



The Sharing Tree



Your source of information at the Glastonbury Senior Center.

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



Winter-Spring 2022

Hello Friends.

We hope you are doing well and enjoying the remaining winter days now filled with more sunlight and warm afternoons. Spring will be here before we know it. In the meantime, please join us for the many activities scheduled for the coming months and remember to follow all health guidelines regarding the ongoing COVID-19 pandemic. The Glastonbury Health Department will host a COVID-19 vaccine clinic on February 22nd from 1:30 - 5:30 PM at the RCC. For more information or to schedule your appointment, please visit the Town website at www.glastonburyct.gov/vaccine.

And don't forget to set your clocks forward on March 13th as we enter Day Light Savings Time!

Stay well and keep the faith!
Your friends at the Glastonbury Senior & Social Services Department.

FREE AT-HOME COVID-19 TESTS AVAILABLE ONLINE Go to: <https://www.covidtests.gov/>. Every home in the U.S. is eligible to order four free tests. Orders will usually ship in 7-12 days. If you don't have a computer or need help, please call the senior center at 860-652-7638.



Sunday, March 13, 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: (Seats still available at group rate)

\$17.00 / Resident \$19.00 / Non-Resident -Must Register by February 21, 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.



Virtual Zoom presentation:

Renewing Your Spirit Wednesday, March 23, 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 - Call 860-652-7638 no later than March 18, 2022.

AARP Tax Aide Program

Monday, Wednesday and Thursday. Please call (860) 652-7638 to schedule your required appointment. No walk-ins accepted.

Rescheduled - Valentine Luncheon Tuesday, March 1, 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 25, 2022).

Share the love at our Valentine celebration!



Cultural * Travel * Informational Programs



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



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**

Experience China **New Date: Monday, April 25, 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 April 11, 2022. **Special Activity Room**

USSR- Russia: Myths, Mysteries and Spying **New Date: Tuesday, April 12, 2022**
10:00 am - 11:30 am **Cost: \$5.00**
Presented by Henry Quinlan
 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 April 5, 2022. Limited Seating **Community Room B**



Virtual -Lifelong Learning: The Great Courses: "The Cathedral"
Friday, April 22 - July 8, 2022 12:00 pm - 1:30 pm
Presented by Professor William R. Cook, Ph.D.
 The modern mind cannot comprehend the symbolic and real power that the cathedral has held for much of the past 2,000 years of Western civilization. This course is profusely illustrated by 3-D animations and photographs, many of which are from your professor's own lens, for his photography work rivals that of any professional. Once you have studied these extraordinary structures, you may very well feel the need to see them in person.



2022 Senior Golf League

**Minnechaug Municipal
 9 Hole Golf Course
 Mondays - 9am**

May 2 through August 22 (15 sessions)

\$275.00 (with cart)

Pizza Party with Prizes at end of league play!



Love Poetry? Hate Poetry but Wish You Loved It?**Virtual Class - Tuesday - March 15 & April 19, 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. **Registration Required - Call 860-652-7638.****Trivia Thursdays, March 24, & April 28, 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!

Register by calling 860-652-7638.**Watercolor Series Let's Make Art - with Norma**

March 8

April 5

**Watercolor Classes Virtually****Tuesdays March 8 & April 5, 2022 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).**

Kit includes everything needed to complete painting.

**Walk Your Way to Health****Exercise from the comfort of your home - Virtual Indoor Walking Program****Mondays & Fridays March 7 - April 18, 2022 2:00 pm - 3:00 pm****Week One & Two — Beginner 1 mile walk (16 minutes)****Week Three & Four — Two mile walk (33 minutes)****Week Five & Six — Five Mile Walk (45 minutes)**

Utilizing YouTube we will follow along with Leslie Sansone. Great music to walk to with positive affirmations. Be sure to wear proper footwear.

Registration Required - Call 860-652-7638.**Join us for the Senior Center Facebook Pajama Party! Thursday, March 10, 2022****6:00 pm - 7:00 pm**

You're probably asking yourself, "why a pajama party as a senior?" We say, "why not!" Why should kids have all the fun? Come join us and reconnect with people you haven't seen in the last two years during the pandemic.

Unable to join the live party? No need to worry, you can send us a fun photo of yourself with your favorite PJs on! **Email: diana.patterson@glastonburyct.gov**

Get the word out to all of your friends and join us for some fun.

We hope to see you there! **Register by calling 860-652-7638.****Kids and Pets welcome.****Calling all Senior Musicians. Tuesdays March 1 and April 5, 2022 1:00 pm**

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!

COVID dependent. Call to Register 860-652-7638.

Lunch & Learn



Dog's Best Friend - Video by Curiosity Stream

Wednesday, March 16, 2022 12:15 pm - 12:45 pm

A guard dog who protects an 80-acre horse farm becomes best friend and guardian to a frail quarter horse. Then a golden retriever goes overboard with her dolphin friends in the Florida Keys. **Community Room A**



The Secret Lives of Big Cats - Tigers Video by Curiosity Stream

Wednesday, March 23, 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**



China's Last LITTLE Train - Video by Curiosity Stream

Wednesday, April 6, 2022 12:15 - 1:00 pm

In a mountainous region best known for pandas and earthquakes, there are no roads, no cars, no buses. But there is ... a train. We tell the story of the last working narrow gauge steam railway in China. **Community Room A**

Live Presentation



A simple approach to optimizing function" with Brian Greer, PT, DPT, CIP,MDT

Tuesday, April 19, 2022 12:30 pm

Brian will highlight how important staying active is in order to remain functional as we go through life, and how it can be accomplished with simple things every day. The presentation includes barriers to being active and how they can be overcome. Handouts with simple exercises that can be easily done every day in order to move better will be available following the presentation. **Community Room A**

Out & About

New - Stew Leonard's - Newington Wednesdays March 9, & April 20, 2022

9:30 am Leave RCC 1:00 pm Approximate Return to RCC

Transportation Fee: Resident: \$5.00 Non-Resident: \$7.00

The success of this family-owned business and its legion of loyal shoppers is largely due to their passionate approach to customer service: "Rule #1 -- The Customer is Always Right"; Rule #2 - If the Customer is Ever Wrong, Re-Read Rule #1." This principle is so essential to the foundation of the company that it is etched in a three-ton granite rock at each store's entrance.

"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

Bowling & Miniature Golf at Lessard Lanes - Plainville Monday, March 28, 2022

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

Transportation Fee: Resident \$7.00 Non-Resident: \$10.00

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

New - IKEA / Restaurant — New Haven Wednesday, April 13, 2022

10:00 am Leave RCC Approximate Return to RCC 2:00 pm

Transportation Fee: Resident: \$7.00 Non-Resident: \$10.00

Get your walking shoes on and enjoy the many displays at IKEA. Dine in their Restaurant, Bistro and/or their Swedish Food Market. The wearing of a face covering is mandatory in the IKEA store. All other COVID-19 safety protocols including social distancing and cleaning will stay in place for the time being.



Hand Movement Therapy & Seated Upper Body Movements
Friday, April 22, 2022 10:00 am - 10:45 am at Riverfront Community Center
Registration Required, Call 860-652-7638.

A gentle upper body movement session incorporating mudras or hand gestures from Indian dances. Participants will engage in gentle upper body exercises as they embody elements of nature using mudras. (Mudras are hand gestures used in Indian dance forms to portray objects and express feelings). This program is supported by the Hartford Foundation For Public Giving. Presented by Sarada Nori, Artistic Director of Layavinyasa.



MONDAY MOVIES



1:00 pm Limited seating capacity. Registration Required: Call 860-652-7638.
Special Activities Room (or Community Room B with CDC Guidelines)

March 7 "Bringing Down The House" (2003) Starring Steve Martin and Queen Latifah.
 PG-13/Comedy/1 hour 45 minutes.

March 14 "Fatherhood" (2021) Starring Kevin Hart and Alfred Woodard.
 Rated PG-13/Drama/1 hour 49 minutes.

March 28 "Respect" (2021) Starring Jennifer Hudson and Forest Whitaker.
 Rated PG-13/Drama/ 2 hours 25 minutes.

April 4 "Fisherman's Friends" (2020) Starring Daniel Mays, James Purefoy and David Hayman - Rated PG-13/Comedy/Drama/1 hour 51 minutes.

April 11 "Crazy on the Outside" (2010) Starring Tim Allen, Sigourney Weaver and Ray Liotta - Rated PG-13/Comedy/1 hour 36 minutes.

April 18 "Green Book" (2018) Starring Viggo Mortensen, Mahershala Ali and Linda Cardellini - Rated PG-13/Comedy/Drama/2 hours 10 minutes.



THURSDAY SHOWCASE



1:00 pm Limited seating capacity. Registration Required: Call 860-652-7638.
Special Activities Room (or Community Room B with CDC Guidelines)

March 24 "ANN" (2018) Starring Holland Taylor and Julie White - Ann is a no-holds-barred portrait of Ann Richards, the legendary governor of Texas. NR/Comedy/1 hour 53 minutes.

April 14 "The King of Late Night—Johnny Carson Marathon" - Fun highlights of The Tonight Show with Animal Hijinks; Tonight Show Memories; Return to Studio One & The Final Show.
 Rated LOL /Comedy with ALOTOL/1hour 30 minutes.

April 21 "The Phantom of the Opera" (2004) Starring Gerard Butler, Emmy Rossum and Patrick Wilson - Rated PG-13/Drama/Musical/2 hours 21 minutes.



Getting to know you one letter at a time!



Want to be Someone's Pen Pal?

Senior and Youth & Family Services are teaming up to connect seniors & youth one letter at a time. Cards will be available for those wanting to participate.

Here are some suggestions you could write or ask about.

What sports do you or have you enjoyed playing or watching?

What are your talents? HINT: You definitely have some!

If you could choose one song to be your "anthem," what would it be and why?

What is the funniest thing that ever happened to you?

Do you have any pets? What are their names? If you could have any pet what would it be?

Describe your ideal vacation getaway.

What do you like to prepare for yourself to eat, and is there anything you'd like to learn how to make?

To join the fun call Norma at 860-652-7655.



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 virtual at this time 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. **Speakers: March:** Sharon Gauthier: PAFY – Patient Advocate For You. **April:** Cynthia Robbins of Mt. Sinai Hospital-Eye Disease and Treatment Options.



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.



Virtual Bereavement Support Groups

Second and fourth Wednesdays, 1-2:30pm.
Facilitated by Bill Pilkington.

To RSVP, email bill.pilkington@hhhealth.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.



Virtual Alzheimer's Conference

The State Unit on Aging, as a community partner of the Connecticut Chapter of the Alzheimer's Association, will host a free virtual conference for individuals living with Alzheimer's and dementia and their families. The New England Family Conference will take place March 4-5, 2022 and is open to individuals living with Alzheimer's, family caregivers and the general public. In addition to clinical experts, hear from a panel of individuals living with Alzheimer's, as well as caregivers who will share firsthand experiences in their journey with the disease and life after a diagnosis. The schedule includes legal and financial issues to consider, caregiving, ambiguity and finding the Tools to Thrive and Flourish. Experts will share practical and concrete recommendations, resources, and guidance. For more information and to register for the event, visit alzfamilyconference.org.



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

REDUCE FALL RISKS AND IMPROVE BALANCE!

The Glastonbury Senior Center is partnering with Central CT State University to offer the renowned Matter of Balance Program.

A Matter of Balance is an award-winning program designed to help you set goals for increasing activity levels, make small changes to reduce fall risks at home and learn ways to exercise to increase strength and balance!

Tuesdays and Thursdays March 29- April 21 12:30 - 2:30 pm

To Register or for more information, call: (860) 652-7638.

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.



**Virtual Smart Driver Course for Connecticut Drivers has been scheduled for March 10 & April 28, 2022 - Class starts at 9:30 am
February 23, March 23 & April 11, 2022 - Class starts at 12:30 pm.
Cvent registration closes 7 days prior to the date.
The Cvent link is: aarp.cvent.com/dsvirtual
Participants register and pay for the course on-line.**



**February 15 & 28, 2022
March 9, 15 & 29, 2022
April 1, 7 & 18, 2022**

Riverfront Community Center 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.**

RCC Covid Protocols: At the time we are publishing this newsletter all participants must still wear a mask at all times when in the building. Social distancing requirements may be in place as well. Should this change, signs will be posted in the building. All participants should stay home when sick regardless of vaccination status.

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 (Takeout Available)



Entrées for March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Valentine Luncheon	2 Stuffed Shells	3 Smothered Pork Chops	4 Tuna 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 Shepherd's Pie	18 Breaded Fish on a Bun
21 Shepherd's Pie	22 St. Patrick's Day Luncheon Corned Beef	23 Ham	24 Asian Chicken	25 Stuffed Shells
28 Birthday Party Beef Stir Fry	29 Lemon Chicken	30 Harvest Pork Roast	31 Ravioli w/ Meat Sauce	

Entrées for April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Shepherd's Pie	5 Baked Chicken Legs	6 Baked Pork Chops	7 Spaghetti w/Meat Sauce	8 Tuna on a Roll
11 Swedish Meatballs	12 Oven Roasted Turkey	13 Breaded Fish	14 Pork Stir Fry	15 CLOSED GOOD FRIDAY
18 Spaghetti w/ Sausage, pepper, & onion sauce	19 Baked Chicken in Mushroom Sauce	20 Kielbasa w/ Sauerkraut	21 Smothered Pork Chops w/Applesauce	22 Cheeseburger on a Bun
25 Birthday Party Bowtie Pasta w/ Meat sauce	26 Beef tips w/Gravy	27 BBQ Chicken	28 Pork Roast	29 Meatball Grinder

Rescheduled - Valentine Luncheon Tuesday, March 1, 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 25, 2022). Limited seating capacity & COVID contingent.

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 bring joy to everyone.



Rescheduled Saint Patrick's Day Lunch Celebration Tuesday, March 22, 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). Limited seating capacity & COVID contingent. Enjoy a Traditional Corned Beef & Cabbage Dinner.



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

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, March 30 & April 27, 2022

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

Transportation Options

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).

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.

March 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:00 Rescheduled Valentine luncheon	2	3	4
7 1:00 Movie: "Bringing Down The House"	8 9:30 Watercolor 2:00 Virtual Indoor Walking	9 9:00 Foot Clinic 9:30 Stew Leonard Trip	10 6 pm PJ Party on FB	11 2:00 Virtual Indoor Walking
14 1:00 Movie: "Fatherhood"	15 9:00 Foot Clinic 2:00 Virtual Indoor Walking 6:30 Virtual Poetry Grp	16 12:15 "Dog's Best Friend" Video	17	18 2:00 Virtual Indoor Walking
21 11:30 Greek Cooking Program	22 12:00 St. Patrick's luncheon 2:00 Virtual Indoor Walking	23 11:00 Cracker Barrel 12:25 "Tigers" Video 1:00 Renewing Your Spirit	24 1:00 "ANN" 2:00 Trivia	25 2:00 Virtual Indoor Walking
28 9:30 Lessard Lanes Trip 12:00 Birthday Party 1:00 Movie: "Respect"	29 9:00 Foot Clinic 2:00 Virtual Indoor Walking	30 10:00 Westfarms	31	

April 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Foot Clinic 2:00 Virtual Indoor Walking
4 1:00 Movie: "Fisherman's Friends"	5 9:30 Virtual Watercolor 2:00 Virtual Indoor Walking	6 12:15 "China's Last LITTLE Train" Video	7 9:00 Foot Clinic	8 2:00 Virtual Indoor Walking
11 1:00 Movie: "Crazy on the Outside"	12 10:00 USSR- Russia:	13 10:00 IKEA trip	14 1:00 Movie :Marathon "King of Late Night"	15 CLOSED GOOD FRIDAY
18 9:00 Foot Clinic 1:00 Movie: "Green Book"	19 12:30 "Optimizing Function" live presentation 6:30 Poetry Grp	20 9:30 Stew Leonard Trip	21 1:00 "The Phantom of the Opera"	22 10:00 Hand Movement Therapy 12:00 Great Course: "The Cathedral"
25 11:30 Experience China 12:00 Birthday Party	26	27 10:00 Westfarms	28 2:00 Trivia	29 12:00 Great Course: "The Cathedral"

Social Services News

Glastonbury Outreach Social Services Call 860-652-7638 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 860-652-7638

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 for the State program are \$38,100 for an individual and \$46,400 for a couple. The income limit for the Town program is \$60,520. Income is calculated using 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 Connecticut Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on March 9 and March 23, and April 6 and April 20, continuing every other Wednesday throughout the year. Connecticut 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 to Glastonbury residents, it is open the third Saturday of each month, which will be which will be March 19 and April 16, from 10 AM to 11:15 at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

Renters Rebate

Renters Rebate application will be accepted April 1 through October 1. Glastonbury residents age 65 or older by 12/31/2021 or those receiving Social Security Disability may be eligible if they meet the income eligibility, \$38,100 for an individual and \$46,400 for a couple. There is no asset limit for this program.

The following documentation is required:

- 1) Income for 2021 – SSA 1099 required; income tax, if filed, or all 1099s if not
- 2) Rent paid for each month of 2021
- 3) Utilities paid for each month of 2021
- 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.

Professor of Rock: 80 Greatest Love Songs through AARP Virtual Community Center
Thursday, February 24, 2022 Time: 7:00 pm Free Program
Register by emailing: findfun@aarp.org.

The Professor of Rock provides exclusive commentary, clips and interviews about iconic love songs of the 80s from Air Supply, Chicago and more. Join AARP and attendees from across the U.S. for a FREE musical lecture.

All these years later, they go behind some of the epic songs of that wonderful era including a sit-down with one of the greatest love song bands ever: Air Supply.

Please DO NOT opt out of emails from CVENT as we will send you an email with the link to join the lecture.

To enjoy other virtual programs/events through AARP check out this site. You'll be amazed at how many different and interesting topics are available.

<https://www.aarp.org/virtual-community-center>

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 6 (2 per table - no spectators)
BINGO	Fridays 1 pm - 2 pm (Cost: \$2.00 per person collected upon arrival) March 11 & 25; April 8 & 22
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 11am - Noon March - "The Great Gatsby" by F. Scott Fitzgerald; April - "Bitter Fruit" by Achmat Dangor
BRIDGE	Wednesdays 1 pm - 3 pm
CERAMICS	Wednesdays 1:30 - 3:30 pm
CURRENT ISSUES	First and Third Fridays 10 am - 11:30 am (Virtual)
DUPLICATE BRIDGE	Mondays 1 pm - 3 pm
KNIT/CROCHET GROUP	Mondays 9:30 - 11:30 am
MAHJONGG	Wednesdays 1 pm - 3 pm
EVENING PICKLEBALL PLAY	Tuesday Evenings 4:30 pm - 8 pm
PINOCHLE	Tuesdays 1 pm - 3 pm
RUMMIKUB	Tuesdays 10 am - Noon
SETBACK	Thursdays 10:00 - Noon
TECHNOLOGY 1:1 ASSISTANCE	First Tuesdays 10 am - Noon Computer/Laptop Assistance Thursdays 1:30 pm - 3:00 pm - Mac, iPad, or Smart Phone Assistance
VOLLEYBALL / CORNHOLE	Alternating Tuesdays 10:30 am - 11:30 am

Glastonbury Senior Services Spring Sessions 2022 Class Schedule
 Register online at <https://glastonburyct.myrec.com> or Call (860)652-7638
 Registration starts for Residents : March 15, 2022* Non-Residents: March 22, 2022.

SENIOR FITNESS PROGRAMS

Class	Description	Meets	Dates	# of Classes	Fee R	Fee NR
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	May 3 - June 28	9	\$45	\$55
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 10:00 am -11:00 am	May 4 June 29	9	\$45	\$55
		Fridays 10:00 am - 11:00am	May 6 June 24	8	\$40	\$50
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30 pm – 4:15 pm	May 2 June 27	8	\$40	\$50
Intermediate Line Dancing	Prior dancing experience required. -Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 am –12: pm	May 12 June 30	8	\$60	\$70
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesdays & Fridays 10:15 - 11:00 am	May 4 June 29	17	\$85	\$95
		Wednesdays & Fridays 11:15 am - Noon	May 4 June 29	17	\$85	\$95
		Wednesdays & Fridays 12:15 pm 1 pm	May 4 June 29	17	\$85	\$95
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00 pm - 7:00 pm	May 5 June 30	9	\$45	\$55

LIFELONG LEARNING PROGRAMMING

Italian I Textbooks required Call for info 860-652-7638	Expand your knowledge of this beloved Romance language and share the joy!	Thursdays 9:00 am	Virtual April 28 June 30	10	\$5	\$7
Italian II	(Prior knowledge of the language is required)	10:00 am	Virtual April 28 June 30	10	\$5	\$7
The Great Courses: "The Cathedral" Professor William R. Cook, Ph.D.	The modern mind cannot comprehend the symbolic and real power that the cathedral has held for much of the past 2,000 years of Western civilization.	Fridays 12:00 pm	Virtual April 22 July 8	12	No Cost	

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

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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.**

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