



The Sharing Tree



Your source of information at the Glastonbury Senior Center.

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



Fall/Winter 2022



Join Us for a Town Conversation!!

What: Glastonbury Age-Friendly Community Action Plan Update

When: Thursday October 20th 6:00- 8:00 pm (Snow date: 10/27/22)

Where: Riverfront Community Center

Why: Your input is critically important on how Glastonbury can continue to provide the highest quality of life for its residents at every age. Topics will include three community priorities that were identified by residents throughout the Age-Friendly planning process: Open Spaces and Buildings, Transportation & Housing.

This conversation will give residents an opportunity to learn about the progress that has been made on the Town's Age-Friendly Action plan which was certified by the national AARP in December 2021, and provide an opportunity for residents to offer additional ideas and feedback on these issues.

For more information call the Community Center at 860-652-7638 or go to <https://www.glastonbury-ct.gov/seniorservices>.

Dial A Ride will be provided.



Thanks for the Memories!!

Norma Carey, Program Coordinator for the Town of Glastonbury's Senior Services Department is retiring.

Norma began working for the town in 2001. Over the years Norma became a key figure in the senior center, always smiling, laughing and offering help and support to all. She will be dearly missed by many..

At the end of the day people won't remember what you said or did, they will remember how you made them feel." – Maya Angelou

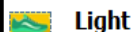
GRATEFUL



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Walking Chart



Light



Moderate



Significant

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

Fall Charter Bus Trips

Autumn Railway in the Berkshires
(Shared trip with Windsor Senior Center)
Monday, October 10, 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.

Glastonbury High School Treble Choir - Ethan Nash

Tuesday, October 25, 2022

The Treble Choir is an auditioned group open to 10th, 11th and 12th graders at the high school. They sing music in a wide variety of styles and annually take part in the Festival of Women's Voices with the West Hartford Women's Chorale. You are in for a real treat!

Community Rooms A & B

Trips



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 Monkey Farm Café.

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

Resident: \$67.00 Non-Resident: \$75.00 includes Wreath & Transportation

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.

NEW TRIPS



A Tribute to Elvis with Travis LeDoyt at Nelson Hall - Cheshire

Friday, October 28, 2022 2:00 pm Matinee performance

1:00 pm Leave RCC 2:00 pm Performance Approx. Return to RCC: 4:30 pm

R: \$42 NR: \$50 Cost includes ticket and transportation

Register by October 14, 2022

Travis LeDoyt is known as "the world's best" at portraying young Elvis Presley in his prime in the 50s and 60s. His uncanny resemblance to the "King of Rock and Roll" has audiences gasping when he takes the stage.



Seven Angels Theater - Waterbury Thursday, November 3, 2022

10:30 am Leave RCC 11:30 am Lunch on Own 2:00 pm Performance

Approx. Return RCC: 4:30 pm

Cost: R: \$42.00 NR: \$50.00 Register by October 28, 2022

Prepare to laugh, prepare to cry, prepare to join Steve Solomon on stage in his new, updated and funnier than ever: My Mother's Italian, My Father's Jewish & I'm in Therapy. More than twenty wacky characters—brought to life by Steve's talent with accents, dialects and hilarious storytelling in this side splitting one-man show. We'll meet the whole gang including the Italian/Jewish family, Steve's X, their therapists, the kids, the grandkids, the TSA... you get the picture.



Carpenters' Christmas Merry Christmas Darling, with Michelle Berting Brett

Nelson Hall - Cheshire

Thursday, December 8, 2022 2:00 pm Matinee performance

1:00 pm Leave RCC Approx. Return to RCC: 4:30 pm

R: \$42 NR: \$50 Cost includes ticket and transportation

Register by November 28, 2022

Acclaimed concert and recording artist, Michelle Berting Brett is known as a performer of incredible warmth with an emotional delivery of the classics. Her national touring show Merry Christmas Darling: Carpenters' Christmas combines the Grammy winning pop repertoire of Karen & Richard Carpenter along with their Christmas songbook.

Griswold Inn - Essex Wednesday, December 14, 2022

10:30 am Leave the RCC Approximate Return to RCC: 4:00 pm

Transportation Fee: Resident: \$7.00 Non-Resident: \$9.00

Enjoy an afternoon of sophisticated cuisine this holiday season at one of the oldest continuously operated inns in the country. The Griswold Inn will be decorated in all its charm for the holidays. After lunch enjoy seasonal shopping in the beautiful town of Essex.

NEW - Holiday Light Tours of Glastonbury Thursday, December 15, 2022

6:00 pm Leave the RCC 7:00 pm Return RCC

Sit back and enjoy the holiday lights as we cruise around the beautiful and festively decorated homes of Glastonbury. Following the tour, meet in the Cozy Corner Café for hot chocolate, festive cookies and great holiday tunes.

Programs / Classes

Watercolor Classes

Saturdays, October 8 & 22 - November 5 & 19; December 3 & 17, 2022
9:30 am - 11:30 am Register for one or all

Cost: R: \$10.00 per class NR: \$15.00 per class

Additional cost of supplies paid to instructor per project). Drawing is not a prerequisite – Using watercolors, students will explore different techniques in a relaxed environment.

New - Line Dancing with Sarah!

Thursdays, October 13, 2022 - December 15, 2022

1:00 pm - 2:15 pm

8 Classes Resident: \$55.00 Non Resident: \$65.00 Registration begins October 5, 2022

Join Sarah Preston Britto for some morning line dance fun! You will move your bodies and engage your brains as we "move and groove" to music from a wide variety of genres. Whether you've never line danced before, or have line dance experience you will enjoy this low impact, high fun class.

Health News

The Centers for Disease Control & Prevention (CDC) recommends that everyone over the age of 6 months get a flu shot every year. The Flu is a serious contagious disease that can lead to hospitalization and sometimes death. A flu vaccine is the first and most important step in protecting against flu viruses. Get vaccinated to avoid getting the flu/giving the flu to your family and friends!

According to immunize.org, vaccination should begin in September through, and before the end of October. ([Learn more at immunize.org.](https://www.immunize.org)) Each fall, the Glastonbury Health Department offers clinics during this timeframe to provide the influenza vaccine to town residents. See clinic date details below as available.

2022 Flu Clinic Dates (by appointment only)

Flu clinics (for individuals 18+ years of age) will be held at the Riverfront Community Center, 300 Welles Street, on the following dates/times in 2022:

Tuesday, October 11th, 2 - 5 pm

Wednesday, October 19th, 3 - 6 pm

Tuesday, November 1st, 2 - 5 pm

Hartford HealthCare at Home will be providing vaccinations to individuals 18 years and older at these clinics. Information regarding pediatric vaccinations (for individuals under 18 years of age) will be published as available.

Additional information on these clinics will be posted on this web page as the dates approach.

COVID-19 Vaccine Clinic at the Spooky Story Stroll Event

The DPH Yellow Van COVID-19 Vaccine Clinic

Pediatric & Adult Clinic

Wednesday, October 19, 2022

3:00 pm - 7:00 pm

Riverfront Community Center

Please contact Christine at christine.gacek@glastonburyct.gov for more information on Town vaccine clinics.

MONDAY MOVIES 1:00 pm

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

November 7 "Love in the Villa" (2022) Starring Kat Graham and Tom Hopper - Rated PG/Romantic Comedy/1 hour 55 minutes.

November 14 "The Horizon Line" (2021) Starring Allison Williams and Alexander Dreyfuss - Rated PG13/Drama/1 hour and 31 minutes.

November 21 "The 355" (2022) Starring Jessica Chastain, Penelope Cruz and Bingbing Fan - Rated PG13/Suspense/2 hours.

November 28 "Dog" (2022) Starring Channing Tatum and Jane Adams - Rated PG/Comedy/1 hour 41min.

December 5 "White Christmas" (1955) - Starring Bing Crosby, Danny Kaye, Rosemary Clooney and Vera-Allen - Not Rated/Comedy, Musical, Romance/2 hours.

December 12 "The Christmas Chronicles" (2018) - Starring Kurt Russell, Judah Lewis, Darby Camp, Lamorne Morris, Kimberly Williams-Paisley and Oliver Hudson - Rated PG/Adventure, Comedy/1 hour, 44 min.

December 19 "The Christmas Chronicles 2" (2020) - Starring Kurt Russell, Goldie Hawn and Darby Camp - Rated PG/Adventure, Comedy/1 hour, 52 min..

Saturday Movies 11:00 am

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.

November 5 "Val" (2021) Starring Jack Kilmer - Rated R/Documentary/1 hour 49 minutes.

November 12 "Where the Crawdads Sing" (2022) Starring Daisy Edgar-Jones - Rated PG-13/Mystery/Thriller/2 hours 5 minutes.

November 19 "Belfast" (2021) Starring Judi Dench, Caitriona Balfe and Jude Hill - Rated PG-13/Drama/1 hour 37 minutes.

November 26 "Captain Fantastic" (2016) Starring Viggo Mortensen Rated R/Drama/Comedy/1 hour 59 min.

December 3 "Lucy and Desi" (2022) from Director Amy Poehler - Rated PG/Documentary/1 hour 42 minutes.

December 10 "The Electrical Life of Louis Wain" (2021) Starring Benedict Cumberbatch - Rated PG-13/Biography/Drama/1 hour 51 minutes.

December 17 "Elvis" (2022) Starring Austin Butler and Tom Hanks - Rated PG-13/Drama/2 hours 29 minutes.

December 31 "Christmas in Connecticut" (1945) Starring Barbara Stanwyck and Dennis Morgan - Rated PG/Comedy/Romance/1 hour 41 minutes.

Evening & Weekend Programs

Lifelong Learning: Curiosity Stream presents "Comedy Legends" Seasons 1 - 4

Tuesdays, December 13 - March 21, 2022 6:00 pm - 7:30 pm

Featuring profiles on some of the world's favorite comedy stars. Barry Cryer, recalls some of his funniest moments working with each of them. Each episode is 40 minutes, showing two each night.

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 Saturday, November 19 & December 17, 2022 11:00 am - 12:00 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.

****NEW Programs****

Youth & Board Games Saturdays 10:30-1:30 pm

Join us for an all ages program every Saturday. Where Young Adults are encouraged to bring a Board Game that they would like to teach. Our Seniors are also encouraged to bring a game that they can show the Youth. Play a longer game, a more complex game, or something fun and different! We ask that any youth be accompanied by an adult.

Introduction to Comedy Improv with Matthew Thursdays, November, 3, 10 & 17 6:00-7:30 pm

Come learn the foundations of Improv in a supportive and fun environment. We will learn the basics of Improv and how to "Yes And", not only on stage but in life. All ages program. We ask that any Youth be accompanied by an adult. Sign up required as space is limited. This workshop is dedicated to the memory of Glen Harris.

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, October 31, 2022

Monday, November 28, 2022

Monday, December 19, 2022 (closed on December 26, 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 Monday - Friday.



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!



Halloween Costume Party Thursday, October 27, 2022 12:00 pm - 1:30 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. Entertainment by Country Duo. 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.

Thanksgiving Tuesday, November 22, 2022 11:45 am - 12:45 pm

Cost: R: \$6.00 NR: \$8.00 Register by Friday, November 18, 2022

Enjoy a tasty Thanksgiving Dinner with Roasted Turkey, Mashed Potatoes with Gravy, and all the traditional trimmings, including Pumpkin Pie with Whipped Cream.

Naughty or Nice Holiday Luncheon Tuesday, December 13, 2022 12:00 pm - 1:30 pm

Cost: R: \$6.00 NR: \$8.00 Register by Friday, December 9, 2022

Enjoy the holiday spirit with entertainer Brian Gillie.

Holiday Brunch Tuesday, December 20, 2022 10:00 am - 12:00 pm

Cost: R: \$6.00 NR: \$8.00 Register by Friday, December 16, 2022

Happy Holidays! Happy Chanukah! Felices Fiestas! Join your friends for some seasonal cheer and enjoy a delicious brunch and holiday sing-a-long. Quiche, Sausage, Assorted Danish, Fresh Fruits, Juices, Coffee & Tea. Join in on the Parade showing off your "Ugly" Sweater (Prizes awarded). Sure to bring joy and laughter to all this holiday season!

WEEKLY ACTIVITIES	
BILLIARDS	Mondays - Fridays 8:30 am - 3 pm Tuesdays/Thursdays 8:30 am - 8:00 pm Saturdays 9:00 am - 3:00 pm
BINGO	Fridays 1 pm - 3pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 11 am - Noon OCT. 20 "STRANGERS IN THEIR OWN LAND" BY ARLIE HOCHSCHILD NOV. 17 "LINCOLN HIGHWAY" BY AMOR TOWLES DEC. 15 "ISLAND OF THE SEA WOMEN" BY LISA SEE
BRIDGE	Wednesdays 1 pm - 3 pm
CERAMICS	Wednesdays 1:30 - 3:30 pm
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
PICKLEBALL PLAY INDOOR	Tuesday Evenings 5 pm - 8 pm
PINOCHLE	Tuesdays 1 pm - 3 pm
RUMMIKUB	Tuesdays 10 am - Noon
SETBACK	Daytime Thursdays 10:00 - Noon Fall -Evening Tuesdays 5:30 pm - 8 pm
TECHNOLOGY 1:1 ASSISTANCE	Tuesdays 10:30 am - 12:30 pm Computer/Laptop Assist. Thursdays 1:30 pm - 3:00 pm Mac, iPad, or Smart Phone Assist.
Wii BOWLING	Thursdays 1:00 pm - 3:00 pm



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/Wednesday/Thursdays

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@hhchealth.org.

Curiosity Stream videos - Community Room A**12:15 - 1:00 pm****America's National Parks – Yellowstone Wednesday, October 26, 2022**

This beautiful national park was established in 1872 as America's first national park. This park is one of the last, nearly intact, natural ecosystems in the world. It's also home to hundreds of animals such as bear, wolves, bison, elk, and antelope!

Hidden Germany Wednesday, November 9, 2022

Germany has some of Europe's most famous and exciting cities, but nothing compares to the natural wonders for this willing to step off the beaten track! There are great lakes and rivers, fish and birdlife, and large forests that hide boars and lynx.

Animals of Thanksgiving Wednesday, November 23, 2022

Thanksgiving, for most, begins with a turkey. But the huge comical birds are not the only animals associated with the season.

TED Talk Videos - Community Room A**12:15 - 1:00 pm****3 Reasons for Optimism in Difficult Times Thursday, October 13, 2022**

"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

"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)"

The Trick to Regaining Your Childlike Wonder Thursday, November 17, 2022

When we ditch our assumptions, new ideas can enter the world, says filmmaker Zach King. In an entertaining talk full of props and surprises, King shows us the trick to regaining our sense of childlike wonder through the power of storytelling -- and a bit of magic!

**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.

For assistance please call (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:**

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.

AARP BOARD MEETING:

1st Tuesday: October 4	10:30 am
1st Tuesday: November 1	10:30 am

GENERAL MEETING:

3rd Tuesday: October 18	1:00 pm
3rd Tuesday: November 15	12:00 pm

**PROGRAM: October Meeting: Present Slate of Officers, Program: Dr Uke and his band
November Meeting: Install Officers, Program: Glastonbury canine unit**

1) Year 2022 Chapter 2010 Membership dues are due They are \$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 Chapter 2010 sent to: Jane Ellis, 66 Farmstead Lane Glastonbury, CT 06033. Phone: (860) 659-2329
 - D. A stamped self-addressed envelope so we can return your cards.
- 2) 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, or buy food at the café.
 - 3) Our meeting entry fee is \$1.00 to cover our rental cost. There will be a 50/50 fundraiser.
 - 4) AARP Chapter 2010 announcements will be in the Glastonbury Citizen and The Sharing Tree.
 - 5) We need a minimum of five (5) volunteers every other month to help Senior Services put The Sharing Tree together for mailing.
 - 6) If you wish to be put on our email list, please send your email / membership information to: Gloria Jainchill at gjainchill@snet.net. If you have questions, call/leave a message at (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

Energy Assistance - Glastonbury Social Services is 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 \$3,313 per month, for a couple the income limit is \$4,333 per month. Again this year, there is no asset test for this program. More information and appointments are available by calling 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 Wednesday October 6, October 19, November 2, November 16, November 30 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: 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.

Holiday Gift Program: This program will anonymously match donors and the wish lists of Glastonbury children ages infant to 18. Donors can shop for these items with a suggested value of \$75.00, and return them to the Riverfront Community Center for distribution. Financial donations and store gift cards will be used to fill unmatched wish lists. Donors may register at <http://www.glastonbury-ct.gov/donate> or call Theresa Buckson at 860-652-7640 for more information. Thank you for your support!

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.



CARFIT

Helping Mature Drivers Find Their Safest Fit!

**Discover your perfect "fit."
Attend a FREE CarFit Checkup!**

**October 8, 2022
9am – 12:30pm**

**Riverfront Community Center
300 Welles Street**

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.

Learn how to use and adjust your safety devices.

Each checkup takes about 20 minutes—this is no a driving test or mechanical inspection.

For more information or to schedule your 20-minute appointment please call 860-558-9229 or 860-652-7638 or visit www.car-fit.org.

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.

Thank you to all who showed and shared Strength, Resilience and Creativity



1st prize winners:

**David Casali for his Wood carved vases:
Life Emerges, Cherry Stone & Center of the Nebula**

**Susan Terni Taff for her "While my heart was racing"
Cloth art work**

**2nd place - Sunset photo by
Gloria Janichill**

**3rd place Essay by
Katherine Ciolkosz
"Living Through the COVID"**

**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

Winter Weather Alert

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

On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

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