



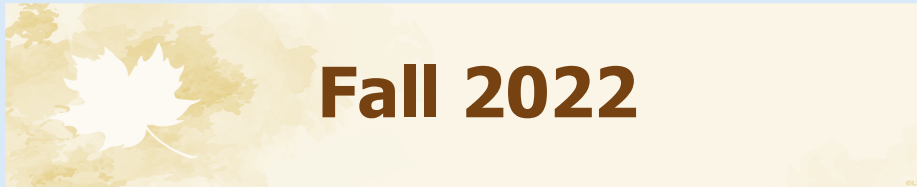
The Sharing Tree



Your source of information at the Glastonbury Senior Center.



Stay Active* Learn New Skills *
Meet New People.



September is National Senior Center Month Join the Fun! We have great programs & trips you won't want to miss!



Tuesday, September 20, 2022

12:00 pm Lunch

12:30 pm – 1:30 pm Entertainment by Bob Giannotti

Cost: R :\$6.00 NR: \$8.00

Register by Friday, September 16, 2022

Our National Senior Center Month Luncheon features entertainment by Connecticut's own "rock star" Bob Giannotti. Lunch includes BBQ baked chicken, potato salad, vegetable and cheesecake with whipped cream and fruit topping.



Show us Your Gifts!

Strength, Resilience and Creativity



As we celebrate National Senior Center Month we would like to explore the many creative ways that we have endured the last 2+ years of living with the Covid virus. In doing so, please share with us how you have explored your creative side, and used your gifts to inspire others or find your own sense of peace and fulfillment.



Legend has it that Shakespeare wrote his hugely successful narrative poems *Venus and Adonis*, as well as *King Lear* and many of his other well-known plays, while theatres were closed for the 1592-3, 1603-4 and 1606 epidemics. While you might not be a Shakespeare, we know you have many talents to share.

Entries can include any written work (poems/ short story) or work of art. (watercolor, oil, sketch, mixed medium) that illustrate or touch on the theme of **Strength, Resilience and Creativity**.

Entries should be submitted either electronically or in person to Norma Carey at 300 Welles Street by Wednesday, September 7, 2022. Please contact Norma at (860)652-7655 for entry applications and guidelines.

Select entries will be displayed in the building during the week of September 19, 2022

Awards will be given to entries that are:

Most Inspirational - Most Aesthetically Pleasing to the Eye - Most Thought Provoking

What's Inside

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Walking Chart

 **Light**

  **Moderate**

   **Significant**

**For information on venue accessibility
please call the office at 860-652-7638**



Charter Bus Trip



**Autumn Railway in the Berkshires
(Shared trip with Windsor Senior Center)
Tuesday, October 11, 2022**

Cost: \$125.00 - Checks only payable to "Tours of Distinction."

Flyer available at Riverfront Community Center/Senior Services Office.

Cost includes: Motor Coach, Tour Director, Scenic Train Ride, Lunch, Tour and Tasting at Winery, All Gratuities (including Driver and Tour Director).

Enjoy a 10 mile scenic narrated train ride through the Berkshires, exploring the rich railroad history of the region; lunch at Michael's Restaurant, following lunch we'll head over to Balderdash Cellars for a tour and tasting at this boutique winery located in the beautiful Berkshires of Western Massachusetts.

At the time of Registration please give your meal choice: A) Turkey and Cheese Wrap, B) Tuna and Tomato Wrap, C) Ham and Cheese Wrap, D) Grilled Chicken Wrap, or a E) Veggie Wrap. All meals include Chips, a Pickle, Soda or Iced Tea.  

Trips


**Slip-A-Way Tours and Lunch at Ferry Park Grill, Rocky Hill
Friday, August 26, 2022**

10:30 am Leave RCC 11:00 am lunch on own

12:30 - 2 pm Cruise Approx. Return to RCC 2:30 pm

Cost: R: \$27.00 NR: \$30.00

Enjoy lunch at the Ferry Grill & Chill where you dine by the river! Burgers - Seafood - Sandwiches, All are cooked to order. Following lunch we'll slip away to the river and enjoy the ride!!

The Captain and Crew will highlight sights along the way. Sit back, relax and enjoy the sounds of the river. There is nothing like cruising on the water. 


**RiverQuest Tree Swallow Sunset Cruise - Haddam
Thursday, September 1, 2022**

5:00 pm Leave RCC 6:00 pm - 8:00 pm Cruise Approx. Return RCC: 9:00 pm

Cost: R: \$70.00 NR: \$77.00

Join us aboard RiverQuest as we cruise a special spot on the Connecticut River where 100's of thousands of Tree Swallows gather. After spending the day miles away, the swallows return each night to sleep in the reeds. They gather at sunset and perform aerial ballets forming an amazing display of art, coordination and cooperation!

Enjoy the entire evening! We will spend 2+ hours on the water aboard RiverQuest. RiverQuest's flexible seating ensures everyone gets optimal "up close and personal" viewing.

Bring a sweater or jacket since it can be cooler on the river, & snacks/water. 

Trips

Clinton Outlets & Chamard Vineyards, Farm Winery Bistro Thursday, September 15, 2022
10:00 am Leave RCC 11:00 am - 1:00 pm Shop 1:30 pm Chamard Bistro on own
Approximate Return to RCC: 4:00 pm

Enjoy the morning shopping. After shopping, delight in an epicurean journey at the Chamard Bistro located at Chamard Vineyards in Clinton CT. The French inspired intimate bistro thrives on a farm to table mentality while offering a memorable locally sourced fresh and seasonal menu



Enjoy a beautiful fall day in Chester CT, Tuesday October 18, 2022

11:00 am Leave RCC Approximate Return: 3:00 pm
Transportation Fee: R: \$7.00 NR \$9.00

First enjoy lunch at Marker 37 located at the Chester Point Marina showcasing delicious food and expansive gorgeous views of the Connecticut River. (Indoor and outdoor seating). Following lunch take a short ride to the Chester town center where quaint shops and quintessential New England scenery abound. Start your Christmas shopping early!!



New England Falconry - Hadley, Massachusetts, Wednesday, October 19, 2022
9:15 am Leave RCC 10:30 am Arrive at Falconry 12:00 pm Lunch on own at Cracker Barrel - East Windsor
Approximate Return to RCC: 3:00 pm
Cost: R: \$37.00 NR: \$42.00 Register by October 14, 2022

New England Falconry is located on open meadows and forestland in beautiful Western Mass. You will experience the ancient art of falconry while learning about the life history of raptors, their role in the environment and the efforts underway to ensure their survival.



Create your own "Fall Wreaths" at Red Barn Farm - Old Lyme
Wednesday, October 26, 2022
10:30 am Leave RCC

11:30 am Lunch on own at The Monkey Farm - Old Saybrook

1:30 pm at Red Barn Yoga Farm Approximate Return RCC: 4:00 pm
Resident: \$67.00 Non-Resident: \$75.00 includes Wreath & Transportation
Limited seating!

First stop, The Monkey Farm Café a ****Historic Tavern**** with a 5 five star rating in Old Saybrook, serving up some of your favorites, seafood, burgers and soups. Following lunch it's time to create a Dried flower wreath with Joanie at the Red Barn Yoga farm. Joanie will walk you through the process and you will be amazed with your creation and proud to hang it on your wall.



Pizza, Pizza—who has the best Pizza?
As the weather gets cooler there is nothing like Pizza!
Cost for each: R: \$7.00 NR: \$10.00
Lunch is on your own



Bobby's Apizza - North Branford Tuesday, September 6, 2022
10:30 Leave RCC Approximate Return RCC: 2:00 pm

Camille's Wood-Fired Pizza - Tolland Tuesday, September 27, 2022
11:00 Leave RCC Approximate Return RCC: 2:00 pm

Frank Pepe Pizzeria Napoletana - Manchester, Tuesday, October 4, 2022
11:00 am Leave RCC Approximate Return RCC: 2:00 pm

Classes

Indian Classical Dance Performance Thursday, August 18, 2022 2:00 pm - 3:15 pm

This program is a compilation of Kuchipudi dances and will include a brief history of Indian dances, visuals, narratives and demonstrative gestures. "Layavinyasa's presentation is brought to you with support from Hartford Foundation for Public Giving and the Department of Economic and Community Development, Office of the Arts, which also receives support from the National Endowment for the Arts." **Community Room B**

AED & NARCAN Informational Program Wednesday, August 31, 2022 1 pm - 2:30 pm

Join us for this informational program regarding the use of AED and NARCAN.

AEDs are important because they strengthen the Chain of Survival. They can restore a normal heart rhythm in victims of sudden cardiac arrest. Portable AEDs enable more people to respond to a medical emergency that requires defibrillation. When a person suffers a sudden cardiac arrest, their chance of survival decreases by 7% to 10% for each minute that passes without defibrillation. AEDs save lives. NARCAN® Nasal Spray is a prescription medicine used for the treatment of a known or suspected opioid overdose emergency with signs of breathing problems and severe sleepiness or not being able to respond. NARCAN saves lives. Presented by Jason Race, Proactive Safety, and John Pelow, Glastonbury EMS **Community Room B**

Miniature Garden Wednesdays, September 14 & 21, 2022

9:00 am - 10:30 am Arts & Craft Room

Resident: \$20.00 Non-Resident: \$25.00



Join us as we create some fun, creative gardens using Gnomes, Fairies, or Succulent miniatures. Bring your own small to medium container and indicate which type you will be creating Gnome, Fairy or Succulent garden.

Registration required by Thursday, August 25, 2022.

How to Improve Balance & Prevent Falling Workshop

Monday, September 19, 2022 10:30 am

Learn from medical experts about tips on home modifications to reduce falls, medications and fall risks, how to safely get up from a fall and much more.

Tai Chi Demo Wednesday, September 21, 2022 10:30 am

Help improve your balance and reduce your risk of falling. When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. The benefits of tai chi may include:

Decreased stress, anxiety and depression; Improved mood; Improved aerobic capacity
Increased energy and stamina; Improved flexibility, balance and agility

Italian Classes I & II Thursdays 9:00 am 10:00 am October 6 - December 15, 2022

Virtual on Zoom

Cost: R:\$5.00 NR: \$6.00

Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required). Textbooks used are:

I - "Learn Italian the Fast and Fun Way"- FOURTH EDITION- by Marcel Danesi

II - "Conversational Italian Dialogues", by Lingo Mastery.

Watercolor Class Saturdays, September 10 & 24 October 8 & 22 9:30 am - 11:30 am

Cost: R: \$10.00 per class NR: \$15.00 per class (Additional cost of supplies paid to instructor). Drawing is not a prerequisite – Using watercolors, students will explore different techniques in a relaxed environment.

MONDAY MOVIES 1:00 pm
(August movies listed in Summer Edition of Sharing Tree)

September 12 "Harriet" (2019) Starring - Cynthia Erivo, Leslie Odom, Jr. and Joe Alwyn - Rated (PG-13)/ Drama, Biography, Action/ 2 hours, 5 minutes.

September 19 "Yankee Doodle Dandy" (1942) - Starring - James Cagney, Joan Leslie, and Walter Huston - (Not Rated)/Musical/2 hours, 6 minutes.

September 26 "No Time to Die" - (2022) - Starring - Daniel Craig, Ana de Armas and Rami Malek PG-13/Action, Thriller/ - 2 hours, 43 minutes.

October 3 "The Proposal" (2009) - Starring - Sandra Bullock, Ryan Reynolds, Mary Steenburgen, and Craig T. Nelson - PG-13/Comedy, Drama, Romance/1 hour, 48 minutes.

October 17 "Second Act" (2018) - Starring Jennifer Lopez, Vanessa Hudgens, Leah Remini and Treat Williams - Rated PG-13/ Comedy/Drama/Romance/ 1 hour, 43 minutes.

October 24 "Practical Magic" (1998) - Starring Sandra Bullock, Nicole Kidman and Stockard Channing - Rated PG-13/Comedy, Drama, Fantasy/1 hour 44 minutes.

October 31 "Hocus Pocus" (1993) Starring Bette Midler, Sarah Jessica Parker and Kathy Najimy- Rated PG/Comedy/ 1 hour 52 minutes

Thursday Broadway Shows 1:00 pm

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.

September 22, 2022 "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.

October 13, 2022 "Liza with a Z" Starring Liza Minnelli - Liza Minnelli stars in a television concert directed and choreographed by Bob Fosse. She performs such songs as the title number, "Lisa with a Z and Son of a Preacher Man". The concert concludes with a medley of songs from the film Cabaret. Not Rated/Documentary, Music/53 minutes.

Saturday Movies 11:00 am

August 13 "Lean On Me" (1989) Starring Morgan Freeman, Beverly Todd and Robert Guillaume Rated PG-13/Drama/1 hour, 48 minutes.

August 20 "Love and Gelato" (2022) Starring Susanna Skaggs and Owen McDonnell Rated TV-14/Romantic Comedy/1 hour 52 minutes.

August 27 "Gifted Hands The Ben Carson Story" (2009) Starring Cuba Gooding Jr and Kimberly Elise - Rated TV/PG/Drama/1 hour 30 minutes.

September 3 "The Goonies" (1985) Starring Sean Astin, Josh Brolin and Jeff Cohen - Rated PG/ Comedy/1 hour 53 minutes.

September 10 "Doctor Dolittle" (1967) Starring Rex Harrison, Samantha Eggar and Anthony Newley - Rated G/Adventure, Comedy/2 hours 32 minutes.

September 17 "Enchanted" (2007) Starring Amy Adams, Patrick Dempsey, James Marsden - Rated PG/Animation, Comedy, Adventure/1 hour 47 minutes.

September 24 "Homeward Bound: The Incredible Journey" (1993) Starring Robert Hays, Kim Greist, Jean Smart, and Veronica Lauren. Rated G/Family, Animals & Nature/1 hour 24 minutes.

October 1 "Joe Bell" (2020) - Starring Mark Wahlberg, Reid Miller, Connie Britton and Maxwell Jenkins - Not Rated/Biography, Drama /1 hour, 34 minutes

October 8 "Betty White: A Celebration" (2022) - Starring Valerie Bertinelli, Carol Burnett, Clint Eastwood and Tina Fey - Not Rated/Drama/1 hour, 40 minutes.

October 22 "King Richard" (2021) - Starring Will Smith, Aunjanue Ellis, Jon Bernthal and Saniyya Sidney - PG-13 Biography, Drama, Sport 2 hours, 24 minutes

October 29 "CODA" (2021) - Starring Emilia Jones, Marlee Matlin, Troy Kotsur, Daniel Durant Rated PG-13/Comedy, Drama, Music/ 1 hour, 51 minutes.

Lunch at the Center



Menus are available at the Riverfront Community Center; online at www.glastonburyct.gov Senior Services Department; Glastonbury Senior Center FaceBook page or call 860-652-7638 for the meal of the day.

11:45 am - 12:30 pm Lunch - No reservations required
Cost: \$3.00 Resident \$5.00 NR



Celebrate Your Special Day With Us!

Monthly Birthday Party - Call 860-652-7638 to indicate that it is your birthday month so that we can include you in our special celebration.

11:30 am Special Flute Music by Wendy Anderson

Monday, September 26, 2022
Monday, October 31, 2022



Riverfront Community Center Café
Monday through Friday
9:30 am - 2:30 pm

Coffee, Tea, and assorted beverages.
 Fresh fruits, Danish, chips and other yummy snacks.
 Check it out on your next visit to the center.
 Freshly made sandwiches on Fridays.



Lending Library at the Riverfront Cafe. The library is organized by our amazing volunteers! Stop by and pick out a book to enjoy in the café lounging area or to bring home. Bring back when you are done. It's that simple!



Tuesday, September 20, 2022

12:00 pm Lunch 12:30 pm– 1:30 pm Entertainment by Bob Giannotti
Cost: R: \$6.00 NR: \$8.00 Register by Friday, September 16, 2022

Our National Senior Center Month Luncheon features entertainment by Connecticut's own "rock star" Bob Giannotti. Lunch includes: BBQ baked chicken, potato salad, vegetable and cheesecake with whipped cream and fruit topping.

Apple Pie Social Friday, October 21, 2022 12:30 pm - 1:30 pm
Cost: R: 5.00 NR: \$7.00 Register by Tuesday, October 18, 2022

Come on down and enjoy one of the best things about the fall in New England. Fresh Apple Pie with Vanilla Ice Cream, and friends!! What could be better?

Halloween Costume Party Tuesday, October 25, 2022 4:30 pm - 6:30 pm
Cost: R: \$6.00 NR: \$8.00 Register by Thursday, October 20, 2022

It's our Halloween Costume Party! Wear your scariest costume and enjoy Pizza, Pasta, Salad and Punch. Country Duo will entertain. Prizes for costumes and best Monster Mash Dancer!

A Time To Remember Our Veterans Thursday, November 10, 2022 11:30 am - 1:00 pm
Cost: \$3.00 Register by Tuesday, November 8, 2022

We set this day aside to remember the achievements and sacrifices that men and women, at home and abroad, during war and in peace, have made so that we can live free. This program has been designed to help us remember our heroes in style. Veterans are encouraged to wear their uniforms and medals for this occasion.

Programs & Support Groups

Regular Daily Classes & Activities

Monday	Tuesday	Wednesday
8:30 Billiards 9:30 Knit/Crochet 11:45 Lunch 1:00 Duplicate Bridge 1:00 Movie 3:30 Tai Chi Intro	8:30 Billiards 9:30 Friendship Circle 10:00 Rummikub 10:30 ComputerTech Assist 11:30 Stretcherize 11:45 Lunch 1:00 Pinochle, 5:00 Pickleball (Indoor) 6:00 Setback 6:00 Lifelong Learning	9:00 Billiards 9:30 Friendship Circle 10:00 Powerful Aging 10:15 Fitness is Fun 11:15 Fitness is Fun 11:45 Lunch 1:00 Bridge 1:00 Mahjongg 1:30 Ceramics
Thursday	Friday	Saturday
8:30 Billiards 10:00 Setback 10:30 Intermediate Line Dancing 11:30 Stretcherize 11:45 Lunch 1:00 Mac/iPhone Assistance 1:00 Creative Crafters 1:00 Wii Bowling 5:00 Pickleball Addison Park 5:30 Coloring for Stress Relief 6:00 Mahjongg 6:00 Tai Chi 6:00 *Trivia (*see below for dates)	8:30 Billiards 10:00 Powerful Aging 10:15 Fitness is Fun 11:15 Fitness is Fun 11:45 Lunch 1:00 Bingo	9:00 Billiards 9:00 Pickleball Addison Park 9:30 *Watercolor Classes 11:00 Movie *Check Schedule on Page 4

Evening & Weekend Programs



Lifelong Learning: Great Tours "Greece & Turkey"

Tuesdays, September 6 – November 29 6:00 pm - 7:30 pm

with Professor John R. Hale, Ph.D. To travel the Aegean is to travel through the history of Western civilization. The poetry of Homer was composed along these shores; here Hippocrates made the West's first systematic medical observations, and the free men of Athens set out to govern themselves. Great empire builders like the Minoans, the Hittites, the Myceneans, the Macedonian Greeks, the Romans, and the Ottoman Turks all left their mark on these landscapes and on the entire world from their bases of power here in the eastern Mediterranean.

Coloring for Stress Relief Thursdays 6:00 pm - 8:00 pm

Coloring is a fun way to relieve stress and can provide a welcome break from electronic devices.

The Big Sing is Back! Saturday, September 17, 2022 Noon - 1 pm

Join Dr. Uke and the band in their return to in-person performance! Sing a long with them as the words are projected on the large screen. Dial a ride is available.

Trivia Thursdays, September 22; October 6 & 20, 2022 6:00 pm – 7:30 pm

Join us as you match wits against other teams. Free Admission. Prizes awarded. All Ages Program. We ask that any youth be accompanied by an adult.



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

2nd & 4th Wednesdays of the month 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) 209-3147 or email: bill.pilkington@hhhealth.org.



**October: Monday 3; Wednesday 12; Tuesday 18
November: Monday 7; Wednesday 9;
Tuesday 15 (half day 9-11:30 am)
December: Monday 5; Wednesday 14; Tuesday 20**

Riverfront Community Center 9:00 am – 2:30 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.**

Curiosity Stream Video**New Date—Hidden Japan Wednesday, September 7, 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. **Community Room A**

TED Talk Videos - Community Room A**3 Reasons for Optimism in Difficult Times Thursday, October 13, 2022 12:15 pm**

"Every great and difficult thing has required a strong sense of optimism," says editor and author Kevin Kelly, who believes that we have a moral obligation to be optimistic. In this illuminating talk, he shares three reasons for optimism during challenging times, explaining how it can help us become better ancestors and create the world we want to see for ourselves and future generations.

What you Discover When you Really Listen Thursday, October 20, 2022 12:15 pm

"Every conversation has the potential to open up and reveal all the layers and layers within it, all those rooms within rooms," says podcaster and musician Hrishikesh Hirway. In this profoundly moving talk, he offers a guide to deep conversations and explores what you learn when you stop to listen closely. Stay tuned to the end to hear a performance of his original song "Between There and Here (featuring Yo-Yo Ma)"

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.

**COMPUTER /TECHNOLOGY 1:1 ASSISTANCE**
Call to register 860-652-7638**Tuesdays 10:30 am - 12:30 pm Computer/Laptop Assistance****Thursdays 1:30 pm - 3:00 pm - Mac, iPad, or Smart Phone Assistance****Calling all Senior Musicians. First Tuesdays each month 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.

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.

AARP Smart Driver Thursdays:

September 15, 2022	8:30 am – 12:30 pm
October 20, 2022	12:30 pm - 4:30
November 17, 2022	8:30 am - 12:30 pm
December 15, 2022	12:30 pm - 4:30 pm

Cost: \$20.00 for AARP members; \$25.00 for Non-members. No cash or charge - Checks only payable to AARP due upon advance registration. The insurance discount afforded to seniors taking the course is a minimum of 5% for a period of 2 years if you are 60 years of age or older.

Hello, AARP Chapter 2010! Summer is in full sun, heat and beauty. Let's enjoy this season of fun and sun as the squirrels, bears, deer and rabbits skitter around eating the flora. We are restarting The Glastonbury Center AARP Chapter 2010 in September 2022.

Key points:

- 1) Our Board Meeting is 9/6/2022 and every first Tuesday at 10:30 am at RCC Senior Center.
- 2) Our General Meeting is 9/20/2022 and every third Tuesday at Noon at RCC Senior Center.
- 3) Year 2022 Membership dues are due September 2022. They will be \$5.00 for 2022, and \$10.00 for 2023.
 - A. Four items are needed to renew your membership. Your local AARP 2010 membership card
 - B. Your AARP national membership card or recent address label from the AARP Magazine,
 - C. A check made payable to AARP 2010 for \$5.00 and a self-addressed stamped envelope so we may return your cards to you. Jane's address: 66 Farmstead Lane, Glastonbury, CT 06033; phone: 860-659-2329.
- 4) We have arranged with Senior Services to allow us to purchase their lunch and bring it to our meeting, or you may bring your own lunch.
- 5) Our meeting entry fee will be \$1.00 to cover our costs.
- 6) We will not be sending our Newsletters because of the costs and volunteer time needed. All announcements will be in The Glastonbury Citizen and The Sharing Tree.
- 7) We need a minimum of four (4) volunteers every other month to help Senior Services put The Sharing Tree together for mailing.
- 8) We will be voting in our slate of Officers and Board Members at our September 20, 2022, Meeting. If you wish to be put on our email list, please send your email / membership information to: Gloria Jainchill at gjainhill@snet.net. If you have questions, call 860-657-8714.

Transportation



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

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

Saturdays: 10:00 am—2:00 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.

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.

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

Renters Rebate – Last call! The application period for this program is Friday, September 30.

Glastonbury residents who rented in 2021, and were age 65 or older by 12/31/2021, or those receiving Social Security Disability are eligible if their 2021 income was \$38,100 or less for a single person or \$46,400 or less for a married couple. There is no asset limit for this program.

Applications and information can be found on the Town of Glastonbury website, or by contacting Social Services at 860-652-7638. Proof of 2021 income received and 2021 rent, heat, electricity and water expenses are required. Please call Glastonbury Social Services at 860-652-7638 for more information.

Additional Veteran's Exemption - Applications for Additional Veteran's Exemption from property tax are being taken through Friday, **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 federal income tax return, if filing, and/or copies of all your interest and income statements and also the Social Security end-of-year statement (SSA-1099).

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

Food Share – The Food Share truck will be at First Church of Christ, 2183 Main Street from 10 AM to 10:45 AM on Wednesdays, September 7, September 21, October 5, October 19, November 2, November 16, and continuing every other Wednesday throughout the year.

Carol's Closet – A paper pantry providing paper and personal products, Carol's Closet is held the third Saturday of the month: September 17, October 15 and November 19. Hours are from 10AM to 11:15 AM, St. James Church, 2584 Main Street.

Thanksgiving Food Program: Social Services is accepting financial contributions toward the purchase of grocery gift cards for the annual Thanksgiving Program. For more information, please call Social Services at 860-652-7638.

Also, if you could benefit from receiving assistance from this program, and are not currently registered for the Food Bank, please call Social Services, 860-652-7638.

Medicare Annual Open Enrollment runs from October 15 - December 7

This is the time to review your Medicare coverage plans. Be sure to read all notices sent to you by your insurer as there may be changes in your plan that may affect your coverage and costs in 2023. During Open Enrollment you can: join or change a Part D Plan (prescription drugs); return to original Medicare from a Medicare Advantage Plan; or enroll in or change Medicare Advantage plans. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to www.medicare.gov or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7638.) Counselors are available year round to assist with your Medicare questions.

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

Exercise Class Fall Schedule 2022

Registration for all classes must take place prior to participation in the first class.

You can register online or at the Riverfront Community Center any day, Monday thru Saturday prior to the start of the class. All classes will be located at the Riverfront Community Center and are subject to cancellation if *not enough students are enrolled at the time of the first class*. **Registration for all classes begins on Tuesday August 16, 2022.**

Class	Description	Meets	Dates	# of Classes	Fee	
					Resident	Non-Resident
Powerful Aging & Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 am – 11:00 am	10/5-12/16	20	\$100	\$110
Stretchercise Exercise	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:30-12:15pm	10/4- 12/13	20	\$100	\$110
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Fridays 10:15 am—11:00 am 11:15 am - 12:00 pm	September Only	5	\$25.00	\$35.00
				5	\$25.00	\$35.00
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesday & Friday 10:15-11:00 am	10/5-12/16	20	\$100	\$110
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesday & Friday 11:15-12:00 pm	10/5-12/16	20	\$100	\$110
Tai Chi Intro	Learn the basics of this life altering discipline.	Mondays 3:30-4:15 pm	10/3 – 12/19	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	10/6-12/15	10	\$50	\$60

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

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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**