

The Sharing Tree

Winter/Spring 2023



Glastonbury Community Center
Senior & Social Services:
860-652-7638



Happy St Patrick's Day!

Date: Thursday March 16th

Time: 11:45am—1:15pm

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

(Tickets must be purchased by Monday, March 13th)

Come join us for corned beef & cabbage and entertainment by Mulcahy Academy of Irish Dance! The dancers will show you the beautiful art of Irish dance, and will promote Irish culture through traditional and modern Irish dancing techniques and movements.



Swing into Spring!

Date: Thursday April 13th

Time: 11:45am—1:30pm

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

(Tickets must be purchased by Monday, April 10th)

It's spring time! We're serving BBQ chicken, mashed potatoes, vegetables, & dessert. Then enjoy entertainment by Jukebox 45 Premier 50's and 60's Show Band! The band was formed by Jerry Fanfarelli, a well known CT musician who has played professionally for over 50 years and assembled a group of talented musicians that re-create the memorable songs of the 50's and 60's by singing and playing instruments!



Bella Italia Night—Dinner & Dancing! (Ages 50+)

Date: Thursday, April 20th

Time: 6:00-8:00 PM

Fee: R and NR: \$15/person

(Tickets must be purchased by Friday, April 14th)

Glastonbury Parks & Recreation and Senior Services are partnering together to put on a themed dinner dance! Join us for a fun night out great music by Frank Sinatra, Dean Martin and more legends! Dinner will include an Italian pasta dinner, rolls, and dessert served by youth volunteers. Purchase tickets at the Riverfront Community Center, Parks & Recreation Office, or online.



Glastonbury High School Spring Drama Production!



Date: Sunday, March 5th

Times: Lunch: 12:30
Show: 2:00pm matinee

Cost: \$15—includes lunch and a ticket to the show

Location: Glastonbury High School, 330 Hubbard Street. Please arrive at 12:00pm and enter through the Auditorium Lobby. Students will be there to greet people as they arrive.

Lunch: Chicken, potatoes with gravy, vegetables and pie.

GHS will provide entertainment and conversation during lunch!

Transportation provided

Don't forget about our Valentine's Day Luncheon!



Tuesday, February 14th
12:00—1:30pm

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

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

Entertainer: Gene's Comedy & Magic!

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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! For more information on how to participate or obtain a hard copy of the survey please call us at 860-652-7638.

February trip!

Carousel Museum & Museum of Fire

R: \$15 NR: \$17

Wed. February 22nd. Leave at 11:30am, return at 4:30pm. First, lunch at 99 Restaurant, then check out the restoration of operating carousels, antique carousels, the preservation of firefighting equipment, and advancements in firefighting technology. Admission is for **both** museums!

Trips

Mohegan Sun Casino

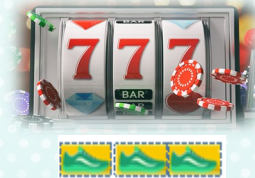
Date: Tuesday, March 7th

Time: Leave RCC—10:00am Arrive at 10:45am.

Approximate return—4:00pm







R: \$7 NR: \$9

Have fun at the casino playing games, shopping, eating, and check out their indoor waterfall!



Trips continued...

Walking Chart

-  Light
-   Moderate
-    Significant

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

BIG SING!



Join Dr. Uke and the band at their in-person performances! Sing along with them as the words are projected on the large screen.

Saturdays, 12:00-1:00pm in the community room.

Jan 28th

Feb 18th

March 25th

April 29th

May 27th

September 30th

October 21st

November 18th

December 16th

Hours of Operation:

Monday, Wednesday, Friday:
8:00 am to 4:30 pm

Tuesday & Thursday: 8:00 am to
8:00 pm

Saturday: 9:00 am to 2:00 pm

Upcoming Closings:

Presidents Day: Monday,
February 20th
Good Friday: Friday, April 7th

Connecticut Historical Society

Date: Tuesday, March 21st

Time: Leave RCC—12:45pm. Arrive at 1:05pm.

Approximate return—3:45pm

R: \$17 NR: \$19

The CHS's collection includes more than 4 million manuscripts, graphics, books, artifacts, and other historical materials accessible at our campus and on loan at other organizations! Don't miss the "Making Connecticut" exhibit, 400+ years in the making! Colorful, interactive, and filled with more than 500 historic objects, images, and documents. "Making Connecticut" is the story of all the people of Connecticut, from the 1500s through today.



The River Restaurant

Date: Tuesday, April 4th

Time: Leave RCC—11:45am. Lunch at 12:00pm.

Approximate return—2:00pm

R: \$7 NR: \$9

Enjoy this waterfront restaurant in Wethersfield with spectacular views of the river, the highest quality steaks, seafood, and delicious Italian/Mediterranean inspired cuisine! ***We strongly recommend you bring cash to restaurants because most restaurants do not always offer separate, individual checks for each table of 4.***



Shake Rattle n' Roll Dueling Pianos (The Aqua Turf Club)

Date: Tuesday, April 11th

Time: Leave RCC—10:00am. Arrive at 10:30am—the show is at 11:00am

Approximate return—4:00pm

R: \$59 NR: \$61 (price includes ticket and lunch!)

Two top piano entertainers will take the stage for an epic battle! Mixing music, comedy and audience interaction in a singalong, laugh-along, dance-along show you'll never forget!



East Windsor Trolley Museum

Date: Tuesday, April 25th

Time: Leave RCC—1:00pm. Arrive at 1:30pm.

Approximate return—4:00pm

R: \$17 NR: \$19

The Connecticut Trolley Museum has over 70 pieces of rail equipment dating back to 1869. During your visit, you can see historic passenger and freight trolley cars, interurban cars, elevated railway cars, passenger and freight railroad cars, service cars, locomotives, and a variety of other equipment from railways around Connecticut. ***The museum is handicap accessible, but trolleys are not because of the historic nature of vintage trolley cars.***



Glastonbury Health & Wellness Fair!

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Friday, March 24th, 2023 2:00pm-7:00pm
Riverfront Community Center

Join us at the Health & Wellness fair featuring vendors, food, health & wellness information, demonstrations, raffles, and fun for the whole family! The special luncheon at the community center will include pasta with delicious meat sauce, rolls, and salad, and entertainment by musician Mike Armentano!
Please call by 11:00am on Thursday March 23rd if you need Dial-a-ride.

LIVE Speaker! Safe Driving Tips From an Expert

Raechaell Corbett MS OTR/L , CDRS, CDI

Supervisor of the Easter Seals Driver Assessment Program, Certified Driver Rehab Specialist & Instructor, and Low Vision Specialist

As we age, we all experience changes in our vision as well as with our overall cognitive and visual processing speed. These changes can affect our reaction time as well as decision making behind the wheel. The discussion will include what a clinical driver assessment is, how and why to receive one, and the common diagnosis that are referred for driver assessments as well as possible outcomes of the driver assessment.

When and Where: Tuesday April 25th at 1:00pm in Community Room B

Please register by Friday April 21st!

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. (View schedule on page 9)

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.

2023 classes: Thursdays

March 16th 9:00am-1:00pm

April 13th 12:30-4:30pm

May 18th 12:30-4:30pm

~ No summer classes ~

Sep 21st 12:30-4:30pm

Oct 19th 12:30-4:30pm

Nov 9th 9:00am-1:00pm

Tax Assistance



Appointments begin on February 8th - please call (860) 652-7638 to make an appointment and learn about upcoming dates!

Monday Movies, 1pm:

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March 6th, "Steve Martin & Martin Short" (2018), Longtime pals and showbiz icons Steve Martin and Martin Short share countless quips, catchy tunes and hilarious stories about their lives in comedy. 1 hour and 15 minutes.

March 13th, "Singapore" (1960), When his employee disappears in Singapore, Shyam travels from India to investigate the absence and becomes entangled in a deadly plot. Starring: Shammi Kapoor, Padmini, and Maria Menado. 2 hours and 40 minutes.

March 20th, "Miss Congeniality" (2000), Uncouth and unfashionable FBI agent Gracie Hart goes undercover as a contestant in the Miss United States beauty pageant to stop a terrorist threat. Starring: Sandra Bullock, Michael Caine, and Benjamin Bratt. 2 hours.

April 3rd, "Ferris Buellers Day Off" (1986), After faking an illness to skip school, popular teen Ferris Bueller enjoys a fun-filled day in Chicago with his girlfriend and his uptight best friend. Starring: Mathew Broderick, Alan Ruck, and Mia Sara. 1 hour and 45 minutes.

April 10th, "Enola Holmes" (2020), While searching for her missing mother, teenager Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord. Starring: Millie Bobby Brown, Henry Cavill, and Sam Claflin. 2 hours.

April 17th, "The Other Guys" (2010), Desperate to be the top cops on the force, two misfit detectives break free from their desk jobs and stumble onto the biggest case of their careers. Starring: Will Ferrell, Mark Wahlberg, and Eva Mendes. 1 hour and 45 minutes.

Saturday Movies 11:00 am

March 4 "Roald Dahl's Matilda the Musical" (2022) Starring Alisha Weir, an extraordinary girl with a sharp mind and a vivid imagination, dares to take a stand to change her story with miraculous results. Musical. Rated PG. 1 hr 57 mins

March 11 "The Banshees of Inisherin" (2022) Starring Colin Farrell and Brendan Gleeson. Two lifelong friends find themselves at an impasse when one abruptly ends their relationship. Rated R. Comedy/Drama. 1 hr 49 mins.

March 18 "The Fabelmans" (2022) The story of growing up in post-WWII era Arizona, where Sammy Fabelman aspires to become a filmmaker. PG-13. Drama. 2 hrs 31 mins

March 25 "The Glass Onion: A Knives Out Mystery" (2022) Starring Daniel Craig, Kate Hudson, and Janelle Monae, famed southern detective Benoit Blanc travels to Greece for his latest case. Rated PG-13. Mystery/Comedy. 2 hrs 20 mins

April 1 "Monty Python and The Holy Grail" (1975) King Arthur and his Knights embark on a surreal, search for the Holy Grail, encountering many, silly obstacles. PG. Comedy 1 hr 31 mins

April 8 "What's Up, Doc" (1972). Starring Barbara Streisand and Ryan O'Neal, the accidental mix-up of four identical plaid overnight bags leads to a series of increasingly wild and wacky situations. Rated G. Comedy/Drama. 1 hr and 34 mins

April 15 "Duck Soup" (1933) Starring Groucho Marx, Harpo Marx, and Chico Marx. Rufus T. Firefly is named the dictator of Freedonia. Comedy. Not Rated. 1 hr and 9 mins

April 22 "The Producers" (1968) Starring Gene Wilder and Zero Mostel. A play producer makes a plan to make money by producing a flop. Comedy/Musical. Rated PG. 1 hr 28 mins

April 29 "Singing in the Rain" (1952) Starring Gene Kelley and Debbie Reynolds, A Silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood. Rated G. Musical/Comedy. 1 hr 43 mins

Tai Ji Quan: Moving for Better Balance



Improve strength, mobility, balance and daily function to prevent falls.

Tai Ji Quan: Moving for Better Balance

This class is held twice a week for 24 weeks.

 CT Healthy Living
COLLECTIVE

www.cthealthyliving.org

This 24 week program begins on February 14th, ends on July 27th, and will occur on Tuesdays from 4:00-5:00pm and on Thursdays from 5:00-6:00pm. No fee! Dial-a-ride is available.

* No class on July 4th

Blood Pressure Screenings

The health department will have screenings Tuesday mornings (see dates below) from 9:00am-12:00pm beginning in March. Screenings will be done by a registered nurse and are 10 minutes long. Please call (860) 652-7637 to make an appointment in advance.

Dates: March 7, 14, 28 / April 4, 25 / May 2, 9, 23, 30 / June 6, 13, 20.

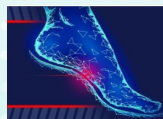


Foot Care Clinic

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.



Hearing Tests

Friday February 3rd & Friday
April 7th



The test will be 15 minutes and will occur between 10:00am—11:30am. Please call our main number, (860) 652-7638, to schedule an appointment.

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, and will continue throughout the year. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860) 652-7636 or susan.parrotta@glastonbury-ct.gov. Pre-registration required.



Eye Openers Support Group



The Low Vision Support Group will meet from 10:00 - 11:30 am on the 4th Friday of every month. Meetings are hybrid (in-person and zoom). 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, sleep changes, 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

Dementia & Caregiver Support

Free 5-week program: Tuesdays 5:30-7:00pm. Begins on Feb. 7th.

Are you caring for someone with dementia? Do you want to learn more about the progression of the disease and helpful communication tips? Would you like to be able to recognize common behaviors and know how to respond?

Please contact Outreach Social Worker, Susan Parrotta, at (860) 652-7636 or susan.parrotta@glastonbury-ct.gov to find out more information.

Please register by 2/2/23!

Weekly Activities

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BILLIARDS	Monday, Wednesday, Friday: 8:30 am-3 pm Tuesday, Thursday: 8:30 am– 8 pm Saturday: 9 am– 3 pm
BINGO	Friday: 1 pm– 3 pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month: 11 am– 12 pm Feb. 16: <i>The Measure</i> by Nikki Erlick Mar. 16: <i>The Mountains Sing</i> by Nguyen Phan Que Mai April 20th: <i>West With Giraffes</i> by Lynda Rutledge
BRIDGE	Wednesday: 1 pm– 3 pm
CERAMICS	Wednesday: 1:30 pm– 3:30 pm
CREATIVE CRAFTERS	Thursday: 1 pm- 3:30 pm
CURRENT ISSUES	First & Third Fridays of each month: 10 am– 11:30 am (Virtual)
DUPLICATE BRIDGE	Monday: 1 pm– 3 pm
KNIT/CROCHET GROUP	Monday: 9:30 am– 11:30 am
MAHJONGG	Daytime Wednesday: 1:30 pm- 3:00 pm Evening Thursday: 6 pm– 8 pm
PICKLEBALL PLAY—INDOOR	Tuesday Evening: 5 pm– 8 pm
PINOCHLE	Tuesday: 1 pm– 3 pm
RUMMIKUB	Tuesday: 10 am– 12 pm
SETBACK	Daytime Thursday: 10 am– 12 pm Evening Tuesday: 5:30 pm– 8 pm
TECHNOLOGY 1:1 ASSISTANCE	Computer/Laptop Assistance Tuesday: 10:30 am– 12:30 pm Mac, iPad or Smartphone Assistance Thursday: 1:30 pm– 3:00 pm
Wii BOWLING	Thursday: 1 pm– 3 pm





Spring Class Schedule

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Registration: R: Feb 13th NR: Feb 20th

<u>Class</u>	<u>Description</u>	<u>Meets</u>	<u>Dates</u>	<u># of classes</u>	<u>Resident Fee</u>	<u>Non resident Fee</u>
Powerful Aging and Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 – 11:00am	4/5— 6/14	20	\$100	\$110
Stretchercise	Low impact exercise using stretch bands & weights (provided)	Tuesdays & Thursdays 11:30am- 12:15pm	4/4— 6/8	20	\$100	\$110
Tai Chi Intro	Learn the basics of this life altering discipline	Mondays 3:30- 4:15pm	4/3— 5/22	8	\$40	\$50
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00- 7:00pm	4/6— 6/8	10	\$50	\$60
Fitness is Fun	Get your cardio workout and improve your strength and balance with music!	Wednesdays & Fridays 10:15-11:00 am 11:15 am-12:00 pm	4/5 – 6/14	20	\$100	\$110
			4/5— 6/14	20	\$100	\$110
Line Dancing	Move your bodies and engage your brains as we “move and groove” to music. No experience necessary!	Thursdays 1:00 pm- 2:15 pm	4/6— 6/8	10	\$50	\$60
Watercolor	Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30- 11:30am	4/8, 4/15, 4/22, 4/29, 5/6, 5/13	6	\$10 each + supply fee	\$15 each + supply fee
Italian Language I & II (virtual)	I: Expand your knowledge of this language! Text-books required.	Thursdays: 9:00-10:00am	Both: 4/6- 6/15	11	\$5	\$6
	II: Completion of Italian I or prior knowledge of the language is required.	10:00-11:00am				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MONDAY</p> <p>You can stop into the Riverfront Café Monday thru Friday, 9:30 AM-2:30 PM and treat yourself to snacks, baked goods, soups, beverages and delicious sandwiches!</p> <p>Lunch is served DAILY, Monday thru Friday at 11:45 AM, EXCEPT for holidays Birthdays are celebrated at lunch on the last Monday of each month</p>   <p>8:30 AM- Billiards 8:30 AM- Pedi-Care Foot Clinic 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro</p>	<p>TUESDAY</p> <p>8:30 AM- Billiards 10 AM- Rummikub 11:30 AM- Stretchericize 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback 5:30 PM- Open Studios 5:30 PM- Caregiver Series 6 PM- Comedy Legends</p>	<p>WEDNESDAY</p> <p>1 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness Is Fun 11:15 AM- Fitness Is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics</p>	<p>THURSDAY</p> <p>2 8:30 AM- Billiards 10 AM- Setback 11:30 AM- Stretchericize 1 PM- Creative Crafters 1 PM- Wii Bowling 6 PM- Line Dancing for Fun! 6 PM- Coloring for Stress Relief 6 PM- Mahjongg 6 PM- Tai Chi</p>	<p>FRIDAY</p> <p>3 8:30 AM- Billiards 9 AM- Senior Fitness 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness Is Fun 11:15 AM- Fitness Is Fun 1 PM- BINGO</p>	<p>SATURDAY</p> <p>4 9:30 AM- Billiards 9:30 AM- Watercolors 10:30 AM- Youth & Board Games</p>
<p>6 8:30 AM- Billiards 8:30 AM- Pedi-Care Foot Clinic 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro</p>	<p>7 8:30 AM- Billiards 10 AM- Rummikub 11:30 AM- Stretchericize 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback 5:30 PM- Open Studios 5:30 PM- Caregiver Series 6 PM- Comedy Legends</p>	<p>8 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness Is Fun 11:15 AM- Fitness Is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics</p>	<p>9 8:30 AM- Billiards 10 AM- Setback 11:30 AM- Stretchericize 1 PM- Creative Crafters 1 PM- Wii Bowling 6 PM- Line Dancing for Fun! 6 PM- Coloring for Stress Relief 6 PM- Mahjongg 6 PM- Tai Chi</p>	<p>10 8:30 AM- Billiards 9 AM- Senior Fitness 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness Is Fun 11:15 AM- Fitness Is Fun 1 PM- BINGO</p>	<p>11 9:30 AM- Billiards 10:30 AM- Youth & Board Games</p>
<p>13 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro</p>	<p>14 8:30 AM- Billiards 10 AM- Rummikub 11:30 AM- Stretchericize 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback 5:30 PM- Open Studios 6 PM- Comedy Legends</p>	<p>15 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 10:15 AM- Fitness Is Fun 11:15 AM- Fitness Is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics</p>	<p>16 8:30 AM- Billiards 10 AM- Setback 11 AM- Book Discussion 11:30 AM- Stretchericize 11:45 AM- St. Patrick's Lunch 1 PM- Creative Crafters 1 PM- Wii Bowling 1 PM- Line Dancing for Fun! 6 PM- Coloring for Stress Relief 6 PM- Mahjongg 6 PM- Tai Chi</p>	<p>17 8:30 AM- Billiards 9 AM- Senior Fitness 10:15 AM- Fitness Is Fun 11:15 AM- Fitness Is Fun 1 PM- BINGO</p> <p><i>Happy St. Patrick's Day</i></p>	<p>18 9:30 AM- Billiards 9:30 AM- Watercolors 10:30 AM- Youth & Board Games</p>
<p>20 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro</p>	<p>21 8:30 AM- Billiards 8:30 AM- Pedi-Care Foot Care Clinic 10 AM- Rummikub 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback 5:30 PM- Open Studios 6 PM- Comedy Legends</p>	<p>22 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics</p>	<p>23 8:30 AM- Billiards 10 AM- Setback 1 PM- Creative Crafters 1 PM- Wii Bowling 6 PM- Coloring for Stress Relief 6 PM- Mahjongg 6 PM- Tai Chi</p>	<p>24 8:30 AM- Billiards 9 AM- Senior Fitness 11:45 AM- Special Luncheon * More Details to Follow 2 PM- Passport to Health Fair & Fitness Center Grand Opening NO BINGO TODAY</p>	<p>25 9:30 AM- Billiards 10:30 AM- Youth & Board Games 12 PM- Big Sing!</p>
<p>27 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II</p>	<p>28 8:30 AM- Billiards 10 AM- Rummikub 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback 5:30 PM- Open Studios</p>	<p>29 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics</p>	<p>30 8:30 AM- Billiards 10 AM- Setback 1 PM- Creative Crafters 1 PM- Wii Bowling 6 PM- Coloring for Stress Relief 6 PM- Mahjongg</p>	<p>31 8:30 AM- Billiards 9 AM- Senior Fitness 10 AM- Eye Openers 1 PM- BINGO</p>	



2023

march

The month at a glance at Riverfront Community Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch is served DAILY, Monday thru Friday at 11:45 AM, EXCEPT for holidays Birthdays are celebrated at lunch on the last Monday of each month					
3 8:30 AM- Billiards 8:30 AM- Pedi-Care Foot Clinic 9:30 AM- Knitting & Crocheting 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro	4 8:30 AM- Billiards 10 AM- Rummikub 11:30 AM- Stretchcize 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback	5 8:30 AM- Billiards 9:30 AM- Scopa 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics	6 8:30 AM- Billiards 10 AM- Setback 11:30 AM- Stretchcize 1 PM- Creative Crafters 1 PM- Will Bowling 1:15 PM- Line Dancing 6 PM- Tai Chi 6 PM- Coloring for Stress Relief 6 PM- Mahjongg	7 8:30 AM- Billiards 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bingo	8 9:30 AM- Billiards 9:30 AM- Watercolors 10:30 AM- Youth & Board Games
10 8:30 AM- Billiards 9:30 AM- Knitting & Crocheting 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro	11 8:30 AM- Billiards 10 AM- Rummikub 11:30 AM- Stretchcize 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback	12 8:30 AM- Billiards 9:30 AM- Scopa 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics	13 8:30 AM- Billiards 10 AM- Setback 11:30 AM- Stretchcize 11:45 AM- Swing into Spring Luncheon 1 PM- Creative Crafters 1 PM- Will Bowling 1:15 PM- Line Dancing 6 PM- Coloring for Stress Relief 6 PM- Mahjongg 6 PM- Tai Chi	14 8:30 AM- Billiards 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bingo	15 9:30 AM- Billiards 9:30 AM- Watercolors 10:30 AM- Youth & Board Games
17 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro	18 8:30 AM- Billiards 8:30 AM- Pedi-Care Foot Care Clinic 11:30 AM- Rummikub 11:30 AM- Stretchcize 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback	19 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics	20 8:30 AM- Billiards 10 AM- Setback 11 AM- Book Discussion 11:30 AM- Stretchcize 1 PM- Creative Crafters 1 PM- Will Bowling 1:15 PM- Line Dancing 6 PM- Bella Italia Night Dinner 6 PM- Coloring for Stress Relief 6 PM- Mahjongg 6 PM- Tai Chi	21 8:30 AM- Billiards 9 AM- Senior Fitness 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bingo	22 9:30 AM- Billiards 9:30 AM- Watercolors 10:30 AM- Youth & Board Games
24 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Knitting & Crocheting 10 AM- Senior Fitness 1:30 PM- Bridge II 3:30 PM- Tai Chi Intro	25 8:30 AM- Billiards 10 AM- Rummikub 11:30 AM- Stretchcize 1 PM- Live Speaker: Safe Driving 1 PM- Pinochle 5 PM- Pickleball Indoors 5:30 PM- Evening Setback	26 8:30 AM- Billiards 9 AM- Senior Fitness 9:30 AM- Scopa 10 AM- Powerful Aging & Fitness 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bridge 1:30 PM- Mahjongg 1:30 PM- Ceramics	27 8:30 AM- Billiards 10 AM- Setback 11:30 AM- Stretchcize 1 PM- Creative Crafters 1 PM- Will Bowling 1:15 PM- Line Dancing 6 PM- Tai Chi 6 PM- Coloring for Stress Relief 6 PM- Mahjongg	28 8:30 AM- Billiards 9 AM- Senior Fitness 10 AM- Powerful Aging & Fitness 10 AM- Eye Openers 10:15 AM- Fitness is Fun 11:15 AM- Fitness is Fun 1 PM- Bingo	29 9:30 AM- Billiards 9:30 AM- Watercolors 10:30 AM- Youth & Board Games 12 PM- Big Sing!

You can stop into the Riverfront Café Monday thru Friday, 9:30 AM-2:30 PM and treat yourself to snacks, baked goods, soups, beverages and delicious sandwiches!



Monthly Birthdays! Call 860-652-7638 or sign up through your MyRec account to indicate that it's your birthday month. You'll receive a birthday gift and enjoy music at lunch! Monthly birthday celebrations are the last Monday of each month.

The Glastonbury Senior Center serves lunch daily. Reservations are required for to-go only. Dessert is included with your meal!

Cost: Resident: \$3.00 Non-Resident: \$5.00

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Stir Fry White Rice Vegetable	2 GROUNDHOG DAY Cheeseburger Meatloaf Mashed Potatoes Vegetable 	3 Hot Dog in a Bun Baked Beans Coleslaw 
6 Shepherd's Pie Tossed Salad Roll w/ Butter 	7 BBQ Chicken Breast Rice Pilaf Vegetable	8  Smothered Pork Chops w/ Onions & Peppers Yellow Rice Vegetable	9 Spaghetti & Meat Sauce Tossed Salad French Bread	10 Breaded Chicken on a Bun with Lettuce French Fries
13 Swedish Meatballs Egg Noodles Vegetable	14  Baked Chicken Breast w/ Cranberry Sauce Mashed Potatoes Green Bean Casserole Roll w/ Butter 	15 Spaghetti & Meat Sauce Tossed Salad French Bread 	16 Pork Roast Au Gratin Potatoes Vegetable	17 Cheeseburger on a Bun w/ Lettuce French Fries 
20  Mediterranean Chicken Pasta Salad French Bread 	21 Mediterranean Chicken Pasta Salad French Bread	22 Breaded Fish w/ Tartar Sauce Coleslaw French Fries	23 Beef Stew in a Bread Bowl Tossed Salad	24 Tuna on a Roll Minestrone Soup
27  Stuffed Peppers Seasoned Rice Vegetable	28 Crispy Chicken Broiled Red Potatoes Vegetable			

Evening and Weekend Programs

13

Registration required as space is limited. No Cost Programs.

*****New Program*** Weekly Trivia Night! Thursdays 6:00-7:30pm**

Come play different styles of Trivia, from traditional Jeopardy style trivia to Picture Games and Head to Head team battles. Please register as space is limited. Free to play, prizes provided.



Lifelong Learning: Curiosity Stream presents "Comedy Legends" Season 1-4 Tuesdays March 7 – 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.



Lifelong Learning: Curiosity Stream presents "Rescued Chimpanzees of the Congo with Jane Goodall" Tuesdays March 28, 2023 – April 25, 2023 6:00-7:00 pm

Jane Goodall braved a realm of unknowns to give the world a remarkable window into human-kind's closest living relatives. Each episode is 52 minutes. Showing one episode each night. Followed by a discussion.



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

Join us for self-guided Zen coloring and chat. Be social, meet a new friend and enjoy a relaxing night. Free program, supplies provided.



Mahjong, Scrabble, and Rummikub and More... Saturdays 10:30-1:00 pm

Join us every Saturday where we will play a mix of games in a casual social environment. New Tabletop games provided. Please register as space is limited.



UKELELE BIG SING! Saturday February 18th, March 25th, & April 29th 12:00-1:00 pm

Join Dr. Uke and the band in their reoccurring +100 times performance! Sing-a-long with them as the words are projected on the large screen. Dial-a-ride is available.



Keeping You Informed:**NEWS****Spring-clean your health!**

- 1) Fill your plate with fresh fruits and vegetables— warmer weather produce, like mushrooms, bell peppers, zucchini, and berries, are all packed with micronutrients the body needs.
- 2) Get outside—whether you're going for a walk or sitting out in the sun, enjoy the fresh air and get some Vitamin D! This can help boost your mood and increase your energy.
- 3) Don't forget your sunglasses— even though a little sun exposure is good for gaining Vitamin D, sunlight can still damage your eyes.
- 4) Preventative care appointments—since roads are not covered in snow or ice anymore, make sure you are up to date with your annual physical and preventative care screenings for various types of cancers/illnesses.
- 5) Buy some fresh flowers—with springtime comes fresh flowers! Being surrounded by fresh flowers, whether they're in your home or in your garden, can increase your mood, improve air quality, and they provide a sense of comfort (humans are drawn to nature because it gives us a feeling of comfort).

**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

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

Transportation continued...

Other transportation services:

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. This is for Glastonbury residents who need transportation 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.

Way To Go

This service has five Mobility Management Programs to show you your transportation options and to identify gaps and barriers. Visit waytogoct.org for more information or call 860 667 6207



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

Theresa Buckson: 860-652-7640

Evelyn Lopez: 860-652-7652

Susan Parrotta: 860-652-7636

Homeowner's Tax Credit - Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption are accepted through May 15. Residents need to have been age 65 by 12/31/2022 or Disabled. Those needing to renew their eligibility will have received a letter from the Town in February. The income limits were not available at time of publication. Income is calculated using 2022 figures. 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.

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. 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.

Medicare – Medicare trained counselors are available to meet with residents one-on-one to discuss options. Please call 860-652-7638 for an appointment.

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 March 8, March 22, April 5 and April 19 and continuing every other Wednesday throughout the year. Bring a large bag or box.

Carol's Closet – A paper pantry providing paper and personal products, Carol's Closet is held the third Saturday of the month: March 18 and April 15. Hours are from 10AM to 11:15 AM, St. James Church, 2584 Main Street.

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.

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

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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, 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— Feb. 13th Nonresidents— Feb. 20th ****

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 after 12:00pm on the first day of registration**
- 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**