

GLASTONBURY

Parks & Recreation

Winter 2020-2021

www.glastonbury-ct.gov



Senior Center Virtual Programs

Pages 13-15



Program Registration Form

Household Information

Primary Guardian First Name		Primary Guardian Last Name	
Address		Please E-Mail Receipt to the E-Mail Below	
City, State, Zip	Sex	E-Mail	
Home Phone ()	Work Phone ()	Cell Phone ()	
Emergency Contact	Relationship	Cell Phone ()	

Participant Information

Participant First Name		Participant Last Name	
Date of Birth	Grade Completing	Sex	
Allergies	Medication/Other		

Registration Information

Program Choices	Activity Type	Activity Description	Activity Number	Amount Paid	Office Use
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Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!

1	1st Choice					
	2nd Choice					
	3rd Choice					
2	1st Choice					
	2nd Choice					
	3rd Choice					
3	1st Choice					
	2nd Choice					
	3rd Choice					

Pool Passes <input type="checkbox"/> Indoor Pool	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:	TOTAL
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Waiver

Being of full age and in consideration of my (my child's) participation in this class, I do hereby release and forever discharge the Town of Glastonbury, and their agents and employees, their representatives, successors, and assignees, from all claims arising out of any and all personal injuries, damages, expenses, and any loss or damage whatsoever resulting or which may result from participation in this program.

Signature: _____

Date: _____

Complete a **SEPARATE** form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at www.glastonbury-ct.gov

Mail your Form, Payment, Business Size Self Addressed **STAMPED** envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033

Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"													
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover	Name on Card													
	Credit Card Number			Expiration	Code									
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I. Registration Information

Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY, DECEMBER 8** at 8:00 a.m. Mail-in registrations will be processed daily, at random. **REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 8.**

J.B. Williams Reservations

Beginning Monday, January 4, 2021 you may call (860)652-7678 to make your tentative reservation for J.B. Williams.

Online Registration is Fast & Easy!

If you already have a User Name and Password, just follow steps 1 & 2 below and then log into the system. If not, follow these 5 easy steps:

- Step 1: Go to www.glastonbury-ct.gov
- Step 2: Click "I Want to"/"Register"/"For a Recreation Program"
- Step 3: Select "On-Line Registration-New User"
- Step 4: Complete the household information. (We encourage you to customize your User Name and Password to something familiar to you)
- Step 5: Click "Submit"

You will receive a confirmation via e-mail and may begin on-line registration.

Returned Checks

A \$15.00 fee will be assessed for returned checks.

Registration Payment

VISA, Mastercard or Discover is accepted on-line and by mail.

If paying by check, make checks or money orders payable to "**TOWN OF GLASTONBURY**". Do not send cash. Write **SEPARATE CHECKS** for each program.

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Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

Cancellation Information

Programs may be canceled due to insufficient registration. No programs are held on January 1, January 18; February 15 unless otherwise stated.

Notification of Enrollment

Include a **STAMPED**, self addressed, business size envelope with your mail-in registration if you would like your receipt mailed. Receipts can also be e-mailed if an e-mail is included on the registration form. We **DO NOT** mail receipts for registrations processed on-line. You may reprint a receipt from the on-line system by clicking "My Account", "Reprint a Receipt".

Refund Policy

Please review your registrations carefully.

- Refund will be automatic if program is canceled.
- To avoid classes being canceled last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begin. Refund requests received after this point will be subject to a \$10 processing fee.
- Refunds cannot be given on trips, special events, facility reservations and passes.
- Refunds are generally not given once a program has begun, however, in the event of injury or illness, a refund request will be considered if accompanied by a doctor's note.
- Registrations processed by credit card will be credited to the card used. All other refunds generally take 2-4 weeks to process.

Financial Assistance

Discounted registration fees for basic programs are available to those who qualify under the Federal Poverty Guidelines. Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, submit an Eligibility Application to the Social Services Department. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

- Glastonbury Lacrosse
- Kangaroo Kids
- Teen Center Pass



2. General Information

How to Reach Us

Administrative Phone: (860)652-7679
Administrative Fax: (860)652-7691
Program Info Line: (860)652-7689
Online: www.glastonbury-ct.gov
Mail: Parks and Recreation
Program Registration
P.O. Box 6523
Glastonbury, CT 06033
Office: Parks and Recreation
2143 Main Street
Glastonbury, CT 06033

Our Staff

Lisa Zerio, Director of Parks & Recreation
Greg Foran, Park Superintendent & Tree Warden
Bill Engle, Recreation Supervisor
Anna Park, Recreation Supervisor
Liz Gambacorta, Recreation Program Coordinator
Kristen Michaels, Event & Banquet Facility Manager
Angela Paisker, Executive Secretary
Cynthia Lea, Administrative Secretary
Katryna Albert, Clerical Assistant

Weekly Activity Information

Schedules, times, locations, and cancellations appear weekly in The Glastonbury Citizen.

Cancellation Line

Retrieve cancellation information 24 hours a day by calling our cancellation line at (860)652-7689.

E-mail Updates

Occasionally, we send updates, cancellation information and other pertinent program information to you via e-mail. Please be sure to include this information on your registration form and to add "recreation@glastonbury-ct.gov" to your address book or trusted e-mail list!

Inclement Weather Policy

- If Glastonbury Public Schools are cancelled, all programs are cancelled.
- If Glastonbury Public Schools are delayed, all programs scheduled to start before noon are cancelled except Kangaroo Kids. For all programs beginning after noon, please call the cancellation line at (860)652-7689.
- If Glastonbury Public Schools close for a weather related early dismissal, all afternoon and evening activities are cancelled.
- Athletic field cancellation decisions due to inclement weather or poor field conditions will generally be made no later than 3:30 p.m. The Department reserves the right to make field cancellations up to 4:30 p.m. in response to late changing weather conditions. Please call the cancellation line at (860)652-7689.

For other evening and weekend cancellations, call (860)652-7689.

Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department. Please contact them regarding program and registration information.

Organization	Contact Information
Little League	www.glastonburylittleleague.org
Hartwell Soccer	www.glastonburysoccer.org
Midget Football	www.gyfa.com
YMCA	(860)633-6548
Lacrosse	www.glastonburylacrosse.org
GBA Basketball	GBAHoops@aol.com www.gbahoops.org
GBA Travel Basketball	GBATravelHoops@aol.com www.gbahoops.org
Glastonbury Gymnastics	www.glastonburygymnastics.com gburygymclub@gmail.com
Glastonbury Swim Team	www.glastonburyswimteam.org



3. Rentals & Reservations

The Locker Room

Don't let the added cost of equipment stop you from playing! Gently used equipment is available **FREE OF CHARGE** to players who need assistance with getting equipment to play sports. Please call the Teen Center at (860)652-7838 to make requests. Donations are also currently being accepted for all sports. A donation bin is available in the Academy building for your convenience during off hours.

Party Rentals

Reservations are based on availability. Event dates and times are confirmed only after payment is received. **NO REFUNDS** will be issued. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule for a different date.

J.B. Williams Park Pavilion Rental

Phone reservations for use of the J.B. Williams Park "covered" pavilion will be taken beginning on Monday, January 4th.

Availability:	May 1-October 31 (tentative)
Maximum Capacity:	Up to 150 people
Amenities:	Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking facilities
Fees:	\$175/rental

Academy Teen Center Rental

An easy alternative for small parties, or events you just don't want to host at home! Bring in your own cake and goodies, we'll provide the rest! Reservations are required with at least 2 weeks advanced notice.

Availability:	Year Round (Saturdays and Sundays)
Times:	2 hour time blocks
Maximum Capacity:	15 people
Amenities:	Staff Supervisor to monitor activity space, use of Teen Center room including ping pong, air hockey, foosball, pool tables, board games, couch areas and craft space, access to rest-rooms, refrigerator and freezer
Fee:	\$100/Rental \$150/Rental with Wii or Craft

Glastonbury Boathouse

The Glastonbury Boathouse has discounted fees for winter events! Whether you are planning a wedding, corporate or social event, your guests are sure to be impressed with our bright and modern Banquet Hall, breathtaking river views, and exceptional cuisine from our Preferred Caterers. Accommodates seated events of 50-150 people, or standing receptions up to 250 people. For more information, visit glastonburyboathouse.com or contact Kristen Michaels, Event and Banquet Facility Manager, at kristen.michaels@glastonbury-ct.gov or (860)652-4640. Follow us on Facebook to get updates on rentals and special events: facebook.com/glastonburyboathouse.

Riverfront Park Boat Launch & Boat Storage

Beginning Monday, March 1st, boat launch permits are available at the Parks and Recreation office Monday-Friday 8:00 a.m.-4:30 p.m. Boaters must bring proof of residency and valid boat registration. Single boat launch will be open from mid April-November. Park offers a covered picnic pavilion, children's playground and walking trails. Attendant on duty during the boating season. Restrooms available on site.

Seasonal Permits:	Residents: \$60/year
Daily Launch:	Residents: \$20/day Non-Residents: \$120/year Non-Residents: \$40/day

The Glastonbury Boathouse offers convenient and affordable indoor and outdoor storage from January 1-December 31. Storage is available with 1 boat/rack and racks are assigned. Customers can change rack assignments upon annual renewal or with approval. Renters must complete a Boat Storage Application. Racks are first-come-first-serve. Register early and move in before January 1st, at no additional cost.

Fees:	Indoor	Outdoor
Resident	\$550/year	\$100/year
Non-Resident	\$600/year	\$120/year

Public Ice Skating

Ice must be at least 6" thick for ice skating. Call (860)652-7689 for conditions. J.B. Williams and Eastbury Pond are open until dusk, conditions permitting, for unsupervised skating. An area will be set aside for drop in unsupervised ice hockey play at Eastbury Pond. Skating at the Riverfront Park is available until 9:00 p.m. There is no supervised skating.

4. Family, Preschool & Youth Programs

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. More information available online at www.glastonburyct.gov/holidays

Holiday Letter 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. Children will receive a letter back via US Postal Service!

Learn to Ice Fish - ZOOM Classes

Ice fishing is a great way to get outside during the cold winter months and enjoy some fresh air, get some exercise, and maybe even catch a fresh fish dinner! The CT DEEP Fisheries Division - Connecticut Aquatic Resources Education (CARE) program is offering virtual Learn to Ice Fish classes via ZOOM. We will cover safety on the ice, how to dress for the cold, where to go, ice fishing equipment, baits, techniques, and tactics during the ZOOM class. Experts will be available to answer all your ice fishing questions. All ZOOM participants will be invited to register for an instructor lead ice fishing trip (pending safe ice). Ice fishing trips are limited to the first 25 people who register. For a schedule of Learn to Ice Fish ZOOM classes and registration information, visit the CARE CARE Schedule of Classes: CARE Schedule of Classes. <https://portal.ct.gov/DEEP/Fishing/CARE/COVID-19-Updates-CARE-Program>

December 21st (Monday)
January 5th (Tuesday)
January 14th (Thursday)
January 20th (Wednesday)
January 26th (Tuesday)
February 1st (Monday)
February 10th (Wednesday)
February 16th (Tuesday)

Kangaroo Kids (2021-22) Deposit

Kangaroo Kids is a developmentally appropriate experience for 3&4 year olds. Theme days, arts & crafts, music, social interaction and creative play allow opportunities for your child to explore, imagine and learn under the watchful supervision of our experienced and nurturing staff. Program is offered in either a 2 day or 4 day per week option as follows:

3&4:	Mon. & Thurs.	9:00-11:30
3&4:	Tues. & Fri.	9:00-11:30
3&4:	Mon., Tues., Thurs., Fri.	9:00-11:30
4:	Mon., Tues., Thurs., Fri.	12:30-3:00

Deposits for the 2021-22 program will be accepted beginning on March 9, 2021. **Please note the deposit is non-refundable after June 1, 2021.**

Child must be age 3 or 4 by January 1, 2022 to be eligible (No Exceptions). 3 year olds must be toilet trained. Kangaroo Kids meets September-early June. Complete information (dates, fees etc.) will be available online at www.glastonbury-ct.gov/kangarookids in early March.

Kangaroo Kids Deposit

AM 3&4	Mon & Thurs.	403128-01
AM 3&4	Tues & Fri.	403128-02
AM 3&4	Mon, Tues, Thurs, & Fri	403128-03
PM 4	Mon, Tues, Thurs, & Fri	403128-04

Fee: \$250 Deposit
Location: Kangaroo Kids 35 Bell Street
Meets: September 7, 2021-June 3, 2022

February/March Munchie Madness Kids Cooking (Grades 3-5)

Learn beginning hospitality and culinary skills using fresh ingredients from local farms. Practice and discuss the importance of following recipes, food safety, mixing, measuring, cooking and food presentation. **Program participants MUST wear a face covering for the duration of the program.**

Gardening

Munchie Madness 207234-MM

FEE: \$45/Person
MEETS: Fridays, 4:00-5:30 p.m.
LOCATION: Teen Center
DATES: February 5, 19; March 5, 19



5. Youth Programs

December Vacation Art Camp

(Grades 2-5)

Join us during December break for some artistic fun! Add on the December Vacation Cooking Camp for a full day option. Bring your lunch if you are signed up for both programs (supervision will be provided for lunch from 12:00-1:00 p.m. for those signed up for both programs). **Program participants MUST wear a face covering for the duration of the program.**

Monday 12/28: Fluffy Snowman and Artsy Icicles
In this awesome art-venture, children will go walkin' in a winter wonderland. Make snowman collages using shaving cream, sculpt glittery clay icicles, paint wooden boxes with a wintery theme, and draw snowy trees with oil pastels and splatter paint. Get ready for some super, seasonal fun!

Tuesday 12/29: Robots Eat Ice Cream Paint ceramic robot banks with shiny metallic colors. Then learn about textures and printmaking by using a surprising array of everyday objects to create colorful ice cream collages. Finally, design robots using miscellaneous metal hardware. Cool!

Wednesday 12/30: Sparkly Snowflakes and Magic Mittens 'Tis the season to be jolly -- and also the season to create amazing art! Paint family snowman portraits on stretched canvas, create sparkling beaded snowflakes, sculpt clay snowmen, and design colorful scratch art mittens. Enjoy some wonderful winter fun while keeping cozy and warm!

Thursday 12/31: Cupcake and Pizza Party ART-ventures
Get ready to whip up some artsy treats that look almost yummy enough to eat! Paint colorful ceramic cupcake banks and sculpt clay pizzas with all your favorite toppings! Plus, design and decorate chef hats to wear in your own craft kitchen!

Kids Crafts

December Art Camp 312003-DA

FEE: \$140/Person
MEETS: Monday-Thursday 1:00-4:00 p.m.
LOCATION: Academy Teen Center
DATES: December 28-31

December Vacation Cooking Camp

(Grades 2-5)

Learn beginning hospitality and culinary skills using fresh ingredients from local farms. Practice and discuss the importance of following recipes, food safety, mixing, measuring, cooking and food presentation. Add on the December Vacation Art Camp for a full day option. Bring your lunch if you are signed up for both programs (supervision will be provided for lunch from 12:00-1:00 p.m. for those signed up for both programs). **Program participants MUST wear a face covering for the duration of the program.**

Gardening

December Cooking Camp 207234-DC

FEE: \$140/Person
MEETS: Monday-Thursday 9:00-12:00 p.m.
LOCATION: Academy Teen Center
DATES: December 28-31

Monsters & Mermaids Fantasy Art-Ventures

(Grades K-4)

Wielding paintbrushes, brave art explorers journey into a fairytale kingdom, where fairies flit through rainbow skies and zany zombies roam the streets. Encounter fantastical creatures, both spooky and sweet, while conjuring up bedazzling art: Decorate wicked cool witch or wizard hats and sculpt clay witches or wizards on broomsticks! Design colorful ceramic skulls inspired by Dia De Los Muertos and paint unicorn or dragon banks. Craft monster t-shirts and create sparkling castles on canvases. Make hand puppet mermaids, vampires, fairies, werewolves, or any creature you can imagine. Experience painting, drawing, sculpting, printmaking, ceramics, fabric art, and more. Two and three dimensional masterpieces are brought home each week. **Program participants MUST wear a face covering for the duration of the program.**

Kids Crafts

Monsters & Mermaids 312003-MA

FEE: \$116/Person
MEETS: Mondays; 4:00-5:00 p.m.
LOCATION: Academy Teen Center
DATES: January 11-March 15
No Class 1/18, 2/15



6. Recreational Gymnastics Classes

Glastonbury Gymnastics Club

Committed to providing a fun and safe learning experience, we offer individual instruction, recreational and competitive programs and structured classes for ages 3 through high school.

About our Staff

Staff consists of caring, dedicated and well trained class instructors. Director Kathy Johnson is a USAG Professional Member, with Safety and Meet Director certifications. Team Coaches are USAG members and safety certified. All are First Aid/CPR certified.

About our Facility

Located in the Academy Building, 2143 Main Street, our facility meets all the standards of USA Gymnastics and is outfitted with multiple balance beams, uneven bars, tumble trak trampoline, full spring floor and a large array of creative preschool equipment.

COVID Specific Guidelines

Upon registration, you will receive detailed information regarding what to bring, drop off/pick up procedure, safety and cleanliness measures and details regarding how program participants will be organized to allow for social distancing. **Program participants MUST wear a face covering for the duration of the program for both lessons and team.**

Recreation Classes

Children must be 5 years old by the start of the session. Classes follow progression guidelines developed by USA Gymnastics. Emphasis is on individual skill development in tumbling, floor, balance beam, vault and bars. Classes are divided by ability levels to ensure that all gymnasts progress in a safe and appropriate manner. **Parents will not be permitted to stay and watch classes.**

Beginner: Everyone enters at the beginner level. The basics of gymnastics are taught at this stage.

Gymnasts who are new to program but have gymnastics some experience may call to be tested. **Advanced Beginner (USAG Pre Level 1):**

Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and $\frac{3}{4}$ hand stand. **Intermediate (USAG Level 1):** Gymnasts enter after they have mastered a handstand, round-off, backward roll to push-up position, standing backbend, and one pull-up with their chin passing above the bar. To eligible for the Xcel Bronze Team, gymnasts must be able to do a backbend kick-over, handstand forward roll, pull-over mount on bars, back hip circle on bars, three pull ups with chin passing above the bar, and one split. Gymnasts must be tested by the Director to move to Xcel Bronze Intermediate Team. Recreation Classes are offered as follows:

Gymnastics Lessons - Winter

*All Levels Wed. 2:40-3:40 306108-05

*All Levels Wed. 3:50-4:50 306108-01

*All Levels Wed. 5:00-6:00 306108-02

*All Levels Fri. 4:00-5:00 306108-03

*All Levels Fri. 5:10-6:10 306108-04

*Combinations class where kids are grouped by level

FEE: \$145/child

WEDNESDAY: January 20-March 24 (10 Weeks)

FRIDAY: January 22-March 26 (10 Weeks)

7. Competitive Gymnastics

Junior Olympic Competitive Team

Gymnasts must be tested by the Director **and have prior competitive experience** in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 2-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$63 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Gymnastics Team

Level 2 (2/Week) 306208-01
 Mon. 4:00-6:00
 Thurs. 4:00-6:00

Level 3 (3/Week) 306208-02
 Tues. 4:00-6:00
 Thurs. 6:10-8:30
 Fri. 6:10-8:30

Level 4 (3/Week) 306208-03
 Mon. 6:10-8:30
 Tues. 6:10-8:30
 Wed. 6:10-8:30

Level 5-9 (3/Week) 306208-04
 Mon. 6:10-8:30
 Tues. 6:10-8:30
 Wed. 6:10-8:30

FEES: \$279/Level 2
 \$299/Level 3,4,5-9
 DATES: 10 Weeks beginning January 19
 (No Class 2/15; 2/16; 4/2)

Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Xcel Bronze is the introductory level of competition. Open to female gymnasts ages 6 and older, who are able to do a cartwheel, round-off, handstand, and backward roll to push up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess a current Athlete Membership to USA Gymnastics (\$63 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Bronze (2/Week) 306208-05
 Wed. 4:30-6:00
 Fri. 4:30-6:00

Silver (3/Week) 306208-06
 Tues. 4:00-6:00
 Thurs. 6:10-8:30
 Fri. 6:10-8:30

Gold (3/Week) 306208-07
 Mon. 6:10-8:30
 Tues. 6:10-8:30
 Wed. 6:10-8:30

Platinum/Diamond (3/Week) 306208-08
 Mon. 6:10-8:30
 Tues. 6:10-8:30
 Wed. 6:10-8:30

FEES: \$279/Bronze
 \$299/Silver, Gold,
 Platinum/Diamond
 DATES: 10 Weeks beginning January 19
 (No Class 2/15; 2/16; 4/2)

8. Parks & Facilities

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis
Academy Field	2143 Main St.	4.0	X										X								
Addison Park	415 Addison Rd.	32.9	X	X								X	X	X	X	X	X		X	X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X						X		
Blackledge Falls	Hebron Ave.	80.0								X			X						X		
Buckingham Park	1285 Manchester Rd.	35.3	X							X				X	X	X	X				
Butler Field	225 Forest Lane	11.6	X							X				X							
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8											X								
Cotton Hollow Preserve	Hopewell Rd.	83.2					X			X									X		
Earle Park	1375 Main St.	39.1								X			X								
Eastbury Pond	39 Fisher Hill Rd.	9.4					X				X									X	
Ferry Landing	Ferry Lane	3.8					X			X			X	X							
Glastonbury High School	330 Hubbard St.	72.7	X	X				X				X						X	X	X	X
Grange Pool	500 Hopewell Rd.	8.9												X						X	
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X					X			
Great Pond Preserve	Great Pond Rd.	42.9								X			X								
High Street Park	30 High St.	3.4	X													X	X	X			
Hubbard Green	1946 Main St.	5.7											X	X							
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X								
Matson Hill Open Space	68 Matson Hill Rd.	22.22					X			X			X						X		
Minnechaug Golf Course	16 Fairway Cr.	58.5							X												
Riverfront Park	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X	X	X	X	X	
Ross Field	45 Canione Rd.	5.0	X		X									X	X						
Rotary Field	358 Old Stage Rd.	7.7	X												X	X					
Salmon Brook Park	New London Tpk.	10.9					X			X			X	X					X		
Smith Middle School	216 Addison Rd.	149.7	X				X					X	X					X	X		
Welles Park	185 Griswold St.	11.6	X	X												X	X				
Williams Park	789 Neipsic Rd.	161.9	X			X	X			X	X			X	X	X	X				



Visit online at www.glastonbury-ct.gov for facility information, directions and photos!
 #scanthebarcode #glastonburyhasitall



9. Teen Programs

Academy Teen Center

The Academy Teen Center (ATC) is excited to begin its 19th year! We are located in the Academy Building, 2143 Main Street. The staff at the ATC inspires youth to be kind and take time to unwind after a long day of learning and e-learning. A variety of supervised, unstructured adventures await them. The Teen Center is furnished with a game lounge and arts and crafts center. Kids also have opportunities to help with gardening and participate in walking trips downtown. Come be part of the GOOD VIBES TRIBE!

Transportation is provided. Sign up at the main office at Gideon or Smith. Daily admission fees will be collected at the Teen Center for those who do not have passes. **Program participants MUST wear a face covering for the duration of the program.**

Teen Center

School Year Pass 6-8 208005-03

FEE: School Year Pass (Grades 6-8): \$59
Daily Admission: \$5/person
LOCATION: Academy Building (2143 Main St.)
GRADES 6-8: Tuesday, 3:00-6:00 p.m.
Wednesday, 2:00-6:00 p.m.
(No Transportation)
Thursday, 3:00-6:00 p.m.

Friday Night Club

Have fun and make new friends! Themed Friday night activities (both virtual and in-person) are being planned for special needs adults 16 and older from Glastonbury, Glastonbury Special Olympics participants and their guests. Program staff provides general supervision. Participants requiring more assistance to participate are welcome to bring a family member, friend, or personal assistant. A schedule of activities is sent via e-mail. Call the Parks and Recreation office (860)652-7679 or Academy Teen Center (860)652-7838 with any questions or to join our e-mail list.

GCAP Coffeehouse Program

A fun activity for high school age students featuring live music and games. Events are planned by Coffeehouse Teens! Maximum attendance at each event limited to 50. Advanced ticket purchase required at www.glastonbury-ct.gov

Interested in getting involved in Coffeehouse? We are always looking for performers and new members to our planning committee. Please contact Anna Park at anna.park@glastonbury-ct.gov

Fee: \$5 Advanced Ticket Purchase
Location: J.B. Williams Pavilion
Dates: Friday, 1/15/21 6:00-7:30 p.m.
Open Mic Night
Saturday, 1/16/21 6:00-7:30 p.m.
Headline Band
Friday, 3/19/21 6:00-7:30 p.m.
Open Mic Night
Saturday, 3/20/21 6:00-7:30 p.m.
Headline Band

Home Alone Safety Course

(Boys and Girls Ages 8-13)

This interactive 90 minute course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door, and internet safety. Parents/guardians are asked to attend the last 5 minutes of the course. They will receive a workbook with conversations starters such as creating a family fire escape plan and the importance of an emergency contact list. **Program participants MUST wear a face covering for the duration of the program.**

Teen Activities

Home Alone 208004-H1

Fee: \$30/Person
Meets: 6:00-7:30 p.m.
Location: Academy Multi-Purpose Room
Date: Wednesday, January 13, 2021



10. Adult Programs

Family One Polite Dog Manners

A beginner level class for dogs 5 months and older and their guardians who want to coach their dog manners and learn about canine behavior. "One Dog at a Time" offers positive training for the family dog including all the tools and management skills to provide enrichment for your best friend. Skills include paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking. Weekly training topic will provide information to better understand your dog and keep them happy and safe.

Program participants MUST wear a face covering for the duration of the program.

Dog Obedience Classes

Dog Manners 410101-DM

Fee: \$120/Session
Meets: Tuesdays 6:30-7:30 p.m.
Location: RCC Community Room
Dates: 6 Weeks Beginning 1/12/21
Instructor: Beth Vincent, ABCDT

Family 1.5 Winter Version of Out and About

This class is an alternative for Out and About during the winter months. Does your dog get distracted, excited and uncontrollable? This class teaches self control techniques to help calm your dog around distractions. Guardians will benefit by learning better communication methods and skills to help your dog success in everyday life. Learn focus exercises and management tools that will help your dog with loose leash walking, settling in different environments, greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention to you. This class is a great way to keep your dog thinking in the winter months. We will try to do a field trip for class 4 - weather permitting.

Program participants MUST wear a face covering for the duration of the program.

Dog Obedience Classes

Out and About 410101-OA

Fee: \$120/Session
Meets: Saturdays 10:00-11:00 a.m.
Location: Academy Building
Dates: 4 Weeks Beginning 1/9/21
Instructor: Beth Vincent, ABCDT

Focus on Focus with your Best Friend

For dogs over a year old that have had basic training. Does your dog get Distracted, Excited and uncontrollable? Class teaches self-control techniques to help calm your dog around distractions. Learn better communication methods and skills to help your dog succeed. Learn focus exercises and management tools that will help your dog with loose leash walking, settling in different environments, greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention. **Program participants MUST wear a face covering for the duration of the program.**

Dog Obedience Classes

Dog Focus 410101-DF

Fee: \$120/Session
Meets: Fridays 3:00-4:00 p.m.
Location: RCC Community Room
Dates: 6 Weeks Beginning 2/5/21
Instructor: Beth Vincent, ABCDT

Minnechaug Golf Course

A Town owned, 9 hole golf course managed by Guilmette Golf, LLC located at 16 Fairway Crossing. Minnechaug is a family friendly course that offers a challenge for the experienced golfer, but also provides a great learning environment for those new to the game of golf. The island green featured on the par 3, 126 yard 8th hole is one of the most exciting golf holes in the area. The course offers spring clinics for Juniors and Adults, individual lessons, leagues for juniors and adults and a men's club that plays tournaments every Saturday and Holidays throughout the year. The course also offers individual season passes for adults, seniors, juniors and families. For more information, contact Minnechaug at (860)432-3334 or by e-mail: golfminnechaug@gmail.com



II. Fitness Program Descriptions

Senior Fitness

Designed for the active older adult; includes a warm-up, low impact aerobics, muscular conditioning, core strengthening and focuses on increasing flexibility, joint mobility, balance and coordination. Bring sneakers and water bottle. Weights, exercubes, dynabands, 10" play balls and mats optional. **Residents Only.**

Low Impact Gentle Pilates

Exercises focus on the core muscles including abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Makes you strong and long while improving balance, coordination and posture. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone down a bit. Must be able to get up and down off the floor. Bring mat and water to class.

Tighten & Tone

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please bring a mat, a blanket, and 2-3 lb. weights.

Morning Mat Pilates

Develop a strong core while maintaining loose, limber limbs. Exercises provide variations for different body types. Strengthen the body while keeping joints mobile and flexible. Bring a mat. Mixed-level class.

Pilates Plus Strength

Work arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises may feel more intense, each can be modified for beginner and intermediate. Bring a mat and water.

High Interval Training

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please bring water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

Strength Training

A complete workout that will help sculpt, strengthen and reshape your body. We won't skip the core-you'll work the core and more. Class includes standing and floor work so you must be able to get up and down off the floor easily. Bring a mat and free weights.

Total Barre

A fusion of Pilates, dance and functional training that will lift, tone, sculpt, define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (or chairs) and small isometric, concentrated movements to create lean muscles. Includes upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises. Movement is executed at a vigorous pace with music to get your heart pumping! Bring water, mat and 1-2 pound hand weights.

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. Work on balancing while using a flexband and your own body weight. Improve your range of motion, posture and balance, while increasing flexibility. Bring a mat and water.

Zumba®

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fitness system! Routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. Dance steps are fun and easy to follow.

12. Fitness Program Class Schedules

Class	Instructor	Location	Meets	Dates	Fee	Activity Code
Senior Fitness (Eliza's Energy Source)	Eliza, Tatiana & Marylou	Virtual: Links to Recorded Videos	Mon, Wed, Fri	Jan. 13-February 26	\$39	307027-ON
Low Impact Gentle Pilates (Personal Euphoria)	Rob	Virtual: Live ZOOM	Monday 1:30-2:15 p.m.	Jan. 11-March 22	\$59	307030-GP
Tighten and Tone (Personal Euphoria)	Rebecca	Virtual: Live ZOOM	Wednesday 5:45-6:30 p.m.	Jan. 13-March 24	\$72	307205-ON
Morning Mat Pilates (Personal Euphoria)	Maggie	Virtual: Live ZOOM	Tuesday 8:30-9:30 a.m.	Jan. 12-March 23	\$76	307201-AA
		Virtual: Live ZOOM	Thursday 9:30-10:30 a.m.	Jan. 14-March 25	\$76	307201-BC
Pilates Plus Strength (Personal Euphoria)	Jeannine	Academy Multi- Purpose Room	Tuesday 6:00-6:45 p.m.	Jan. 12-March 23	\$72	307202-W1
	Rob	Virtual: Live ZOOM	Tuesday 6:00-6:45 p.m.	Jan. 12-March 23	\$72	307202-ON
High Interval Training (Personal Euphoria)	Maggie	Virtual: Live ZOOM	Wednesday 7:45-8:30 a.m.	Jan. 13-March 24	\$72	307204-WA
Strength Training (Personal Euphoria)	Ashley	Virtual: Live ZOOM	Monday 9:00-9:45 a.m.	Jan. 11-March 22	\$59	307206-MA
			Friday 9:00-9:45 a.m.	Jan. 15-March 26	\$72	307206-W1
	Rob	Virtual: Live ZOOM	Thursday 6:00-6:45 p.m.	Jan. 14-March 25	\$72	307206-T2
Total Barre (Personal Euphoria)	Ashley	Virtual: Live ZOOM	Monday 9:45-10:30 a.m.	Jan. 11-March 22	\$59	307203-WM
	Allison	Virtual: Live ZOOM	Monday 5:45-6:30 p.m.	Jan. 11-March 22	\$59	307203-MP
Core Balance (Personal Euphoria)	Ashley	Virtual: Live ZOOM	Friday 9:45-10:30 a.m.	Jan. 15-March 26	\$72	307207-W1
Zumba® (Eliza's Energy Source)	Siobhan	Academy Multi Purpose Room #2	Monday 6:00-7:00 p.m.	Jan. 25-March 15	\$44	207209-MD

No Classes on Town Holidays 1/18 and 2/15. Class Open to Residents & Non-Residents.

Virtual - Live via ZOOM

Participants will be sent a link to register for the class. Once you fill out the form you will be sent the ZOOM Meeting Code/Link and password for the class. Logon to ZOOM at the day and time of your class to participate in a live class.

Virtual - Links to Recorded Videos

Participants will be sent a weekly email with links for the next weeks classes. You may do workouts at a day/time that is best for you. Links for all classes will be available for the duration of the class.

In Person Classes

Maximum number of participants have been lowered and designated areas will be setup for each person with a minimum of 6 feet between each designated workout area. Currently state law mandates that participants must wear a mask at all times they are in the building including while taking the class. Should COVID cases in the state spike classes will be offered virtually.

Virtual Times at the **Glastonbury Senior Center**



How to Reach Us:

General Program Information: (860) 652-7638
(860) 652-7650
Administrative Fax: (860) 652-7649
Dial-a-Ride Transportation: (860) 652-7643

Where to Find us:

Riverfront Community Center (RCC)
300 Welles Street
Glastonbury, CT 06033

Program Information:

To inquire about any of the programs listed on the next few pages, please call (860) 652-7638 or visit the town website for a copy of our monthly newsletter, the Sharing Tree @ www.glastonbury-ct.gov

Our Program & Office Staff:

Patti White, Supervisor of Senior Services
(860) 652-7646
Norma Carey, Program Coordinator
(860) 652-7655
Nicole Mercer, Administrative Secretary
(860) 652-7641
Diana Patterson, Customer Service Representative
(860) 652-7638
Lisa McKeon, Volunteer Coordinator
(860) 652-7605

B Glastonbury Senior Services

Winter 2020/21 Class Schedule

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

All programs will take place virtually via Zoom. 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	Classes	Fee
Book Discussion	Join fellow readers for a lively discussion on a current bestseller.	3rd Thursday 11:00 a.m.-Noon	Ongoing		No Fee
Current Issues	Discussions range from world-wide to national to local issues. Topics chosen at prior meeting.	1st & 3rd Fridays 10:00-11:30 a.m.	Ongoing		No Fee
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 p.m.	1/4-3/29	11	\$30
Lifelong Learning	The Great Courses: "Understanding Japan: A Cultural History"	Fridays 12:00-1:30 p.m.	1/15-3/26	12	No Fee
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 p.m.	2/11-4/8	8	\$30
Wheel of Fortune	Spin the Wheel for Fun Puzzles	1st & 3rd Mondays 1:00 p.m.	Ongoing		No Fee
Low Impact Cardio Dance Fitness	Perfect for active seniors who are looking for a class at a lower intensity with easy to follow choreography focusing on balance, range of motion and coordination.	Wednesdays 1:00-1:45 p.m.	1/6 – 3/31	13	\$40
Italian I & II Textbooks Required I: Learn Italian the Fast & Fun Way 4th Edition by Marcel Danesi II: Conversational Italian Dialogues by XXXX	Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required).	Thursdays Intermediate 9:00 a.m. Advanced 10:00 a.m.	1/7-3/25	12	No Fee
Let's Make Art Watercolor Class	Online learning with Norma following online tutorials.	Tuesdays 9:30-11:30 a.m.	1/12, 1/26; 2/9, 2/23; 3/9, 3/23	6	\$10/ Kit
Sudoku & Word Search	Challenge your brain and have some fun with your fellow Sudoku and Word Search Players.	Mondays	Ongoing		No Fee
Evening Movie	Cozy up to your Zoom Device with your dinner or snack and enjoy the movie with a discussion afterward.	Thursdays 5:00 p.m.	Ongoing		No Fee

H. Glastonbury Senior Services

Get Ready for an Hour of Armchair Travel Where in the World"

Friday, December 11, 2020

2:00 p.m.

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

In the Kitchen with Chef Nicole

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

Most recipes are single serve or small recipes.

- 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

Snowflake Holiday Celebration Drive Thru

Thursday, December 10, 2020

(Snow Date: Monday December 14, 2020)

1:00 p.m. - 2:30 p.m.

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

(Rain Date: Monday, February 8, 2021)

12:30-1:30 p.m.

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

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!

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

Fridays, January 15-March 26, 2021

Noon-1:30 p.m.

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, and 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.

What's in Your Wallet/Purse

**Wednesdays; January 13, February 17 &
March 24, 2021**

Join us for a Virtual Scavenger Hunt on Zoom and broadcast Live on Facebook! Call the Senior Center to register and a Zoom link will be sent to you. 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!!

15. Glastonbury Senior Services

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

Holiday Musical Celebration w/Jeff Wieselberg Wednesday, December 23, 2020 Noon-1:00 p.m.

Join us for a virtual holiday of music and fun!

New Year Celebration "2021"

**Tuesday, January 5, 2021
12:30-1:30 p.m.**

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 p.m.**

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 West Hartford Women's Chorale. You are in for a real treat!

Valentines Serenade with Paul Shlien

**Friday, February 12, 2021
12:30-1:30 p.m.**

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-A-long with Emily Hope

**Wednesdays, January 20; February 24;
March 31, 2021
2:30-3:30 p.m.**

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-a-long.

Sing-A-Long with Dr. Uke

**Fridays, January 29; February 26;
March 26, 2021
2:00-3:00 p.m.**

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

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.

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!!!

Healing Meditation

**Tuesday, December 8, 2020
1:00 p.m.**

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.

Men's Health - A Path to Health & Wellness

**Wednesday, January 27, 2020
1:00-2:00 p.m.**

Taking charge of your own health is an important. Understanding what are some common areas of concern related to men are 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.

