

# The Sharing Tree

Winter 2022—2023



Glastonbury Community Center  
Senior & Social Services:  
860 652 7638



*We hope you have a wonderful, safe holiday and a happy new year!*

## Naughty or Nice Holiday Luncheon

**Date:** Tuesday, December 13th

**Time:** 12:00 - 1:30 pm

**Tickets:** R: \$6 NR: \$8

**(Tickets must be purchased by Friday, December 9th)**

Let's start the holiday season with a delicious meal of Pork roast, Sweet Potatoes, Greens Beans, and Dessert. Then, enjoy the holiday spirit with entertainer Brian Gillie!

## Holiday Brunch

**Date:** Tuesday, December 20th

**Time:** 10:00 am - 12:00 pm

**Tickets:** R: \$6 NR: \$8

**(Register by Friday, December 16th)**

Happy Holidays! Happy Chanukah! Felices Fiestas! Join your friends for some seasonal cheer, sing-a-long, and a delicious brunch; Quiche, Sausage, Assorted Danish, and more. Join in on the Parade showing off your "Ugly" Sweater (Prizes awarded). Enjoy entertainment by Jeff Wieselberg!

## HAPPY NEW YEAR!

**Date:** Thursday, January 5th

**Time:** 12:00-1:30pm

**Tickets:** R: \$6 NR: \$8

**(tickets must be purchased by Friday, December 30th)**

Please join us to celebrate the new year with great food and entertainment by Tom Stankus (aka T-Bone)! Known as "America's musical Pied Piper;" he has entertained thousands of people since 1978. Whether it's Tom's energetic personality or his contagious smile... his audiences find themselves clapping, dancing and singing along.



## ♥ HAPPY Valentine's DAY ♥

**Date:** Tuesday, February 14th

**Time:** 12:00—1:30pm

**Tickets:** R: \$6 NR: \$8

**(tickets must be purchased by Thursday, February 9th)**

Join us on Valentines Day to have a delicious meal and enjoy exciting entertainment and comedy by Gene's Magic! Gene is always the life of the party. A member of the International Brotherhood of Magicians, Gene has received accolades from both party-goers and professional groups.



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***Tell us what you think! The Glastonbury Senior Center is conducting a community survey to help guide our future direction. Help us to be the best we can be for all community members!! The survey will go LIVE at the beginning of December. For more information on how to participate or obtain a hard copy of the survey please call us at 860-652-7638.***

### **NEW December Trips!**

#### **Holiday Light Tours of Glastonbury** (second trip)

**Date:** Tuesday, December 13th  
**Time:** 6:00pm—leave RCC  
 7:00pm—return to RCC  
 Fee for all: \$5



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!

#### **Magic of Lights!**

**Date:** Tuesday, December 20th  
**Time:** 4:30pm—leave RCC. Light show begins at 5:00pm.  
 6:00pm—Approximate return.  
 R: \$10    NR: \$12



A unique and dazzling drive-through holiday lights experience at Rentschler Field is bigger and brighter than before with more than a mile of spectacular light displays that bring to life your favorite holiday scenes and characters!

### **Walking Chart**

-  Light  
 Moderate  
 Significant

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

### **Smart Driver**



**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.

#### **2022 Driver Safety Class:**

December 15th,  
 12:30 - 4:30pm  
 For 2023 dates please call  
 860 652 7638

#### **2022-2023 Holiday Closings:**

Riverfront Community Center will be closed on Thursday November 24th, Friday November 25th, Monday December 26th, Monday January 2nd, Monday January 16th, and Monday February 20th



## TRIPS

### Maine Fish Market Restaurant

**Date:** Tuesday, January 10th

**Time:** 11:30am—leave RCC. 12:00pm—lunch.

2:30pm—Approximate return.

R: \$7 NR: \$9

The Maine Fish Market building in East Windsor is one of the oldest commercial buildings in the state, dating back to the 1780's. The restaurant opened in 1980 and is known for their wide variety of fresh seafood and relaxing atmosphere.



### New England Air Museum

**Date:** Tuesday, January 24th

**Time:** 1:00pm—leave RCC. 1:30pm—arrive at museum.

4:00pm—Approximate return.

R: \$24 NR: \$26

See more than 100 aircraft that were used throughout many decades around the world for commercial and military use. You will also learn detailed accounts by those involved in the military and major events... you'll not only read their words, but you'll hear their voices - past and present - in this unique blend of visuals, text, and recordings!



### Bidwell Tavern and Munson's Chocolate Factory

**Date:** Tuesday, February 7th

**Time:** 11:30am — leave RCC. 12:00pm lunch.

3:00pm — Approximate return.

R: \$7 NR: \$9

Enjoy lunch in Coventry at an 1822 landmark tavern serving award winning wings and delicious pub fare under historical photos and exposed beams! Then head over to Munson's Chocolate Factory to buy as much chocolate as you want.



### The Carousel Museum/Museum of Fire History and 99 Restaurant

**Date:** Wednesday, February 22nd

**Time:** 11:30am—leave RCC. 12:00pm lunch.

4:30pm—Approximate return.

R: \$15 NR: \$17

First, have lunch at 99 Restaurant then head over to The Carousel Museum/Museum of Fire History. You'll see the restoration and preservation of operating carousels, antique wooden carousels, and the creation of new carousel material. Don't forget to check out the preservation of firefighting equipment, memorabilia, and advancements in firefighting technology. Admission is for **both** museums!



**\*\*We strongly recommend that you bring cash to restaurants because most restaurants do not always offer separate, individual checks for each table of 4\*\***

## Classes

### **NEW! Create Your Own No-Sew Fleece Blankets**

**Fridays: January 20th, 27th, February 17th, and 24th  
9:30am-11:30am in the Arts & Crafts room  
(Register for as many as you'd like)**

**Class fee: R: \$10 per class      NR: \$15 per class**

Create your own blanket in just a few simple steps! You can gift it to someone, keep it for yourself or your pet, or have us donate it to a local animal shelter to help keep a shelter dog/cat warm!



### **Watercolor Classes**

**Saturdays: 9:30 am - 11:30 am in the Arts & Crafts room**

**(Register for as many as you'd like)**

**Class fee: R: \$10 per class      NR: \$15 per class**

**PLUS additional supply fee paid directly to instructor per project (\$10).**

Drawing is not a prerequisite – Using water colors, students will explore different techniques in a relaxed environment. Space limited to 10.



### **Line Dancing with Sarah!**

**Thursdays: 1:15 pm - 2:30 pm**

**8 Classes: R: \$50      NR: \$60**

Join Sarah Preston Britto for some 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.



## **FOOT CARE CLINIC**



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.

## **Memory Screenings**

Schedule an appointment for a free, confidential memory screening. These confidential memory screenings average 15 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Sponsored by Hartford HealthCare Center for Healthy Aging. Screenings are done on the first Wednesday of each month from 10:30 to 11:30 am. Next screening scheduled for January 4. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or [susan.parrotta@glastonbury-ct.gov](mailto:susan.parrotta@glastonbury-ct.gov). Pre-registration required.



## **Monday Movies 1:00 pm**

**January 9th, "Rescued by Ruby"** (2022), Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story. Starring: Grant Gustin, Scott Wolf, Kaylah Zander. Rated G. Inspiring. 1 hour and 30 minutes.

**January 23rd, "A River Runs Through"** (1992), Two brothers take different paths as they try to live up to their father's high moral — and fly fishing — standards in rural Montana in the early 1900s. Starring: Craig Sheffer, Brad Pitt, Tom Skerritt. Rated PG. Bittersweet. 2 hours.

**January 30th, "The Age of Adaline"** (2015), Decades after a near-fatal accident caused Adaline to stop aging at 29, she resists falling in love with a smitten young man to keep her secret hidden. Starring: Blake Lively, Michiel Huisman, Harrison Ford. Rated PG-13. Drama. 2 hours.

**February 6th, "The Italian Job"** (2003), A clever thief masterminds a major heist amid the waterways of Venice, Italy -- but a betrayal by one of his own spells disaster. Starring: Mark Wahlberg, Charlize Theron, Edward Norton. Rated PG-13. Suspenseful. 2 hours.

**February 13th, "When Harry Met Sally"** (1989), Over the course of 12 years, Harry and Sally go from mutual dislike to unexpected friends as they slowly realize they might be made for each other. Starring: Billy Crystal, Meg Ryan, Carrie Fisher. Rated R. Romantic. 1 hour and 30 minutes.

**February 27th, "Barbra-The Music,, the Mem'ries, The Magic!"** (2017), Iconic songstress Barbra Streisand culminates her 13-city tour in Miami with dazzling ballads, Broadway standards, and stories from behind the scenes. Rated PG-13. Concert/Music. 2 hours.

## **Saturday Movies 11:00 am**

**January 7th, "Wine Country"** (2019) Starring Amy Poehler, Tina Fey, Maya Rudolph. Six women question their friendships and futures when they travel to Napa Valley, Calif., to celebrate one's 50th birthday. Rated R. Comedy. 1 hour 43 minutes.

**January 14th, "The Starling"** (2021) Starring Melissa McCarthy, Chris O'Dowd, Kevin Kline. Rated PG-13. Drama/Comedy. After Lilly suffers a loss, a battle with a territorial bird over dominion of her garden provides an unlikely avenue for her grief and the courage to heal her relationships and rediscover her capacity for love. 1 hour and 44 minutes.

**January 21st, "St. Vincent"** (2014) Starring Bill Murray, Melissa McCarthy. Vincent becomes a mentor to the boy in his hedonistic way, and Oliver sees the good in Vincent that no one else can. Rated PG-13. Comedy/Drama. 1 hour and 43 minutes

**January 28th, "The Guernsey Literary and Potato Peel Pie Society"** (2018) Starring Lily James, Matthew Goode. In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Rated PG. Drama/Romance. 2 hours and 4 minutes.

**February 4th, "Lost in Paris"** (2016) Starring Dominique Abel, Fiona Gordon. A Canadian librarian who flies to Paris discovers that her 88-year-old aunt is missing. As Fiona scours the city looking for her, she encounters Dom, a friendly but annoying tramp who won't leave her alone. Rated 16+. Adventure/Comedy. 1 hour 22 minutes.

**February 11th, "Elsa and Fred"** (2014) Starring Christopher Plummer, Shirley MacLaine. In New Orleans, a feisty retiree and her new neighbor, an uptight widower, discover that it's never too late for true love and romance. Rated PG-13. Romance/Comedy/Drama. 1 hour 37 minutes.

**February 18th, "Chocolat"** (2000) Starring Juliette Binoche, Johnny Depp, Lena Olin. Vianne and her child arrive in a tranquil French town in the winter of 1959. Rated PG-13. Romantic/Drama/Comedy. 2 hours 1 minute.

**February 25th, "I Want You Back"** (2022) Starring Charlie Day, Jenny Slate. As the saying goes, "misery loves company," but their commiseration turns into a mission when they see on social media that their exes have happily moved on to new romances. Rated R. Comedy.



## WEEKLY ACTIVITIES

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<b>BILLIARDS</b>	<b>Mondays - Fridays    Tuesdays/Thursdays    Saturdays</b> <b>8:30 am - 3 pm            8:30 am - 8:00 pm            9:00 am - 3:00 pm</b>
<b>BINGO</b>	<b>Fridays 1 pm - 3pm</b>
<b>BOOK &amp; AUTHOR DISCUSSION GROUP</b>	<b>Third Thursday of each month 11 am - Noon</b> <b>Nov. 17th <i>Lincoln Highway</i> by Amor Towles</b> <b>Dec. 15th <i>Island of the Sea Women</i> by Lisa See</b> <b>Jan. 19th (2023) <i>Man's Search of Meaning</i> by Viktor Frankl</b> <b>Feb. 16th <i>The Measure</i> by Nikki Erlick</b> <b>Mar. 16th <i>The Mountains Sing</i> by Nguyen Phan Que Mai</b>
<b>BRIDGE</b>	<b>Wednesdays 1 pm - 3 pm</b>
<b>CERAMICS</b>	<b>Wednesdays 1:30 pm - 3:30 pm</b>
<b>CREATIVE CRAFTERS</b>	<b>Thursdays 1 pm - 3:30 pm</b>
<b>CURRENT ISSUES</b>	<b>First and Third Fridays 10 am - 11:30 am (Virtual)</b>
<b>DUPLICATE BRIDGE</b>	<b>Mondays 1 pm - 3 pm</b>
<b>KNIT/CROCHET GROUP</b>	<b>Mondays 9:30 am – 11:30 am</b>
<b>MAHJONGG</b>	<b>Daytime - Wednesdays 1 pm – 3 pm</b> <b>Evening - Thursdays 6 pm - 8 pm</b>
<b>PICKLEBALL PLAY INDOOR</b>	<b>Tuesday Evenings 5 pm - 8 pm</b>
<b>PINOCHLE</b>	<b>Tuesdays 1 pm – 3 pm</b>
<b>RUMMIKUB</b>	<b>Tuesdays 10 am - Noon</b>
<b>SETBACK</b>	<b>Daytime Thursdays 10:00 am - Noon</b> <b>Fall -Evening Tuesdays 5:30 pm - 8 pm</b>
<b>TECHNOLOGY 1:1 ASSISTANCE</b>	<b>Tuesdays: 10:30 am - 12:30 pm (Computer/Laptop Assist.)</b> <b>Thursdays: 1:30 pm - 3:00 pm (Mac, iPad, or Smart Phone Assist.)</b>
<b>Wii BOWLING</b>	<b>Thursdays 1:00 pm - 3:00 pm</b>



## Winter Class Schedule 2023

Class	Description	Meets	Dates	# of Classes	Fee	
					Resident	Non-Resident
<b>Powerful Aging and Fitness</b>	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 am - 11:00 am	1/4-3/10	20	\$100	\$110
<b>Stretchercise</b>	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:30 am - 12:15 pm	1/10-3/16	20	\$100	\$110
<b>Tai Chi Intro</b>	Learn the basics of this life altering discipline.	Mondays 3:30— 4:15 pm	1/23-3/20	8	\$40	\$50
<b>Tai Chi</b>	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	1/19-3/23	10	\$50	\$60
<b>Fitness Is Fun</b>	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit!	Wednesdays & Fridays 10:15-11:00 am	1/11-3/17	20	\$100	\$110
		11:15 am-12:00 pm	1/11-3/17	20	\$100	\$110
<b>Line Dancing for Fun!</b>	Move your bodies and engage your brains as we “move and groove” to music. No experience necessary!	Thursdays 1:15 pm- 2:30 pm	1/12—3/16	10	\$50	\$60
<b>Watercolor</b>	Drawing is not a prerequisite – Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30am	1/7, 1/21 2/4, 2/18 3/4, 3/18	6	\$10 each + supply fee	\$15 each + supply fee

## Lunch at the Center

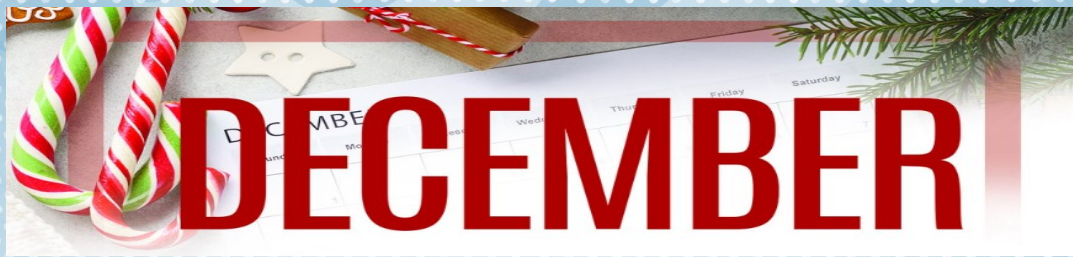
**11:45 am - 12:30 pm Lunch.**  
**No reservations required**

**Cost: R: \$3 NR: \$5**

## Celebrate Your Special Day With Us!

**Monthly Birthday Party** - Call 860-652-7638 to indicate that it is your birthday month, you'll receive a birthday gift and enjoy Flute music at lunch! November birthdays: Nov. 28th, December birthdays: Dec. 19th, January birthdays: Jan. 30th, February birthdays: Feb. 27th

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pasta w/ Meat Sauce, Salad, and French Bread	2 Breaded Fish on a Bun w/ Tartar Sauce, Lettuce, French Fries
5 Kielbasa & Sauerkraut Broiled Potatoes Vegetable	6 Shepard's Pie Tossed Salad Roll w/ Butter	7 Swedish Meatballs Egg Noodles Vegetable	8 Baked Chicken Breast in a Mushroom Sauce, Mashed Potatoes vegetable	9 All American Hot Dog Baked Beans Coleslaw
12 Grilled Cheese Minestrone Soup	13 <b>Naughty or Nice Luncheon:</b> (purchase ticket by Dec. 9th) Pork roast, Sweet Potatoes Greens Beans Dessert	14 Pasta w/ Meat Sauce Salad French Bread	15 Italian grinder Potato chips Dessert	16 Sausage & Peppers on a Roll Salad
19 <b>Birthday Celebration!</b> Chicken Stew Egg Noodles Vegetable	20 <b>Holiday Brunch</b> (purchase ticket by Dec. 16th) Quiche, Sausage, Danish, more...	21 Stuffed Peppers Yellow Rice Stewed Tomatoes	22 Baked Pork Chops Baked Potato Vegetable	23 Chicken Patty on a bun with lettuce French Fries
26 Christmas Day Observed Closed	27 Stuffed Shells w/ Meat Sauce Salad French Bread	28 Baked BBQ Chicken Legs Sweet Potatoes Vegetable	29 Beef Stroganoff Egg Noodles Vegetable	30 Meatball Grinder Salad



## Eye Openers Support Group



The Low Vision Support Group will meet from 10:00 - 11:30 am on the last Friday of every month 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 rescheduled date for Nov. 25th is Friday Dec. 9th. We'll have a speaker and a holiday party!)

## 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

Hartford  
HealthCare

*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, need 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](mailto:bill.pilkington@hhchealth.org)

## Upcoming Program:

### **Caregiver Support Series**

A 5-week program starting in February. During the program there will be a driving assessment for those with dementia. Please contact Outreach Social Worker, Susan Parrotta, at (860) 652-7636 or [susan.parrotta@glastonbury-ct.gov](mailto:susan.parrotta@glastonbury-ct.gov) to find out more information.

## **Evening and Weekend Programs**

***Registration required as space is limited. No cost programs.***

### **Lifelong Learning: Curiosity Stream presents "Comedy Legends" Season 1-4 Tuesdays, December 13 – March 21, 2023 6:00-7:30 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.



### **Zen Mandala Coloring**

**Thursdays**

**6:00-8:00 pm**

Join us for self-guided Zen coloring and chat. Zen coloring is a way to practice mindfulness and de-stress. Supplies Provided.



### **Age Friendly Social Tabletop Games in the Café**

**Saturdays 10:30am-1:00pm**

Join us for an all ages program every Saturday in the Café. We will have new Tabletop Games available to try. We encourage Youth and Seniors to bring games to share. We ask that any Youth be accompanied by an Adult. No Cost, Registration encouraged as space is limited.



### **\*\*New Program\*\* Age Friendly Open Studios**

**Tuesdays from 5:30-8:00pm AND Saturdays from 10:00am-1:00pm**

Please bring your Art Projects, Crafts, and Paintings that you would like to work on. We have storage space for your Art. Please bring your own supplies. This is an all ages program. We encourage any Youth to be accompanied by an Adult. This program is dedicated to the memory of Richard Swanson.



### **BIG SING! change\*)**

**Saturday, December 17, 2022**

**12:00-1:00pm (\*please note time**

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.





## **Lunch and Learn!**

### **Community Room A**

**12:15 - 1:00 pm**

#### **What you Discover When you Really Listen (15 minutes) Wednesday January 11th**

TED Talk: "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)".

#### **Frank Sinatra or America's Golden Age (50 minutes) Wednesday, January 25th**

A tribute to mark the centenary of the birth of one of the 20th century's greatest idols! This film takes us from New York to Los Angeles, Las Vegas, and Palm Springs, following the still-visible traces of an amazing artist.

#### **Comedy Legends—Billy Crystal (40 minutes) Wednesday, February 8th**

This video celebrates Billy Crystal as it highlights moments from his comedy career and some of his funniest moments.

#### **Why Having Fun is the Secret to a Healthier Life (12 minutes) Wednesday, February 22nd**

TED Talk: Have you had your daily dose of fun? It's not just enjoyable, it's also essential for your health and happiness, says science journalist Catherine Price. She proposes a new definition of fun -- what she calls "true fun" -- and shares easy, evidence-backed ways to weave playfulness, flow and connection into your everyday life!

### **Keeping You Informed:**

## **NEWS**

**AARP:** The season of giving is coming soon! But don't let fraudsters take advantage of your generosity. Here are a few tips to ensure your donations benefit a good cause, not a criminal:

- 1) Do Your Homework—the BBB Wise Gift Alliance monitors and evaluates charities to see if they are legitimate or a fraud. Check out the BBB Wise Gift Alliance website.
- 2) Know the Warning Signs of Fraud—A real charity will not protest or pressure you if you ask for time to think about it or if you refuse to donate. If they pressure you or become aggressive, hang up.
- 3) Be Alert—Does the charity resemble other names and logos? Do they use the words "federal" or "national" in their names? Do online research!
- 4) Validate Identities—Some criminals may pose as well-known or religious leaders, ask for a name, then research to see if they are calling people for donations.

#### **Winter time safety and health:**

- \* Reduce seasonal depression by visiting with friends and family, and staying active!
- \* Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing.

## 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: Please call (860) 652-7643**

**Cancellations: Please 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 ~ 10:00am-12:00pm ~ Shop Rite

#### **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 ~ 10:00am-12:00pm ~ Shop Rite

### FISH of Glastonbury (Friends in Service Here)

**The number to call is 860-647-3911.** Requests for rides must be made no later than noon on the day preceding the appointment. 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.

### American Cancer Society's Road to Recovery Transportation Service

**Phone: 1(800)227-2345.** They 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. For application and information, **call (860) 724-5340.**

**ENCOMPASS** - Transportation program offering ambulatory and accessible transportation for seniors ages 60 and older and/or individuals with disabilities. Passengers may schedule transportation by using the passenger app, booking online, or **calling 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. Their vehicles can handle most motorized wheelchairs or scooters.

**REGISTER:** 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)317-1025** 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.** Please call at least two (2) weeks ahead of your appointment.



**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**

**Theresa Buckson: 860-652-7640**

**Evelyn Lopez: 860-652-7652**

**Susan Parrotta: 860-652-7636**

### Medicare

If you are in a Medicare Advantage Plan, you can make one change to a different plan or switch back to Original Medicare between January 1 and March 31, 2023. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to [www.medicare.gov](http://www.medicare.gov) or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7638.)

### Energy Assistance

Glastonbury Social Services continues taking applications for heating assistance. Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the Energy Assistance program. The income limit for an individual is \$3,313 per month, for a couple the income limit is \$4,333 per month. *Remember, if you are participating in Eversource's or CNG's Matching Payment Program you also must complete an Energy Assistance application.* More information and appointments are available by calling Social Services at 860-652-7638.

### Food Share

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on January 11, January 25, Feb. 8, Feb. 22, March 8 and March 22. 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 to low income Glastonbury residents, it is open the third Saturday of each month from 10 AM to 11:15 at St. James, 2584 Main Street. Upcoming dates include Saturdays January 21 and February 18.

### Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption will be taken beginning in February. Residents need to have been age 65 by 12/31/2022 or Disabled. Those needing to renew their eligibility will receive a letter from the Town in February. The income limits were not available at time of publication. Income is calculated using 2022 figures. Income verification needed to apply for above programs:

*2022 Social Security 1099; 2022 federal income tax, if filed;  
if no income tax filed, all 1099s from 2022*

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

### Thank you!

Thank you to all the residents who have supported Glastonbury Gives through their donations! Donations to Glastonbury Gives support the Food Bank, Fuel Bank, Holiday Programs, and unique needs of residents facing financial hardship. Donations are always welcomed. Checks can be mailed to Glastonbury Gives, P.O. Box 6523, Glastonbury, CT 06033.

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

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

## **Return Service Requested**

### **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 the Town Website at [www.glastonburyct.gov](http://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 Programs and Activities:**

**\*\*Registration begins: Residents—Dec. 6th Nonresidents—Dec. 13th\*\***

**Registration for programs can be made in the following ways:**

- 1. Register online through our MyRec system at:  
<https://glastonburyct.myrec.com>**
- 2. Register by phone (860) 652-7638**
- 3. Mail to 300 Welles Street, Glastonbury, CT 06033**
- 4. 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](mailto:seniorservices@glastonbury-ct.gov)**