

The Sharing Tree

Your source of information at the Glastonbury Senior Center.

Stay Active* Learn New Skills *
Meet New People.



Fall 2021



"STAY CONNECTED; STAY HEALTHY"

Hello all:

Once again due to the current state of the COVID pandemic, we find ourselves having to adjust some of our behaviors and are forced to put in place some program restrictions that we had hoped were behind us. We have learned a great deal however in the past 18 months, and will continue to bring varied programming options for you to enjoy and learn from, and ways to continue to improve your physical health, either virtually or in person.

September is National Senior Center month. This year we have chosen the theme of "*Stay Connected; Stay Healthy!*". This applies to each of you who have hung in there through this incredibly difficult time, did what you had to and came out on the other side, ready to engage in life again.

If you have ideas for new and innovative programming please let us know. In the meantime we hope to see you participating in our current programs and taking advantage of the many services that are available to you.

The staff of the Glastonbury Senior and Social Services Department.



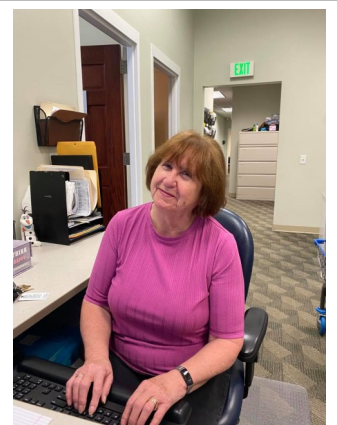
Glastonbury Health & Wellness Fair
"Passport to Health"
Riverfront Community Center
Wednesday, September 22, 2021
2:00-4:00 pm; 5:00-7:00 pm

Join us for a Health & Wellness fair featuring vendors, classes, demonstrations, raffle prizes and fun for the whole family.

Don't miss this opportunity to learn about the diverse range of products and services provided by vendors in the Glastonbury region that can help you live your best life!

For more info: **Glastonbury Parks & Recreation**
(860)652-7679 or recreation@glastonbury-ct.gov

Barbara Evans, long-time Program Assistant is retiring. See Page 9.



Social distancing requirements will be in place and participants must wear a mask at all times when in the building and town vehicles. All participants should stay home when sick regardless of vaccination status. If you answer yes to any of the following questions on the day of service unfortunately you will not be able to participate on that day: In the last twenty-four hours have you exhibited any of the following symptoms that are not attributed to another known illness: Temperature of greater than 100.4° F, coughing, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle ache, headache, sore throat, new loss of taste or smell, or diarrhea? Have you come in contact with anyone who has, or is suspected to have had, the Covid-19 virus?



CARD GAMES



Registration is required, call now to reserve your spot!

Duplicate Bridge	Mondays	1 pm - 3 pm	Community Room B
Rummikub	Tuesdays	10 am - 12 pm	Community Room B
Pinochle	Tuesdays	1:00 pm - 3:00 pm	Community Room B
Mahjongg	Wednesdays	1:00 pm - 3:00 pm	Community Room B
Bridge	Wednesdays	1:00 pm - 3:00 pm	Activity Room A
Setback	Thursdays	10:00 am - 12:00 pm	Community Room B



Knitting/Crochet Group **Mondays 9:30 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.

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

October: "American Dirt" by Jeanine Cummins

November: "If Beale Street Could Talk" by James Baldwin

December: "The Overstory" by Richard Powers



Current Issues **1st and 3rd Fridays of each month 10:00 am—11:30 am**

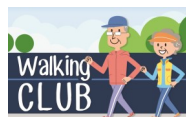
Discussions range from world-wide to national to local issues.

Topic chosen at prior meeting. Please note this program is currently virtual only.

Bingo - Friday, September 10 & Thursdays, September 23; October 7 & 21; November 4 & 18, 2021 at 1:00pm



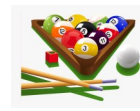
Limited capacity at the center. Paper Bingo cards will be used instead of our regular bingo cards. Dabbers will be available or you can bring your own. You are not allowed to borrow other people's dabbers.



MONDAY MORNING INDOOR WALKING **12:00 PM - 12:45 PM**



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



Join the Fun! Fall 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!



BROADWAY SHOWS
(on screen)

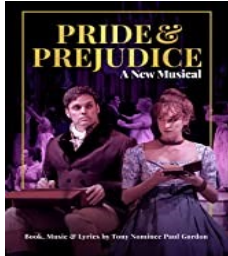


Join us for these great shows at the Senior Center
Limited capacity indoors.



Friday, September 24, 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



Friday, October 22, 2021 1:00pm

Mr. Darcy reluctantly finds himself falling in love with a woman beneath his class. Can each overcome their own pride and prejudice? Based on the classic novel by Jane Austen, this is a new musical adaptation by Tony Award nominee Paul Gordon. Filmed at the Tony Award-winning TheatreWorks Silicon Valley. 2 hours

MONDAY AT THE MOVIES!

Limited seating capacity
Registration required call 860-652-7638

September 20 -1 pm "Queen Bees" (2021) **** Starring Ellen Burstyn, James Caan, Ann-Margret, Christopher Lloyd and Jane Curtin – Fiercely independent widow Helen, stays at a retirement home and realizes it's high school all over again in this comedy about staying young at heart. Rated PG-13/Comedy/Drama/1 hour 41 minutes.

September 27 -1 pm "Shall We Dance" (2004) **** Starring Richard Gere, Jennifer Lopez, and Stanley Tucci – A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons. Rated PG/Comedy/Romance. 1 hour 46 minutes.

October 4 – 1 pm "In the Heights" (2021) **** Starring Anthony Ramos, Corey Hawkins, Leslie Grace – "Hamilton" creator and "Crazy Rich Asians" director invite you to where streets are made of music and little dreams become big, as a bodega owner hopes and sings about a better life. Rated PG-13/Musical. 2 hours 22 minutes.

October 18 – 1 pm "Here Today" (2021) **** Starring Billy Crystal and Tiffany Haddish – A veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York singer Emma Payge. Rated PG-13/Comedy/Drama/Romance. 1 hour 56 minutes.

October 25 – 1 pm "Knives Out" (2019) **** Starring Jamie Lee Curtis, Daniel Craig, Christopher Plummer – When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. Rated PG-13/Comedy/Mystery. 2 hours 10 minutes.



Pizza on the Patio Thursdays, September 9 & 23, 2021;
October 7 & 21, 2021

12:00-12:45pm 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.**



Trick or Treat Halloween Party on the Patio

Thursday, October 28, 2021 1:00 pm – 2:00 pm Cost: \$3.00
Exact change required please!



COME JOIN US FOR A SPOOKY TIME ON THE PATIO!
GOODIE BAGS AND REFRESHMENTS WILL BE GIVEN TO ALL THAT ATTEND.
PRIZES FOR THE BEST & MOST ORIGINAL COSTUME.

Virtual Cultural and Travel Programs

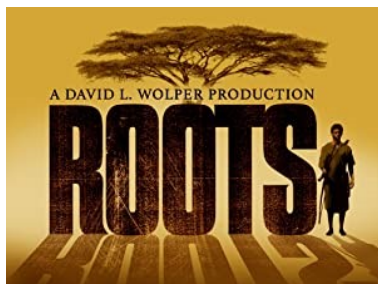


**Lifelong Learning: Discovering Your Roots:
An Introduction to Genealogy**

Friday Afternoons 12 pm October 8 - December 3, 2021
Presented by Professor John Philip Colletta, Ph.D.

Genealogy is an enjoyable avocation, but it's much more than that. It's a journey of self-discovery. The more you learn about who your ancestors were, the more you learn about who you are. Few activities are as personally rewarding and exciting.

Roots: The Complete Miniseries



Thursdays, September 23-October 28
1:00 pm—3:00pm

Starring LeVar Burton, Cicely Tyson and Edward Asner

His name was Kunta Kinte. Kidnapped from Africa and enslaved in America, he refused to accept his slave name of Toby. Heirs kept his heroic defiance alive, whispering his name Kunta Kinte.

Limited seating capacity, registration required call 860-652-7638

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).**

September 14



October 12



November 9



Restaurant Outing

Lunch at the Gelston House, East Haddam October 5, 2021

Leave RCC at 10:45 11:30 Lunch

For those who like their dining experience steeped in tradition, you will be overwhelmed by the spectacular setting overlooking the Connecticut River and East Haddam Swing Bridge.

The **Gelston House** looks as buffed and pampered as a big old riverboat steaming up the **Connecticut River**. **Enjoy lunch on the patio with a view and delicious menu choices.**

Restaurant \$\$

Limited Capacity

Social distancing and masks required on bus.

TRIPS

Pumpkintown - East Hampton

Wednesday, October 13, 2021

10:00 am Leave RCC

12:30 pm Sadler's Ordinary –Marlborough

Approximate Return to RCC: 3:00 pm

Cost includes transportation, admission and hayride (lunch on own).

Resident: \$18.00 Non-Resident: \$20.00

Upon arrival we'll visit Pumpkintown Village where over 70 pumpkinhead people and animals enjoy life in their old-fashioned village complete with a church, post office, saloon, and more. Check out the The Pumpkintown Forest that is full of surprises! Hop on the hay wagon for a mile-long ride through the forest and catch a glimpse of over 30 Pumpkinheads and their woodland dwellings. Following Pumpkintown enjoy lunch at Sadler's Ordinary Restaurant offering hearty American fare.

Restaurant \$\$

Glastonbury High School Treble Choir - Ethan Nash

Friday, October 22, 2021

11:45 pm

The Treble Choir is an auditioned group open to 10th, 11th and 12th graders at the high school. They sing music in a wide variety of styles and annually take part in the Festival of Women's Voices with the West Hartford Women's Chorale. You are in for a real treat! This program may be presented virtually Covid-19 dependent. Registration is required.

Poetry Writing Class

Have you thought about writing down your memories in poetry form? Poetry is a good artform for self-expression. Every life is an interesting story worth writing about for reflection and revisiting. Dr. Michael Lepore, Glastonbury's award-winning Poet Laureate Emeritus (2018-2012), would like to share his experiences in writing, critiquing and discussing poetry. Through the program he will be conducting a poetry writing class once a month as he did before the pandemic. If interested please call 860-652-7638.

Dr. Lepore, is the author of *Forgotten Heroes, Poems for and About Veterans of the Vietnam War*. His second book, *Vietnam Voices*, received the Bronze Medal in the poetry category of the 2018 Awards Program of the Military Writers Society of America. His third book, *Moral Injury*, received the Gold Medal in the 2017 MWSA Awards Program. His fourth book, *My Inner Eye*, was released in September 2018. Lepore's fifth book, entitled *Impaired* was just released on March 12th. Lepore's titled poem, *Impaired*, received First Prize from the Connecticut Poetry Society's 2019 Connecticut Poetry Award.

Eye Openers Support Group

Come join us for interesting speakers and camaraderie at the Eye Opener's Support Group! This group is for individuals with low vision and meets once a month on Fridays. At this time, the meetings are being held via Zoom due to Covid, but we are hoping to resume the in-person meetings in the near future. The schedule for the remainder of the year is listed below. Meetings are from 10:00 to 11:00. Please contact Susan Parrotta, LCSW, with your email address either by calling 860-652-7636 or email susan.parrotta@glastonbury-ct.gov to get signed up! If you do not have an email account, you can still participate via telephone.

SEPTEMBER	Friday September 17
OCTOBER	Friday October 29
NOVEMBER	Friday November 19
DECEMBER	Friday December 17

**The Friendship Circle Memory Program****Tuesdays/Wednesdays****9:30 - 12:30 pm**

The Friendship Circle Memory Program is a social engagement program designed for Glastonbury Seniors with early stage dementia. The program provides the opportunity to gain the many benefits derived by being active and socially engaged in a supportive group environment.

Activities are coordinated by a trained Program Coordinator and volunteers. The program offers a variety of engaging mental and physical activities including music, arts and crafts, exercise, puzzles, and plenty of opportunities to enjoy the company of others. A monthly fee is charged. Lunch and transportation are included. For more information contact 860-652-7646.



Healthy Foot Clinic



Tuesday September 21; Tuesday October 5; Monday October 25; Tuesday November 2; Tuesday November 16; Wednesday November 24; Thursday December 2; Tuesday December 7; and Tuesday December 21, 2021.

RCC 9:00 am – 3:00 pm Appointment Required – Call (860) 652-7638 to schedule an appointment. Cost: \$29.00 – check made payable to: Pedi-Care (Please note that as of September 1, 2021 the cost will be \$30.00)

A Registered Nurse will trim & file toenails, smooth calluses and corns, massage with lotion and powder. **Walk-ins will not be accepted.** Payments must be made at the time of your visit.

Glastonbury Center AARP Chapter 2010

Dear AARP Members,
Excerpts from AARP letter from Washington

At this point and for the foreseeable future, AARP chapter members are not allowed to return to any normal in-person functions. COVID- 19 and the Delta Variant continue to pose serious concerns about the health and safety of people gathering.

We can't wait for the return to in-person activities, but hope you will "stick with us" until we can safely gather.

We can't yet provide a specific date when chapters will be permitted full membership meetings. But we will continue to do our best to share updates as soon as they are available.

Any questions, please feel free to contact Diane @ 860-500-7976 or Barbara @ 860-558-5246.

Connecticut needs more dementia friends

As the state lead for Dementia Friends USA, LiveWell is offering a Dementia Friends Information Session. This FREE virtual program will be held on Zoom on Tuesday, September 21, 2021 (Register before 9/14) 3:00 – 4:30 PM

Registration: Click link to register in advance for this meeting: <https://bit.ly/DFINFO92121>

Help us engage people who are interested in creating a community where individuals living with dementia are supported, included, and enjoy a good quality of life. As a Dementia Friend, your new understanding and attitudes will guide the practical actions you can take to help someone with dementia living in your community. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

Probate During and Post COVID-19

Thursday, October 21, 2021

12:30 pm

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 and obtain up to date info about services during the pandemic and beyond.

Presented by: Probate Judge Sean Michael Peoples

How to Register for Senior Center Programs and Activities:

Registration for programs can be made in the following ways:

1. Register online with our 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 or email us at

senior.services@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**

**SNOW REMOVAL, YARD WORK, TECHNOLOGY ASSISTANCE,
OTHER MISCELLANEOUS CHORES, 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 line at (860)652-7645.

General inquiries can be made by calling (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) Course 2021 Schedule

Wednesdays

Sept 29th @ 12:30 pm

Oct 13th @ 10:00 am

Nov 10th @ 9:30 am

This is a virtual (Zoom) pilot class.

To register and pay for the course go to: aarp.cvent.com/dsvirtual

The on-line course is still available with a 25% discount. The promotion code is DRIVINGSKILLS.

Registration can be done on aarpdriversafety.org

New Transportation Program!!

Glastonbury is now eligible to participate in the Encompass \$5.00 Taxi Rides for Seniors and Passengers with Disabilities.

This services is made possible through a partnership with the Greater Hartford Transit District (GHTD)

How to Apply:

Please go to Encompass.M7Ride.com and click on Apply Now.

To find out more information: call 860.444.4444 today or visit them online at Encompass.M7Ride.com



PREVENT VEHICLE THEFT



Scan for more information on auto theft in Glastonbury

LOCK cars and windows, 

PARK in well-lit areas,

STOW away valuables, 

DO NOT leave keys in car,

and

NEVER leave your vehicle while it's running. 

NHTSA.gov/melt

www.glastonburyct.gov/crimedata

GLASTONBURY POLICE 860-633-8301

For nearly a quarter century, Barbara Evans has worked tirelessly to serve the seniors of the Glastonbury Community. We thank you Barbara for your dedication over all those years and wish you well as you begin a whole new adventure in sunny Florida. Thanks for the memories!

"So Long Barbara "

(sung to the tune of Hello Dolly)

Well so long Barbara, Well so long Barbara
It's so sad to have you leave where you "belong"

You're lookin' swell, Barbara

We can tell, Barbara

You're still glowin', you're still crowin', you're still goin' strong

You made us laugh, Barbara

You kept us strong, Barbara

And now it's time to wish you well

You will be missed so much, Barbara

Please keep in touch, Barbara

No one else could ever take your place!

Take good care Barbara, You're lookin' swell, Barbara

It's so sad to have you leave where you "belong"

You're still glowin', you're still crowin', you're still goin' strong.





Dial-A-Ride Service

Glastonbury Dial-A-Ride program will resume its regular daily service 5 days a week for medical, shopping and recreational rides. To schedule a ride please call 860-652-7643 by 11am the day before your requested date of service and follow the recorded message prompts.



Dial-A-Ride Hours

Weekdays: Monday - Friday 9:00 am - 3:30 pm

Reservations Call: (860) 652-7643 Cancellations Call: (860) 652-7638

FISH of Glastonbury (Friends in Service Here)

Will resume service to the Glastonbury community on a limited basis September 14. FISH provides rides to medical and social service appointments to the towns of Hartford, East Hartford, West Hartford, Wethersfield, Rocky Hill, Manchester, and the Medical Center area of Farmington. FISH is in the process of recruiting new drivers to replace those lost during the pandemic. Until the full complement of drivers can be restored, there will be adjustments to the schedule. Service will be provided only three days a week (Tuesday, Wednesday and Thursday) and the number of clients served each day may need to be limited.

Clients must have received a full Covid-19 vaccination. Drivers will all be vaccinated. Calls for appointments will be accepted beginning September 1. The number to call is 860-647-3911. Requests for rides must be made no later than noon on the day preceding the appointment. Clients may request rides with pickups no earlier than 8:00 am or later than 4:00 pm (with the exception of the Medical Center area in Farmington where appointments must be between 10:00 am and 2:00 pm)

Weekly Shopping

For residents who live north of Hebron Avenue (Zone A)

Mondays 10:00am-12:00pm, Stop & Shop (Glastonbury Blvd.)
1st & 3rd Tuesdays of the month: Shop Rite 10:00am-12:00pm

For residents who live south of Hebron Avenue (Zone B)

Thursdays 10:00am-12:00pm, Stop & Shop (Oak Street)
2nd & 4th Tuesdays of the month: Shop Rite 10:00am-12:00pm

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 clients. They 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 registration with FOV. A DD214 is required, 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

Renters Rebate – Last call! The application period for this program is Friday, October 1.

Glastonbury residents who rented in 2020, and were 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 a single person or \$45,800 or less for a married couple. There is no asset limit for this program.

Applications and information can be found on the Town of Glastonbury website, or by contacting Social Services at 860-652-7638. Proof of 2020 income received and 2020 rent, heat, electricity and water expenses are required. Please call Glastonbury Social Services at 860-652-7638 for more information.

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, please contact the Assessor's Office at 860-652-7600 or Social Services at 860-652-7638.

Food Share – The Food Share truck will be at First Church of Christ, 2183 Main Street from 10 AM to 10:45 AM on Wednesday, September 22, October 6, October 20, November 3, November 17, and continuing every other Wednesday.

Carol's Closet – A paper pantry providing paper and personal products, Carol's Closet is held the third Saturday of the month: September 18, October 16 and November 20. Hours are from 10AM to 11:15 AM, St. James Church, 2584 Main Street.

Thanksgiving Food Program: Social Services is accepting financial contributions toward the purchase of grocery gift cards for the annual Thanksgiving Program. For more information, please call Social Services at 860-652-7634.

Also, if you could benefit from receiving assistance from this program, and are not currently registered for the Food Bank, please call Social Services, 860-652-7634.

Medicare Annual Open Enrollment runs from October 15 - December 7

This is the time to review your Medicare coverage plans. Be sure to read all notices sent to you by your insurer as there may be changes in your plan that may affect your coverage and costs in 2022. During Open Enrollment you can: join or change a Part D Plan (prescription drugs); return to original Medicare from a Medicare Advantage Plan; or enroll in or change Medicare Advantage plans. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to www.medicare.gov or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7634.) Counselors are available year round to assist with your Medicare questions.

Center Village and Knox Lane residents, can call Outreach Social Worker Theresa Buckson, 860-652-7640, for questions or assistance on these or other topics.

Holiday Gift Program: This program will anonymously match donors and the wish lists of Glastonbury children ages infant to 18. Donors can shop for these items with a suggested value of \$50.00, and return them to the Riverfront Community Center for distribution. Financial donations and store gift cards will be used to fill unmatched wish lists. Donors may register at <http://www.glastonbury-ct.gov/donate> or call Theresa Buckson at 860-652-7640 for more information. Thank you for your support!

ENERGY ASSISTANCE

Help with heating costs is available for qualified individuals through the CT Energy Assistance Program. Customers who heat with deliverable fuel, such as oil, wood or propane, or utility customers may be eligible. There are two ways to apply:

1. Call **CRT** for an appointment, **860-560-5800, Press Option 1 and follow prompts.**
2. Call **Glastonbury Social Services** for an appointment, **860-652-7638.** Most appointments with be telephone interviews with in-person appointments available on a case-by-case basis. The telephone interview process is an application completed over the phone and mailed to you for signature. It will need to be returned with documents to Glastonbury Social Services, which will forward the documents to CRT for processing.



The Glastonbury Senior Center serves lunch daily.
Reservations are required by calling the main line at 860-652-7638. Limited Seating available!
Lunch will be served from 11:45 am - 12:30 pm
Cost: \$3.00- Glastonbury residents \$5.00 non-residents
Payable upon entry (exact change required)
Weekly menus offered in the office and on Facebook.



Connecting Seniors to Technology Program



Glastonbury has seen an increased number of seniors who are significantly isolated due to their lack of access to/experience with technology. To help address this gap, the Town has launched a pilot technology program to loan user-friendly tablets to eligible seniors and provide training and ongoing technology support through reliable & screened volunteers. This initiative is designed to improve the ability of seniors to connect with family, friends and health care providers through technology.

Eligibility:

- Glastonbury Residents 60 + years of age or permanently disabled
- Annual Gross Income at or below 200% Federal Poverty Level

Experiencing Social Isolation

For information or to see if you qualify for assistance please call 860-652-7646.



Welles-Turner Memorial Library Renovations/Expansion update October 5, 12:30

What is included in the library renovations/expansion project? When will it be done? Join Library Director, Barbara Bailey, for an up-to-the minute update on this project.

All About Connecticut Humane Society (CHS) 2021

November 10, 2021 12:30 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.



Glastonbury Senior Services Fall Sessions 2021 Class Schedule
Register online at MYREC or Call (860)652-7638

SENIOR FITNESS PROGRAMS

Class	Description	Meets	Dates	# of Classes	Fee R	Fee NR
Stretcherize 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	Sept. - 14 Dec. 21	14	\$70.00	\$77
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesday 11:00 am—Noon	Sept 15 — Dec.22	5	\$75.00	\$83
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30 pm – 4:15 pm	Sept 13 - Dec13	13	\$65.00	\$72
Intermediate Line Dancing	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30am - 11:30 am	Sept 16 - Dec. 9	11	\$55.00	\$61
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesday & Fridays 11:30 am-12:15 pm & 12:30 am-1:15pm	Sept. 22- Dec. 17 “ “	14 “ “	\$115.00 “ “	\$125.00 “ “
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	Sept. 9 - Dec 16	13	\$65.00	\$72

LIFELONG LEARNING PROGRAMMING

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)	Thursday 9:00 am 10:00 am	October 14 - December 9	7	\$5	\$7
“Discovering Your Roots: An Introduction to Genealogy”	Genealogy is an enjoyable avocation, but it's much more than that. It's a journey of self-discovery. The more you learn about who your ancestors were, the more you learn about who you are.	Fridays Noon - 1:30 pm	Virtual October 8 - December 3	8	No Fee	
Roots: The Complete Miniseries	His name was Kunta Kinte. Kidnapped from Africa and enslaved in America, he refused to accept his slave name of Toby. Heirs kept his heroic defiance alive, whispering his name Kunta Kinte.	Thursdays 1:00 pm—3:00 pm	September 23- October 28	6	No fee	

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

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

Return Service Requested

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

Lisa Zerio, Director, Parks & Recreation:	(860)652-7687 lisa.zerio@glastonbury-ct.gov
Patti White, Senior Center Supervisor:	(860)652-7646 patti.white@glastonbury-ct.gov
Norma Carey, Program Coordinator:	(860)652-7655 norma.carey@glastonbury-ct.gov
Nicole Mercer, Department Secretary:	(860)652-7641 nicole.mercer@glastonbury-ct.gov
Diana Patterson, Customer Service Rep:	(860)652-7638 diana.patterson@glastonbury-ct.gov
Barbara Evans, Customer Service Rep:	(860)652-7638 barbara.evans@glastonbury-ct.gov
Lisa McKeon, Volunteer Coordinator:	(860)652-7605 lisa.mckeon@glastonbury-ct.gov
Steve Mekkelson, Program Coordinator:	(860)652-7650 stephen.mekkelson@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