 Word Search**



**Challenge your brain and have some fun with your fellow Sudoku & Word Search players!**

Sudoku is a logic-based, combinatorial number-placement puzzle. In classic sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a single solution.



**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 one week prior please. Hope you can join us!



**“What’s in your Wallet—Purse?”**

**Virtual Scavenger Hunt on Zoom and Live on Facebook!**

**Wednesdays - January 13, February 17 & March 24, 2021 2:00 pm**

Bring your purse and/or wallet into the living room for a fun virtual scavenger hunt! We all know that there are lots of surprising things hidden in the depths of our purses and wallets ... let's see if you have all that we announce! Once an item is announced (we will also ask for some items typically found in the living room), you'll have 30 seconds to look for the item and show it to the group. Prizes will be awarded for those who find and show the most items!!

**Glastonbury Senior Center Short Story Contest 2020/2021**

**“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 January 15, 2021 and may be submitted only electronically to nicole.mercer@glastonbury-ct.gov. Prizes to be awarded - 1st prize: Visa gift card; 2nd prize Senior Center program voucher (can not be redeemed for cash).





# Santa's workshop

G O P K I M C O O M C N E R M C H R I S T M A S  
 S E E A E N U L O A V U I E D N R Q A P R B A M  
 G Q N D G J P E G V B N T K A E G E W I E S S I  
 X F O N A X I L X X M A S A N Z U L L R I A E H  
 L S I K K R D F O H Q V N L C T Y F F I N N T O  
 C E T D C R A Q F V D P N F E I S O Z T D T A T  
 H A I L A Z E P O R E E N W R L C Y N P E A K C  
 R S D D P E A C A R E O E O K B O M I K E C S H  
 I O A Z A J N Z N R W W U N U Q M U C X R L E O  
 S N R Y N E Z A G A N E C S X D E F E D Y A C C  
 T S T A J I R R C A R Y G T O Y T G E T G U I O  
 M G F T L O E B M Y M P O G T P R I H Q Q S N L  
 A R V B S V R W R I D G E C N H K G D R A N R A  
 S E L Y E O O N N E E N W Y S O U N E V R U F T  
 C E E J I N R O A T G V A V O A G K V E D A Q E  
 A T G G S M I F H M C N E C N N F D H O B S D T  
 R I N P G T E E K W E Q I D X Y C S L B U Q N T  
 O N A Y A T R T Z C J N Q G Y O A P L A A H E O  
 L G Q C Y N E I R P A S T W G D H R Z V I X E N  
 W S A M E I N N L T S J O S P R E S E N T S W V  
 I V O S O I N S I H Z N G V K X X L M I I L G Q  
 V W S G M R O E P K S U O S L E I G H E E O S Z  
 U F V L E Q D L Z K O C C A S I O N W V X X O G  
 Q S N O I T A R O C E D S H O P P I N G W H D K

Blitzen	cookie	seasons	gingerbread	Jack Frost
Donner	blizzard	greetings	hot chocolate	snowman
Cupid	evergreen	shopping	sleigh	package
Comet	parade	ornaments	presents	ice skates
Vixen	spirit	occasion	love	elf
Prancer	snowy	snowflake	Christmas	eggnog
Dancer	tradition	Xmas	Santa Claus	angel
Dasher	togetherness	Christmas carol	tinsel	
Rudolph	vacation	nice	reindeer	
decorations		naughty	candy cane	

## 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.



### Dial-A-Ride Medical Service

The Town of Glastonbury Dial-A-Ride Service is available for medical transportation only on a very limited basis following all COVID guidelines which are subject to change at any time.

For more information call 860-652-7638.



## 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.

**BOOK A RIDE** If you need a ride for an appointment at a VA facility, please call (860)317-1027 and speak to our friendly Booking Technician who will gladly assist you. Bookings are subject to some limitations, so be sure to tell our booking clerk of any special needs or requirements. Some dates and hours are heavily booked, so be sure to call at least two (2) weeks ahead of your appointment.

## Social Services News

**Glastonbury Social Services and Senior Outreach Call 860-652-7634 if you want to:**

**SPEAK** with a member of the Social Work staff

**FIND** out what programs you may qualify for

**MAKE an APPOINTMENT** for any financial assistance applications

**Get REFERRALS** to appropriate programs and services

**Learn about and/or apply for MEDICARE**

If you wish to see a particular worker you may still call them directly, otherwise, please call Social Services & Senior Outreach at 860-652-7634

**Kathryn Carfi: 860-652-7644**

**Evelyn Lopez: 860-652-7652**

**Theresa Buckson: 860-652-7640**

**Susan Parrotta: 860-652-7636**

### Medicare

If you are in a Medicare Advantage Plan, you can make one change to a different plan or switch back to Original Medicare between January 1 and March 31, 2021. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to [www.medicare.gov](http://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 \$3,137 per month, for a couple the income limit is \$4,102 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. *Remember, if you are participating in Eversource's or CNG's Matching Payment Program you also must complete an Energy Assistance application.* 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 January 13, January 27, Feb. 10, Feb. 24, March 10 and March 24. 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 paper pantry providing paper and personal products to Glastonbury residents, it is open the third Saturday of each month from 10 AM to 11:15 at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

### 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 were not available at time of publication. Income is calculated using 2020 figures.

Income verification needed to apply for above programs:

2020 Social Security 1099; 2020 federal income tax, if filed;  
if no income tax filed, all 1099s from 2020

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.

**Thank you:** Thank you to all the residents who have supported Glastonbury Gives through their donations! Donations to Glastonbury Gives support the Food Bank, Fuel Bank, Holiday Programs, and unique needs of residents facing financial hardship. Donations are always welcomed. Checks can be mailed Glastonbury Gives, P.O. Box 6523, Glastonbury, CT 06033.



**Thursday Evening Showcase 5:00 pm**  
**Featuring the Life & Times of Famous People**



Join other history enthusiasts with a discussion afterwards.  
 Share your thoughts on how they changed history or helped to define it.

**JANUARY STARS**

*"Hollywood Remembers Leading Ladies" - A half hour celebrity biography video series which utilize vintage film clips, photos and interviews. Showing two half hours followed by discussion.*

January 7: *Katharine Hepburn & Doris Day*

January 14: *Elizabeth Taylor & Julie Andrews*

January 21: *Kim Novak & Lee Remick*

January 28: *"Princess Diana - The Woman Inside"* (1 hour 29 minutes)

**FEBRUARY IS BLACK HISTORY MONTH**

**February 4** *"Mary McLeod Bethune - African Americans Who Left Their Stamp on History"*

(2016) Mary McLeod Bethune (1875-1955) was born the 15th of 17 children to former slaves in South Carolina. This inspiring program educator, leader of women, distinguished adviser to several American presidents including Franklin D. Roosevelt, close friend of Eleanor Roosevelt and champion of racial equality. (28 minutes)

**February 11** *"Carry Me Home: A Remember America Film"* (2016) In the cold winter of 1860, a young mother trapped in slavery seizes the opportunity to escape with her family when she encounters Harriet Tubman. Harriet leads the young family through a number of trials on the Underground Railroad, causing them all to question whether or not freedom is worth the price they must pay to obtain it. (23 minutes)

**February 18** *"The Sara Spencer Washington Story"* (2016) The little known life of a Depression era black woman millionaire and political activist, who parlayed her door-to-door line of hair products into a beauty empire. Apex gave tens of thousands of black women social uplift and financial independence. (28 minutes)

**February 25** *"George W Carver - His Life and Work"* (2016) Known as "the peanut man", for his discovery of over 300 uses for peanuts, this is the life story of George Washington Carver his many achievements, teachings and inventions. Born into slavery, Carver is an inspirational example of how hard work, a positive attitude and a good education can lead to success despite race, creed or color.

**MARCH IS WOMEN'S HISTORY MONTH**

**March 4** *"Remarkable Women of the 20th Century"* (2001) A study and celebration of some of the most extraordinary, intelligent, and influential women of the 20th century and their work in pioneering the path to political and social rights. (44 minutes)

**March 11** *"Great Women in American History"* (2015) Why did Abigail Adams urge her husband to "remember the ladies?" Why was Harriet Tubman called the "Moses" of her people? Who founded the American Red Cross? These are but a few of the questions answered in "Great Women in American History". (21 minutes)

**March 18** *"The Diary of Anne Frank"* (2009) Adaptation of the famous wartime diaries; Anne Frank started to write her diary in June 1942. (1 hour 40 minutes)

**March 25** *"The Eleanor Roosevelt Story"* (1965) Pulitzer prize winner Archibald MacLeish scripted this touching portrait of the woman who emerged from a privileged but painful childhood to become a powerful humanitarian. Academy Award winner for Best Documentary.

**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>

### Winter/Spring Class Schedule 2021 - Offered Virtually with Zoom

Registration for all classes will begin on December 15, 2020. To register and find out about payment options please email [diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov) or [nicole.mercer@glastonbury-ct.gov](mailto: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
<b>Italian I &amp; II</b> Textbooks required I - Learn Italian the Fast and Fun Way- FOURTH EDITION- by Marcel Danesi II - Conversational Italian Dialogues, by Lingo Mastery.	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	1/7 - 3/25	12	No Fee	Zoom
<b>Stretchercise with Chair Yoga</b>	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	1/4 - 3/29	11	\$30	Zoom
<b>Low Impact Cardio Dance Fitness</b>	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	1/6 - 3/31	13	\$40	Zoom
<b>Let's Make Art Watercolor Class</b>	Online learning - with Norma as we follow along these online Tutorials.	Tuesdays 9:30 - 11:30 am	1/12; 1/26 2/9; 2/23 3/9; 3/29	6	\$10 per kit	Zoom
<b>Current Issues</b>	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
<b>Book Discussion</b>	Join fellow readers for a lively virtual discussion on a current best seller	3rd Thursdays 11:00 am - Noon	Ongoing		No Fee	Zoom
<b>Lifelong Learning</b>	<i>The Great Courses: "Understanding Japan: A Cultural History"</i>	Fridays Noon - 1:30 pm	1/8 - 3/26	12	No Fee	Zoom
<b>Evening Movie</b>	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
<b>Wheel of Fortune</b>	Spin the wheel for fun puzzles	1st & 3rd Mondays 1:00 pm	Ongoing		No Fee	Zoom
<b>Sudoku &amp; Word Search PuzzleTeam Play</b>	Challenge your brain and have some fun with your fellow Sudoku and Word Search players!	Mondays See page 8	Ongoing		No Fee	Zoom
<b>Tai Chi</b>	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	2/11 - 4/8	8	\$30	Zoom

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

**PRSRT - STD  
U.S. POSTAGE  
PAID  
Hartford, CT  
PERMIT # 300**

**Return Service Requested**

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

Lisa Zerio, Director, Parks & Recreation:	(860)652-7687 lisa.zerio@glastonbury-ct.gov
Patti White, Senior Center Supervisor:	(860)652-7646 patti.white@glastonbury-ct.gov
Norma Carey, Program Coordinator:	(860)652-7655 norma.carey@glastonbury-ct.gov
Nicole Mercer, Department Secretary:	(860)652-7641 nicole.mercer@glastonbury-ct.gov
Diana Patterson, Customer Service Rep:	(860)652-7650 diana.patterson@glastonbury-ct.gov
Lisa McKeon, Volunteer Coordinator:	(860)652-7605 lisa.mckeon@glastonbury-ct.gov
Kathryn Carfi, Outreach Social Work Coordinator:	(860) 652-7644 kathryn.carfi@glastonbury-ct.gov
Theresa Buckson, Outreach Social Worker:	(860)652-7640 theresa.buckson@glastonbury-ct.gov
Evelyn Lopez, Outreach Social Worker:	(860)652-7652 evelyn.lopez@glastonbury-ct.gov
Susan Parrotta, Outreach Social Worker:	(860)-652-7636 susan.parrotta@glastonbury-ct.gov