



The Sharing Tree



Your source of information at the Glastonbury Senior Center.



Stay Active* Learn New Skills *
Meet New People.



SUMMER EDITION 2022

"CAUSE A LITTLE BIT OF SUMMER IS WHAT THE WHOLE YEAR IS ALL ABOUT!"
-John Mayer

Hello friends:

Summer is just about underway and we have some really great trips and programs planned. If you like good summer food be sure to attend our indoor **Sizzling Hot Dog & Chili picnic luncheon on July 7th** and the always popular **Parks & Recreation Senior Picnic on August 11th**. Don't miss the chance to get out on the water this summer or enjoy a seafood luncheon at one of Connecticut's shoreline treasures. And of course, museums and galleries are always "cool" spots to enrich our spirits and expand our horizons.

Whatever your interests are, you are sure to find something to fit the bill, and we hope to see you at one or many such events. Enjoy every minute!!

Your friends at the Glastonbury Senior & Social Services Department



Make the world a better place by just being nice. Pay a compliment to everyone you meet and watch for amazing results.
-Sharon K Brayfield



≡ CAFE ≡

Riverfront Community Center Café is Reopening!!
Monday through Friday 9:30-3:00
Coffee, Tea, and assorted beverages.
Fresh fruits, Danish, chips and other yummy snacks.
Check it out on your next visit to the center.



All Programs for July & August - Registration is June 6 for Residents and June 13 Non-Residents

Party Bridge Wednesdays 1pm—3 pm

Join the fun! A trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Call to register (860-652-7638).



Let's play Jeopardy - Thursdays, July 14 & August 18 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.

Lunch & Learn Programs Community Room A Call 860-652-7638 to register

American Lung Association Thursday, June 23, 2022 12:15 pm Riverfront Community Center

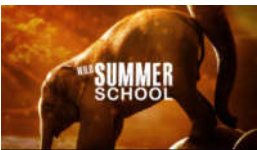
If you, or someone you know is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, learn better ways to cope with your diagnosis and live life to the fullest. **Presented by an American Lung Association trained facilitator.**

COVID 19 Test to Treat Thursday, June 30 2022 12:30 pm The Test to Treat Presentation will provide residents information to be able to define what a Test to Treat Site is and the eligibility requirements necessary to be able to receive free testing and free treatment at these locations. Residents will also learn about the different types of therapeutics available at these locations. In addition, residents will be able to identify Glastonbury's two Test to Treat Sites and multiple "Therapeutic Dispensing" locations. **Presented by: Christine DePierro-Gacek, Town of Glastonbury COVID-19 Coordinator**

Curiosity Stream Videos



China's Last LITTLE Train Wednesday, July 13, 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.



Wild SUMMER School Wednesday, July 27, 2022 12:15 pm - 1:00 pm
It is early summer and wild places across the world, whether beaches, jungles, or mountains are preparing for summer school to begin. The arrival of baby animals is imminent, and they'll have a lot to learn. Some kids spend a long time with mum while others have to figure things out for themselves.



Bucket List Australia Wednesday, August 10, 2022 12:15 pm - 1:00 pm
If Australia makes you think of beaches and BBQs, cricket and cork hats, you haven't seen anything yet. Giant deserts, ancient rainforest, tropical coasts, and mystical rock formations. Not to mention, some of the weirdest and most wonderful animals on the planet.



Hidden Japan Wednesday, August 31, 2022 12:15 pm - 1:00 pm
The culture of Japan is incredible, from bloom festivals to ultra-modern cities. But there are also more than 130 mammals and 600 bird species dwelling in Japan's 6,852 islands. This island chain is long enough to span climate zones, providing a huge range of habitat.

Evening Programming

Dial-A-Ride is available

Summer Setback is back! Tuesdays, June 7 - August 30, 2022

6 pm - 8 pm

Cost: \$5.00 admission (one time only)

Join in on the fun this summer with friends. Mini tournament at the end with prizes! Followed with pizza and ice cream party. **Call to Register: 860-652-7638**

Mahjongg Lessons Thursdays, June 9, 16 & 23, 2022

6 pm - 8 pm

Lessons are free however; 2022 Mahjongg card required through National MahJongg League, Inc. www.nationalmahjonggleague.org or on Amazon. **Call to Register: 860-652-7638**

This is not the computer game where you match symbols, this game will challenge you but once you learn, it's game on!

Classical Pianist Evening Concert

Thursday, July 21, 2022

7 pm - 8 pm

\$5.00 -Light Refreshments

Nicole Wang In Concert at the Riverfront Community Center.

Nicole has appeared as the guest soloist with several orchestras on the east-coast, and has been appreciated by audiences throughout United States. She maintains a very active performance schedule performing at various venues such as Temple University, Manhattan School of Music, Rydal Park, Logan Square, Spring House, Spring Field, Fort Washington Estate, Masonic Home, Meadow Wood, and Country House Club. **Registration required by July 14, 2022**

Special Luncheons

Sizzling Dog and Chili Picnic Thursday, July 7, 2022

12:00 pm - 1:00 pm

Cost: R: \$5.00 NR \$6.00

(Purchase Tickets by Friday July 1)

Join the fun and get your taste buds perked for some of Melanie's awesome Chili and Hot dogs and a special patriotic dessert. Don your most patriotic clothes and win a prize. Mini Bingo as well!!



Annual Parks & Recreation Senior Citizen's Indoor Picnic August 11, 2022

All Inclusive Ticket: \$5.00

Schedule of Events:

9:30 am

Setback Tournament followed by some great music!

11:45 am

Chicken BBQ

1:00 pm

Let the Games Begin....Bingo that is

Entertainment, Setback, Chicken Barbeque with all the fixins' & Bingo with Prizes

Tickets can be purchased online, at the Riverfront Community Center, Parks & Recreation Office (located in back of town hall) or at the Town Hall Information Center. Tickets can also be purchased on the day of the picnic until they are sold out. Come early and enjoy the Setback Tournament in the air-conditioned comfort of the community room. The day of festivities will end with Bingo. Please note: ***This picnic is only for Glastonbury senior residents age 55 plus.***



Seafood Restaurant Outings

Stowe's Seafood - West Haven July 19, 2022

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

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

Jimmys of Savin Rock - West Haven - August 16, 2022

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

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



Excursions

Cross Sound Ferry Classic Lighthouse Tour & Olive Garden Restaurant

Wednesday, July 13, 2022 or Wednesday, August 17, 2022

12:45 pm Leave RCC 2:00 pm Cruise 4:30 Dinner 7:00 pm Approx. Return to RCC

Cost: Resident: \$40.00/Dinner on own Non-Resident: \$44.00/Dinner on own

Enjoy views of eight lighthouses from New London to Long Island, including Plum Island Light, the supposed site of the first amphibious assault by an American army in 1775; plus, two Revolutionary-era forts and much more! Following the tour it's time to dine and relax at the Olive Garden Restaurant.

Thimble Island Cruise in Stony Creek & Lunch @ Rocky's Aqua on the Water, Clinton

Thursday, July 21, 2022 Thursday, August 18, 2022

9:00 am Leave RCC Approximate return to RCC: 3:45 pm

Cost: Resident: \$22.00 Non-Resident: \$28.00 (plus money for lunch)

Welcome aboard The Sea Mist, a 44 foot Carmen boat. Relax as we enjoy a narrated cruise around The Thimble Islands. After the cruise, it is on to lunch at an island marina where we can order lobster rolls or other seafood treats. The regular menu includes some non-seafood items as well (Wear comfortable clothing and good shoes).

Essex Steam Train and Riverboat Lunch Excursion Friday, July 22, 2022

10:00 am Leave RCC Approximate Return to RCC: 4:15 pm

All Inclusive Cost: Resident: \$67.00 Non-Resident: \$75.00

Enjoy a 3 course meal in a 1920s-era Pullman, a Luxury 1 1/4 hour cruise aboard the Mississippi-style riverboat, Becky Thatcher, and a Steam train ride back to Essex.

Please indicate meal choice:

A) Beef Tips and Gravy B) Baked Chicken or C) Eggplant Parmesan (meal includes: mixed green salad; Chefs Choice vegetable & starch, roll and Chefs Choice dessert).

Beyond Van Gogh at CT Convention Center - Hartford Monday, August 15, 2022

10:00 am Leave RCC 10:30 Admission 12:30 pm Lunch at Wood & Tap – Rocky Hill

Approximate Return RCC: 2:30 pm

Cost: Resident - \$40.00 (Lunch on own) Non-Resident - \$44.00 (Lunch on Own)

Prepare yourself for the most immersive experience through the use of cutting edge projection technology. Beyond Van Gogh breathes new life into over 300 of Van Gogh's artwork.

Middlebury Consignment, Middlebury & Uncommon Grill - Watertown

Tuesday, August 23, 2022 10:00 am Leave RCC Approximate Return: 3:30 pm

Cost: Resident: \$7.00 Non-Resident: \$9.00 (Lunch on own)

Established in 2009, the shop has grown to become one of the most unique consignment furniture stores to visit in the state. Enjoy lunch at Uncommon Grill, serving unique flavor combinations & fresh ingredients with art inspired plating. **RESTAURANT \$\$**

Katherine Hepburn Museum & Penny Lane Pub - Old Saybrook

Wednesday, August 24, 2022

10:00 Leave RCC 11:30 am Tour Museum 12:30 Lunch on Own Approximate Return

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

The Katharine Hepburn Museum presents an authentic view of the cultural and historical impact of Miss Hepburn and her family. In addition to many photographs from Katharine Hepburn's life and career, the exhibit features her 1975 Primetime Emmy Award, examples of letters written to her family during the early years of her career, costume and personal wardrobe pieces, and two of her paintings, including a self-portrait.

CHARTERED BUS TRIP

Block Island Breeze - Wednesday, August 10, 2022

8:00 am Leave RCC Approximate Return to RCC: 8:00 pm

Cost: \$154.00 - Checks only payable to: "Tours of Distinction"

Flyer available at Riverfront Community Center/Senior Services Office

Tour includes: Motor Coach, Tour Director, Block Island Guided Tour, Roundtrip Ferry, Lunch at the National Hotel and all gratuities.

At the time of registering please give your meal choice:

A. Crispy skin-on Pan Fried Chicken Breast B. Baked New England Scrod or C. Seafood Cake

Yard Goat Sunday Matinee Games



July 31, 2022 vs. Portland - 1:05 pm game
12:00 pm Leave RCC Approx. Return: 3:30 pm
Cost: Residents: \$ 24.00 Non-Residents: \$28.00



August 21, 2022 vs. New Hampshire 1:05 pm game
12:00 pm Leave RCC Approx. Return: 3:30 pm
Cost: Residents: \$ 24.00 Non-Residents: \$28.00



MONDAY MOVIES



1:00 pm Registration Required: Call 860-652-7638.

July 11 "Driving Miss Daisy" **** Starring Morgan Freeman, Jessica Tandy and Dan Aykroyd. When Daisy, an elderly Jewish woman who doesn't want to lose her independence crashes her vehicle, her son Boolie decides to get his mom a chauffeur. The chauffeur is an African American man. The movie follows a growing friendship with Daisy and Hoke over the years. Rated PG/Drama/1 hour 38 minutes.

July 18 "Top Gun"**** Starring Tom Cruise, Kelly McGillis and Anthony Edwards - a renegade pilot enters an elite combat training school where he finds fierce competition, a heated romance and danger lurking in the skies. Rated PG/Drama/1 hour 49 minutes.

July 25 "The Blind Side" ***** Starring Sandra Bullock, Tim McGraw and Quinton Aaron - A teen without a home finds success on and off the football field after he's taken in by a determined mom and her affluent family. Based on a true story. Rated PG-13/Drama/2 hours.

August 1 "The ADAM Project" **** Starring Ryan Reynolds, Mark Ruffalo and Jennifer Garner - After accidentally crash-landing in 2022, time traveling fighter pilot Adam Reed teams up with his 12 year old self on a mission to save the future. Rated PG-13/Comedy/1 hour 46 minutes.

August 8 "Dreamer" **** Starring Kurt Russell, Dakota Fanning and Elisabeth Shue - Down-and-out horse trainer Ben Crane rescues a once-great racehorse that's been severely injured and sets out to win the Breeders' Cup Classic. Rated PG/Drams/1 hour 45 minutes.

August 15 "Still Laugh-in: The Stars Celebrate" **** This celebration of the groundbreaking comedy show "Laugh-In" stars Lily Tomlin, Snoop Dogg, Billy Crystal, Tiffany Haddish, Neil Patrick Harris and more. Rated TV-MA/Comedy/1 hour.

August 22 "Holidate" **** Starring Emma Roberts, Luke Bracey and Kristin Chenoweth - Fed up with being single on holidays, two strangers agree to be each other's platonic plus-ones all year long, only to catch real feelings along the way. Rated TV-MA/Romantic/1 hour 44 minutes.

August 29 "When Harry Met Sally" **** Starring Billy Crystal, Meg Ryan and Carrie Fisher - Over the course of 12 years, Harry and Sally go from mutual dislike to unexpected friendship as they slowly realize they might be made for each other. Rated R/Romance/1 hour 35 minutes.



Thursday Broadway Showcase



1:00 pm Registration Required: Call 860-652-7638.

July 14 "Yentl"**** Starring Barbra Streisand, Mandy Patinkin and Amy Irving - A beautifully portrayed story of a young independent woman who is forced to masquerade as a boy in order to pursue her love of knowledge. Rated PG/Romance/2 hours 13 minutes.

August 18 "The Glass Menagerie" **** Starring Katharine Hepburn, Sam Waterston and Michael Moriarty - In Tennessee Williams' seminal classic, an aging Southern belle's preoccupation with her past and her dreams for her children's futures threaten to smother her painfully shy daughter and her aspiring writer son. A gentleman caller's visit offers false hope and disrupts the family's precarious balance. Rated PG-13/Arts, Entertainment, and Culture/1 hour 45 minutes.



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.**



Bereavement Support Group
Wednesdays, July 13 & 27, 2022 **2:00 pm - 3:30 pm**



Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is co-sponsored by Hartford Healthcare at Home and Glastonbury Senior Center. **Call Bill Pilkington, Bereavement Support Counselor at (860) 969-5442 or email: bill.pilkington@hhchealth.org.**



Virtual Smart Driver Course for Connecticut Drivers

June 9, 2022 - Class starts at 12:30 pm.

June 20, 2022 - Class starts at 9:30 am

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.

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**

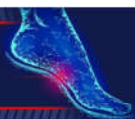
ELIGIBILITY FOR SERVICES:

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



July: Thursday 7/7; Wednesday 7/13 & Monday 7/18
August: Wednesdays 8/10; Tuesdays 8/16 & 8/30

Riverfront Community Center 9:00 am – 11:30 am

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.



Calling all Senior Musicians. Tuesdays, July 5 & August 2 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.

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 July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ Chicken
4 CLOSED Independence Day	5 Stuffed Shells	6 Lemon Chicken	7 Sizzling Hot Dog & Chili Picnic	8 Meatball Grinder
11 Chicken a la King	12 Smothered Pork Chops	13 Spaghetti w/ Sausage & Peppers	14 Oven Roasted Turkey	15 Cheeseburger w/ Lettuce
18 Baked Chicken Leg w/ Mac 'n Cheese	19 Pasta w/ Meat Sauce	20 Roast Pork	21 Stuffed Peppers	22 Breaded Fish Sandwich
25 Swedish	26 Chicken Stir Fry	27 Ravioli w/ Meat Sauce	28 Baked Chicken w/ Mushroom Sauce	29 Baked Ham

Entrées for August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lemon Chicken	2 Meatloaf	3 Baked Pork Chops	4 Pasta w/ Meat Sauce	5 Cheeseburger w/ Lettuce
8 Oven Fried Chicken Legs	9 Eggplant Parmigiana	10 Beef Stroganoff	11 Parks & Rec Picnic	12 Chicken Salad
15 Ham	16 Stuffed Shells	17 Chicken in Mushroom Sauce	18 Stuffed Peppers	19 Breaded Fish Sandwich
22 Shepard's Pie	23 BBQ Chicken	24 Beef Stew	25 Baked Fish	26 Hot Dogs
29 Swedish Meatballs	30 Chicken Stir Fry	31 Pasta w/ Meat Sauce		



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 - Saturday 9:00 am - 3:30 pm

Evenings: Tuesdays & Thursdays 5:00 pm - 8:00 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

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.

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.

July 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Current Issues 1:00 Bingo
4 CLOSED Independence Day	5 1:00 Musicians Jam Session 1:00 Cornhole 2:00 Beachball Volley 6:00 Setback	6 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	7 12:00 Sizzling Luncheon 1:00 Creative Crafters 1:00 Wii Bowling 6:00 Mahjongg	8 1:00 Bingo
11 1:30 Intro to Tai Chi	12 1:00 Cornhole 2:00 Beachball Volley 6:00 Setback	13 12:15 China Last Train 1:00 Bereavement Support 12:45 Cross Sound Ferry Trip	14 10:00 Jeopardy 1:00 Creative Crafters 1:00 Wii Bowling	15 10:00 Current Issues 1:00 Bingo
18 1:30 Intro to Tai Chi	19 10:00 Stowe's Seafood 1:00 Cornhole 2:00 Beachball Volley 6:00 Setback	20 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	21 9:00 Thimble Island 1:00 Creative Crafters 1:00 Wii Bowling 7 pm Classical Pianist Concert	22 10:00 Essex Steam 1:00 Bingo
25 1:30 Intro to Tai Chi	26 1:00 Cornhole 2:00 Beachball Volley 6:00 Setback	27 12:15 Wild Summer 1:00 Bereavement Support 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	28 1:00 Creative Crafters 1:00 Wii Bowling	29 1:00 Bingo

August 2022 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 1:30 Intro to Tai Chi	2 1:00 Cornhole 2:00 Beachball Volley 6:00 Setback	3 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics	4 1:00 Creative Crafters 1:00 Wii Bowling 6:00 Mahjongg	5 1:00 Bingo
8 1:30 Intro to Tai Chi	9 1:00 Cornhole 2:00 Beachball Volley 6:00 Setback	10 8:00 Block Island Charter Trip 12:15 Australia 1:00 Bereavement Support	11 9:30 Parks & Rec. Senior Picnic 1:00 Creative Crafters 6:00 Mahjongg	12 1:00 Bingo
15 10:00 Beyond Van Gogh 1:30 Intro to Tai Chi	16 10:00 Jimmies of Savin Rock 1:00 Cornhole 2:00 Beachball Volley	17 1:00 Bridge 1:00 Mahjongg 12:45 Cross Sound Ferry Trip	18 9:00 Thimble Island 10:00 Jeopardy 1:00 Creative Crafters 1:00 Wii Bowling 6:00 Mahjongg	19 1:00 Bingo
22 1:30 Intro to Tai Chi	23 10:00 Middlebury 1:00 Cornhole 2:00 Beachball Volley	24 10:00 Katherine Hepburn Museum 1:00 Bereavement Support	25 1:00 Creative Crafters 1:00 Wii Bowling 6:00 Mahjongg	26 1:00 Bingo
29 1:30 Intro to Tai Chi	30 1:00 Cornhole 2:00 Beachball Volley	31 12:15 Hidden Japan 1:00 Bridge 1:00 Mahjongg		

Summer 2022 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

Information available at time of printing. Subject to change.

Renters Rebate - Renters Rebate applications are being accepted through September 30, 2022. Glastonbury residents age 65 or older by 12/31/2021 or those receiving Social Security Disability may be eligible if their 2021 income was \$38,100 or less for an individual or \$46,400 or less for a married couple. There is no asset limit for this program. Eligible residents will receive a rebate check in the fall of 2022.

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

For more information or an appointment, please call Social Services at 860-652-7638.

Additional Veteran's Exemption - Applications for Additional Veteran's Exemption **from property tax** are being taken through Friday, September 30, 2022. Income limits, based on 2021 income, are \$38,100 for an individual and \$46,400 for a married couple.

Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your 2021 federal income tax return, if filing, and/or copies of all your interest and income statements and the 2021 Social Security end-of-year statement (SSA-1099).

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

Connecticut Foodshare - The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on Wednesdays July 13, July 27, August 10 and August 24. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability. Please remember to bring a bag or box with you to carry your food.

Carol's Closet - A paper pantry providing paper and personal products, Carol's Closet is open to Glastonbury residents the third Saturday of each month, which will be July 16 and August 20 from 10 AM to 11:15 at St. James Church, 2584 Main Street.

Medicare - For information on Medicare, you can visit www.medicare.gov, call Medicare at 1-800-633-4227 or make an appointment with one of the CHOICES trained counselors at the Riverfront Community Center by calling 860-652-7638.

Assistance with Mortgage, Taxes, & Association Fees - Governor Lamont has announced the launch of a new assistance program for Connecticut residents who have faced financial hardship as a result of the COVID-19 pandemic. The goal of MyHomeCT is to assist with mortgage delinquencies and defaults, and prevent foreclosures that occurred as a result of the COVID-19 pandemic. Eligible homeowners may receive financial assistance for mortgage payments, taxes, association fees, and other non-mortgage expenses. To learn more visit www.chfa.org/MyHomeCT. Please note, this state program will close when the allocated money has been expended.

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

BEACHBALL VOLLEY	Tuesdays 2 pm - 3 pm
BILLIARDS -	Mondays - Fridays 9 am - 3 pm
BINGO	Fridays 1 pm - 3pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 11am - Noon
BRIDGE	Wednesdays 1 pm - 3 pm
CERAMICS	Wednesdays 1:30 - 3:30 pm
CORNHOLE	Tuesdays 1 pm - 2 pm (Played outside on grass)
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	Daytime - Wednesdays 1 pm – 3 pm Evening - Thursdays 6 pm - 8 pm
EVENING Indoor RCC PICKLEBALL PLAY	Tuesday Evenings 5 pm - 8 pm
ADDISON PARK OUTDOOR PICKLEBALL	Thursdays 5 pm - 8 pm Saturdays 9 am - noon
PINOCHLE	Tuesdays 1 pm – 3 pm
RUMMIKUB	Tuesdays 10 am - Noon
SETBACK	Daytime Thursdays 10:00 - Noon Evening Tuesdays 6 pm - 8 pm
TECHNOLOGY 1:1 ASSISTANCE	Tuesdays 10:30 am - 12:30 pm 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

Glastonbury Senior Services Summer Sessions 2022 Class Schedule
 Register online at <https://glastonburyct.myrec.com> or Call (860)652-7638
 Registration starts for Residents : June 6, 2022 Non-Residents: June 13, 2022

SENIOR FITNESS PROGRAMS

Class	Description	Meets	Dates	# of Classes	Fee R	Fee NR
Stretcherize	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:20 - 12:15 pm	7/12-9/22	22	\$110	\$120
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 11:00 am—Noon	7/13-9/23	22	\$110	\$120
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 1:30—2:15 pm	7/11 - 9/19	10	\$50	\$60
Intermediate Line Dancing	Prior dancing experience required. -Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:15 am –11:45 pm	9/8-9/29	4	\$25	\$35
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 10:15 - 11:00am	7/13-9/21	11	\$55	\$65
		Wednesdays 11:15 am - Noon	7/13-9/21	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00 pm - 7:00 pm	7/14-9/22	11	\$55	\$65
Watercolor Class	Drawing is not a prerequisite – Using watercolors, students will explore different techniques in a relaxed environment	Saturday 9:30 am - 11:30 am	9/10 9/24	2	\$10 ea+ Supply fee	\$15 ea + Supply fee

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

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

Return Service Requested

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 seniorservices@glastonbury-ct.gov**