



The Sharing Tree

FALL 2023

ATTENTION:

This will be our last bi-monthly newsletter. In order to match our registration dates with the Parks and Recreation Department and to resolve registration issues, we will begin to release seasonal/quarterly newsletters.

This newsletter will cover September—December so we can finish the year. There will not be a new session of exercise classes in this newsletter, the current session is the previous one, which can be found in the summer newsletter. This newsletter will be missing some content because we needed to increase space to add two more months of programs, activities, and events.

The next newsletter will be our 2024 Winter edition, and all programs, events, and classes will cover January—March. It will be mailed out in mid-November, and the registration dates will occur beginning-mid December.

Thank you very much for your patience and understanding as we transition into seasonal/quarterly newsletters!

* Please read the registration information on the next page*

* Please note there may be pop-up trips and/or events.

We will advertise them as much as possible in the community center, on Facebook, and in the Glastonbury Citizen under "Senior Services"



 THE OUTDOOR PICKLEBALL COURTS ARE NOW OPEN! 

Riverfront Community Center: Senior & Social Services

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

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

Registration for programs/activities/events (not exercise classes) will begin on:

R: Tuesday, August 15th NR: Tuesday, August 22nd

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

(For the October-December exercise classes that are stated in the previous summer newsletter, registration will stay open until full!)

Upcoming Holiday Closings:

Monday, September 4th (Labor Day), Monday
October 9th (Columbus Day), Friday November 10th (day
before Veterans Day), Thursday November 23rd
(Thanksgiving), Friday November 24th (day after
Thanksgiving), Monday December 25th (Christmas)

Menu:

Menu's will be in our office and uploaded onto our
website.

TRIPS

Thimble Islands Cruise and Eli's Branford (late lunch)

Date: Friday, September 8th

Time: Leave RCC—10:45am. Cruise
departs at 12:15pm. Lunch at 1:45pm.

R:\$22 NR: \$24



First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd sailed here in 1665! Join Captains Mike, Justin, Bryan and the crew of the Sea Mist as you tour the famous Thimble Islands off the coast of Branford, Connecticut. Rain or shine! This cruise is narrated and will last about one hour. After, enjoy great American food in a relaxed environment at Eli's Branford restaurant.

Trips continued onto the next two pages...

Hartford Yard Goats' VS. Richmond Flying

Squirrels



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, the bus will leave at 12:00pm.

When: Sunday, September 3rd, game is at 1:10pm

Where: Dunkin' Donuts Park, Hartford

Fee: \$25/ person



TRIPS

Classic Lighthouse Cruise

Date: Tuesday, September 12th

Time: Leave RCC—12:15pm. Cruise departs at 2:00pm.

Approx. return—5:00pm

R: \$31 NR: \$33

Enjoy views of eight lighthouses from New London to Long Island, including Plum Island Light, the supposed site of the first ocean assault by an American army in 1775! Plus, see two Revolutionary-era forts and much more! This cruise is narrated.



MGM Casino

Date: Tuesday, October 3rd

Time: Leave RCC—10:00am Arrive at 10:45am. Approx. return—3:15pm

R: \$7 NR: \$9

Have fun at MGM casino playing games, shopping, eating, and check out their various exhibits!



The Griswold Inn and shopping

Date: Tuesday October 17th

Time: Leave RCC—11:15am. Lunch at 12:00pm. Leave restaurant by 1:30pm to walk around/shop. Approx. return—3:30pm

R: \$7 NR: \$9

Enjoy a delicious lunch at the Griswold Inn, which opened 1776! Although the Inn exudes the charm of days gone by, they are anything but dated... sophisticated cuisine, extensive wine offerings, and modern amenities. After lunch, walk around, shop, and enjoy the foliage!



Basketball Hall of Fame and Leone's Restaurant

Date: Tuesday October 31st

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

R: \$29 NR: \$31

First, have lunch at Leone's Italian restaurant serving pizza, pasta, steaks, and Italian classics in a relaxed environment. Then, check out the Basketball Hall of Fame dedicated to promoting, preserving and celebrating the game of basketball at every level – men and women, amateur and professional players, coaches and contributors.



Trips continued onto the next page...



TRIPS

New Britain Museum of American Art

Date: Wednesday, November 15th

Time: Leave RCC—1:00pm. Approx. return—4:00pm

R: \$27 NR: \$29

Let's go to the New Britain Museum of American Art—the first museum in the country dedicated to American art! Check out three centuries of the major artists and movements of American Art. It contains over 8,400 paintings, works on paper, sculptures, videos, and photographs. You can have your own lunch before the trip, but there is a café open until 2:30pm in the museum, offering a selection of delicious grab-and-go options, including locally made sandwiches, salads, pastries, and hot and cold beverages. This will be a guided tour!



Mohegan Sun Casino

Date: Tuesday, November 28th

Time: Leave RCC—10:00am Arrive at 10:45am. Approx. return—3:15pm

R: \$7 NR: \$9

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



Holiday Classics with Downtown 6 Band at the Aqua Turf

Date: Tuesday, December 12th

Time: Leave RCC—10:00am. Approx. return—4:15pm

R: \$59 NR: \$61

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!! Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! Lunch will include roasted turkey and baked scrod.

happy
holidays!

Magic of Lights!

Date: Tuesday, December 19th

Time: Leave RCC—4:45pm. Light show begins at 5:00pm.

Approx. return—6:00pm

R: \$ 10 NR: \$12

A unique and dazzling drive-through holiday lights experience at Rentschler Field is bigger and brighter than before with more than a mile of spectacular light displays that bring to life your favorite holiday scenes and characters! After, come back to RCC for hot chocolate & cookies!



SPECIAL LUNCHEONS:

National Senior Center Month Celebration Luncheon: Meet & Greet and More!

Tuesday, September 19th at 11:45 am

R:\$6 NR:\$8

Celebrate National Senior Center Month with us, and meet our new Senior Center Supervisor, Ronda Guberman! Learn more about our programs and our new pickleball courts! Enjoy a delicious meal of Caesar Salad, Deconstructed Chicken Cordon Bleu, Mashed Potatoes, Roasted Veggies & strawberry shortcake for dessert! Enjoy post-meal entertainment by Mike Armentano; a guitarist who sings some blues, ballads, oldies & goodies! Please register/purchase your ticket by September 15th.

Halloween "Spook-etti" Luncheon & Costume Party!

Tuesday, October 31st at 11:45 am

R:\$6 NR:\$8

Join us for a "screamin' time"! Get your costume on, eat, sing & dance! Enjoy a "spook-etti" dinner with meat sauce, salad, mozzarella-garlic bread & cheesecake with fruit topping for dessert! Listen to the great tunes of The Country Duo! Best costume prizes will be awarded! Please register/purchase your ticket by October 27th.

Salute to Service: A Veterans Day Luncheon

Tuesday, November 7th at 11:45 am

Cost for this luncheon is \$3

Join us in honoring Veterans, near and far, who have sacrificed for our freedom. Veterans are encouraged to wear their uniform! Lunch will be roast beef, mashed potatoes & gravy, green beans & bread. Please register/purchase your ticket by November 3rd.

Turkey Day Dinner

Thursday, November 16th at 11:45 am

R:\$6 NR:\$8

Indulge in a delicious traditional Thanksgiving meal and all of the trimmings & pumpkin pie for dessert! Cap off the afternoon with entertainment by Glastonbury's own, Jeff Weiselberg! Please register/purchase your ticket by November 13^h.

Jingle & Mingle Holiday Luncheon

Tuesday, December 5th at 11:45 am

R:\$6 NR:\$8

Join us for a delicious meal of baked ham, sweet potato casserole, green bean casserole, sweet rolls & holiday parfaits for dessert! After lunch, jingle your way to the dancefloor to the fantastic tunes of Jukebox 45! Please register/purchase your ticket by December 1st.

Frosty Brunch

Tuesday, December 19th at 11:45 am

R:\$6 NR:\$8

Celebrate the holidays with us here at the RCC with an afternoon of fun! We'll be having a brunch of veggie frittata with hollandaise, sausage, home fries & fresh fruit. Enjoy some delightful holiday entertainment following lunch by pianist & singer, Paul Shlien! Please register/purchase your ticket by December 15th.

Thursday Luncheons:

Wii Bowling will begin at 1:30pm!

JOIN US IN WELCOMING THE NEW
SENIOR CENTER SUPERVISOR,
Ronda Guberman!



It is with great joy that I join the Town of Glastonbury staff as your new Senior Center Supervisor! I come to you via the Plainville Senior Center, where I worked for 36 years as the Assistant Director. The decision to leave “my home away from home” and become a part of your beautiful community and Senior Center is a wonderful opportunity.

I am honored to have been chosen for this position. During my long career in aging services, I pursued other interests including going back to school to obtain a certificate in Culinary Arts, training to be a runner (slow but steady) and becoming a running coach (helping people realize their goal of getting off the couch to running a 5K/3.1 miles). My husband Jay and I have one daughter, Lily, who is a senior at UConn. We also have an adorable long-haired mini Daschund, Ruby, who keeps us quite busy. I enjoy traveling, being outdoors, kayaking, bicycling and cooking for friends and family.

While at the Plainville Senior Center, my proudest accomplishments were designing an active state-of-the-art fitness center, creating a Cafe serving fresh and delicious foods, developing an active outdoor adventure program promoting opportunities for people to push themselves to try something new such as kayaking, snowshoeing, hiking and more.

My passion is encouraging people to discover the activities available within a Senior Center to meet others, explore ideas and perhaps uncover new talents! I look forward to saying “hello”, getting to know you and learning how we can make the Glastonbury Senior Center a dynamic place to be.





National Senior Center Month

Special Activities

FUNKY FRIDAY BINGO

FRIDAY, SEPTEMBER 8TH AT 1PM

Join us for Bingo with a fun twist! Enjoy refreshments while you play as well as special prizes in addition to the regular prizes for games! **No need to register!**

FLUID PAINTING WITH AUSTYN & CHRISTINE

TUESDAY, SEPTEMBER 12TH AT 1PM

A fun experience you won't want to miss! Join Austyn & Christine for a guided class on fluid painting! You'll get your own canvas, choose your own colors and create your own masterpiece! Please be sure to register for this program as space is limited!.....**R: \$3 NR: \$5**

SENIOR CENTER MONTH CELEBRATION LUNCHEON

TUESDAY, SEPTEMBER 19TH

Enjoy a great meal with us as well as a meet & greet with the new Senior Center Supervisor, Ronda Guberman! Entertainment by Mike Armentano!

Full details on Special Luncheon page.....

MANICURES WITH AUSTYN & CHRISTINE

FRIDAY, SEPTEMBER 22ND

Treat yourself & get pampered with us! We'll be filing & painting your nails with Gel polish. Call or stop into the main office to schedule your appointment!

Please note to have your current polish off prior to your appointment

..... **NO COST!**

IT'S SHOWTIME! PIZZA & A MOVIE

TUESDAY, SEPTEMBER 26TH AT 1PM

Join us for a fun afternoon with pizza, beverages, other refreshments and a hilarious movie all can enjoy! This will be one you don't want to miss (or see again if you've already seen it)!

80 For Brady! A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

Please register for this event! **NO COST!**

PROGRAMS / ACTIVITIES

Makeup for Mature Women

This is the perfect place for mature women and women of all ages and experience to learn how to create a makeup style that compliments their personal features and skin tone. We will explore products & tools, 'must haves' for your personal makeup collection, and you will participate in hands-on' makeup demonstrations. *Joby Rogers is a certified, professional Makeup Artist with over 30 years experience. Joby is the principal Makeup Artist/Educator at several Cosmetology Academies & Modeling Agencies.*

When: Tuesday, October 3rd at 1:00pm

Registration required! No Fee!



Greater Glastonbury Veterans and Allies Coffeehouse

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

Speakers are regularly scheduled for each event! **Registration encouraged**, walk-in's welcome!

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

Dates: September 20th, October 18th, November 15th, December 20th



Footcare with Nurse Jessica Is Back!

Nurse Jessica is returning for footcare on Saturdays! She will be seeing residents for a \$30 fee, cash or check only. Due to a lengthy waitlist, appointments are expected to be booked through December. Everyone on the waitlist will be contacted prior to her first visit. Due to limited hours, only a certain amount of people can be seen in one day and the waitlist will take priority. Footcare will be the first Saturday of each month, adjusting that schedule based off of holidays also. **Dial-A-Ride is available on Saturdays also; please remember to place your transportation request on the Friday prior to your appointment day by 11am.**

Upcoming dates are as follows:

September 9th

October 7th

November 4th

December 2nd



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.

Thursdays:

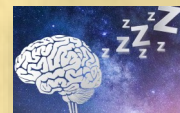
Sep 21st 12:30-4:30pm

Oct 19th 12:30-4:30pm

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

Dec 14th 9:00am-1:00pm

Good Sleep and Brain Power!



Hosted by the Hartford Center for Healthy Aging, October 18th, 1:15-2:15pm

Come learn the important work your brain does while you sleep: *How a good night's rest is important for maintaining a strong brain, what your brain does to keep your body healthy when you sleep, and tips to improve your sleep!*

PROGRAMS / ACTIVITIES

The 10 Early Signs & Symptoms of Alzheimer's

Instructed by the Alzheimer's Association of CT, 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.

When: Tuesday September 19th at 6:00pm in the Special Activities Room. **Please register by September 15th with Susan Parrotta, Social Worker, 860-652-7636**

Walk 4 Fun!

Join our walking group to explore nice places and exercise while socializing with others! You must be able to transport yourself to each location. If there is inclement weather — you can skip that day. **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. **Reminder: some walking locations are in the woods, and are not convenient to medical facilities.**

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: September 5th & 19th, October 3rd & 17th, November 7th & 21st, December 5th & 19th**

Feed Your Mind; A Lunch & Learn!

Join us for a delicious lunch **provided** by National Healthcare followed by a discussion on Managing Your Mental Health & Self-Care! **Lunch will be sandwiches & goodies. Wednesday, October 11th. Lunch starts at 12pm, speaking at 12:30pm. Registration necessary by 10/9!**

FREE LUNCH PROVIDED!

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.**

Hearing Tests



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.

Friday: October 6th and December 1st

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.

FEATURED EVENTS/SPEAKERS:

- SEPTEMBER:** Gary Allen of BSBE., Rehabilitation Teacher/Tech
- OCTOBER:** Cynthia Robbins, talk on AMD
- NOVEMBER:** (To Be Determined)
- DECEMBER:** Holiday party and wrap up for the year!

Friendship Circle Memory Program

**Tuesdays/Wednesday/Thursdays/Fridays
9:30 am - 12:30 pm**



Opening Fridays starting in August! 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.

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



Monday Movies at the RCC— 1pm

Date	Movie	Category/Rating
9/11	"Dog Gone"	Drama; PG
A father-son duo grow closer while looking for their lost dog, Gonker.		
9/18	"Call Me Kate"	Doc; PG
Through new audio and video footage, the inner life of Katharine Hepburn emerges.		
9/25	"A Man Called Otto"	Drama; PG-13
Grumpy widower Otto Anderson meets his match in a pregnant woman sparking a great friendship.		
10/2	"Top Gun: Maverick"	Action; PG-13
Training graduates, Maverick must confront the ghosts of his past and his deepest fears.		
10/16	"And So It Goes"	Comedy; PG-13
Oren's life turns upside-down when his son drops off a granddaughter he didn't know existed.		
10/23	"Lucy & Desi"	Doc; PG-13
The film explores the unlikely partnership and enduring legacy of Lucille Ball and Desi Arnaz.		
10/30	"Concussion"	Drama; PG-13
Dr. Bennet Omalu discovers neurological deterioration that is similar to Alzheimer's disease. As other athletes face the same diagnosis, the crusading doctor embarks on a mission to raise awareness.		
11/6	"The Family That Preys"	Dramedy; PG-13
Charlotte and Alice are good friends for years. Secrets, greed and scandal throw the women's lives into turmoil. They set out on a road trip to try to fix things.		
11/13	"The Pursuit of Happyness"	Drama; PG-13
Chris and his son must live in shelters while he interns, but he refuses to give in to despair.		
11/20	"Zookeeper"	Comedy; PG
A group of zoo animals decide to break their code of silence in order to help their lovable zookeeper find love, without opting to leave his current job for something more illustrious.		
11/27	"Pitch Perfect"	Musical; PG-13
An all-girl's school group takes on their male rivals in competition.		
12/4	"The Christmas Chronicles"	Holiday; PG
Kate and Teddy's plan to catch Santa Claus on camera turns into a journey.		
12/11	"A Boy Called Christmas"	Holiday; PG
An ordinary boy sets out on an extraordinary adventure to find his father		
12/18	"The Christmas Chronicles 2"	Holiday; PG
Kate is reunited with Santa when a mysterious troublemaker threatens to cancel Christmas - forever.		

Saturday Movies at the RCC – 11am

Date	Movie	Category/Rating
9/2	“Secondhand Lions”	
A young boy sent by his mother to spend the summer with his wealthy, eccentric uncles.		
9/9	“The Music of Silence”	Doc; PG-13
The compelling story of Andrea Boccelli.		
9/16	“Joe Bell”	True Story Drama; R
A working-class father embarks on a walk across the U.S. to crusade against bullying.		
9/23	“The Glass Castle”	Drama; PG-13
A young girl comes of age in a dysfunctional family of nonconformist nomads.		
9/30	“Captain Phillips”	Thriller; PG-13
The true story of Captain Phillips and the 2009 hijacking by Somali pirates of a US ship.		
10/7	“Penguin Bloom”	Family; PG-13
A family takes in an injured Magpie that makes a profound difference in their lives.		
10/14	“Accepted”	Comedy; PG-13
A slacker rejected by every school he applies to opts to create his own institution.		
10/21	“Hustle”	Dramedy; R
A former NBA player turned basketball scout discovers a street ball player while in Spain.		
10/28	“Ticket to Paradise”	Comedy; PG-13
A divorced couple teams up and travels to Bali to stop their daughter from marrying.		
11/4	“Just Getting Started”	Dramedy; PG-13
An ex-Agent and an ex-mob lawyer in the have to put aside rivalry to fend off a mob hit.		
11/18	“AIR”	Sports Drama; R
Follows Sonny Vaccaro and how he led Nike in its pursuit of Michael Jordan.		
11/25	“Sully”	Drama; PG-13
"Sully" lands his damaged plane on the Hudson River in order to save his flight.		
12/2	“Hot Pursuit”	Comedy; PG-13
An uptight cop tries to protect the outgoing widow of a drug boss.		
12/9	“On A Wing & A Prayer”	Drama; PG-13
Doug White has to land a plane and save his entire family from insurmountable danger.		
12/16	“Dolly Parton’s Christmas On the Square”	Holiday; PG
A scrooge of a woman plans to sell her small town, regardless of the consequences.		
12/23	“White Christmas”	Holiday; G
A song-and-dance team become involved with a sister act and team up to save an inn.		
12/30	“The Lost Husband”	Drama; PG-13
Trying to put her life back together after her husband's death, Libby and her children move to her estranged aunt's goat farm in central Texas		

WEEKLY ACTIVITIES

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 Sept 21: <i>The Sweetness of Water</i> by Nathan Harris October 19: <i>The Good Earth</i> by Pearl S. Buck November 16: <i>A Prayer for Owen</i> by John Irving December 21: <i>Still Life</i> by Louise Penny
BRIDGE	Wednesday: 1 pm- 3 pm
CERAMICS	Wednesday: 1:00 pm- 3:30 pm
CREATIVE CRAFTERS	Thursday: 1 pm- 3:30 pm
CRIBBAGE	Mondays: 12:30-3:00 pm
CURRENT ISSUES	First & Third Fridays of each month: 10 am- 11:30am (Hybrid)
DUPLICATE BRIDGE	Monday: 12:30 pm- 4:30 pm
KNIT/CROCHET GROUP	Monday: 9:30 am- 11:30 am Knit hats & mittens for shelters and blankets for nursing homes!
MAHJONGG	Daytime Wednesday: 1:00 pm- 3:00 pm Evening Thursday: 6 pm- 8 pm Lessons: Sept: 7,14,21 (6pm) Oct: 4,11,18 (1pm) Nov: 2,9,16 (6pm)
PICKLEBALL PLAY—INDOOR	Tuesday Evening: 5 pm- 8 pm
PINOCHLE	Tuesday: 1 pm- 3 pm
RUMMIKUB	Tuesday: 10 am- 12 pm
SCOPA; ITALIAN CARD GAME	Wednesday: 9:30 am-12 pm
SETBACK	Daytime (drop-in) Thursday: 10 am- 12 pm Evening League Tuesday: 5:30 pm- 8 pm (\$3 fee is needed at entry on league night!)
Wii BOWLING	Thursday: 1 pm- 3 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

EVENING AND WEEKEND PROGRAMS

Registration preferred 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.

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

Tuesdays

6:00-7:00 pm

Join us and feed your Curiosity for knowledge. Come for one session or try them all. No cost.

Date:	Topic:	Date:	Topic:
9/5	Bucket List: Europe	10/3- 10/31	GIANTS; Circle the globe in this 5-part series that connects the dots between the giants of the natural world, past & present.
9/12	Hidden Japan	11/7- 11/14	Ancient Earth: Dinosaurs of the Frozen Continent
9/19	Pyramid Builders: New Clues	11/21- 12/19	The Year That Rocked the World
9/26	Sharks: The Big Five	12/26	Mountains: Gateways to the Heavens

Mahjong, Scrabble, Rummikub & 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.

Ukulele BIG SING!

Saturdays

September 30, October 21, November 18 & December 16

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!





TRANSPORTATION OPTIONS

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. **TO 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. **TO 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

Renters Rebate – **Last call! The application deadline for this program is Friday, September 29.** Glastonbury residents who rented in 2022, and were age 65 or older by 12/31/2022, or those receiving Social Security Disability may be eligible for a rebate if their 2022 income was \$40,300 or less for a single person or \$49,100 or less for a married couple. There is no asset limit for this program. Proof of 2022 income received and 2022 rent, heat, electricity and water expenses are required. Please call Glastonbury Social Services at 860-652-7638 for more information or to schedule an appointment.

Additional Veteran's Exemption - Applications for Additional Veteran's Exemption from property tax are being taken through **Friday, September 29, 2023.** Income limits, based on 2022 income, are \$40,300 for an individual and \$49,100 for a married couple. Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your federal income tax return, if filing, and/or copies of all your interest and income statements and also the Social Security end-of-year statement (SSA-1099). For more information, please contact the Assessor's Office at 860-652-7600 or Social Services at 860-652-7638.

Heating Assistance – Glastonbury Social Services plans to accept applications for the CT Energy Assistance Program beginning September 18 for oil customers and October 10 for utility customers. Additional information is not available at the time of publication, but call in September for program eligibility or an appointment, 860-652-7638.

Food Share – The Food Share truck will be at First Church of Christ, 2183 Main Street from 10 AM to 10:45 AM on Wednesdays, September 6 and 20; October 4 and 18; November 1, 15 and 29; December 13 and 27, continuing every other Wednesday throughout the year.

Carol's Closet – A paper pantry providing paper and personal products, Carol's Closet is held the third Saturday of the month: September 16, October 21, November 19 and December 16. Hours are from 10AM to 11:15 AM, St. James Church, 2584 Main Street.

Food Pantry - Glastonbury's Food Pantry provides supplemental food to local families year round. Donations of non-perishable, unexpired food are welcomed, and may be dropped in the Community Center office. For larger donations, please give us a call ahead of time at 860-652-7638 so that we can be prepared to receive your donation.

Medicare Annual Open Enrollment runs from October 15 - December 7

This is the time to review your Medicare coverage plans. Be sure to read all notices sent to you by your insurer as there may be changes in your plan that may affect your coverage and costs in 2024. During Open Enrollment you can: join or change a Part D Plan (prescription drugs); return to original Medicare from a Medicare Advantage Plan; or enroll in or change Medicare Advantage plans. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to www.medicare.gov or make an appointment with one of the CHOICES-trained counselors at the RCC at 860-652-7638. Counselors are available year round to assist with your Medicare questions.



**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 — August 15th NR — August 22nd*****

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**