

Your source of information at the Glastonbury Senior Center.



Stay Active* Learn New Skills *
Meet New People.



Winter /Spring 2021



Revised Sharing Tree with Updated COVID Vaccine information. 2/16/21

In addition to healthcare workers, residents 65 and older can register for COVID-19 vaccination. In the meantime, please continue to be vigilant. According to experts the new strain of the virus is highly contagious. Wear your mask(s), keep washing your hands and practice social distancing.

If you are 65 or older and have NOT already made an appointment, you can register through the Vaccine Administration Management System (VAMS). This system requires an email account. VAMS website: <https://vams.cdc.gov/vaccineportal/>

Use this link to watch a short tutorial video on how to use VAMS (thanks to our friends at Wilton Social Services for creating this video). Ask a family member for help.

<https://m.youtube.com/watch?v=AJy6mA6Nmm0&feature=youtu.be>

If you're 65 years of age or older and unable to use the VAMS system, please call the community center at 860-652-7638 for assistance with scheduling a vaccination appointment at the community center. (At this time priority will be given to those 75 and older and based on availability)

Other options for scheduling appointments at other sites include:

COVID Vaccine Appointment Assistance line at 877-918-2224.

Hartford Healthcare Vaccine Hotline - 860-972-4993 – NEW

For updates on next phases of vaccinations go to the state of Connecticut's website:

<https://portal.ct.gov/Coronavirus/covid-19%20vaccinations>

Registering for Programs

Many programs are offered virtually 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 or Nicole Mercer at nicole.mercer@glastonbury-ct.gov. Registration with a valid email address is needed in order to receive the link to the Zoom meeting on the day of the program.

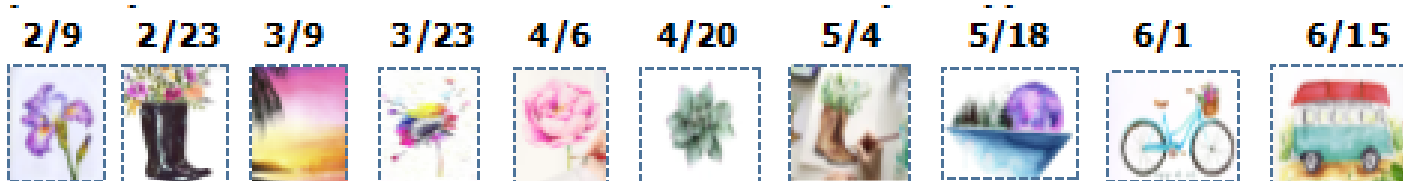
Virtual Art Programs

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.



Virtual Cooking Presentations

"In the Kitchen with Chef Nicole"

Wednesdays, March 31, April 21 & June 16, 2021

10:00 am

Savory French Toast in a mug

PBJ in a mug

Broccoli & rice in a mug

Curry Chicken salad

Mac & cheese in a mug

Chicken pot pie in a mug

Easy Lasagna

Brownie in a mug

Pumpkin pie in a mug

Most recipes are single serve or small recipes



Healthy Cooking with Lindsey or Sarabeth - Retail Dietitians at ShopRite

March 10 April 14

May 12

June 9

1:00 pm

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.

Great Reads & Discussions

Book Discussion Group 3rd Thursdays of the month 11:00 am - Noon

Gather with people who enjoy reading to challenge and stimulate their minds.

Feb: "Lincoln in Bardo" by George Saunders

March: "The Tattooist of Auschwitz" by Heather Morris

April: "Mayflower" by Nathaniel Philbrick

May: "The Friend" by Sigrid Nunez

June: "Affliction" by Russel Banks



Virtual Arts, Cultural and Travel Programs

Memory Lane Videos – Mike Elliott: *The Fabulous 40's – Part 1*

The Memory Lane shows were constructed as a combination of music therapy, reminiscence therapy, and cinema therapy—an interactive multimedia show described as “nostalgia on steroids”, the best of best of the pop culture in any particular year. Rare, live performances of the original artists singing the top songs of the year, the most memorable scenes from the highest grossing films, and the funniest scenes from the most popular TV shows. The specialty shows narrow the field to such performers as Sinatra and Elvis, or holidays such as Bob Hope and the USO shows (Veterans and Memorial days) and the Christmas special. <https://vimeo.com/406979710>

Looking to get away?

New York Times 52 Places to Go: <https://www.nytimes.com/2020/04/14/travel/52-places-to-go-virtual-travel.html> The Times has chosen 52 beautiful and interesting places all around the world for our armchair travelling enjoyment. Wander into the belly of an Egyptian pyramid, explore the house where Mozart was born, or fly over the rocky peaks of Glacier National Park. (You may need to create a free New York Times account to access this article.)



Lifelong Learning: The Great Courses: Celtic World:

Tuesday Evenings 6:00 pm

March 9, 2021 - May 25, 2021

Presented by Jennifer Paxton Ph.D.

When you hear the word “Celtic,” which images come to mind? These days it could easily be Braveheart, kilts, leprechauns, and St. Patrick’s Day. However, since the surge of interest and pride in Celtic identity since the 19th century, much of what we thought we knew about the Celts has been radically transformed. From the warriors who nearly defeated Julius Caesar to Irish saints who took on the traits of Celtic deities, get to know the real Celts.

With a wealth of historical expertise, Professor Jennifer Paxton, Director of the University Honors Program and Clinical Assistant Professor of History at The Catholic University of America, guides you through each topic related to Celtic history with approachability and ease as you unearth what we once thought it meant—and what it may actually mean—to be Celtic.



Lifelong Learning: The Great Courses: Customs of the World

Fridays, April 9, 2021 - June 25, 2021 Noon - 1:30 pm

Presented by David Livermore, Ph.D.

In Customs of the World: Using Cultural Intelligence to Adapt, Wherever You Are, you’ll learn both the values held by cultures around the world and how those values influence behavior so you can successfully accomplish your objectives, no matter what the cultural context. Taught by Professor David Livermore of the Cultural Intelligence Center, these 24 eye-opening lectures address dynamics and customs related to working, socializing, dining, and marriage and family—all the areas necessary to help you function with a greater level of respect and effectiveness wherever you go.

Virtual Monthly Monday Brain Games @ 2 pm

Challenge your brain!

- * February - Sudoku * March - Word Search * April - Crosswords
 * May - Wheel of Fortune * June - Jumble Word Game
- Register for your favorite Puzzle month**



VIRTUAL Adult Programming 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 @ www.wtmlib.info

	April		May		June
1	6:30 pm CTHS: Tapping into the Past	6	6 pm Go, Van Gogh!	3	6 pm Genealogy Basics: Using the US Census
8	6 pm Understanding the Paranormal	10	6 pm Let's Make Lemon Bars	8	6 pm Understanding Dementia
14	6 pm Stunning Spring Perennials	17	6 pm Titanic: A Date with Destiny	30	6:30 pm Cookbook Club
19	6 pm The Call of Kilimanjaro	26	6:30 pm Cookbook Club		
28	6:30 pm Cookbook Club				

Virtual Community Juke Box Bingo



It's a "Heart"y Party! Saturday, February 13, 2021 6:30 pm

All the numbers are replaced with songs! A 30 second music clip will play, you name the song, check your card, mark it off, get 5 in a row and YELL...BINGO!

Sign up no later than Friday, February 12, 2021 at noon and Bingo cards and a zoom link will be e-mailed to you on the 13th. Lovely prizes will be mailed to the winners the week of February 15, 2021.



Virtual Program -

Matt Snyder & Friend(s) Friday, March 12, 2021 3 pm - 4 pm

Have you ever watched the show "*Whose Line is it Anyway?*" starring Drew Carey and Wayne Brady? This show takes the phrase 'audience participation' literally.

Members of the studio audience suggest ideas for the games and skits for the actors to perform.

Well, this time with some guidance we (zoom audience) will suggest what we would like Matt and his fellow actors to perform.

Many of you know Matt, as our evening & weekend Program Coordinator. What you may also not know is that he performs Improv at the Sea Tea Comedy Theater in Hartford. Matt utilizes his wit, humor and ukulele to make people laugh, so what better way to enjoy a Friday afternoon than to join the fun!

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!



St. Patrick's Day Celebration with Mulcahy Irish Dance Students via Zoom -
Wednesday, March 17, 2021 11:30 am - 12:15 pm

We hope you will be able to join us for this amazing program with The Mulcahy Irish Dancers! These dancers range in all ages and are sure to be a delight. Don't forget to wear your brightest emerald green attire.

Name That Tune & Sing-along with Emily Hope
Wednesdays, March 31, April 21 & May 19 - 2:30 pm

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, March 26 ; April 30 and May 28, 2021 2 pm

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



One Man Band - John Paolillo performing virtually
Thursday, April 15, 2021 12:30 pm - 1:15 pm

Springtime brings John Paolillo to sing his way into your hearts. This one man performer is from Westbrook, CT and will be sharing his love of music live on Zoom and Facebook.

Stay Safe - Drive-thru Event



Spring Bonnet Parade Drive-thru
Tuesday April 6th (Rain date Thursday April 8th)
1:00 pm - 2:00 pm



Come dressed in your favorite Easter/Spring bonnet or decorate your car with spring bows or flowers. Seasonal themed gifts 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, March 26, 2021**



Glastonbury Senior Center Short Story or 6 Word Memoir Contest 2020/2021
"It Happened in Quarantine"

Open to senior citizens that are unpublished writers. Entries must be original short Stories or Six Word Memoirs regarding the 2020 COVID-19 pandemic quarantine. The stories should be no more than 1000 words.

The deadline for submission has been extended to April 1 and may be submitted electronically to nicole.mercer@glastonbury-ct.gov. Prizes to be awarded - 1st prize: Visa gift card; 2nd prize Senior Center program voucher. Multiple entries may be submitted.

HEALTH & INFORMATIONAL SEMINARS

Tuesdays, February 16 & March 16, 2021 1:00 pm

Presented by Mirela Mujcinovic, Substance Abuse Prevention Coordinator

February- How does alcohol affect safety? What is alcohol? 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 does 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?

COVID-19 Vaccine informational discussion Wednesday, February 24, 2021 10:00 am

Presented by: Town of Glastonbury Health Dept. Call 860-652-7638 for information.

COVID-19 Fatigue Support Wednesdays, Feb. 24, March 24, & April 21, 2021 11:30 am

Join Jessica Daniels and Dana Segall Licensed Clinical Social Workers for the Town of Glastonbury help you work through our COVID 19 fatigue! The discussions will be on finding direction, creating connections and self compassion.

Understanding Arthritis

Wednesday, March 10

11:30 am

Come learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it.

Presented by Evan Gross, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare and Glastonbury Senior Center.

Welles-Turner Memorial Library Renovations/Expansion Update

Thursday, March 18, 2021

11:30 am

The renovation/expansion of Welles-Turner Memorial Library is underway. Completion is scheduled for the end of this year. The project features: an enlarged children's area, a larger and enhanced teen area and a dedicated makerspace. Presented by: Barbara Bailey, Library Director

Probate during COVID-19

Thursday, March 25, 2021

11:30 am

Navigating the probate court system can be a challenging experience for many. Learn about the range of important services provided through the local Probate Court.

Presented by: Probate Judge Sean Michael Peoples.

COVID & Other New Scams

Tuesday, April 13, 2021 11:30 am

Join in on the discussion of the many SCAMS that exist and how you can stop it from happening to you or your loved ones. Presented by: Town of Glastonbury Community Officer Michael Magrey

Tremble Clefs -Therapeutic Singing for Individuals with Parkinson's

Wednesdays 5:30 pm

Thursdays 11:30 am

The Tremble Clefs therapeutic singing program establishes its' groups with these primary benefits. Focus is on utilizing good breathing practice, louder voice volume and wider pitch range; thus addressing some of the most serious voice symptoms found in people with Parkinson's.

Presented by Karen Skipper, MT-BC—Orange Coast Music Therapy

Call for more information at 860-652-7655 or email norma.carey@glastonbury-ct.gov

Eye Openers Support Group meeting via Zoom on the 4th Friday of the month from 10:30 to 11:30. If you are interested in joining the group, please call Susan Parrotta at 860-652-7636

Glastonbury Parks & Recreation

Walking Challenge - Walking is a great form of exercise that has many important health benefits. Looking for some extra motivation to get out and walk? Join our Walking Challenge which will include weekly emails about great places to walk, tracking your walking and more!

Senior Fitness Program - Glastonbury Parks & Recreation is excited to partner with a new vendor, Select Physical Therapy, to provide Senior Fitness classes. We are planning a variety of options for Senior Fitness including prerecorded videos, live ZOOM classes and both indoor and outdoor in person classes for the spring. Please check www.glastonburyct.gov/recreation for a full list of programs which will be available by February 1st.

Important Information from Community Officer Michael Magrey

Car Thefts on The Rise in Glastonbury!!

In 2020, Glastonbury saw a 295% increase in vehicle thefts and a 94% increase in thefts from vehicles in Glastonbury compared to 2019. Ninety-one percent of the vehicles stolen from Glastonbury have been recovered to date, and 27% of those recovered had been damaged upon recovery, ranging from minor dents & dings to completely totaled. Approximately 87% of all vehicles stolen in Glastonbury were left unlocked, and in 80% of the cases, victims reported they had left their keys in the vehicle. Nine of the stolen vehicles were left running, either warming up in a driveway or while a driver ran into a store.

In addition to stealing vehicles, many thieves steal items, cash and anything they can find from unlocked vehicles. In some instances, thieves have smashed a window to get a purse sitting on the front seat. Less common thefts that do occur include vehicle rims and catalytic converters.

The simplest and most effective thing we can all do to prevent these types of crimes, is lock our vehicles. Take your keys and make sure the key fob is not close enough for the vehicle to be started. Don't leave any valuables inside the vehicle, especially not in plain sight. If your vehicle does have an alarm system make sure it is armed when leaving your vehicle. You can purchase anti-theft items such as a "faraday box", which will stop your vehicle key fob from communicating with the vehicle. If word gets out amongst the thieves that Glastonbury isn't worth the time and effort, they might just stop coming. Let's work together to keep Glastonbury safe! If you have any questions please contact me at michael.magrey@glastonbury-ct.gov. (Town of Glastonbury Community Police Officer)

DO YOU WANT TO IMPROVE YOUR BALANCE?

Join our **VIRTUAL** Tai Ji Quan:
Moving for Better Balance® Class!



**CT Healthy Living
COLLECTIVE**

Glastonbury Senior Center and the CT Healthy Living Collective
will be running Tai Ji Quan®: Moving For Better Balance soon!

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties.

No prior experience with Tai Chi is needed.

- You will learn the movements over 24 weeks in classes held twice a week.
- Classes are taught **VIRTUALLY** by trained instructors in a supportive environment.
- This program can accommodate individuals who need some assistance with walking, such as use of a cane.

Limited spots available: Sign up now!

This 24 week program will run twice a week beginning **March 15, 2021.**

Mondays and Thursdays from 2:30 pm – 3:15 pm

This is a virtual class held via Zoom. If you need assistance with Zoom, please contact us!

This program is offered at no charge in partnership with the CT Healthy Living Collective and funded in part by the Older Americans Act through the North Central Area on Aging.

Visit www.cthealthyliving.org for more information.



**Town of Glastonbury
Senior Services Department
300 Welles Street
Glastonbury, CT
(860)652-7638**

COVID-19 UPDATE

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

www.glastonburyct.gov/covid19

Aging Mastery Program®

Join the **VIRTUAL** adventure!

Aging Mastery Program®

National Council on Aging

CT Healthy Living
COLLECTIVE

The Glastonbury Senior Center and the CT Healthy Living Collective will be running a **VIRTUAL Aging Mastery Program®** starting March 10th.

(You do not have to be a Glastonbury resident to participate in this class!)

The Aging Mastery Program® (AMP) encourages mastery – developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in the VIRTUAL AMP, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Feel less isolated, more connected and meet new friends!

Limited spots are available so sign up now!

This Virtual AMP will run for 10 weeks from March 10, 2021 – May 19, 2021

This is a virtual class to be held on-line through Zoom. You will need a computer or smartphone with a camera and a microphone. If you need help with Zoom, we will work with you!

The goal of the class, created by the National Council on Aging (NCOA) is to empower older adults with the knowledge to make important decisions that will allow them to age well. Topics of the sessions include Navigating Longer Lives, Physical Activity, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advanced Planning, Healthy Relationships, Falls Prevention and Community Engagement.

AARP Tax-Aide Program
Begins February 17, 2021

Mondays, Wednesdays and Thursdays
Morning Appointments Only

Due to the COVID 19 Pandemic the AARP Tax-Aide Program will not be able to serve as many people as in prior years. To obtain this service you must meet the following criteria:

- 1. Be 60 years of age or older or permanently disabled**
- 2. Have a Gross Adjusted Household Income of under \$75,000**
- 3. Have had your taxes done by AARP in either of the last two years**
- 4. Must be a resident of the Town of Glastonbury**

Please call 860-652-7638 to schedule your required appointment. No walk-ins will be accepted. AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals.

This year you will drop off your documents at the Riverfront Community. Your return will be prepared off-site, and you will pick up the completed return at the Community Center as well. Any consultation needed to prepare your return will be handled by phone. Upon your approval, the completed return will be e-filed with the IRS and CTS.

Registrants will receive an 8-page intake/interview & Quality Review Sheet which must be completed in advance of their appointment. You will receive a detailed listing of what documents to bring to the RCC. All drop offs and pickups will be at the Riverfront Community Center only.

To keep everyone as safe as possible during COVID, having a cell phone with you when you drop off your paperwork is strongly recommended. This will enable you to communicate with the AARP tax preparer assisters on site while you wait in your car. In some instances, tax preparers may call you at home to discuss your return.

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, and 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.

URCommunityCares.org digitally connects each community's local volunteers with older residents and adults with physical disabilities (temporary or permanent) who need at-home help. Services include basic household chores, yard work, local transportation and companion visits (safely distanced or virtual). UCC is 100% volunteer-based and, thanks to grants and donations, provides these trusted services at no charge. All participants are background-checked and visits are requested through our secure website. Throughout Connecticut, many at-risk neighbors continue to be affected by COVID-19's disruptions to everyday life, from becoming socially isolated and sedentary, to obtaining groceries and other essentials on their own. To learn more, go to www.URCommunityCares.org, or call 860-430-4557 or email info@urcommunitycares.org. Please consider enrolling online today if you are in need of help at no charge, want to volunteer to help, or can donate any dollar amount to support our direct program costs.

Social Services News

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

- SPEAK** with a member of the Social Work staff
- FIND** out what programs you may qualify for
- MAKE an APPOINTMENT** for any financial assistance applications
- Get REFERRALS** to appropriate programs and services
- Learn about and/or apply for MEDICARE**

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

Kathryn Carfi: 860-652-7644

Theresa Buckson: 860-652-7640

Evelyn Lopez: 860-652-7652

Susan Parrotta: 860-652-7636

Information available at time of printing, and is Subject to change.

Energy Assistance - Glastonbury Social Services continues taking applications for heating assistance through May 3, 2021. 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. More information and appointments are available by calling Social Services at 860-652-7638.

Homeowner's Tax Credit - Applications for Elderly and Totally Disabled Tax Relief are accepted through May 15, 2021. Applicants for the Additional Veterans Exemption have until October 1, 2021 to complete that application. Applicants must have been aged 65 by 12/31/2020, or permanently disabled, reside in the home and have ownership of it. Income limits, based on 2020 income, are \$37,600 for an individual and \$45,800 for a married couple for the State Elderly and Totally Disabled program. The income limit for the Town Elderly Tax Relief program is \$59,740 for both individual and a couple.

Income includes Social Security, all interest, taxable and non-taxable income. Applicants are required to provide a copy of their Social Security 1099 for 2020 and federal income tax return, if filing or all 1099s if not filing federal taxes. Those residents needing to complete their bi-annual renewal will have received a letter and application in the mail from the Town. Applications are also available on the Glastonbury Assessor's web page and State of CT OPM's web page. For more information, please call the Assessor's Office at 860-652-7600 or Social Services at 860-652-7638. Completed applications and documents can be returned to the Drop Box located outside the Customer Service entrance to Town Hall.

Renters Rebate - Renters Rebate application will be accepted April 1 through October 1. Glastonbury residents age 65 or older by 12/31/2020 or those receiving Social Security Disability are eligible if their 2020 income was \$37,600 or less for an individual or \$45,800 or less for a married couple. There is no asset limit for this program.

The following documentation is required:

- 1) Income for 2020 – SSA 1099 required; income tax, if filed, or all 1099s if not
- 2) Rent paid for each month of 2020
- 3) Utilities paid for each month of 2020
- 4) Proof of disability if not on Medicare and below age 65

Applications will be available in Glastonbury Housing Authority sites and Naubuc Green, or 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 April 7 and April 21, May 5, May 19, June 2, June 16 and June 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 paper pantry providing paper and personal products, Carol's Closet is open to Glastonbury residents the third Saturday of each month, which will be April 17, May 15 and June 19 from 10 AM to 11:15 at St. James Church, 2584 Main Street.

Medicare - For information on Medicare, you can visit www.medicare.gov, call Medicare at 1-800-633-4227 or make an appointment with one of the CHOICES trained counselors at the Riverfront Community Center by calling 860-652-7638.



Thursday Movies showing on Zoom 5:00 pm
After the movie enjoy a lively conversation with
your fellow movie watchers that will be facilitated by a volunteer. Share your movie critic views



April 1 "Scandal in Sorrento" (1955) **** Starring Vittorio De Sica, Sophia Loren and Lea Padovani - When a marshal moves back to his hometown, he finds a woman renting his property who refuses to leave but soon captures his affection. Rated TV-PG/Classic Movie/1 hour 33 minutes.

April 8 "The Longest Yard" (1974) *** Starring Burt Reynolds, Eddie Albert and Ed Lauter - Scores will be settled when an imprisoned former football star assembles a team of fellow inmates for a gridiron showdown against their guards. Rated R/Sports Comedy/2 hours.

April 15 "Quartet" (2012) **** Starring Maggie Smith, Tom Courtenay and Billy Connolly - A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Rated PG-13/Comedy/1 hour 38 minutes.

April 22 "Dolly Parton, Here I am" (2019) **** Starring Dolly Parton - Dolly Parton leads a moving, musical journey in this documentary that details the people and places who have helped shape her iconic career. Rated TV-14/Documentary/1 hour 29 minutes.

April 29 "I AM WOMAN" (2019) **** Starring Tida Cobham-Hervey, Danielle Macdonald and Evan Peters - In the 1960's, Australian singer Helen Reddy struggles with misogyny in the music business-until she records an anthem for the women's movement. Rated TV-MA/Inspiring/1 hour 56 minutes.

May 6 "The Producers" (2005) **** Starring Nathan Lane, Matthew Broderick and Uma Thurman - A has-been Broadway producer and a timid accountant scheme to raise money for a play that's sure to be a flop so they can then pocket the extra cash. Rated PG-13/Musical/2 hours 14 minutes.

May 13 "Barbra, The Music... The Mem'ries... The Magic!" (2017) **** Starring Barbra Streisand - Iconic songstress Barbra Streisand culminates her 13-city tour in Miami with dazzling ballads, Broadway standards and stories from behind the scenes. Rated TV-14/Music/1 hour 48 minutes.

May 20 "Fisherman's Friends" (2019) **** Starring Daniel Mays, James Purefoy and David Hayman - Sea shanties have long united 10 Cornish fishermen, but when their chants sail to the music charts, their friendship is kept at bay. Rated PG-13/Feel-Good/1 hour 51 minutes.

May 27 "The Prom" (2020) **** Starring Meryl Streep, James Corden and Nicole Kidman - A group of down-on-their-luck Broadway stars shake up a small Indiana town as they rally behind a teen who just wants to attend prom with her girlfriend. Rated PG-13/Heartfelt, LGBTQ/2 hours 12 minutes.

June 3 "Enola Holmes" (2020) **** Starring Millie Bobby Brown, Henry Cavill and Sam Claflin - While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord. Rated PG-13/Witty/2 hours 3 minutes.

June 10 "Quigley Down Under" (1990) **** Starring Tom Selleck, Laura San Giacomo and Alan Rickman - After traveling to Australia for a job, a sharpshooting cowboy becomes a target himself when he refuses an immoral assignment from a corrupt landowner. Rated PG-13/Adventure/1 hour 59 minutes.

June 17 "Miracle" (2004) ***** Starring Kurt Russell and Patricia Clarkson - US hockey coach Herb Brooks unites a motley crew of college athletes and turns them into a force to be reckoned with at the 1980 Winter Olympics. Rated PG/Inspiring/2 hours 16 minutes.

June 24 "Faith, Hope & Love" (2019) **** Starring Robert Krantz, Peta Murgatroyd and Corbin Bensen - After shattering losses, a recent divorcee and a heartbroken widower restore their lives when they partner for a dance competition to save her studio. Rated PG/Romance/1 hour 46 minutes.

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>

Spring Class Schedule 2021

Registration for all classes will begin on March 1, 2021. 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.

Due to the uncertainty of the COVID pandemic we may need to continue in the coming months to hold some or many of our programs virtually through zoom. If it is determined to be safe by our health authorities we will make every effort to hold them either outside or in an indoor space that is determined to be of adequate size to safely social distance. For more information please call 860-652-7638 to find out the up to date information on program locations.

Thank-you for your patience and understanding as we continue to navigate our way through these uncharted circumstances.

Class	Description	Meets	Dates	# of Classes	Fee
Italian I & II Textbooks required Call for info 860-652-7638	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	April 1 - June 30	13	No Fee
Stretchcize 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	April 5 - June 28	12	\$60
INTERMEDIATE LINE DANCING	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 am—Noon	May 6 - June 24	8	\$40
Let's Make Art Watercolor Class	Online learning - with Norma as we follow along these online Tutorials.	Tuesdays 9:30 - 11:30 am	See Page #2		\$10 per kit
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
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesday 11:00 am—Noon	May 5 June 23	8	\$40
Lifelong Learning Evening	In " <i>The Celtic World</i> ," discover the incredible story of the Celtic-speaking peoples, whose art, language, and culture once spread from Ireland to Austria.	Tuesday Evenings 6 pm - 7:30	March 9 - May 25	12	No Fee
Lifelong Learning Afternoon	" <i>Customs of the World</i> " Using cultural Intelligence to adapt, wherever you are,.	Fridays Noon - 1:30 pm	April 9 - June 25	12	No Fee
Qigong Meditation	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises	Tuesdays 2:30 - 3:30 pm	April 6 - June 29	13	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	April 22 - June 24	10	\$50

**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**

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
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