

Your source of information at the Glastonbury Senior Center.



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



Summer 2021



The Long and Winding Road

*"The long and winding road
That leads to your door
Will never disappear
I've seen that road before."*

The Beatles

Dear Friends:

Welcome Back!! It truly has been a long and winding road during the past fourteen months. But we made it, and the path forward is getting clearer and brighter each day!

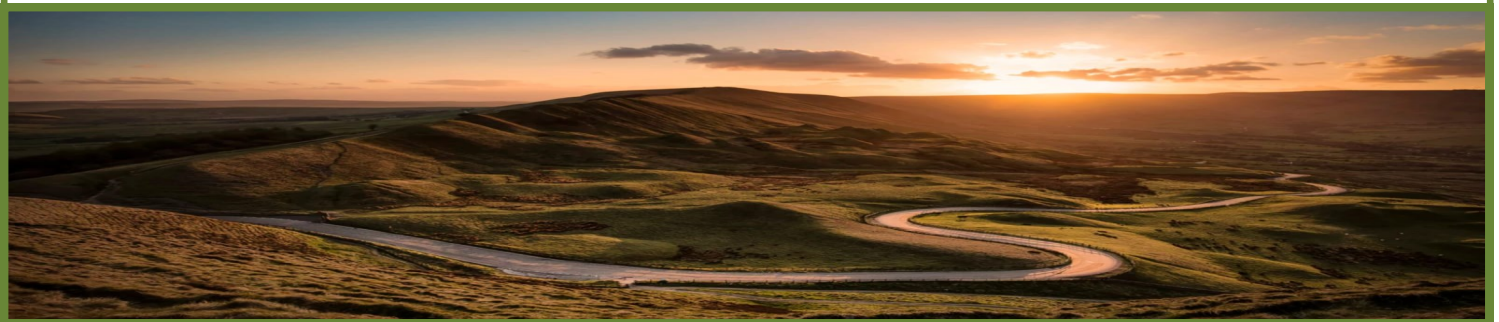
As you will see in the following pages, we are now able to offer in-person programs on a limited basis by appointment/registration. And as health guidance allows, we will try our best to keep expanding our in-person programming, and are hopeful that we will be able to offer lunch inside the building soon.

As we prepare the newsletter today, the community center is still closed to the general public, however participants are allowed access for specific programs and the patio is open for lunch service and Pizza Parties! We are now providing Dial-A-Ride daily with certain social distancing requirements in place. By the time you get this we may even be open to the public!!

We hope you will soon join us on this familiar journey and enjoy your favorite activities once again!

Best Regards,

The Senior and Social Services Department staff



How to Register for Senior Center Programs and Activities:

Registration for programs can be made in the following ways:

1. Register in the online MyRec system at: <https://glastonburyct.myrec.com/>
 2. Register by phone (860) 652-7638 or mail to 300 Welles Street, Glastonbury, CT 06033
 3. Register in person at 300 Welles Street (subject to COVID restrictions)
- 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 email us at senior.services@glastonbury-ct.gov



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).



Virtual Arts, Cultural and Travel Programs



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.



Lifelong Learning: The Great Tours: Ireland and Northern Ireland

Friday Afternoons 12:00 pm July 9 – September 24, 2021

Presented by Professor Marc C. Conner, Ph.D.

Ireland is one of the most enchanting places in the world to visit. Split between the independent Republic of Ireland and the British Northern Ireland, the Emerald Isle is home to breathtaking natural scenery; world-renowned artistic and cultural achievements; and a mysterious, passionate—and sometimes turbulent—history. From the spectacular vistas of the Cliffs of Moher to the hallowed stage of the Abbey Theatre, a tour of this magical island rewards even armchair travelers with a unique array of historical, cultural, and scenic delights.

HEALTH & INFORMATIONAL SEMINARS

Hartford Healthcare has Webinars that many may find useful. Copy and paste this link to check them out. <https://hartfordhealthcare.org/health-wellness/classes-events/virtual>. You will be able to sign up through the link for anything you feel is of interest.

ALL ABOUT ADVANCE DIRECTIVES WHAT THEY ARE AND WHY YOU NEED THEM

Wednesday, July 14, 2021 11:00 am – 12:30 pm

Presented by Greater Hartford Legal Aid via Zoom

Did you ever wonder what a living or a power of attorney entails? Whether you should have one? Join an attorney from Greater Hartford Legal Aid who will present regarding Advance Directives and explain living wills and the various other advance directive that are available to ensure that our wishes are followed upon illness, incapacity or death. After the program, Legal Aid will prepare the documents for any senior who submits an application. There is no cost for this service. Pre-registration is required by calling 860-652-7638

Upcoming Programs

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.



pizza party

Pizza on the Patio Thursdays, July 15 & 29; August 12 & 26; September 9 & 23, 2021

Two Seating's: 12:00 pm / 1:00 pm

Cost: \$5.00

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.**



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 can play. Follow CDC guidelines and bring your own paddle and pickleball. Enjoy!



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.

June: "Affliction" by Russel Banks; **July:** "Book of Lost Friends" by Lisa Wingate;

August: "To Kill a Mockingbird" by Harper Lee;

September: "A Woman of No Importance" by Sonia Purnell.



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

10 week Summer League June 14 - August 23, 2021 \$175 (w/cart)

(includes pizza party and prizes at end of summer league)

Register on MYREC to pay by credit card or mail your check payable to Town of Glastonbury to Senior Services 300 Welles Street, Glastonbury, CT 06033



MONDAY AT THE MOVIES!

**Limited seating capacity in the Community Center
Registration required call 860-652-7638**

July 12 - 1 pm - "Nomadland" (2021) **** Starring Frances McDormand, Gay DeForest and Patricia Grier - Following the economic collapse of a town in rural Nevada, Fern packs her van and explores an unconventional life in the vast landscape of the American West. Along the way, she forms unbreakable bonds with other nomads in this powerfully moving story of hope and resilience. Rated R/Drama/1 hour 47 minutes.

July 26 - 1 pm "Senior Moment" (2021) **** Starring William Shatner, Christopher Lloyd and Jean Smart - After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again. Rated PG-13/ Comedy/1 hour 32 minutes.

August 9 - 1 pm "The Peanut Butter Falcon" (2019) ***** Starring Shia LaBeouf, Bruce Dern and Dakota Johnson - "A modern-day Mark Twain fable that will melt your heart" Rated PG-13/ Adventure/Action/1 hour 36 minutes.

August 23 - 1 pm "33 Postcards" (2013) **** Staring Guy Pearce, Zhu Lin and Claudia Karvan - Dean has sponsored a Chinese orphan for many years, speaking only through postcards, but when they finally meet in Sydney, she is shocked to learn the truth about him. Rated/ PG-13/Drama/1 hour 36 minutes.



Billiards - by appointment only!
Mondays, Wednesdays, Fridays 9 am - 3 pm
Call (860)652-7638



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

Bingo - Fridays, July 16 & 30; August 13 & 27; September 10 & 24, 2021 1:00 pm



Limited capacity 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.



MONDAY MORNING INDOOR WALKING 12:00 PM - 1:00 PM

Call the Senior Center 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.



The Beat Goes on with T-Bone Tuesday, July 20, 2021

1 pm – 2 pm Cost: \$3.00 Limited Capacity

Register in MYREC or by calling 860-652-7638

Get ready to enjoy some great music by Tom Stankus as well as some zany stories and jokes! Hope you can join us.



"Dino's Back" A Tribute to Dean Martin Performed by Jack Lynn

Tuesday Evening, August 24, 2021 at the RCC Cost: \$5.00

6:30 pm - 7:30 pm Limited Capacity

Enjoy an evening with Jack! His "Dino" style and sound will take you back to the "Swingin' Rat Pack Years" of the late 40's, 50's and 60's, as he sings all the great tunes made famous by Dean Martin.



Ice Cream Drive Thru Soiree w/Blue Chip Creamery



Friday, August 20, 2021 1:00 pm – 2:00 pm Cost: \$3.00

Exact change required please!

Join us for a fun ice cream drive-thru social. What is better than a sunny day? Ice cream is...!

Choices pick one (these are 8 oz cups)

A) Strawberry Lemonade Sorbet (Dairy free)

B) Vanilla Bean C) Black Raspberry or D) CT River Fudge

**GRAB
& GO**



**Grab & Go Lunch Program at the Center
Tuesdays and Thursdays
(starting June 10th)**

Reservations Required

\$3.00—exact change please

**Grab your lunch and enjoy it on the
grounds or take it with you.**

Deliveries available on a limited basis.

**GRAB
& GO**



Restaurant Outings in Wethersfield

Limited Capacity

Social distancing required on bus.

**Lucky Lou's - Wednesday, July 14, 2021 Leave RCC at 11:45
am Approx Return 2:30 pm**

Lucky Lou's incorporates ingredients native to the area into delicious farm-to-table offerings. A truly special place, in a very quaint town!



River: A Waterfront Restaurant & Bar - Wednesday, August 18, 2021

Leave RCC at 11:15 am Approximate Return 2:00 pm

River is the ultimate dining experience, an unrivaled setting with spectacular views of the river, coupled with the highest quality steaks, seafood and Italian/Mediterranean-inspired cuisine.



**NEW Program Featuring
BROADWAY SHOWS**



**Join us for these great shows at the Senior Center (& shown virtually).
Limited capacity indoors.**



Tuesday, July 6, 2021 1:00 pm

Charlie is a factory owner struggling to save his family business. Lola is a fabulous entertainer with a wildly exciting idea. With a little compassion and a lot of understanding, this unexpected pair learns to embrace their differences and create a line of sturdy stilettos unlike any the world has ever seen. 2 hours



Tuesday, August 17, 2021 1:00 pm

Jim leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut... but life just isn't the same without a bit of song and dance. 2 hours



Tuesday, September 21, 2021 1:00 pm

One of the longest-running hits in the history of Broadway and the West End, Andrew Lloyd Webber's Cats has been specially restaged for this video presentation, which captures all the music and movement of the original stage production with an uncommon intimacy and depth. 2 hours.

**Senior Outdoor Olympic Games (weather permitting) July 12, 19 & 26;
August 9 – Medal Ceremony & prizes Riverfront Community Center - Patio
Mondays, 2 pm – 3:30 pm**



Let the games begin: Pitch and Stick Target; Ladder Toss, & Putt Golf closet to the cup. Then on August 9 the medal ceremony to those who placed first, second and third for each game.

Registration required (Indicate which game(s) by calling (860)652-7638)

Players will be scheduled and given a time / date that they will be competing. Mask and Social Distancing still apply, but being outdoors with your friends; what could be better?



COVID-19 UPDATE

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



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.

AARP Connecticut Smart Driver™ Course

Virtual (Zoom) Pilot Course 2021 Schedule

Wednesdays

**June 16, 2021 - 12:00 pm - 4:15 pm (includes 15 minute break)
Registration Deadline: June 2nd**

**July 21, 2021 - 9:30 am - 1:45 pm (includes 15 minute break)
Registration Deadline: July 7th**

**August 25, 2021 - 12:30 pm - 4:45 pm (includes 15 minute break)
Registration Deadline: August 11th**

**September 29, 2021 - 12:30 pm - 4:45 pm (includes 15 minute break)
Registration Deadline: September 15th**

This is a virtual (Zoom) pilot class. Registration:

Send your name, mailing address, phone number and AARP membership # (if applicable) via email to bbleveille@gmail.com. Payment information will be provided to participants prior to the class.

Workbooks will be mailed to participants. Class will be limited to 20 participants.

Cost: \$20 AARP Members \$25 non-members. Checks must be made out to AARP.

Eye Openers Support Group meeting via Zoom on the 4th Friday of the month from 10:00 to 11:00. If you are interested in joining the group, please call Susan Parrotta at 860-652-7636



Welles Turner
MEMORIAL LIBRARY

**VIRTUAL Adult Programming
July—August 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

	July		August
12	6:00 pm– Tell Me Another: Introduction to Personal Storytelling	17	6:00 pm – The Power of a Peaceful Mind: Intro to Meditation
28	6:30 pm – Cookbook Club Check our website for this month's theme.	25	6:30 pm – Cookbook Club Check our website for this month's theme.



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

Information available at time of printing. Subject to change.

Renters Rebate

Renters Rebate application will be accepted 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.

Additional Veteran's Exemption

Applications for Additional Veteran's Exemption from property tax are being taken through Friday, October 1, 2021. Income limits, based on 2020 income, are \$37,600 for an individual and \$45,800 for a married couple.

Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your federal income tax return, if filing, and/or copies of all your interest and income statements and also the Social Security end-of-year statement (SSA-1099).

For more information or an appointment, please contact the Assessor's Office at 860-652-7600.

Foodshare

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays July 14, July 28, August 11 and August 25. 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 July 17 and August 21 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

July 1 "What If" (2016) **** Starring Kevin Sorbo, John Ratzenberger and Debby Ryan - What If... tells the story of Ben Walker who fifteen years ago left his college sweetheart, and his calling to be a preacher, in order to pursue a business opportunity. Now with a high-paying executive gig, a trophy fiancé, and a new Mercedes, he hasn't considered a family nor felt the need to step foot in a church. But God has other plans.

Rated PG/Family/1 hour 58 minutes.

July 8 "The Biggest Little Farm" (2019) **** Starring John Chester and Molly Chester - The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chester's unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Rated PG/ Special Interest/1 hour 32 minutes.

July 15 "Wild Oats" (2016) **** Shirley MacLaine, Jessica Lange, Demi Moore and Billy Connelly -

A widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. At the not-so-gentle urging her best friend Maddie, Eva deposits the money and the two friends head to the Canary Islands with every intention of living it up. Rated PG/Comedy/1 hour 26 minutes.

July 22 "The Leisure Seeker" (2018) **** Starring Helen Mirren, Donald Sutherland, Christian McKay, Janel Moloney and Dana Ivey - A runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end. Rated R/Romantic/1 hour 52 minutes.

July 29 "Mrs. Palfrey at the Claremont" (2005) ***** Starring Joan Plowright and Rupert Friend - A genteel widow moves to London to start her life anew at the dowdy Claremont Hotel, which is not quite the picture of loveliness it was in the brochure. Rated PG/Drama/1 hour 47 minutes.

August 5 "From the Vine" (2020) **** Starring Joe Pantoliano, Wendy Crewson and Marco Leonardi - A downtrodden man experiences an ethical crisis and travels back to his hometown in rural Italy to recalibrate his moral compass. There he finds new purpose in reviving his grandfathers' old vineyard, offering the small town of Acerenza a sustainable future, and reconnecting with his strand=ged family in the process.

Rated PG/Comedy, Drama/1 hour 34 minutes.

August 12 "Oddball" (2016) **** Starring Shane Jacobson, Sarah Snook and Alan Tudyk - An eccentric chicken farmer, with the help of his granddaughter, trains his mischievous dog Oddball to protect a penguin sanctuary from fox attacks in an attempt to reunite his family and save their seaside town. Rated PG/Family/1 hour 35 minutes.

August 19 "Never and Again" (2021) ***** Starring Jackie Long, Denise Boutte and Christian Keyes - Kevin and Jasmine who, as two teenagers with equal passion for each other's dreams - his love for football and hers for music—fall head over heels in love with each other but tragedy and one horrible lapse in judgement tears them apart. Man years later, Kevin and Jasmine, have to trust one another after their paths cross again. Is their first love strong enough for them to save each other now! Rated PG/Drama/1 hour 29 minutes.

August 26 "Boogie" (2021) **** Starring Taylor Takahashi, Taylour Paige and Jorge Lendeborg, Jr. - Alfred "Boogie" Chin, a basketball phenom who dreams of playing in the NBA, must navigate a new girlfriend, high school, on-court rivals and the burden of expectation. Rated R/Drama/1 hour 30 minutes.

September 2 "Just Mercy" (2019) ***** Starring Michael B. Jordan, Jamie Foxx and Rob Morgan - Michael B. Jordan stars as an attorney who fights to prove the innocence of a death row inmate in 1980's Alabama. Rated PG-13/Drama/2 hours 16 minutes.

September 9 "Harriet" (2019) ***** Starring Cynthia Erivo, Jr., Leslie Odom and Janelle Monae—The extraordinary story of abolitionist Harriet Tubman is chronicled in this "Powerful" drama. Rated PG-13/Drama/2 hours 5 minutes.

September 16 "Red Tails" (2012) ***** Starring Nate Parker, David Oyelowo and Ne-Yo - WWII African American fighter pilots—the Tuskegee Airmen—fight racism and the Nazis to fly their way into history. Rated PG/Action/2 hours 4 minutes.

September 23 "Selma" (2014) ***** Starring David Oyelowo, Tom Wilkinson and Carmen Ejogo -

A true story of courage and hope that changed the world forever. Rated PG-13/Drama/2 hours 8 minutes.

September 30 "Little" (2019) **** Starring Regina Hall, Issa Rae and Marsai Martin - When a bullying boss wakes up one morning back in her 13 year old body, she learns some valuable life lessons.

Rated PG-13/Comedy/1 hour 48 minutes.

Glastonbury Senior Services Summer 2021 Class Schedule
Register online at MYREC or Call (860)652-7638
Class registration begins on June 1, 2021

SENIOR FITNESS PROGRAMS					
Class	Description	Meets	Dates	# of Classes	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.	Tuesdays 11:30 - 12:15 pm	July 6– August 24	8	\$40
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesday 11:00 am—Noon	July 14 – Sept 1	8	\$40
Intro to Tai Chi	Learn about the advantages of Tai Chi 1 improving physical well being 2 Flexibility & balance	Mondays 3:30 pm – 4:15 pm	July 19 – Sept. 13	8	\$40
Qigong Meditation	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises	Tuesdays 2:30 - 3:30 pm	July 20 - Sept. 7	8	\$40
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	July 15 – Sept. 2	8	\$40
LIFELONG LEARNING PROGRAMMING					
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
Let's Make Art Watercolor Class	Online learning - with Norma as we follow along these online Tutorials.	Tuesdays 9:30 - 11:30 am	July 13 Aug 10 Sept 14		\$10 per kit
The Great Course "National Geographic Polar Explorations"	What is it about the Arctic & Antarctic regions-two wild icescapes at the ends of the Earth-that is so irresistible?	Tuesday Evenings 6 pm - 7:30	June 8 – August 17	11	No Fee
The Great Tours: "Ireland & Northern Ireland"	Ireland is one of the most enchanting places in the world to visit.	Fridays Noon - 1:30 pm	July 9 – Sept 24	12	No Fee

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

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

Return Service Requested

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

Lisa Zerio, Director, Parks & Recreation:	(860)652-7687 lisa.zerio@glastonbury-ct.gov
Patti White, Senior Center Supervisor:	(860)652-7646 patti.white@glastonbury-ct.gov
Norma Carey, Program Coordinator:	(860)652-7655 norma.carey@glastonbury-ct.gov
Nicole Mercer, Department Secretary:	(860)652-7641 nicole.mercer@glastonbury-ct.gov
Diana Patterson, Customer Service Rep:	(860)652-7638 diana.patterson@glastonbury-ct.gov
Lisa McKeon, Volunteer Coordinator:	(860)652-7605 lisa.mckeon@glastonbury-ct.gov
Kathryn Carfi, Outreach Social Work Coordinator:	(860) 652-7644 kathryn.carfi@glastonbury-ct.gov
Theresa Buckson, Outreach Social Worker:	(860)652-7640 theresa.buckson@glastonbury-ct.gov
Evelyn Lopez, Outreach Social Worker:	(860)652-7652 evelyn.lopez@glastonbury-ct.gov
Susan Parrotta, Outreach Social Worker:	(860)-652-7636 susan.parrotta@glastonbury-ct.gov