

Summer  
2023

# The Sharing Tree



## Riverfront Community Center: Senior & Social Services

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

**Registration begins on: R: June 5th NR: June 12th**

**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

### Independence Day Luncheon!

**Date:** Thursday July 6th

**Time:** 11:45am—1:00pm

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

**(Tickets must be purchased by Monday July 3rd)**

Celebrate America with us at the Riverfront Community Center! Enjoy delicious food, great company and great music played by Brian Gillie! Ragtime, Boogie-Woogie, Jazz, Blues, Rock 'n' Roll – Brian will tickle the keys, pound 'em when necessary, and sing the hits with a crisp radiance that surpasses the originals. An event you DON'T want to miss! *(Wii Bowling moved to 1:30pm)*



### Summer Adult and Senior Picnic

**Date:** Wednesday, August 9<sup>th</sup>

**Time:** 9:30 am– 2:00 pm

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

Enjoy a day packed full of activities! Start the day with setback followed by terrific music with some breakfast treats. Have lunch and dessert, then end the day with Bingo featuring some great prizes! Tickets can be purchased online, at the Riverfront Community Center, or at the Parks and Recreation office. Tickets will be sold until August 8<sup>th</sup>, & the morning of the picnic.

For a full lineup of the days activities, please visit [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com), click on "Programs" and then click on "Adult and Senior Picnic".



### Tiki Time: A Luau Luncheon!

**Date:** Tuesday August 22nd

**Time:** 11:45am—1:30pm

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

**(Tickets must be purchased by Friday August 18th)**

Channel your inner "Aloha" and indulge in great food, fun company and FANTASTIC music by Jukebox 45! A group of talented musicians that re-create the great musical harmonies of the 50's and 60's. Al Floyd, Paul Scungio, Joe Carver and Jerry Fanfarelli! They were so great, we HAD to bring them back for you!



### Greater Glastonbury Veterans and Allies Coffeehouse

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

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

**Dates:** June 21st, July 19th, August 16th

**Registration preferred, walk-in's welcome!**



<u>What's Inside:</u>	<u>Page #:</u>
Trips & Yard Goats games	2 & 3
Walk 4 Fun, Feed Your Mind, & Retirement	4
Movies	5
What's New & Health Screenings	6
Support Groups	7
Weekly Activities & Schedule	8 & 9
Menu & Evening/Weekend Programs	10 & 11
Keeping You Informed & Our Drivers	12 & 13
Transportation & Social Services	14 & 15
Summer Word Search	16

### Upcoming Closings:

Tuesday, July 4th: Independence Day



### TRIPS

#### **Elizabeth Park & Plan B Burger Restaurant**

**Date:** Tuesday, July 11th

**Time:** Leave RCC—11:15am. Lunch is at 11:45am. Park tour is at 2:00pm. Approx. return— 3:30pm.

**R: \$7 NR: \$9**

First, have a delicious lunch at Plan B Burger Bar serving creative burgers and others dishes. Then, enjoy a formal tour at 2:00pm and view the one hundred acres of formal gardens, green space, recreational facilities, and walking loops! Come see the beauty of the gardens and grounds. Bring your camera! (There will be a rain date if necessary)



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

### Walking Chart

Light

Moderate

Significant

### Hartford Yard Goats' VS. New Hampshire Fisher Cats



Enjoy an afternoon watching The Hartford Yard Goats! They are a Minor League Baseball team based in Hartford, CT. The Yard Goats, which play in the Eastern League, are the Double-A affiliate of the Colorado Rockies.

**Please meet at the community center before 12:00pm, we will leave on our bus at 12:00pm.**

**When:** Sunday, August 20th, game is at 1:10pm

**Where:** Dunkin' Donuts Park, Hartford

**Fee:** \$25/ person

Please do not bring any outside food or beverages into the stadium

### East Windsor Trolley Museum & Cracker Barrel

**Date:** Tuesday, July 25th

**Time:** Leave RCC—11:30am. Lunch is at 12pm. Approx. return—4:00pm

**R: \$17 NR: \$19**

First, enjoy some homestyle food at Cracker Barrel, then head down the street to The Connecticut Trolley Museum, which has over 70 pieces of rail equipment dating back to 1869. During your visit, through a guided tour, 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.**



### Lenny & Joe's Fish Tale

**Date:** Tuesday, August 8th

**Time:** Leave RCC—11:15am. Lunch is at 12pm. Approx. return—2:30pm.

**R: \$7 NR: \$9**

Let's go to one of our most popular restaurant destinations! Lenny & Joe's aims to provide the freshest seafood available, give generous portions, provide prompt friendly service, and to keep prices reasonable. They've also won several awards for their food and service!



### Goodspeed Theater: Summer Stock Musical Comedy

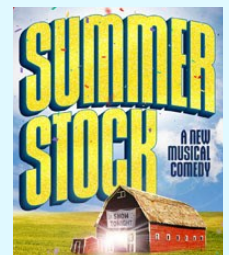
**Date:** Thursday, August 24th

**Time:** Leave RCC—12:30pm. Performance is at 2:00pm.

Approx. return—5:30pm.

**R: \$79 NR: \$81**

Inspired by the classic Judy Garland-Gene Kelly movie. When theatrical Gloria invites fellow troupers to the family farm with the idea of putting on a show her sister Jane is stubborn as a mule, but relents because the farm needs work—and workers. Sisterhood, budding romance, and a Broadway-bound musical are all at risk. But there's nothing like the sunshine of hits from the American songbook to chase all your cares away! (The theater strongly encourages the audience to wear a mask inside, but it's not required).



### RiverQuest Sightseeing Boat Tour

**Date:** Thursday, August 31st

**Time:** Leave RCC—10:15am. Cruise is from 11:30am-1:00pm.

Approx. return—2:00pm

**R: \$37 NR: \$39**

Experience an area that has been labeled by The Nature Conservancy as "One of the Last Great Places"! See Essex Harbor and Coves, The Great Meadow, Hamburg Cove, Joshua Rock, the town of Old Lyme, and local wildlife. This is a narrated cruise; the Captain and/or crew will tell you all about everything you'll see. Pack a jacket, camera, binoculars, and a snack if you'd like. **The cruise is handicap accessible and can accommodate small, non-electric wheelchairs and walkers.**



**\*\* LUNCH: Please bring individual lap food, a drink, & napkins to eat on the cruise \*\***

**\*\* Wear layers of clothing and a water bottle is highly recommended \*\***

## Great job to our Wii Bowling team, *The Lucky Strikers*, for playing in the Wii Bowling Tournament!



## WALK 4 FUN EXERCISE GROUP



Join our walking group to explore nice places and exercise while socializing with others! **No cost!**

You must be able to transport yourself to each location. As of right now, this group will meet every Monday at 2:00pm — if there is inclement weather — you can still meet at the community center to socialize, enjoy the café, and play board games!

**The day and time may change when summer approaches, when you register you will be part of an email group to receive weekly updates and information about meeting locations.** Please register by calling 860 652 7638, sign up online, or stop by the office.

## FEED YOUR MIND



Join us for lunch and then feed your mind!

Don't want to join us for lunch? We'll provide light refreshments also! In this session, we will be hearing from *Lindsey Kent, Registered Dietician from Well Every Day by ShopRite*. She will be speaking about healthy eating on a budget.

Lunch registration is not necessary, but **please register for the FREE presentation!**

**When:** July 12<sup>th</sup> at 12:45-2:00pm in Community Room A

## TRANSITION TO RETIREMENT



**Are you ready to retire soon, within the next few years, or are you already retired?**

You might be prepared for the financial transition, but you'll experience lifestyle and emotional transitions as well. Learn how to adapt to these upcoming changes and prepare for this exciting season of your life!

You'll learn the answers to your retirement questions, including:

- How to confidently address the financial, lifestyle, and emotional transitions to retirement
- How to guard against risks and manage those that are inevitable
- Whether you are ready for retirement

**When:** Thursday July 20th in the special activities room, from 5:30—6:30pm

**Please register** by calling 860-652-7638, stop by the office, or register online on MyRec

**NO FEE!**

**Presented by Travis Stanley from CUNA Mutual Group**



**MOVIES****Mondays: 1pm**

**July 3rd: "The Lost Husband" (2020);** A widow and her children move to her estranged aunt's farm in Texas after the sudden death of her husband, and begin to fall in love with country life. 1 hr 49 mins, Romance/Drama, PG-13

**July 10th: "Fatherhood" (2021);** A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth. 1 hr 49 mins, Drama/Comedy, PG-13

**July 17th: "Becoming" (2020);** Join former first lady Michelle Obama in an intimate documentary looking at her life, hopes and connection with others as she tours with "Becoming." 1 hr 29 mins, Documentary, PG

**July 24th: "The Last Laugh" (2019);** Retired talent manager Al reconnects with former client Buddy, a comedian who gave up performing decades ago, and urges him to go back out on the road. 1 hr 38 mins, Comedy, PG-13

**July 31st: "Yes Day" (2021);** Always feeling like they have to say "no" to their kids, Allison and Carlos decide to give their three kids a "Yes Day," during which the kids have 24 hours to make the rules. 1 hr 29 mins, Drama/Comedy, PG-13

**August 7th: "Matilda, The Musical" (2022);** Matilda lives with her brother and parents, who are unappreciative of her. She utilizes her telekinetic abilities to settle the score after her principal brutally tortures her with the help of her kind-hearted teacher. 1 hr 57 mins, Musical, PG

**August 14th: "Audrey" (2020);** An intimate portrait of legendary Hollywood actress, fashion icon and humanitarian Audrey Hepburn, who stood for love above all else. 1 hr 40 mins, Documentary, PG-14

**August 21st: "The Mother" (2023);** While fleeing from dangerous assailants, an assassin comes out of hiding to protect her daughter she left earlier in life. 1 hr 55 mins, Thriller, R

**August 28th: "The Pursuit of Happiness" (2006);** A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career. 1 hr 56 mins, Drama, PG-13

**Saturdays: 11am**

**July 1st "Air" (2023)** Starring Ben Affleck, Matt Damon, and Jason Bateman. Follows the history of shoe salesman Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan. Rated R. 1 hr 51 mins.

**July 8th "Call Me Kate" (2023)** A feature documentary which captures Katharine Hepburn's spirit and determination, exploring her story using her own words, through a combination of hours of previously hidden and intimate audio tapes, video and photographic archive. NR. Documentary. 1 hr 35 mins.

**July 15th "The Lost King" (2023)** Starring Steve Coogan and Sally Hawkins. An amateur historian defies the stodgy academic establishment in her efforts to find King Richard III's remains, which were lost for over 500 years. Comedy/Drama. Rated PG-13.

**July 22nd "Still: A Michael J. Fox Movie" (2023)** Follows the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease. Rated R. 1 hr 35 mins.

**July 29nd "Book Club" (2018)** Starring Jane Fonda, Diane Keaton, Candice Bergen. Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. Comedy/Drama. Rated PG-13. 1 hr 44 mins.

**August 5th "Queen Bees" (2021)** Starring Jane Curtin, Ann Margret, James Caan. After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower. Comedy/Drama. Rated PG-13. 1 hr 40 mins.

**August 12th "Moonrise Kingdom" (2012)** Starring Brue Willis, Bill Murray. A pair of young lovers flee their New England town, which causes a local search party to fan out to find them. Comedy/Drama. PG-13. 1 hr 34 mins.

**August 19th "Asteroid City" (2023)** Starring Tom Hanks, Scarlett Johansson, Tilda Swinton. The itinerary of a Junior Stargazer convention is spectacularly disrupted by world-changing events. Comedy/Drama. PG-13. 1 hr 44 mins.

**August 26nd "Linoleum" (2022)** When the host of a failing children's science show tries to fulfill his childhood dream of becoming an astronaut by building a rocket ship in his garage, a series of bizarre events occur that cause him to question his own reality. Comedy/Drama. 1 hr 38 mins.

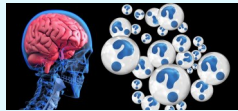
## WHAT'S NEW?

### **The 10 Early Signs & Symptoms of Alzheimer's**

*Instructed by the Alzheimer's Association of Connecticut*

**When:** September 19th at 6:00pm in the Special Activities Room

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others. **Please register** by calling 860-652-7638, sign up online, or stop by the office.

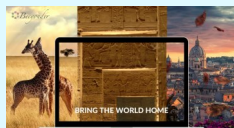


### **Beeyonder:**

With qualified guides, go on amazing adventures and hear captivating stories. Join us for this *interactive and live trip* around various places in the world from right here in Glastonbury! Please register online on MyRec, over the phone, or stop by the office.

**July 25th: Jewish Odessa: City of Dreams; a LIVE presentation! 3:00pm.** Who were the early Jewish settlers? Why did Odessa become the "star in exile" for a Russian Jew? You will visit Odessa's old town and learn about the Jewish community from the city's founding till 1850's!

**August 24th: Tierra Del Fuego National Park; a LIVE presentation! 3:00pm.** You will discover the incredible nature and wildlife of this park, as well as the history of the Famous Beagle Channel discovered by Fitz Roy back in the mid 1800's! You will be able to ask questions along the way.



### **Join Our Ceramics Group!**

This group is looking for new members who can meet every Wednesday from 1:00-3:30pm. Whether you're new or experienced, come join this creative group to socialize and create beautiful pottery by hand! You can also bring your own greenware to glaze and fire it! Supplies are provided—Clay: 80 cents per pound. Glazes: 50 cents per session.



## Memory Screenings

6

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](mailto:susan.parrotta@glastonbury-ct.gov).

**Preregistration required.**

### Blood Pressure Screenings

The health department will have screenings Tuesday mornings from 9:00am-12:00pm. 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: June 6 & 20, July 18 & 25, and August 15, 22, & 29.**

## 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 through 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 860-652-7636.**



## 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](mailto:bill.pilkington@hchc.health.org)



## Weekly Activities

8

<b>BILLIARDS</b>	Monday, Wednesday, Friday: 8:30 am-3 pm Tuesday, Thursday: 8:30 am– 8 pm Saturday: 9 am– 3 pm
<b>BINGO</b>	Friday: 1 pm– 3 pm
<b>BOOK &amp; AUTHOR DISCUSSION GROUP</b>	Third Thursday of each month: 11 am– 12 pm <b>June 15th:</b> <i>The Lincoln Moon</i> by Michael Price Nelson <b>July 20th:</b> <i>Age of Innocence</i> by Edith Wharton <b>August 17th:</b> <i>The Personal Librarian</i> by Marie Benedict and Victoria Murray
<b>BRIDGE</b>	Wednesday: 1 pm– 3 pm
<b>CERAMICS</b>	Wednesday: 1:00 pm– 3:30 pm <b>(see page 6 for more details!)</b>
<b>CREATIVE CRAFTERS</b>	Thursday: 1 pm- 3:30 pm
<b>CRIBBAGE (NEW!)</b>	Mondays: 12:30-3:00 pm
<b>CURRENT ISSUES</b>	First & Third Fridays of each month: 10 am– 11:30 am (Hybrid)
<b>DUPLICATE BRIDGE</b>	Monday: 1 pm– 3 pm
<b>KNIT/CROCHET GROUP</b> Knit hats & mittens for shelters and blankets for nursing homes!	Monday: 9:30 am– 11:30 am
<b>MAHJONGG</b>	Daytime Wednesday: 1:00 pm- 3:00 pm Evening Thursday: 6 pm– 8 pm <i>Lessons: 6/7, 6/14, 6/21, 7/5 (review class)</i>
<b>PICKLEBALL PLAY—INDOOR</b>	Tuesday Evening: 5 pm– 8 pm
<b>PINOCHLE</b>	Tuesday: 1 pm– 3 pm
<b>RUMMIKUB</b>	Tuesday: 10 am– 12 pm
<b>SETBACK</b>	Daytime (drop-in) Thursday: 10 am– 12 pm Evening League Tuesday: 5:30 pm– 8 pm <b>(\$3 fee is needed at entry!)</b>
<b>TECHNOLOGY 1:1 ASSISTANCE</b> (By appointment! Please call 860 652 7638 or stop by the office to make an appointment)	<b>Computer/Laptop Assistance</b> Tuesday: 10:30 am– 12:30 pm <b>Mac, iPad or Smartphone Assistance</b> Thursday: 1:30 pm– 3:00 pm
<b>Wii BOWLING</b>	Thursday: 1 pm– 3 pm



## Class Schedule

**Registration: R: June 5th    NR: June 12th**

<u>Class</u>	<u>Description</u>	<u>Meets</u>	<u>Dates</u>	<u># of classes</u>	<u>Resident Fee</u>	<u>Non resident</u>
Parkinson's Mobility Class	This class will focus on power, balance, and strength.	Thursdays 9:00-10:00am	10/12— 12/28 <u>No class 11/23</u>	11	\$55	\$60
Get Up & Go!	This fun class will provide strength & resistance moves for a full body workout.	Thursdays 10:15-11:15am	10/12— 12/28 <u>No class 11/23</u>	11	\$55	\$60
Stretchercise	Low impact exercise using stretch bands & weights	Tuesdays & Thursdays 11:30am-12:15pm	10/3— 12/21 <u>No class 11/23</u>	23	\$115	\$125
Tai Chi Intro	Learn the basics of this mind/body fitness	Mondays 3:30-4:15pm	10/2— 12/18 <u>No class 10/9</u>	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and levels	Thursdays 6:00-7:00pm	10/5— 12/21 <u>No class 11/23</u>	11	\$55	\$65
Fitness is Fun	Get your cardio workout and improve your strength and balance!	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00	9/20— 12/22 <u>No class 11/24</u>	27	\$135	\$145
Line Dancing	Move your bodies and engage your brains to music. No experience necessary!	Thursdays 1:00 pm- 2:15 pm	10/5- 12/14 <u>No class 11/2 &amp; 11/23</u>	9	\$45	\$55
Watercolor	Drawing is not a prerequisite – Using watercolors, you will explore different techniques in a relaxed environment!	Saturdays 9:30-11:30am	Sep. 16, 30 Oct. 14, 28 Nov 4, 18 Dec 2, 16	8	\$10  PLUS \$10 supply fee given to instructor	\$15  PLUS \$10 supply fee given to instructor
Italian Language Class <i>(Textbooks required)</i>	<b>I:</b> Expand your knowledge of this language! <b>II:</b> Completion of Italian I <b>or</b> prior knowledge of the language	Thursdays <b>I:</b> 9:00-10:00am  <b>II:</b> 10:00-11:00am	Both: 10/5— 12/14 <u>No class 11/23</u>	10	\$5	\$6

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
			<b>1</b> Roasted Pork w/ Applesauce Mashed Potatoes Veggies	<b>2</b> Breaded Fish Tater Tots Coleslaw
<b>5</b> Pasta w/ Meat Sauce Salad Italian Bread	<b>6</b> Chicken Stir Fry Rice Veggies	<b>7</b> Pork Chops Yellow Rice Veggies	<b>8</b> Stuffed Peppers Scalloped Potatoes Veggies	<b>9</b> Meatball Grinder Potato Chips
<b>12</b> Swedish Meatballs Egg Noodles Veggies	<b>13</b> <i>*Summer Luncheon*</i> BBQ Chicken Potato Salad Coleslaw Watermelon	<b>14</b> Shepherd's Pie Salad Roll	<b>15</b> Turkey & Provolone on a Soft Roll Pickle Potato Chips	<b>16</b> Italian Sausage & Peppers on a Roll Potato Chips
<b>19 JUNE NINTH</b> <i>Juneteenth!</i> Pasta w/ Meat Sauce Salad Italian Bread	<b>20</b> Baked Chicken w/ Mushroom Sauce Mashed Potatoes Veggies	<b>21</b> <i>1st Day of Summer!</i> Hot Dog w/ Toppings Pasta Salad Chips	<b>22</b> Roasted Turkey Mashed Potatoes Veggies	<b>23</b> Breaded Chicken on a Roll Salad
<b>26</b> Pork Chops Scalloped Potatoes Veggies	<b>27</b> Lemon Chicken Seasoned Rice Veggies	<b>28</b> Baked Ham Baked Beans Coleslaw	<b>29</b> Baked Ziti Tossed Salad French Bread	<b>30</b> Cheeseburger w/ Lettuce Potato Puffs

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.\*

**Evening and Weekend Programs**  
**Registration Required as space is limited.**

**Chess Club**

**Thursdays**

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

Come play casual Chess and meet new players. Chess boards available for new players. Please Register at RCC or online.



**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 2<sup>nd</sup> – July 18<sup>th</sup>**

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 6<sup>th</sup> – August 29<sup>th</sup>**

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**

**September 30<sup>th</sup> & October 21<sup>st</sup>**

**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

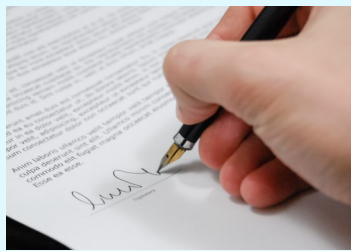


## Pet Trusts

### DID YOU KNOW?

About 70% of households in American own at least one pet (the most popular are dogs and cats).

Sadly, 3-4 million pets are euthanized every year, and around 500,000 are adoptable dogs and cats that end up in shelters because their owner became ill or passed away, and did not have a plan.



### SO WHAT CAN YOU DO?

Create a Written Action Plan:

- 1) Identify at least two people to be responsible for your pet— short term (in the hospital or rehab) and long term (severe illness or death)—and choose one pet organization to take your pet just in case the people you chose cannot care for them.
- 2) Have information/documents about your pet so whoever takes care of them knows what to do.
- 3) If you are using a Will for planning for your pet, the greatest risk is that someone can choose to not use the money for your pet. Also, pets cannot inherit money. Creating a **Pet Trust** is the greatest protection because it is only used to provide for a pet.
- 4) Research **How to create a pet trust CT** to learn how to begin this process and who to contact!

This information was gathered from a CT Humane Society webinar, hosted by an attorney and animal advocate, about Pet Trusts and planning.



**Our Drivers:**

**Thank you to our Dial-a-Ride drivers for daily transportation, accommodating sudden schedule changes, and helping people maintain some level of independence by bringing them shopping and to appointments, participating in the community center programs, and attending fun trips!**



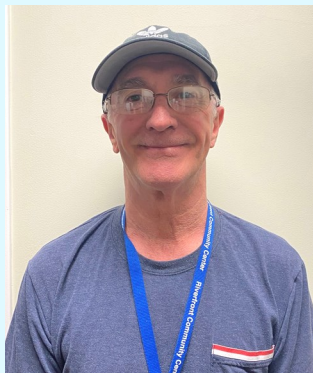
Barbara



Sam



Fran



Jesus



Jomikka

**We are excited to announce that we have two new drivers!  
WELCOME!**



Greg



Wilbert

### 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.

### 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

### Medicare

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

### 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 September 29, 2023.

### 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 July 15 and August 19 from 10 AM to 11:15 at St. James, 2584 Main Street.

### Town of Glastonbury Food Pantry

The Food Pantry is open at the Riverfront Community Center. Donations of unexpired, non-perishable food items are welcomed and may be brought to the office during business hours. For larger donations, please call Social Services at 860-652-7638 to schedule the delivery so that help can be available to assist. Thank you.

If you believe you could benefit from the Food Pantry, please contact Social Services, 860-652-7638.

### Connecticut Foodshare

The Connecticut Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on July 12, July 26, August 9, and August 23, 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.





# SUMMER FUN

## Word Search Puzzle



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



BAREFOOT  
BASEBALL  
BEACH  
BICYCLE  
CAMPING  
COOKOUT  
FAIRGROUND  
FIREWORKS

FISHING  
FLIP FLOPS  
FRIENDS  
FRISBEE  
GAMES  
ICE CREAM  
LEMONADE  
OUTDOORS

PICNIC  
POPSICLE  
ROAD TRIP  
SPRINKLERS  
SUNSHINE  
SWIMMING  
VACATION  
WATER PARK



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

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

**Return Service Requested**

**How to Register for Programs and Activities:**

***\*\*Registration begins: R — June 5th NR — June 12th\*\****

**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](mailto:seniorservices@glastonbury-ct.gov)**