

Your source of information at the Glastonbury Senior Center.



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



SPRING EDITION 2022

Who'll Stop The Rain?

Glastonbury Volunteers, of course!

As we saw throughout the pandemic, when times were tough, you rose to new heights. What you do inspires us, and makes such a difference in the lives of those impacted. Whether you called Bingo for us, kept score for a card game, ran a Zoom class or helped with our Chores, Friendship Circle or AARP tax assistance programs, your help was instrumental to our ability to continue to provide vital services to our community. As we celebrate National Volunteer month in April, on behalf of the many residents of Glastonbury who benefited from your generosity we thank-you from the bottom of our hearts. We could never have gotten through the past two years without you.

The Glastonbury Senior & Social Services Department staff.



**An Evening Concert with
 The First Company, Governor's Foot Guard Band — RCC**
Thursday, June 9, 2022 7:00 pm – 8:30 pm
Cost: R: \$5.00 NR: \$10.00
Special Ticket required (Purchased by May 23, 2022)
 Join us for an evening of music with the 1st Company, Governor's Foot Guard Band. This band of 25+ members have a repertoire of Broadway, Pops and Patriotic music. Sure to boost up your spirits. (Light refreshments)



Cyber Generations—The Senior Citizens' Cyber Safety Initiative
Saturday, April 23, 2022 11:00 am
Riverfront Community Center
Registration requested
 Designed to equip senior citizens with the knowledge needed to stay protected from cyber-crimes.



Movement Disorders & You Friday, May 20, 2022 10:00 am
 Nothing is more frustrating than losing your freedom to Parkinson's disease or another movement disorder. Put control of your body back in your hands with this informational discussion with Dr. Jeffrey Lahrmann from the Chase Family Movement Disorders Centers. Learn about conditions such as Parkinson Disease, tremor, and common Movement Disorders. **To register call 860-652-7638.**



Memorial Day Picnic Luncheon 12:00 pm - 1:00 pm
Tuesday, May 24, 2022
Cost: R: \$5.00 NR: \$6.00
(Purchase Tickets by Friday, May 20, 2022)
 Join us for an indoor picnic serving up Cheeseburgers, Pasta salad, Chips & Ice Cream Sundaes. A day of remembrance for all the men and women who have died in military service.



Programs

Registration for May & June programs starts **May 3, 2022 for Residents.**
May 10, 2022 for Non-Residents

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 & Prizes at end of league play!



Wheel of Fortune -
Mondays, May 9 & June 13
10 am —11:00 am

A computerized version of this game displayed on the screen. Individuals / partners will choose to spin, buy a vowel or solve. A fun time for all!
Call to register at 860-652-7638



Let's play Jeopardy -
Thursdays,
May 12 & June 2, 2022
10 am - 11 am



Join in on the fun as we play Jeopardy. This will be an interactive and educational program in a Jeopardy game format, just like the TV show. Depending on the number of players, teams will be formed into groups.
Call to register 860-652-7638.

The Gnomes Have It -
Wednesday, May 18, 2022
10 am -11:30 am
Cost: R: \$10.00
NR: \$12.00



Supplies included for (1) Patriotic Gnome. Gnomes are all the rage and Nicole will show you how to make your very own Lucky Gnome.
(Check out the display case for examples)

Renewing Your Spirit
Wednesday, May 25, 2022
1:00 pm - 2:00 pm

Recharge and Refresh your Spirit. Learn ways to renew your spirit through music, nature, self-talk and written word. 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 May 23, 2022.**



The Mayflower Compact Presentation
Thursday, May 26, 2022
1:30 pm — 2:30 pm
Registration Required call 860-652-7638



"Before they got off the boat, ... they wanted...to organize themselves around...a governing document. The Mayflower Compact was created... for them to know who was in charge...how to deal with indiscretions and problems...much like... our Constitution. (These) documents created a compact, a promise, a trust." David Weidner, Exec. Dir., Pilgrim Monument and Museum, Provincetown, MA

Liberty Tree Society, Walpole, NH is offering a no cost presentation to seniors about the Mayflower Compact, the men who drafted it and the possibility that it may be considered America's "First Constitution."
This educational and engaging presentation is for all people and will establish a continual avenue of communication with immediate family and relations.



Hungerford Nature Center
Thursday, June 16, 2022
1:00 pm - 1:45 pm

Adam Marzi from the Hungerford Nature Center will be bringing the outdoors and the wonders of nature to us. The presentation will feature artifacts, posters, books and a selection of live animals (mammals, reptiles and birds).
Register by calling 860-652-7638.



Connecticut Humane Society presents: "Pet Savvy Citizens"

Monday, June 20, 2022 1:00 pm
Registration Required: Call 860-652-7638

Do you have a pet in your life? Are you looking for ways to get involved with pets in the community? During this interactive program you will learn about the benefits of pet ownership and interaction, how to help pets in need and the important components of pet safety.





Have you heard?

Your favorite programs will be starting back weekly beginning April 21, 2022

Wii Bowling - Thursdays 1 - 3 pm

Bingo - Fridays 1 - 3 pm

Registration Required



BETTER SLEEP Workshop Wednesday, May 11, 2022 10:00 am - 11:00 am
Registration Required by May 6, 2022

Sleep disturbances are so prevalent in our society that to be sleep deprived and functioning on stimulants is accepted as "normal" functioning. During this experiential 60-minute workshop, we will take a deeper look at the structure of sleep and how sleep disturbances diminish function and quality of life. Class will include gentle stretches to prepare the body for deep relaxation. All you have to do is register and show up. You will come away with a deeper understanding and develop personal techniques to use and incorporate into your daily sleep routine. Sweet dreams await! Try it! Your body and mind will thank you. Presented by Jennifer Hirschberg-Wise OTR/L, CLT

American Lung Association-Better Breathers Club Thursday, May 19, 2022 2:00 pm
Riverfront Community Center

If you, or someone you know is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group.

Led by an American Lung Association trained facilitator, learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease. Plus, it's fun and enriching to connect with others. **Call 860-652-7638 to register.**

For more information call Laura Falt (860)335-7526 or email lfalt@nathealthcare.com

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

NEW DATE: Tuesday, June 14, 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.

Watercolor Series Let's Make Art - with Norma

Watercolor Classes Virtually

Tuesdays, May 10 & June 14, 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.



May 10

June 14



Exercise from the comfort of your home - Virtual Indoor Walking Program

Mondays & Fridays May 9- June 24, 2022 2:00 pm

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



Calling all Senior Musicians. Tuesdays, May 3 & June 7, 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!

Call to Register 860-652-7638.

Out & About

USS Chowder Pot –IV - Hartford Tuesday, May 10, 2022

11:30 am Leave RCC Approximate Return to RCC: 2:00 pm

R: \$7.00 NR: \$9.00

Casual spot for basic seafood in a big waterfront-themed space to relax and enjoy a delicious lunch.

RESTAURANT \$\$

Yard Goats vs Portland Seadogs Sunday, May 15, 2022

10:45 am Leave RCC 12:05 pm Game Approximate Return to RCC: 4:00 pm

R: \$14.00 NR: \$18.00

Registration Dates: Residents: May 3, 2022 Non-Residents: May 10, 2022

Baseball fans join the fun as the Yard Goats (the Double-A affiliate of the Colorado Rockies) take on the Portland Seadogs (the Double-A affiliate of the Boston Red Sox)! One, two, three strikes you're out at the ole ballgame!

Learn the Art of Flower Bouquet making -

Flannigan Fish Market / Flower Bouquet Buffet at Red Barn Yoga - Old Lyme

Thursday, May 19, 2022 10:30 Leave RCC - 11:30 am Flannigans - Lunch On Own

1:30 pm Red Barn Yoga 4:00 pm Approximate Return to RCC

Cost includes Flower Bouquet and Transportation Fee: R: \$45.00 NR: \$55.00

Enjoy a fun filled day, starting with lunch at Flannigan's where you can enjoy seafood or burgers.

Following lunch we're off to create a fresh bouquet of flowers from a buffet of flowers. Your bouquet will be wrapped for safe travel so you can display them in a vase provided by Senior Services.

RESTAURANT \$\$

Rose Winery - North Branford "Wine & Dine" Wednesday, May 25, 2022

10:30 am Leave RCC 3:30 Approximate Return to RCC

Transportation Fee: R: \$7.00 NR: \$9.00 (Lunch and Wine on own)

Rose Vineyards and Winery is a family-run business focusing on viticulture, enology and wine education utilizing the best environmental and sustainable practices while ensuring the highest quality. Enjoy lunch from their seasonal food menu. **RESTAURANT \$\$**

New Britain Museum of American Art Tuesday, June 14, 2022

9:15 am Leave RCC 10:00 am Docent Tour 11:00 am Lunch on own in Cafe

Approximate Return to RCC: 1:30 pm

Cost includes transportation fee and admission to museum: R: \$25 NR: \$30

Tour exhibitions of Early Modern America: 1910s to 1950s - Drawn from the NBMAA's permanent collection, this installation traces the development of two distinct veins of art in the early 20th century: geometric abstraction and American Scene Painting depicting everyday life and people in America.

Artists include Stuart Davis, Alexander Calder, Jackson Pollock, Thomas Hart Benton, Georgia O'Keeffe, among others. Following the tour enjoy lunch on your own at the Museum Café. The Café offers a selection of sandwiches, salads, pastries and hot & cold beverages.

RESTAURANT \$\$

Lenny & Joes - Westbrook Tuesday, June 21, 2022

10:30 am Leave RCC Approximate Return to RCC: 2:00 pm

Transportation Fee: R: \$7.00 NR: \$9.00

Let's get back out to our favorite seafood locations! Enjoy the weather and the company!

Elizabeth Park in June ... Time to Smell the Roses Thursday, June 23, 2022

9:30 am Leave RCC 2:30 pm -Approximate Return 10:00 am - 12:00 pm on own

Cost: R: \$7.00 NR: \$9.00

Spend the morning taking in all the colors on display at Elizabeth Park. The Rose Garden is the center of Elizabeth Park. It is the first municipal rose garden in the United States and the third largest rose garden in the country today. Following Elizabeth Park enjoy lunch at The Cheesecake Factory in Blue Back Square. **RESTAURANT \$\$**



MONDAY MOVIES



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

May 2 "My Fair Lady" (1964)***** Starring Audrey Hepburn & Rex Harrison - A snobbish phonetics professor agrees to take a lowly flower girl under his care and make her presentable to society. Rated PG/Musical/3 hours.

May 9 "Billy Elliot" (2000)***** Starring Jamie Bell, Julie Walters, Gary Lewis and Jamie Draven - Little Billy's life is forever changed one day when he stumbles upon a ballet class. Unfortunately, his father thinks ballet is for sissies. Rated R/Comedy/Drama/1 hour 50 minutes.

May 16 "Fried Green Tomatoes" (1989)***** Starring Sally Field, Dolly Parton and Shirley MacLaine - A warm and witty celebration of friendship, Southern style.

Rated PG/Comedy/Drama/2 hours.

May 23 "The Odd Couple" (1968)***** Starring Jack Lemmon and Walter Matthau - One is neat, one is a slob. Both are divorced and need a place to stay. The arguments are endless but funny; it's like watching your parents fight. Rated PG/Comedy/1 hour 45 minutes.

June 6 "Mrs. Doubtfire" (1993)***** Starring Robin Williams, Sally Field and Pierce Brosnan - The eccentric dad of three children dresses as a British nanny so he can care for his children at the home of their mother in this touching comedy. Rated PG-13/Comedy/Drama/2 hours.

June 13 "Pay It Forward" (2000)***** Starring Kevin Spacey, Helen Hunt and Jay Mohr -

Social studies teacher Eugene Simonet gives his class an assignment: look at the world around you and fix what you don't like. One student comes up with an idea. Rated PG-13/Drama/2 hours.

June 20 "Oddball" (2016)**** Starring Shane Jacobson, Sarah Snook and Alan Tudyk - An eccentric chicken farmer, with the help of his granddaughter, trains his mischievous dog Oddball to protect a penguin sanctuary from fox attacks in an attempt to reunite his family and save their seaside town. Rated PG/Drama/1 hour 35 minutes.

June 27 "The Princess Bride" (1987)***** Starring Cary Elwes, Mandy Patinkin and Chris Sarandon - You've yet to hear the tale? Inconceivable! Join Westley on his epic adventure to rescue the fair Buttercup from the clutches of the evil Prince Humperdinck in director Rob Reiner's delightful classic! Rated PG/Action/1 hour 38 minutes.



Thursday Showcase



1:00 pm

May 19 "Some Enchanted Evening: Richard Rodgers Tribute Gala" (1980)***** Starring Maureen Lipman, Jimmy Johnston and Gillian Anderson - This star-studded gala celebrates the centenary of the birth of legendary Broadway composer Richard Rodgers. The 1980 performance at London's Theatre Royal, Drury Lane includes songs, dance, staged numbers and anecdotes featuring leading stars from both Broadway and London's West End. Not Rated/1 hour 28 minutes.

June 30 "Bye Bye Birdie" (1995)***** Starring Jason Alexander and Vanessa Williams - Relive the musical magic of BYE BYE BIRDIE, one of America's best-loved musicals. In this tuneful parody of Elvis Presley, Conrad Birdie is a wildly popular '50s rock-n-roll star. Conrad's manager, Albert (Jason Alexander) and his devoted secretary, Rosie (Vanessa Williams), arrange for Conrad to make a dramatic final appearance on "The Ed Sullivan Show," on the eve of his joining the Army. Not Rated/Musical/2 hours.



Eye Openers Support Group



The Low Vision Support Group will meet from 10:00 - 11:30 in the Special Activities Room at the Riverfront Community Center. This group is open to any person living with low vision. Members learn from one another and guest speakers. Refreshments are served. For more information or to receive meeting announcements, call Susan Parrotta, 860-652-7636.



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@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.



Virtual Smart Driver Course for Connecticut Drivers

**May 23 & June 20, 2022 - Class starts at 9:30 am
May 9 & June 9, 2022 - Class starts at 12:30 pm.**

Event registration closes 7 days prior to the date.

The Event link is: aarp.cvent.com/dsvirtual

Participants register and pay for the course on-line.

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.

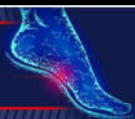
ASSISTANCE CAN INCLUDE: **LIGHT HOUSEKEEPING
YARD WORK, TECHNOLOGY ASSISTANCE,
OTHER MISCELLANEOUS CHORES, GENERAL ERRANDS**
ELIGIBILITY FOR SERVICES:

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.

FOOT CARE CLINIC



**May: Thursday 5/5; Tuesdays 5/17 & 5/31
June: Monday, 6/6; Wednesdays 6/8 & 6/29**

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.**

INFO you need to know

Affordable Connectivity Program (ACP) has replaced the Emergency Broadband Benefit.

Most households will automatically be transitioned on March 1 to the new ACP and receive a \$30.00 benefit to help with the cost of internet service only (not TV). Your internet provider will let you know if you need to take any action to continue receiving the benefit. You can also go online to <https://acpbenefit.org> **Questions call Norma (860)652-7655 or Matt (860)652-7645**

Here are the ways your household can qualify for the Affordable Connectivity Program (ACP):

- Based on your household income.
- If you or your child or dependent participate in certain government assistance programs such as SNAP, Medicaid, WIC, or other programs.



RAINBOW LUNCH HOUR - APRIL 28TH
**Presented by the CT Moveable Senior Centers and
CT Healthy Living Collective**

Come Out and Connect!




LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on the 4th Thursday of the month at Noon.
Pre-registration is required.

<https://hipaa.jotform.com/211896400311144>


The Glastonbury Senior Center serves lunch daily 11:45 am - 12:30 pm
 Reservations required - Call a day ahead (860)652-7638
 Cost: \$3.00- Glastonbury Residents \$5.00 Non-Residents
 Payable upon entry
 (Takeout Available for pickup after 12:00 pm)



Entrées for May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lemon Chicken w/ Herbs	3 Meatloaf	4 Baked Pork Chops	5 Pasta w/Meat Sauce	6 Hot Dog w/Toppings
9 Oven Fried Chicken Legs	10 Stuffed Shells w/ Meat Sauce	11 Stir Fry Pork	12 Stuffed Peppers	13 Chicken Salad on a Roll
16 Chicken in Mushroom Sauce	17 Beef Stroganoff	18 Ham	19 Pasta w/Meat Sauce	20 Breaded Chicken Patty
23 Birthday Party Shepherds Pie 	24 Memorial Day Picnic Luncheon 	25 Baked Pork Chops	26 Swedish Meatballs	27 Breaded Fish on a Bun
30 CLOSED Memorial Day 	31 Breaded Fish			

Entrées for June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Chicken in Mushroom sauce	2 Roast Pork	3 Hot Dog w/Toppings
6 Swedish Meatballs	7 Chicken Stir Fry	8 Smothered Pork Chops	9 Stuffed Shells w/Meat Sauce	10 Meatball Grinder
13 Chicken a la King	14 Beef Stroganoff	15 Oven Roasted Turkey	16 Pasta w/Meat Sauce	17 Cheeseburger
20 Spaghetti w/Sausage	21 Lemon Chicken	22 Shepherds Pie	23 Baked Ham	24 Breaded Fish on Bun
27 Birthday Party Baked Chicken Legs 	28 Ravioli w/Meat Sauce	29 Beef Stew in Bread Bowl	30 Chicken Stew	



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, May 18 & June 15, 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 a Booking Technician who will gladly assist you. Bookings are subject to some limitations, so be sure to tell the 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.

May 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 2:00 Indoor Walking Virtual	3 10:00 Cornhole 11:00 Beachball Volley 1:00 Musicians Jam Session	4 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	5 1:00 Creative Crafters 1:00 Wii Bowling	6 1:00 BINGO
9 10:00 Wheel of Fortune 2:00 Indoor Walking Virtual	10 9:30 Watercolor Class 10:00 Cornhole 11:00 Beachball Volley	11 10:00 Better Sleep 1:00 Bridge 1:30 Ceramics	12 10:00 Jeopardy 1:00 Creative Crafters 1:00 Wii Bowling	13 1:00 BINGO 2:00 Indoor Walking Virtual
16 2:00 Indoor Walking Virtual	17 10:00 Cornhole NO BEACHBALL VOLLEY 12:00 AARP General Mtg	18 10:00 Gnomes Craft 1:00 Mahjongg 1:00 Bridge 1:30 Ceramics	19 10:30 Red Barn Yoga Trip 1:00 Creative Crafters 2:00 Better Breathers	20 10:00 Movement Disorder & You 2:00 Indoor Walking Virtual
23 2:00 Indoor Walking Virtual	24 12:00 Memorial Day Luncheon	25 10:30 Rose Winery 1:00 Renewing your Spirit 1:00 Bridge 1:30 Ceramics	26 1:00 Creative Crafters 1:00 Wii Bowling 1:30 pm The Mayflower Compact	27 9:30 Eye Openers 1:00 BINGO 2:00 Indoor Walking Virtual
30 CLOSED Memorial Day 	31 10:00 Cornhole 11:00 Beachball Volley			

June 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	2 10:00 Jeopardy 1:00 Wii Bowling	3 1:00 BINGO 2:00 Indoor Walking Virtual
6 2:00 Indoor Walking Virtual	7 10:00 Cornhole 11:00 Beachball Volley 1:00 Musicians Jam Session	8 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	9 1:00 Wii Bowling 7:00 Evening Concert Governor Foot Guard Band	10 1:00 BINGO 2:00 Indoor Walking Virtual
13 10:00 Wheel of Fortune 2:00 Indoor Walking Virtual	14 9:15 New Britain Museum Trip 9:30 Watercolor class 12:30 "A Simple Approach"	15 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	16 1:00 Hungerford Nature Center 1:00 Wii Bowling	17 1:00 BINGO 2:00 Indoor Walking Virtual
20 1:00 Humane Society "Pet Savvy" 2:00 Indoor Walking Virtual	21 10:00 Cornhole 10:30 Lenny & Joes Trip 11:00 Beachball Volley	22 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	23 1:00 Wii Bowling 10:00 Elizabeth Park	24 9:30 Eye Openers 1:00 BINGO 2:00 Indoor Walking
27 2:00 Indoor Walking Virtual	28 10:00 Cornhole 11:00 Beachball Volley	29 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	30 1:00 Wii Bowling	

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. The last day that a household can apply is May 31, 2022. More information and appointments are available by calling Social Services at 860-652-7638.

Medicare - Looking for information (for Medicare-eligible residents) to make informed health insurance decisions, 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 Application Deadline is May 13, 2022.

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 limits for the Town program are \$60,520 (individual or couple). 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 May 4 and May 18, and June 1, June 15 and June 29, 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 May 21 and June 18, 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.

Peter Pan Players present Disney's "Aristocats KIDS" Friday, May 27, 2022
6:30 pm - 7:30 pm Free admission
Outdoor Performance - 321 Hubbard Street

Creative Experiences is excited to announce their spring musical this year - Disney's "Aristocats KIDS"! Every spring Creative Experiences' Peter Pan Players (PPP) perform at each of the town's elementary schools, bringing a 30 minute version of popular musicals and fairytales to life for young audiences. This year's free performance for the public will be held at 6:30 pm in the backyard at Youth and Family Services, 321 Hubbard Street. In the event of inclement weather the show will be held at the Riverfront Community Center. For more information please contact Jason Stankowski at 860-652-7675 or email jason.stankowski@glastonbury-ct.gov

A LOOK AHEAD
UPCOMING TRIPS

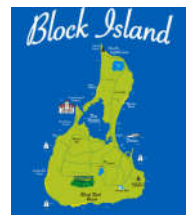


July Happenings:

- 13th - Cross Sound Ferry Classic Lighthouse Tour & Olive Garden Restaurant**
- 21st - Thimble Islands & Rocky Aqua Restaurant**
- 22nd - Essex Lunch Excursions - Train and Boat**

August Happenings:

- 9th - Cross Sound Ferry Lighthouse Tour & Olive Garden Restaurant**
- 10th - Charter Bus - Tours of Distinction -Block Island Day Trip**
Flyer available at the Riverfront Community Center
- 11th - Beyond Van Gogh - CT Convention Center—Hartford**
- 18th - Thimble Island & Rocky Aqua Restaurant**
- 23rd - Middlebury Consignment, Middlebury & Uncommon Grill, Watertown**



AARP Chapter # 2010

AARP GENERAL MEETING:
Join Chapter #2010
To Connect & Share
your experience, talents,
and compassion with your
community.

Tuesday, May 17, 2022 11:30 am

\$1.00 Entry Fee
Pizza, Coffee, Tea & Water

Entertainment



For questions please call Diane Tryon at 860-500-7976 or Shirley Bisi at 860-633-1881

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

BEACHBALL VOLLEY	Tuesdays 11:00 am - Noon
BILLIARDS -	Mondays - Fridays 9 am - 3 pm
BINGO	Fridays 1 pm - 3pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 11am - Noon May "ASTRID AND VERONICA" BY LINDA OLSSON June "THE WARMTH OF OTHER SUNS" BY ISABEL WILKERSON
BRIDGE	Wednesdays 1 pm - 3 pm
CERAMICS	Wednesdays 1:30 - 3:30 pm
CORNHOLE	Tuesdays 10:00 am - 11:00 am
CREATIVE CRAFTERS	Thursdays 1 pm - 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 Indoor RCC PICKLEBALL PLAY	Tuesday Evenings 5 pm - 8 pm
ADDISON PARK OUTDOOR PICKLEBALL	Tuesdays, Thursdays & Saturdays
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
Wii BOWLING	Thursdays 1:00 pm - 3:00 pm

**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

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

**If you have any questions or need assistance please call us at 860-652-7638 or email us
at senior.services@glastonbury-ct.gov**