

Your source of information at the Glastonbury Senior Center.

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



January 2022 - March 2022



Dear Friends:

Out of an abundance of caution related to the rising COVID infection rates throughout the state, the Glastonbury Senior Services Department is now providing services/programs at diminished capacity and only when adequate social distancing can be maintained. Dial-A-Ride services will be limited to 2 persons at a time on a bus. The lunch program is now offering in-person dining at reduced capacity and offering Grab and Go pick up Service for hot meals as well as some home deliveries on a case-by-case basis. To register for services or request information on these changes please call 860-652-7638. This change in services will be in effect until January 18th and will be reassessed at that time. Please wear your masks at all times and stay safe. We will make it through this together!!

AARP Tax Aide Program



AARP Tax-Aide is the nation's largest free tax prep and assistance for individuals. Due to the ongoing concerns about the Coronavirus there will either be a drop off or modified in-person process. Please call (860)652-7638 to schedule your required appointment. No walk-ins accepted. Offered Monday, Wednesday and Thursday beginning February 7, 2022.

"Connecticut Flower & Garden Show" This year's theme is:



"Connecticut Springs into Earth Day"
Hartford Convention Center Thursday, February 24, 2022
10:00 am Leave RCC Approximate Return to RCC: 3:30 pm
Cost Includes admission and transportation:
\$17.00 / Resident \$19.00 / Non-Resident
Must Register by February 1, 2022.

A sweet shot of spring when we need it most! Come enjoy beautiful landscaped gardens and visit the garden design, horticulture and photography competitions.



New Year Luncheon *(Cancelled)* Thursday, January 13, 2022
12:00 pm Lunch - 12:30 pm Songs of the 60's—80's
with T-Bone (aka Tom Stankus)
\$5.00-/Resident; \$6.00/Non-Resident
(Special Ticket Required – Purchase Ticket by Monday, January 10, 2022)
 Let's celebrate "Life" this New Year! Relax and enjoy great nostalgic songs.

Cultural * Travel * Informational Programs

USSR- Russia: Myths, Mysteries and Spying
Presented by Henry Quinlan
Tuesday, January 11, 2022 10:00 am - 11:30 am
Cost: \$5.00

A one-hour presentation based on Mr. Quinlan's 30 years involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience.

Registration required by January 3, 2022

Community Room B

ALL ABOUT ADVANCE DIRECTIVES
WHAT THEY ARE AND WHY YOU NEED THEM
Zoom Presentation by Greater Hartford Legal Aid
Tuesday, January 18, 2022 - 11:30 am

Did you ever wonder what a living will or a power of attorney entails? Whether you should have one? An attorney from Greater Hartford Legal Aid will be doing a zoom presentation on Advance Directives and will explain living wills and the various other advance directive that are available to ensure that our wishes are followed upon illness, incapacity or death. Pre-registration required. 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 required by January 14, 2022**



Therapy Gardens promoting Healthy Living for Seniors -
specializing in interactive workshops to keep seniors active,
engaged and healthy.



Experience China



Postponed to April 2022

11:30 am - 1:00 pm

Cost: \$10.00

Come learn about contemporary life in China. Pictures from both the rural countryside and cities featuring cuisine and daily life will be featured. Sample some authentic Chinese food and learn how to use chopsticks! Presented by Dave Wheeler from Therapy Gardens.

Registration Required by January 18, 2022

Special Activity Room



Greek Cooking



Monday, March 21, 2022

11:30 am- 1:00 pm

Cost: \$10.00

You've heard of the health benefits of the Mediterranean diet. Come learn how to put it into practice. You'll learn how it is prepared as well as sample several Greek-inspired dishes, such as Tzatziki, tomato fritters, hummus, and more! Everyone gets a packet of their original Mediterranean Spice Mix.

Registration Required by March 7, 2022

Special Activity Room

Probate During and Post COVID-19

Thursday, February 10, 2022

12:30 pm

Registration required by Tuesday, February 8, 2022



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.

Community Room A



We are pleased to announce that as of December 6, 2021, the Town of Glastonbury was certified as a member of the AARP Network of Age-Friendly Communities. This recognition means that the Town has successfully completed its' 3 year action plan and has met the criteria established by the State and National Affairs, AARP. This achievement is the result of many hands-on community partners who worked to ensure that Glastonbury continues to be a well-designed livable community for residents of all ages, and adds to the many other distinctions that we share town-wide. For more information call 860-652-7646.



The Secret Lives of Big Cats - Tigers Video by Curiosity Stream
Wednesday, February 16, 2022 12:25 pm - 1:00 pm
Registration required - Call 860-652-7638

A fascinating, suspenseful series that captures rare footage of wild cats in their habitats. This documentary narrative addresses humankind's impact on the wildlife population in a way that is sadly realistic. **Community Room A**

BIRTHDAYS

Birthday Celebrations are coming back in 2022
Let us know your birthday month and we will be sure to celebrate you that month.
Each month birthdays guests will get a birthday card and some special treats.
Celebration will be on the last Monday of the month.
Here's to the new year and celebrating you!
Call 860-652-7638 to register.



NEW PROGRAMS
Chair Volleyball / Cornhole Alternating Tuesdays
Tuesdays 10:30 am - 11:30 am
Registration Required—Call 860-652-7638



Join us for games that will guarantee to have you laughing the morning away! Participants will be on teams of up to 6 players for Chair Volleyball, no volleyball experience necessary! The only requirement is that you have to stay in your CHAIR while playing! Volunteers are also needed to help keep score/referee.

Cornhole is a game for indoors/outdoors which can be played with 2 to 4 players, competing to get the bean bag in the hole. **Community Room B**



Calling all Senior Musicians.

Do you love to play the flute, guitar, harp, saxophone, drums or any other instrument?
Join your fellow musicians once a month for a senior musicians jam session.

Listeners are always welcome to join the fun!

First Tuesdays - 1:00 PM Community Room B

Please let us know what instrument you play when you register.

Virtual Programs Requires an Email Address

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 we make it simple. Let's Make Art creator Sarah Cray has 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).**

January 11



February 8



March 8



April 12



**Virtual Zoom presentation-
Lifelong Learning - The Great Courses
"How Winston Churchill Changed the World"
with Professor Michael Shelden, PhD
Fridays January 14 - April 1, 2022
12 pm - 1:30 pm**



This course follows Winston Churchill's career from its beginnings in the early 1900s to its peak in the 1940s and to his last time as prime minister in the 1950s.

Facilitated group discussion to follow. **Registration Required by January 12, 2022**

Love Poetry? Hate Poetry but Wished You Loved It?

Virtual Classes - Tuesdays - January 18, February 15 and March 15, 2022

In-Person Classes - Tuesdays - April 19, May 17 and June 14, 2022

6:30 pm - 8:00 pm



Glastonbury Poet Laureate Andrea Barton is offering a free, monthly poetry class. In this 90 minute class, readers and writers of all skill levels will read poetry, talk about it, and be taken through prompts to create original poetry. Focus will be on free verse and some modern forms. Class will be offered virtually from 6:30-8:00 p.m. for January, February and March, and in-person, April, May and June. You do not need to commit to all 6 classes; each one will be "self contained."

Registration Required - Call 860-652-7638



Virtual Zoom presentation:

Renewing Your Spirit Wednesday, February 16, 2022 1:00 pm - 2:00 pm

This is a time to recharge and refresh your spirit. Learn ways to renew your spirit through music, nature, self-talk and written word. This talk will help you create opportunities that can work for you. Presented by Paulette Schwartz, director of Human Centered Care, Hartford HealthCare. Sponsored by Hartford HealthCare Center for Healthy Aging.

Registration required by February 11, 2022 call 860-652-7638



Indoor Pickleball Is Back!

Two Courts Tuesdays 4:30 pm—8:00 pm

Net, paddles, and pickleballs are provided by the Senior Center, so have fun but stay out of the kitchen (a pickleball term). Sign in with group for play **Registration is required each week with limited capacity call 860-652-7638.**

Trivia is coming back

Thursday, February 24, 2022

2:00 pm - 3:00 pm

Join us once again for Trivia! Bring friends, or play solo. Teams will be made up of four players max. There will be prizes for the best team, but most of all it's about having fun! Those interested please sign up by calling the main line at 860-652-7638.

Out & About

L

CANCELED Elizabeth's Restaurant of Rocky Hill Tuesday, January 25, 2022

11:00 am Leave RCC 1:30 pm Approximate Return to RCC

Cost: Resident: \$5.00 Non-Resident: \$7.00

Elizabeth's Restaurant offers taste for all tastes with options from pizza, steak, seafood, pasta, burgers, salads, sandwiches, and more.

Bowling & Miniature Golf at Lessard Lanes Mondays, February 28 & March 28, 2022

9:30 am Leave RCC 2:00 pm Approximate Return RCC

Transportation Fee: Resident \$7.00 Non-Resident: \$10.00 Due at Registration

Admission Cost: \$10.00 per person payable at Lessard Lanes includes Lunch, Bowling and Mini Golf.

Join us for a day at the lanes. The senior center bus will depart at 9:30am to Lessard Lanes in Plainville. Each participant will receive one game of mini golf, two bowling games and coffee and pizza.

Cracker Barrel - East Windsor Wednesday, March 23, 2022

11:00 am Leave RCC 1:30 pm Approximate Return to RCC

Cost: Resident: \$7.00 Non-Resident: \$10.00

Cracker Barrel is the food and gift shop famous for its unique decorations that are based on the idea of a traditional Southern country theme. Each restaurant has a front porch lined with wooden rocking chairs, a stone fireplace, and some local decorative artifacts. Cracker Barrel sources fresh produce that are domestically grown and only works with suppliers that adopt animal welfare standards.

COVID-19 BOOSTER CLINIC FOR AGES 18 AND OLDER

WHEN: Tuesday, January 4, 2022 1:30 pm – 5:30 pm

Wednesday, January 5, 2022 1:30 pm – 5:30 pm

Hartford HealthCare vaccinating

WHERE: Riverfront Community Center
300 Welles Street

FOR MORE INFORMATION
WWW.GLASTONBURY-CT.GOV/VACCINE

QUESTIONS: CALL THE HEALTH DEPT.
(860) 652-7634



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. 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.

January 28, 2022 February 25, 2022 March 25, 2022



The Friendship Circle Memory Program

Tuesdays/Wednesdays

9:30 am - 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.

Dementia Education Series

Wednesdays, January 19, 2022 - February 23, 2022

10:00 am - 11:15 am Activity Rooms A & B

Have you or someone you care for been recently diagnosed with dementia? This in-person 6 week series provides a foundational understanding of dementia and practical ways to adapt to become more resilient. Guidance and resources on key topics including emotional support, health and wellness, social and meaningful engagement, and planning will be explored. Sessions build upon one another but registration is available at any point during the series. **Please contact Patty Richard at prichard@livewell.org or 860.628.3070 to register before January 17th.**

Facilitator: Erica DeFrancesco, MS, OTR/L,

Director of Community Education www.livewell.org



Virtual Bereavement Support Groups

Second and fourth Wednesdays, 1-2:30pm.

Facilitated by Bill Pilkington.

To RSVP, email bill.pilkington@hhchealth.org.



Call-in Bereavement Support Group Thursdays, 1-2:30pm.

Call 860-972-6338; code: 22528#

Sponsored by Hartford HealthCare at Home Hospice Program. For more information and to register, please email the facilitator. After you register, you'll receive an email with easy instructions on joining the virtual class.

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)

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**

**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.

Three additional Virtual Smart Driver Courses for Connecticut



Drivers have been scheduled Jan 26th, Feb 23rd, & March 23, 2022. All classes start at 12:30 pm.

The Cvent link is: aarp.cvent.com/dsvirtual. Participants register and pay for the course on-line.

Healthy Foot Clinic 2022

Friday, 1/7, Tuesday, 1/18 & Monday, 1/24; Thursday, 2/3, Tuesday, 2/15 & Monday, 2/28; Friday, 3/4; Tuesday, 3/15 & Tuesday 3/29.

RCC 9:00 am – 3:00 pm Appointment Required – Call (860) 652-7638 to schedule an appointment. Cost: \$30.00 – check made payable to: Pedi-Care.

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.**

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?

The Glastonbury Senior Center serves lunch daily 11:45 am - 12:30 pm
Reservations required—Call 860-652-7638



Cost: \$3.00- Glastonbury residents \$5.00 non-residents
Payable upon entry

 Entrées for January 2022 

Mon	Tue	Wed	Thu	Fri
3 Shepherd's Pie	4 BBQ Chicken	5 Spaghetti w/Meat Sauce	6 Smothered Pork Chops	7 Chicken Salad on a Roll
10 Chicken a la King	11 Stuffed Shells w/Meat Sauce	12 Kielbasa w/ Sauerkraut	13 New Year Luncheon Roast Pork Cancelled	14 Tuna Fish on Roll
17 MLK Day Closed	18 Baked Chicken	19 Beef Stew in Bread Bowl	20 Baked Pork Chop	21 Breaded Fish on Bun
24 Pasta w/Meat Sauce	25 Stir Fry Chicken	26 Swedish Meatballs	27 Pork Roast	28 Meatball Grinder
31 Birthday Party Sausage & Bow Tie Pasta				

 Entrées for February 2022 

Mon	Tue	Wed	Thu	Fri
	1 Lemon Chicken	2 Meatloaf	3 Smothered Pork Chops	4 Breaded Fish on a Bun
7 Chicken a la King	8 Beef Stroganoff	9 Glazed Ham	10 Pasta w/Meat Sauce	11 Cheeseburger
14 Pasta w/Meat Sauce	15 Valentine Party Glazed Ham	16 Pork Roast	17 Stuffed Peppers	18 Hot Dog w/ toppings
21 Presidents Day Closed	22 Swedish Meatballs	23 Oven Fried Chicken	24 Stuffed Shells w/Meat Sauce	25 Chicken Salad on a Roll
28 Birthday Party Spaghetti w/Meat Sauce				

 Entrées for March 2022 

Mon	Tue	Wed	Thu	Fri
	1 Chicken in a Mushroom Sauce	2 Teriyaki Beef	3 Smothered Pork Chops	4 Chicken Salad Wrap
7 Swedish Meatballs	8 Baked Pork Chops	9 Country Chicken Stew	10 Spaghetti w/ Meat Sauce	11 Grilled Cheese
14 Chicken Cacciatore	15 Meatloaf	16 Eggplant Parm	17 St. Patrick's Day Luncheon Corned Beef & Cabbage	18 Breaded Fish on a Bun
21 Shepherd's Pie	22 BBQ Chicken	23 Ham	24 Asian Chicken	25 Caesar Salad w/Chicken
28 Birthday Party Beef Stir Fry	29 Lemon Chicken	30 Harvest Pork Roast	31 Stuffed Shells w/ Meat Sauce	



Valentine Luncheon **Tuesday, February 15, 2022**
12:00 pm Lunch - 12:30 pm Musical Moments Video
Cost: \$5.00 Resident \$6.00 Non-Resident Special Ticket required
(Must be purchased by Friday, February 11, 2022)

Share the love at our Valentine celebration! Menu includes Cherry Pineapple Glazed Ham, Sweet Potatoes, Mixed Vegetables, Roll /Butter, Red Velvet Cake topped with a dab of Whipped Cream and a Valentine Heart. Musical Moments Video Concert is a group of youth interested in providing groups and individuals with musical acts in the hope that their music may help everyone's well-being.



Saint Patrick's Day Lunch Celebration **Thursday, March 17, 2022**
12:00 pm Lunch 12:30 pm Entertainment - Musical Moments Video
Cost: \$5.00 Resident \$6.00 Non-Resident Special Ticket required
(Must be purchased by Monday, March 14, 2022)

Enjoy a Traditional Corned Beef and Cabbage Dinner.

Monday Movies

1:00 pm Limited seating capacity - Registration required call 860-652-7638

January 3 "To Dance with the White Dog" (1993) – Starring Hume Cronyn & Jessica Tandy.
January 10 "Victoria & Abdul" (2017) Starring Judi Dench, Ali Fazal and Tim Pigott-Smith.
January 31 "Together, Together" (2021) Starring Patti Harrison, Ed Helms and Rosalind Chao.

February 7 "The Starling" (2021) Starring Melissa McCarthy, Chris O'Dowd, and Kevin Kline.
February 14 "POMS" (2019) Starring Diane Keaton, Jacki Weaver and Pam Grier.
February 28 "Hampstead" (2019) Starring Diane Keaton, Brendan Gleeson and Lesley Manville.

March 7 "Bringing Down The House" (2003) Starring Steve Martin and Queen Latifah.
March 14 "Fatherhood" (2021) Starring Kevin Hart and Alfre Woodard.
March 28 "Respect" (2021) Starring Jennifer Hudson and Forest Whitaker.



Thursdays BROADWAY SHOWS & Series Specials



1:00 pm Limited seating capacity - Registration required call 860-652-7638

January 13 "Nunsense" (1995) **** Nunsense begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. Featuring star turns, tap and ballet dancing, an audience quiz, and comic surprises, this show has become an international phenomenon. NR/2 hours

The Queen's Gambit (Winner of 2 Golden Globe Awards and 11 Emmys) Limited Series
January 20 – February 10, 2022 - Starring Anya Taylor-Joy, Thomas Brodie and Marcin Dorocinski
 In a 1950's orphanage, a young girl reveals an astonishing talent for chess and begins an unlikely journey to stardom while grappling with addiction

February 17 "NOAH" (2019) Travel with Noah as he fulfills God's command, even amidst seemingly impossible odds and the scrutiny of onlookers. Experience this extraordinary Bible story. NR/1 hour 48 minutes.

March 24 "ANN" (2018) Ann is a no-holds-barred portrait of Ann Richards, the legendary governor of Texas. This inspiring and hilarious new play brings us a complex and colorful character bigger than the state from which she hailed.



Dial-A-Ride Service

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)

FISH provides rides for Glastonbury residents 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. There is no charge for the rides, but clients are responsible for parking fees if there are any. **Service is provided four days a week, Tuesday through Friday.** Clients must be ambulatory and wheelchairs cannot be accommodated. Clients must have received a full Covid-19 vaccination. Drivers will all be vaccinated. 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 10:00 am-12:00 pm, Stop & Shop (Glastonbury Blvd.)
1st & 3rd Tuesdays of the month: Shop Rite 10:00 am-12:00 pm

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

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

Mall Shopping Trip: Westfarms Mall

Wednesdays, January 12, 2022

10:00 am Depart RCC 2:30 pm Return to RCC Transportation fee: \$5.00

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**

ENCOMPASS - An on-demand transportation program offering ambulatory and accessible transportation for seniors ages 60 and older and/or individuals with disabilities in the Greater Hartford area. Passengers must be approved through an eligibility process managed by the Greater Hartford Transit District. Eligible applicants must be at least 60 years young or have a disability. Once approved, M7 will create your personal online account to manage expenses and view your travel history. The passenger pays only \$5.00 for the first 8 miles traveled. Your trip is automatically charged to your account, eliminating any exchange of money while you're in the vehicle. Each additional mile traveled is \$2.00. Once approved passengers may schedule transportation by using our passenger app, booking online, or by calling Call Center at 860-444-4444.

All trip payments will be made online through your personal Encompass account. You can easily load funds into your account via credit card payments or direct bank transfers.

Passengers are asked to travel with their Encompass photo ID card. The Encompass passenger can bring up to three passengers in the vehicle

Transportation Options Continued

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

Energy Assistance - Glastonbury Social Services continues taking applications for heating assistance. 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 \$3,252.25 per month, for a couple the income limit is \$4,252.92 per month. More information and appointments are available by calling Social Services at 860-652-7638.

Medicare - If you are in a Medicare Advantage Plan, you can make one change to a different plan or switch back to Original Medicare between January 1 and March 31, 2022. For more information on this or other Medicare issues, 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 (860-652-7638.)

Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption will be taken beginning in February. The income limits were not available at time of publication. Income is based on 2021 figures. Income verification needed to apply for above programs:

2021 Social Security 1099; 2021 federal income tax, if filed;
if no income tax filed, all 1099s from 2021

For more information, an appointment or to apply, please contact Social Services at 860-652-7638 or the Assessor's Office at 860-652-7600.

Connecticut Foodshare – The Foodshare truck will be at First Church of Christ, 2183 Main Street from 10 AM to 10:45 AM on Wednesdays, January 12, January 26, February 9, February 23, March 9 and March 23 and continuing every other Wednesday. If the Glastonbury Public Schools are closed due to inclement weather, there will be no Foodshare

Carol's Closet – A paper pantry providing paper and personal products to Glastonbury residents, it is open the third Saturday of each month, which will be January 15, February 19 and March 19, from 10 AM to 11:15 at St. James, 2584 Main Street. They may be reached at 860-633-8333 for 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.

WEEKLY ACTIVITIES - Limited Capacity
Registration Required for all by calling 860-652-7638

BILLIARDS - By Appointment only!	Mondays - Fridays 9 am - 3 pm Maximum at any one time is 12 (4 at a table with no spectators)
BINGO	Fridays 1 pm - 2 pm January 14 & 28; February 11 & 25; March 11 & 25
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 11am - Noon January- <i>The Dog Stars</i> by Peter Heller; Feb.- <i>The Girl That was Left Behind</i> by Roxanne Veletzos; March - <i>The Great Gatsby</i> by F. Scott Fitzgerald
BRIDGE	Wednesdays 1 pm - 3 pm
CERAMICS	Starting back up February 9, 2022
CURRENT ISSUES	First and Third Fridays 10 am - 11:30 am (Virtual)
DUPLICATE BRIDGE	Mondays 1 pm - 3 pm
FITNESS IS FUN	Wednesdays & Fridays 10:15 am - 11 am
	Wednesdays & Fridays 11:15 am - 12 pm
KNIT/CROCHET GROUP	Mondays 9:30 – 11:30 am
INTERMEDIATE LINE DANCING	Thursdays 10:30 am—12 pm
INTRO TO TAI CHI	Mondays 3:30 pm - 4:15 pm
ITALIAN I	Thursdays 9 am - 10 am (virtual)
ITALIAN II	Thursdays 10 am—11 am (virtual)
MAHJONGG	Wednesdays 1 pm – 3 pm
EVENING PICKLEBALL PLAY	Tuesday Evenings 4:30 pm - 8 pm
PINOCHLE	Tuesdays 1 pm – 3 pm
POWERFUL AGING	Wednesdays 10 am- 11 am
	Fridays 10 am - 11 am
RUMMIKUB	Tuesdays 10 am - Noon
SETBACK	Thursdays 10:00 - Noon
STRETCHERCIZE/CHAIR YOGA	Tuesdays 11:30 am - 12:15 pm
TAI CHI	Thursdays 6 pm - 7 pm
TECHNOLOGY 1:1 ASSISTANCE	Tuesdays 10 am - Noon Computer/Laptop Assistance
	Thursdays 1:30 pm - 3:00 pm - Mac, iPad, or Smart Phone Assistance

**January 2022
Special Programs**

Monday	Tuesday	Wednesday	Thursday	Friday
3 1:00 Movie: "To Dance with the White Dog"	4	5	6	7 9:00 Foot Clinic
10 1:00 Movie: "Victoria & Abdul"	11 9:30 Watercolor 10:00 USSR Program	12	13 1:00 "Nonsense"	14
17 Closed MLK Day	18 9:00 Foot Clinic 11:30 Virtual Advance Directive 6:30 Virtual Poetry Grp	19 10:00 Dementia Education Series	20 1:00 The Queen's Gambit Series	21
24 9:00 Foot Clinic 11:30 Experience China Program	25 11:00 Elizabeth's Restaurant Trip	26 10:00 Dementia Education Series	27 1:00 The Queen's Gambit Series	28
31 1:00 Movie "Together, Together"				

**February 2022
Special Programs**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 10:00 Dementia Education Series	3 1:00 The Queen's Gambit Series	4
7 1:00 Movie: "The Starling"	8 9:30 Watercolor	9 10:00 Dementia Education Series	10 12:30 Probate Judge 1:00 The Queen's Gambit Series	11
14 1:00 Movie: "POMS"	15 12:00 Valentine Party Luncheon 6:30 Virtual Poetry Grp	16 10:00 Dementia Education 12:30 Big Cats video 1:00 Virtual Reviving Spirit	17 1:00 "NOAH"	18
21 Closed Presidents Day	22	23 10:00 Dementia Education	24 10:00 CT Flower Show Trip	25
28 9:30 Lessard Lanes Trip 1:00 Movie: "Hampstead"				

**March 2022
Special Programs**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 1:00 Movie: "Bringing Down The House"	8 9:30 Watercolor	9	10	11
14 1:00 Movie: "Fatherhood"	15 6:30 Virtual Poetry Grp	16	17 12:00 St. Patrick's Meal	18
21 11:30 Greek Cooking Program	22	23 11:00 Cracker Barrel Trip	24 1:00 "ANN"	25
28 1:00 Movie: "Respect" 9:30 Lessard Lanes Trip	29	30	31	

**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

Winter Weather Alert

Senior programs and Dial-A-Ride may be canceled when road and sidewalk conditions are, or may become too hazardous for safe operation of a vehicle. If Glastonbury schools are closed, senior center programs will also be canceled. Look for cancellation notices on **WFSB Channel 3, check Town Website at www.glastonburyct.gov or Call 860-652-7638.**

**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
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