

The Sharing Tree

Spring 2023

Riverfront Community Center: Senior & Social Services

300 Welles St. Glastonbury, CT 06033 Phone: 860-652-7638

Registration begins on: R: April 10th NR: April 17th

Register in person, online, or by phone: please call after 12:00pm

Hours of Operation: Mon/Wed/Fri: 8:00 am to 4:30 pm

Tues & Thurs: 8:00 am to 8:00 pm

Saturday: 9:00 am to 2:00 pm

Remember & Honor: A MEMORIAL DAY LUNCHEON

Date: Thursday, May 25th

Time: 11:45am-1:30pm

Join us to remember & honor those who gave the ultimate sacrifice to our country. Enjoy a delicious meal and lovely piano music and singing, where Paul Shlien will get our toes tapping and happy hearts beating along to his music from the 50's, 60's and 70's.
Note: Wii Bowling will be moved to 1:45pm



Summer Luncheon

Date: Tuesday, June 13th

Time: 11:45am-1:30pm

Join us in giving the Summer of 2023 a warm welcome with a great lunch and music by Jeff Lorello with his emphasis on the '50s through '90s "natural sounds" that emerged from the eras' fertile mix of folk, country, rock, blues and jazz.



NEW!

Greater Glastonbury Veterans and Allies Coffeehouse

Providing a comfortable location for all veterans and allies, to meet, learn, socialize, and communicate. The coffeehouse will deliver moral enhancing information relating to veteran experiences, benefits, and service.

Where: Riverfront Community Center

When: Every 3rd Wednesday of each month at 9:00am

First Day: May 17th
Registration preferred,



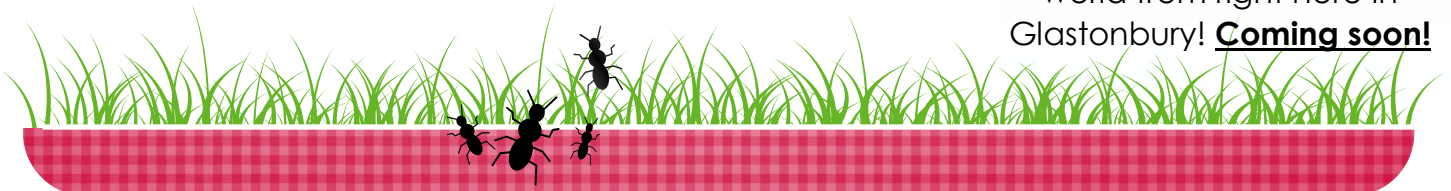
Stay Tuned! NEW!

Beeyonder:

Discover stories of the world.


With qualified guides, go on amazing adventures and hear captivating stories. We can climb the hills of Mt Fuji in Japan, visit the castles of Ireland, & so much more!

Our travels will be about once per month here at the RCC. So keep an eye out in the future to join us for this *interactive and live trip* around various places in the world from right here in Glastonbury! **Coming soon!**



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Upcoming Closings:
 April 7th: Good Friday
 Monday May 29th: Memorial Day



TRIPS


Maine Fish Market

Date: Tuesday, May 2nd
Time: Leave RCC—11:30am. Lunch is at 12:00pm. Approx. return—2:00pm



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

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:

- May 27th
- ~ No summer performances ~
- September 30th
- October 21st
- November 18th
- December 16th

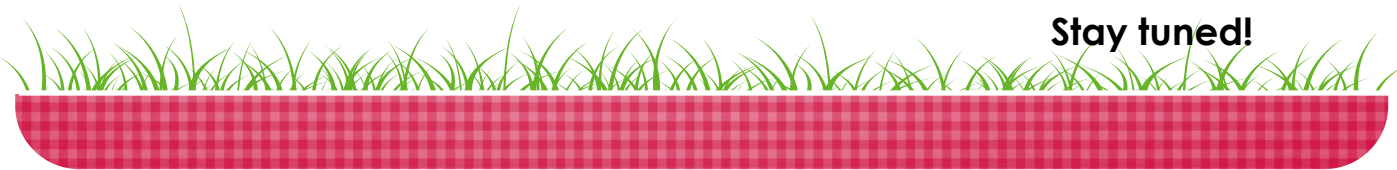
Cribbage:



Are you a Cribbage player?
 Interested in being a part of a weekly Cribbage group?

Contact Richard Gagnon, (860) 633-2106 or via email at pelicans62@aol.com

Stay tuned!



Mohegan Sun Casino

Date: Tuesday, May 16th

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

Approximate return—2:45pm

R: \$7 NR: \$9

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



The Charles Restaurant

Date: Tuesday, May 30th

Time: Leave RCC—11:30am. Lunch is at 12:00pm.

Approximate return—2:00pm

R:\$7 NR: \$9

Enjoy this award-winning restaurant (Connecticut Magazine - Best of Connecticut 2023) offering exciting cuisine in the charming, historic village of Old Wethersfield! They have a variety of appetizers, salads, entrees, and homemade desserts.

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



U.S Submarine Force Museum and Ship (USS Nautilus)

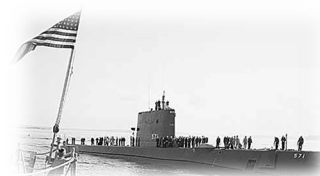
Date: Wednesday, June 14th

Time: Leave RCC—10:45am. Lunch is at 11:45am.

Approximate return—4:00pm

R: \$7 NR:\$9 (Free entry into museum, donations appreciated!)

First, enjoy lunch at Olio restaurant: a mix of traditional favorites and edgy surprises. The chef prepares many daily specials! Then, view the outstanding collections and innovative, tangible exhibits that celebrate the Honor, Courage and Commitment of submariners defending their country and citizens! (Due to the construction of the USS Nautilus, visitors with certain physical limitations may not be able to tour the ship).



Cheesecake Factory and shopping

Date: Tuesday, June 27th

Time: Leave RCC—11:30am. Lunch is at 12:00pm.

Approximate return—4:00pm

R: \$7 NR:\$9

Enjoy lunch and pick from a menu that includes every type of food you can think of, then finish your meal with some cheesecake! After, spend some time shopping in Blue Back Square. ***We strongly recommend you bring cash to restaurants because most restaurants do not always offer separate, individual checks for each table of 4.***



Programs

2023 ACTIVE ADULT GOLF LEAGUE

Minnechaug Municipal 9 Hole Golf Course

Every Monday from May 1st through August 7th (15 sessions)

Begins at 9:00am . Register online or in person! \$305: price includes a golf cart, prizes, and a pizza party at the end of the season!



NEW! WALK 4 FUN EXERCISE GROUP

Join our new group to walk, explore nice places, and exercise while socializing with others! **No cost!** You must be able to transport yourself to each location. This group will meet every Monday— if there is inclement weather—you can still meet at the community center to socialize, enjoy the café, and play board games! Please register by calling 860 652 7638, sign up online, or stop by the office.

First meetup: Monday, May 1st at 2:00pm at the Community Center. After each meet up, the group will decide where to meet the following week!



FEED YOUR MIND

Join us for lunch at the RCC and then feed your mind! In this session, we'll be hearing from *Kathleen Holt*, an Attorney and the Associate Director at the Center for Medicare Advocacy in CT & D.C. She will be speaking about the in's and out's of Medicare and answering all of your questions! Don't want to join us for lunch? We'll provide light refreshments also! Lunch registration is not necessary, but please register for the **FREE** presentation! "An investment in knowledge pays the best interest." - Benjamin Franklin

Date: Monday June 5th

Time: 12:45pm-2:00pm, Comm. Room A



Social Security

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Workshop



No Fee!

Wednesday, May 24th

6:00-8:00pm

Community Room

Learn important rules that affect when and how you file for benefits, Learn options that can maximize your benefits. Learn how to minimize taxes on your Social Security

Live Speaker:

Judge Peoples!



No fee!

Wednesday, June 7th

1:00-1:30pm

Community Room side A

Join us to learn about important information regarding the law of conservatorship. Take home pamphlets and ask the Judge questions afterwards!

Monday Movies 1:00pm

May 1: "Julie & Julia" 2009; Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book. PG-13; 2hr 3 min

May 8: "Where the Crawdads Sing" 2022; A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved. PG-13; 2 hr 5 min

May 15: "Still Alice" 2014; A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease. PG-13; 1 hr 41 min

May 22: "Les Misérables" 2012; In 19th-century France, Jean Valjean, who for decades has been hunted by the ruthless policeman Javert after breaking parole, agrees to care for a factory worker's daughter. The decision changes their lives forever. PG-13; 2hr 38 min

June 5: "The Two Popes" 2019; Behind Vatican walls, the conservative Pope Benedict XVI and the liberal future Pope Francis must find common ground to forge a new path for the Catholic Church. PG-13; 2 hr 5 min

June 12: "Blonde" 2022; The story of American actress Marilyn Monroe, covering her love and professional lives. NC-17; 2 hr 47 min

June 19: "The Good Nurse" 2022; An infamous caregiver is implicated in the deaths of hundreds of hospital patients. R; 2 hr 1 min

June 26: "Tick, Tick...BOOM!" 2021; On the cusp of his 30th birthday, a promising young theater composer navigates love, friendship and the pressures of life as an artist in New York City. PG-13; 2 hr

Saturday Movies 11:00am

May 6th "A Man Called Otto" (2022) Starring Tom Hanks, Otto is a grump who's given up on life following the loss of his wife and wants to end it all. Soon, he meets his match, leading to a friendship that will turn his world around. Rated PG-13. Comedy/Drama. 2 hours 6 minutes.

May 13th "80 for Brady" (2023) Starring Lily Tomlin, Jane Fonda, Rita Morena and Sally Field, A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. Comedy. Rated PG-13. 1hr 38 minutes.

May 20th "Birders: The Central Park Effect" (2012) A diverse group of full-of-attitude New Yorkers reveals how a hidden world of beautiful wild birds in the middle of Manhattan has upended and magically transformed their lives. Unrated. Documentary. 1hr 1 minute.

May 27th "Steel Magnolias" (1989) Starring Shirley MacLaine, Sally Field, Julia Roberts and Dolly Parton, A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. Drama/Comedy. Rated PG. 1 hour 57 minutes.

June 3rd "Champions" (2023) Starring Woody Harrelson and Kaitlin Olson, A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined. Comedy/Drama. PG-13. 2 hours 4 minutes.

June 10th "Paint" (2023) Owen Wilson portrays Carl Nargle, Vermont's #1 public television painter who is convinced he has it all: a signature perm, custom van, and fans hanging on his every stroke... until a younger, better artist steals everything (and everyone) Carl loves. Comedy. Rated PG-13. 1 hour 36 minutes.

June 17th "Fire of Love" (2022) Intrepid scientists and lovers Katia and Maurice Krafft died in a volcanic explosion doing the very thing that brought them together: unraveling the mysteries of volcanoes by capturing the most explosive imagery ever recorded. Documentary. PG. 1 hour 38 minutes.

June 24th "Moving On." (2022) Jane Fonda and Lily Tomlin star as estranged friends who reunite to seek revenge on the petulant widower of their recently deceased best friend. Along the way, Fonda's character reunites with her great love as each woman learns to make peace with the past and each other. Rated R. Comedy. 1 hour 25 minutes.



Classes

Parkinson's Mobility Class

Come take a class designed specifically for persons with Parkinson's Disease. This class is appropriate for all with mobility concerns. The hour long sessions will focus on balance, strength, speech and power. We will use some traditional and unique equipment to gain positive outcomes. **(See page 9 for schedule)**



Get up and Go!

This easy to follow fun class will provide strength and resistance moves for a full body workout. We'll use bands, chairs, walls and weights to work on increasing strength and endurance. **(See page 9 for schedule)**



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

Space limited to 10. **(See page 9 for schedule)**



Health Clinic

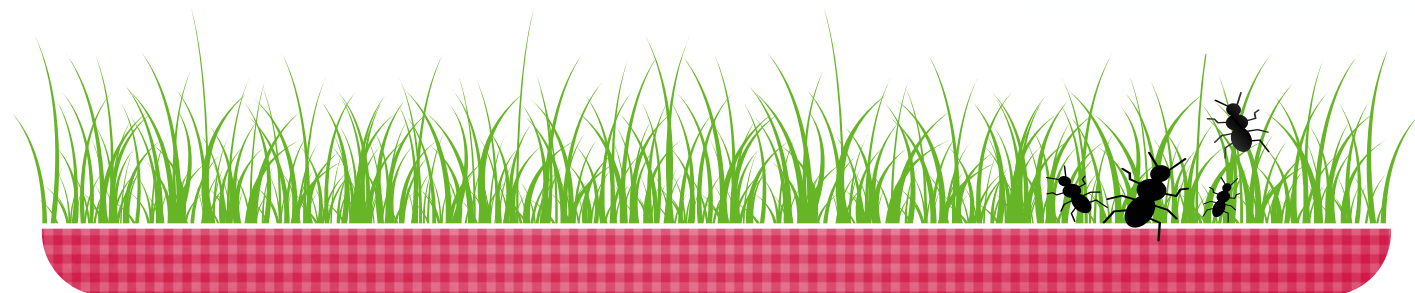
Blood Pressure Screenings

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: May 2, 9, 23, 30 and June 6, 13, 20.**



Memory Screenings

Schedule an appointment for a free, confidential memory screening. These memory screenings average 15 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but 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. Preregistration 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.



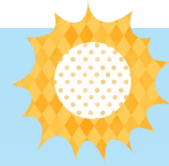
Friendship Circle Memory Program

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@hchc.health.org



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 April 20th: <i>West With Giraffes</i> by Lynda Rutledge May 18th: <i>The Sacrament</i> by Olaf Olafsson June 15th: <i>The Lincoln Moon</i> by Michael Price Nelson
BRIDGE	Wednesday: 1 pm- 3 pm
CERAMICS: POTTERY	Wednesday: 1:00 pm- 3:30 pm Hand make your own creation or bring your own greenware to glaze and fire it! Glazes are supplied. You can also purchase clay in class.
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 Knit hats & mittens for shelters and blankets for nursing homes!	Monday: 9:30 am- 11:30 am
MAHJONGG	Daytime Wednesday: 1:00 pm- 3:00 pm Evening Thursday: 6 pm- 8 pm May 4th, 11th, 18th / June 7th, 14th, 21st
PICKLEBALL PLAY—INDOOR	Tuesday Evening: 5 pm- 8 pm
PINOCHLE	Tuesday: 1 pm- 3 pm
RUMMIKUB	Tuesday: 10 am- 12 pm
SETBACK (Optional \$3 fee is needed to be enrolled for prize money!)	Daytime Thursday: 10 am- 12 pm Evening Tuesday: 5:30 pm- 8 pm
TECHNOLOGY 1:1 ASSISTANCE (By appointment! Please call 860 652 7638 or stop by the office to make an appointment)	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

Class Schedule

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Registration: R: April 10th NR: April 17th

Italian Language classes will not be occurring during July, August, & September

<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>
Parkinson's Mobility Class	This class is for people with Parkinson's Disease, & will focus on power, balance, and strength.	Thursdays 9:00-10:00am	5/4 - 10/5 (no class on 5/25)	23	\$110	\$120
Get Up & Go!	This fun class will provide strength & resistance moves for a full body workout.	Thursdays 10:15-11:15am	5/4 - 10/5 (no class on 5/25)	23	\$110	\$120
Stretchercise	Low impact exercise using stretch bands & weights (provided)	Tuesdays & Thursdays 11:30am-12:15pm	7/11-9/21	22	\$110	\$120
Tai Chi Intro	Learn the basics of this life altering discipline	Mondays 3:30-4:15pm	7/10—9/25	12	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels!	Thursdays 6:00-7:00pm	7/13—9/21	11	\$55	\$65
Fitness is Fun	Get your cardio workout and improve your strength and balance with music!	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00 pm	7/5-9/8	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	7/13-8/17	6	\$30	\$40
			and/or 9/7-9/28	4	\$20	\$30
Watercolor	Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30am (no summer classes)	Sept. 16th & Sept 30th	2	\$10 each + supply fee	\$15 each + supply fee

We are unable to accommodate dietary restrictions.

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. Dessert is included with your meal!



Reservations are required for to-go only

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shepherd's Pie Salad Roll 	4 Pork Chops Seasoned Rice Veggies	5 Glazed Ham Scalloped Potatoes Veggies	6 Teriyaki Chicken Rice Veggies 	7 Good Friday Riverfront Community Center is CLOSED
10 Meatball Grinder Salad Chips 	11 Breaded Fish French Fries Coleslaw	12 Breaded Chicken on a Bun Tater Tots 	13 Pork Roast w/ Mushroom Gravy Risotto Strawberry Salad Bread *Sweet with SPRING*	14 Cheeseburger on a Bun w/ Lettuce French Fries 
17 Hot Dog on a Bun Baked Beans Coleslaw	18 Eggplant Parmesan Tossed Salad Italian Bread	19 Breaded Fish Scalloped Potatoes Veggies 	20 Breaded Chicken Strips Tater Tots Coleslaw	21 Italian Grinder Soup 
24 Chicken a la King Rice Salad	25 Pasta w/ Meat Sauce Salad Italian Bread 	26 Beef Stir Fry Rice Veggies	27 Baked Chicken w/ Mushroom Sauce Mashed Potatoes Veggies	28 Chicken Salad on a Roll Pickle Potato Chips 

"Where flowers bloom, so does hope." -Lady Bird Johnson



Evening and Weekend Programs

Registration Required as space is limited.

****New Program** Chess Club**

Thursdays

6:00-8:00 pm

Come play casual Chess and meet new players. Chess boards available for new players. Please Register as space is limited.



Jeopardy Style Trivia Night!

Thursdays

6:00-7:30 pm

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 "Great Film Composers"

Tuesdays 6:00-7:00 pm May 2nd – July 18th

Join us and feed your Curiosity for knowledge. "Great Film Composers" will take us on a cinematic journey through the decades of Film. Scores from the Wizard of Oz, the Golden Age of Cinema, through the modern era of Film Composition. Come for one week or stay for them all. No cost program. Please register as space is limited.



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.



Summer Setback

Tuesdays

5:30-7:30 pm

June 6th – August 29th

Come play Setback in a fun and social setting. \$5.00 is collected at the first night, which will go to a Pizza Party and Prizes on the last night.



UKELELE BIG SING!

Saturday

April 29th and May 27th

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



The Riverfront Café

There has been a lot happening at the Riverfront Café located inside of the Riverfront Community Center! Recently, we added in a self-service coffee bar with a Keurig machine, hot chocolate & tea options! The café serves soup specials on a daily basis too including specials like Split Pea & Ham, Broccoli Cheddar & Pasta e Fagioli to name a few. The sandwiches are fantastic and are made to order. We have recently updated our menu board as well as made two sandwich boards to go outdoors to advertise, stop in to check them out! The café is open Monday thru Friday from 9:30 am until 2:30 pm. Stop in to get a hearty sandwich, tasty soup or to take a break on your walk to get a drink and a snack!

All are welcome!



Did you Know?

1. Age doesn't determine success.

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

2. We lose a few bones along the way.

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

3. Creativity doesn't diminish with age.

Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!

4. Seniors are living longer.

Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million...and growing faster. According to the US Census Bureau, older adults make up the fastest growing age group within the United States.

5. You (mostly) have control over aging.

Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

6. Learning can save your brain.

In response to learning, senior citizens can grow new neurons over time which can help fight off dementia. Practice doing an intellectual activity for 20 minutes each day!

7. Seniors hold the most voting power.

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.



GET TO KNOW US...

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Christine Avery, Program Coordinator



Favorite Color: Purple & Hot Pink

Hobbies: I love to paint & draw, I am a car enthusiast, I love to go riding on my UTV with my family and friends or take joy rides in our cars

Interesting Fact About Me: My fiancé and I have way too many cars (7, I think!), 7 dirt bikes and 1 side x side UTV; I am a tom boy!

When Did You Start Your Position? December 27th, 2022

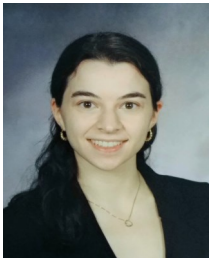
Background: After volunteering in a nursing home at 13, I then started to work there at 17! I started out in the kitchen and worked my way up through almost all departments to ultimately become the Activities Director for 4 years. After 12 years there, I moved on to an Independent Living Retirement Community as their Activity Director solely for 3 years. In my fourth year there, I combined two positions into one, ultimately becoming the Director of Activities & Resident Services. From there I moved here to the Town of Glastonbury Senior Services and love it! I am recently engaged! I have three children and live in Portland!

Favorite Quotes:

"You're only given a little spark of madness. You mustn't lose it." -Robin Williams

"A smooth sea never made a skilled sailor." -Franklin D. Roosevelt

Austyn Dolce, Program Coordinator



Favorite Color: Light Blue

Hobbies: I love to take day trips with my fiancée, Tyler, and my two dogs (Johnny & Jake) up north (VT & NH), and spend time with family and friends!

Interesting Fact About Me: I am a certified instructor for pet first aid and CPR, and am in the process of starting my own LLC side business: *Helping Hands Pet First Aid & CPR*.

When Did You Start Your Position? September 12th, 2022

Background: At 19 years old, I was a teen camp counselor at Glastonbury Parks and Rec for three summers, then I began an internship at Manchester Recreation Division while earning my Bachelors at UCONN in Human Development & Family Sciences. Then, I earned my Masters degree in Community Recreation Management at Clemson University. Also, on 11/19/23 I am getting married!

Favorite Quote: "Kindness is not an act, it is a lifestyle" - Anthony Douglas



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: 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. 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, **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.

Social Services

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

Connecticut Foodshare

The Connecticut Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on May 3, May 17, May 31 and June 14 and June 28, continuing every other Wednesday throughout the year. Connecticut 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.

Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief deadline is Monday, May 15, 2023. The income limits for the State program are \$40,300 for an individual and \$49,100 for a couple. The income limit for the Town program is \$64,090. Income is calculated using 2022 figures.

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

Additional Veterans Exemption

State law provides an additional exemption for veterans and disabled veterans who are eligible for the basic exemption and who can meet certain income limits, currently \$40,300 for an individual and \$49,100 for a married couple. The veteran's original copy of his/her Honorable Discharge (DD-214 Form) must be filed in the land records prior to October 1 in order that the exemption may be granted. Application deadline is October 1, 2023.

Renter Rebate

Renters Rebate applications are being accepted through Friday, September 29, 2023. Glastonbury residents age 65 or older by 12/31/2022 or those receiving Social Security Disability may be eligible if their 2022 income was \$40,300 or less for an individual or \$49,100 or less for a married couple. There is no asset limit for this program. Verification of income, rent, and utilities paid in 2022 are necessary. Eligible residents will receive a rebate check in the fall of 2023. For more information or an appointment, please call Social Services at 860-652-7638.

Carol's Closet

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

Town of Glastonbury Food Bank

The new "self-select" Food Bank opened in February. If you believe you could benefit from the Food Pantry, please contact Social Services. Donations of unexpired, non-perishable food items are welcomed and may be dropped at the Riverfront Community Center.

SPRING WORD SEARCH

O K J G H P Z F V X Y Z
G I S R U W B B O O T S
A T Y A B L U E B I R D
E E U S G A R D E N T H
A H U S W Y W B K M U K
P X U K Q B L O S S O M
M G L M S J B A R T R C
J U R R B A N E R A G R
A P F A V R W E W F S L
T D R I Q O E V S K V U
U L I N L L G L C T R G
L D A F F O D I L N V R
I V U E P J H O J A C E
P W I Q N C M U D O Q E
S E E D S B S Q C X Q N



BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM



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

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U.S. POSTAGE
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Hartford, CT
PERMIT # 300**

Return Service Requested

A compliment to the community center!



"As an active and social senior, I have to say I have been enjoying very much my time at the Glastonbury Senior Center. I especially enjoy the singalongs on Saturdays (it puts a skip in my step) and also the water color classes (I discovered I have some hidden talent) that are offered on Saturdays. I want to thank you for your offerings. I've also enjoyed the lending library. It entertains me at home with some good reads. Every time I come down to the center, I'm sure to enjoy a long walk along the river. I go all the way to the white church and back for a joyful walk. My heart is grateful for your program offerings!"

How to Register for Programs and Activities:

****Registration begins: Residents— April 10th Nonresidents— April 17th****

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**