

The Sharing Tree

Your source of information at the Glastonbury Senior Center.



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



Spring 2021

Are you ready for In-Person Programs?



Senior Golf League Minnechaug Municipal 9 Hole Golf Course

Put your best club forward and enjoy the game and sunshine with fellow golf enthusiasts.



Mondays 9:00 am

**6 week Spring League April 19—May 24, 2021 \$100 (w/cart)
10 week Summer League June 14 - August 23, 2021 \$175 (w/cart)
(includes pizza party and prizes at end of summer league)**

To register please call: 860-652-7638



**Join us for this special outdoor program (Limited seating)
Stories From The Attic: Military Memories Friday, May 21, 2021
1:00 pm - 2:00 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." **Pre-Registration is required - call 860-652-7638.**



**Pizza on the Patio Thursdays, May 6 & 20; June 10 & 24, 2021
12:00 pm—1:00 pm**

Who doesn't love pizza!!! \$5.00 per person. Will be served with beverage and chips. Location: Socially distanced on the patio in the rear of the building. (weather permitting). Register ahead of time and pay the day of. Please have exact amount

as no change will be given. **Limited seating capacity. To register call (860)652-7638 (After April 15, 2021)**

All programs are subject to CDC, state and local health department guidance in place at the time when the program runs. All social distancing guidelines and mask protocols must be followed. All participants will be required to attest to their wellness prior to each senior services sponsored program/activity.

New Way to Register for Programs

The Glastonbury Senior Services Division will be starting to use a new program registration software called MyRec.com.

This is a very exciting development for our department which we anticipate will be a very easy system for many of you to register with and pay for our programs on-line. For those who want to register by phone or mail you can still do so and once we are open again to the public you will always be able to register in person. Or you can email us at senior.services@glastonbury-ct.gov.

We are planning to begin registering in the new system on April 15, 2021. Before that can happen, you will need to take some time to create an account in the system.

See below on how to create an account and set up the members of your household. If you have any questions or need assistance please call us at 860-652-7638.



How to Create Your Account

Creating an account is a one-time event that allows you to utilize this system. It is not a registration by itself.

On your computer go to the following website:

<https://glastonburyct.myrec.com/>

- Click on Choose an "Account Type"
- Enter the Primary Account Member
- Enter the Primary Account Member Contact Information
- Choose if you want to Receive Emails for:
 - General Notices (program promotion, special event information)
 - Cancellations
- Create a User Name and Password (Password must have 8+ characters, an uppercase & lowercase letter, a number, & a symbol; Accepted symbols: ~!@#\\$%\^&* <>?)
- After your account is created click on the register tab and follow the prompts to register for senior programs.

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 for just 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).**

4/6



4/20



5/4



5/18



6/1



6/15



Virtual Cooking Presentations

"In the Kitchen with Chef Nicole"

Wednesdays, April 21 & June 16, 2021 10:00 am



PBJ in a mug
Curry Chicken salad
Brownie in a mug
Broccoli and rice in a mug

Mac & cheese in a mug
Pumpkin pie in a mug
Chicken pot pie in a mug

Most recipes are single serve or small recipes



Healthy Cooking with Lindsey or Sarabeth - Retail Dietitians at ShopRite 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.

Virtual Arts, Cultural and Travel Programs

CUSTOMS
of the
WORLD



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.



Lifelong Learning: The Great Courses: National Geographic Polar Explorations Tuesday Evenings 6:00 pm June 8 - August 17, 2021

Presented by Explorer-in-Residence, National Geographic Sylvia A. Earle, Ph. D. National Geographic Contributing Writer Fen Montaigne, Journalist National Geographic Photographer Ralph Lee Hopkins, Professional Photographer, Professor Edward M. Murphy, Ph.D., and Professor Michael E. Wysession, Ph.D.

This comprehensive tour of the Arctic and Antarctic regions will not only demonstrate the beauty and history of these exceptional places, but it will also make you understand their irreplaceable value—not only for those who live and work there, but for all of us.

Upcoming Outdoor Programming

All programs are subject to CDC, state and local health department guidance in place at the time when the program runs. All social distancing guidelines and mask protocols must be followed. All participants will be required to attest to their wellness prior to each senior services sponsored program/activity.

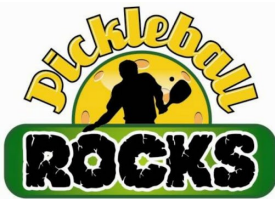


On the patio! Limited seating
Registration required call 860-652-7638 (After April 15, 2021)

May 10 - 1 pm - "Yes Day" (2021) **** Starring Jennifer Garner, Edgar Ramirez, Jenna Ortega, Julian Lerner and Everly Carganilla. For 24 hours, kids make the rules. Comedy/Family/2 hours 20 min

May 24 - 1 pm - "Wine Country" (2019) **** Starring Amy Poehler, Maya Rudolph and Rachel Dratch. Six women question their friendships and futures when they travel to Napa Valley, California, to celebrate a 50th birthday. Rated R/Comedy/1 hour 43 minutes.

June 14 - 1 pm - "The War with Grandpa" (2020) **** Starring Robert DeNiro, Uma Thurman and Christopher Walken. Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Rated PG/Comedy/2 hours 21 minutes.



Join the Fun Spring / Summer Pickleball at Addison Park
Tuesday/Thursday Evenings 4 pm - 8 pm - Saturday Mornings 9 am - noon

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26-40 round holes, over a net. So bring your racket & Pickleball to play this fun game!

To register please call: 860-652-7638 (After April 15, 2021)

On The Patio at RCC



Knitting/Crochet Group Mondays 10 am - 11:30 am

Lessons available for beginners or if you need assistance finishing a project; materials provided to make donated items.



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

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

April: "Mayflower" by Nathaniel Philbrick;

May: "The Friend" by Sigrid Nunez;

June: "Affliction" by Russel Banks.



Limited In-Person Programs

Bingo - Fridays, May 7 & 21, June 4 & 18, 2021 1:00 pm



Did someone say Bingo? Yes! Limited capacity Bingo will be offered at the center. Paper Bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) or you can bring your own. You are not allowed to borrow other people's dabbers. If you forget your dabber, you can purchase another one (\$1.00) from the Senior Center.

PRE-REGISTRATION IS REQUIRED (NO WALK-INS ALLOWED) BY CALLING (860)652-7638 (After April 15, 2021)



MONDAY MORNING INDOOR WALKING 10:00 AM - 1:00 PM (Please note time changed after newsletter went to print)

Call the Senior Center or register on line **after April 15, 2021** to reserve your walking time. Limited to 30 minutes and 5 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.



Billiards - by appointment only!

April: Tuesdays and Fridays 9:00 am - 3:00 pm

May: Mondays, Wednesdays, Fridays 9 am - 3 pm

Call (860)652-7638

(After April 15, 2021)



You must call the Senior Center to reserve a play time. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time maybe limited based on demand.

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**



Memorial Day Drive-thru Event Friday, May 28, 2021 Noon - 1:00 pm

Decorate your car, wear your red, white and blue and join us as we remember and honor those who courageously gave their lives. Remembrance gift 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, May 21, 2021**

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!



Name That Tune & Sing-along with Emily Hope
Wednesdays, 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, April 30 and May 28, 2021 2 pm - 3 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.

April 30, 2021 Water, Water Everywhere!

Virtual CT Multi-Senior Center program 1 pm - 2:30 pm

Featuring fun and engaging presentations about the oceans and rivers in CT including Sea Shanties performed by Tom Callinan, a multi-faceted performing artist designated Connecticut's first "Official State Troubadour" in 1991. Participants must register ahead of time to receive the link.

Please email: norma.carey@glastonburyct.gov or go to Glastonbury Senior Center Facebook Page and click on the link to register.

Save the Dates for Upcoming Statewide Virtual Senior Center Events

May 21, 2021

Save the Date

CT Virtual Senior Center

CELEBRATE OLDER AMERICANS MONTH

MAY 21ST FROM 1 - 2:30PM VIA ZOOM

CT Healthy Living COLLECTIVE

AARP Real Possibilities Connecticut

June 25, 2021

CT Virtual Senior Center

JUNETEENTH

Celebrate Freedom

June 25th from 1 - 2:30 pm via Zoom

Save the Date

CASCI

CT Healthy Living COLLECTIVE

AARP Real Possibilities Connecticut

The in person AARP Smart Driver Safety will be delayed until September 1, 2021.

Refreshing your driving skills from home could reduce your auto insurance costs.

25% off for online course.

Register at www.aarpdriversafety.org

Use promo code: **DRIVINGSKILLS**

HEALTH & INFORMATIONAL SEMINARS

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

COVID-19 Fatigue Support Wednesday, April 21, 2021 11:30 am

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

All About Connecticut Humane Society (CHS) Tuesday, May 18, 2021 12:00 pm

Are you interested in learning how you can make a difference for pets in need? Take a closer look at the services that CHS provides during this interactive program. Learn about all the ways CHS serves pets and how you can get involved with pets in need.

Tremble Clefs -Therapeutic Singing for Individuals with Parkinson's Thursdays 11:30 am This is an ongoing program Wednesdays 5:30 pm

The Tremble Clefs therapeutic singing program focuses on utilizing good breathing practices, 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



GLASTONBURY GIVES & CARES CHORES PROGRAM



This program is designed to help residents age in place in their own homes by matching screened community volunteers with seniors and disabled individuals in need of additional assistance in their homes and yards.

ASSISTANCE CAN INCLUDE:

**LIGHT HOUSEKEEPING
YARD WORK
OTHER MISCELLANEOUS CHORES**

**SNOW REMOVAL
TECHNOLOGY ASSISTANCE
GENERAL ERRANDS**

ELIGIBILITY FOR SERVICES:

A beneficiary must be 60 years of age or living with a permanent disability and a resident of Glastonbury. Residents in need should contact the Chores Program Coordinator, Matt Snyder at (860) 652-7645 or email: matthew.snyder@glastonbury-ct.gov

General inquiries can be made by calling the main line at the Glastonbury Senior Center (860)652-7638

The Program is funded in part by the Older Americans Act through the North Central Area Agency on Aging and with donations from community members.

COVID-19 UPDATE

To find recent information on the COVID virus impact on town services go to:
www.glastonburyct.gov/covid19

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

<https://glastonburyct.myrec.com/>

Main number: (860)-652-7679

Walk this May - 31 Miles in 31 Days Challenge Run, Walk, Roll or Bike 31 Miles in 31 Days this May. Explore Glastonbury Parks and step into a healthier lifestyle this May! The challenge begins May 1st to complete 31 miles of exercise, try new healthy tips and step outside your comfort zone and explore a new park. **Registration is \$5 to receive your tracking sheet. Complete the challenge to win a cool prize!**

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.

Welles Turner MEMORIAL LIBRARY

VIRTUAL Adult Programming April—June 2021

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				

Springtime Word Search

Gardening

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

Water Garden Hose Weeding Trugs Wood Chipper Pole Saw Garden Tools
 Bark Vines Honey Eater Green Bin Green Waste Spade Garden Fork
 Loppers Clippings Noxious Weeds Wheelbarrow Pathways Flowers
 Secateurs Pruning Roses Pots Garden Furniture Worm Farm
 Weeds Lawn Mower Chainsaw Garden Shredder Lavender Birds
 Fruit Vegetables Shrubs Trees Bushes Garden Shed | Whipper Snipper
 Rocks and Stones Soil Grass Garden Bed Plants Greenhouse

CARING AND CONNECTING

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 Service

The Town of Glastonbury Dial-A-Ride Service is available for transportation on a 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.

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

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 not available at the time of publication. 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/gsy2Ph6kSf8>

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

<https://youtu.be/hIkCmbvAHQQ>

Spring Class Schedule 2021

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)	Virtual Program 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.	RCC - Community Rm B Mondays 1:00 - 1:45 pm	April 5 - June 28	12	\$60
Low Impact Cardio Dance Fitness	Perfect for active seniors who are looking for a class at a lower intensity w/easy to follow choreography focusing on balance, range of motion and coordination	RCC - Community Rm B Wednesdays 1:00 - 1:45 pm	May 5 - June 23	8	\$40.00
INTERMEDIATE LINE DANCING	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	RCC - Community Rm B 10:30 am - 11:30 am	May 6 - June 24	8	\$40
Let's Make Art Watercolor Class	Online learning - with Norma as we follow along these online Tutorials.	Virtual Program 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	Virtual Program 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.	RCC - Outdoor or Community Rm B 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.	Virtual Program 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,.	Virtual Program 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	RCC - Outdoor or Community Rm B 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.	RCC—Outdoor or Community Rm B 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**

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