

# THE Sharing Tree

2024 WINTER EDITION

## Riverfront Community Center: Senior & Social Services

Address: 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 will begin on:**

**R: Tuesday, December 12th NR: Tuesday, December 19th**

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

### Upcoming Holiday Closings:

**New Years Day:** Monday, January 1st

**Martin Luther King Jr. Day:** Monday January 15th

**Presidents' Day:** Monday February 19th

**Good Friday:** Friday March 29th

WISHING YOU A WONDERFUL,  
SAFE HOLIDAY AND A  
HAPPY, HEALTHY NEW  
YEAR!



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### **VOLUNTEER WITH GLASTONBURY SENIOR AND SOCIAL SERVICES!**



We offer a wide variety of volunteer opportunities for individuals to share their time and talents, learn new skills, and get to connect with some wonderful people in our community.

We are currently seeking volunteers in the following roles:

- 1) **Building Greeters** welcome visitors to the community center and serve as a friendly and orienting presence in the foyer of the building. Greeters help to provide information about programs and program locations, give tours to new guests, and fulfill other duties as necessary.
- 2) **Friendship Circle Memory Program Volunteers** assist with this wonderful social engagement program for Glastonbury seniors with early stage dementia. Volunteers support the program leader to help participants in a variety of activities including music, arts and crafts, physical exercises, puzzles and more.
- 3) **Food Bank Volunteers** assist residents while shopping at the Food Pantry, and help to keep the shelves stocked.
- 4) **Trips Leaders** take attendance, be organized and upbeat, and pay no fee for any trip tickets! (You will have to pay for your own lunch if there is a lunch outing)

**To apply to volunteer for options 1, 2, or 3, please fill out an application in our front office, visit the “Volunteer with Senior Services” section of our website, or call 860-652-7638.**

**For Trip Leaders, please contact Austyn 860-652-7653 or Christine 860-652-7655.**

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### **POP-UP SHOP OPPORTUNITY**

The Town of Glastonbury is launching a new “Pop-Up Shop” program at the Riverfront Community Center! This unique opportunity will allow local vendors to showcase their small craft businesses during monthly Special Luncheons, between the hours of 10:00 am – 2:00pm noon. Glastonbury artisans and crafters are invited to apply for a space and the Town will select one vendor for each Pop-Up Shop. The Town may use its discretion in selecting vendors for the shops. For more information, please contact Ronda Guberman, Senior Center Supervisor, at [Ronda.guberman@glastonbury-ct.gov](mailto:Ronda.guberman@glastonbury-ct.gov)

# LUNCH AT THE RCC

Although we have tried our best to keep lunch prices low, food and supply costs have increased significantly. It has been years since our prices have increased and, after careful consideration, we have made the tough decision to increase lunch prices.

**The change will be effective Tuesday January 2nd, 2024.**

## **Regular Daily Lunch**

Current price:	\$3.00 resident	\$5.00 Non-resident
New Price:	\$4.00 resident	\$6.00 non-resident

## **Take Out Lunches (limited to 2 per person)**

Current price:	\$3.00 resident	\$5.00 non-resident
New Price:	\$5.00 resident	\$7.00 non-resident

## **Special Lunches**

Current price:	\$6.00 resident	\$8.00 non-resident
New Price:	\$7.00 resident	\$9.00 non-resident

**\*NEW\*** As an added feature to our regular lunch menu, we will also be offering a fresh salad of the week. Each week, we will feature a new luncheon salad. You'll be able to choose from the regular hot lunch menu or a salad. The salads will rotate weekly. Price for the salad option is the same as the hot lunch.

To view our menu, press the camera icon on your smartphone or tablet, then hover over the QR code with your smartphone or tablet



QR code

## SPECIAL LUNCHEONS

*"Noon Years"* Luncheon:

**Tuesday, January 9th starting at 11:45am**

Ring in the New Year with us in style! Join us for a delicious meal of homemade meat lasagna, garden salad, mozzarella-garlic bread and Tiramisu cake for dessert! After your meal, dance and sing the afternoon away to the tunes of Tom "T-Bone" Stankus, known as "America's Pied Pieper"! Please purchase your ticket/ register by January 3rd!

**Resident: \$7 Non-Resident: \$9**

*Sweetheart Serenade; A Valentine's Luncheon:*

**Thursday February 15th**

Celebrate "love day" with us by wearing your red, feast on a delectable meal of roast beef with mushroom gravy, green bean casserole, cheesy potato casserole & cheesecake with cherry topping for dessert. Then, enjoy being serenaded by The Country Duo! Please register/purchase your ticket by February 9th!

**Resident: \$7 Non-Resident: \$9**

*Shake Your Shamrock; A Saint Patrick's Celebration:*

**Tuesday, March 19 starting at 11:45am**

Celebrate the Saint Patrick's Day holiday with a traditional Corned Beef meal with apple crisp for dessert and enjoy the wonderful traditional dances of the Mulcahy Irish Step Dance Academy! Please purchase your ticket/register by March 13th!

**Resident: \$7 Non-Resident: \$9**



 **Amount of Walking:** 1 = Low 2 = Moderate 3 = High 

### Mashantucket Pequot Museum & Lunch at 99 Restaurant

Let's have lunch at 99 Restaurant, then head over to The Mashantucket Pequot Museum and Research Center! Their goal is to strengthen Pequot Culture to honor and serve Tribal family and friends. Explore this expansive museum of Native American history, with life-sized dioramas, and a 16th century village!



**Date:** Wednesday, January 3rd      **Amount of walking:** 3      **Accessibility:** Fully accessible

**Time:** Depart RCC at 10:45am; lunch 11:30am-1pm; depart museum at 3:30pm; return to RCC around 4:30pm      **R: \$23 NR: \$ 25**

(price includes admission ticket and transportation, not lunch)

### Mohegan Sun Casino

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



**Date:** Tuesday, January 16th      **Amount of walking:** 3      **Accessibility:** Fully Accessible

**Time:** Leave RCC—10:00am; arrive at 10:45am; approx. return—3:15pm

**R: \$7 NR: \$9** (price includes transportation)

### Holyoke Mall in Massachusetts

At 1.6 million square feet, it is also one of the largest malls in all of New England! Shop and dine at over 150 specialty shops, restaurants, and department stores!



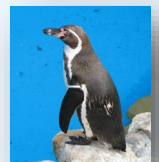
**Date:** Tuesday, February 6th      **Amount of walking:** 3      **Accessibility:** Fully Accessible

**Time:** Leave RCC—10:00am; arrive at 10:45am; approx. return—3:15pm

**R: \$7 NR: \$9** (price includes transportation)

### Mystic Aquarium

Head over to the Mystic Aquarium - home to over 300 species of marine mammals, fish, birds, invertebrates, and reptiles! Check out the touch tanks, observe the amazing animals, and view their Ocean Solution gallery to learn how to protect our oceans.



**Date:** Tuesday, February 20th      **Amount of walking:** 3      **Accessibility:** Fully Accessible

**Time:** Leave RCC—12:45pm; arrive at 1:45pm; approx. return—4:45pm

**R: \$35 NR: \$37** (price includes admission ticket and transportation)

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

**Amount of Walking:** 1 = Low 2 = Moderate 3 = High

### Aqua Turf: St. Patrick's Day Celebration!

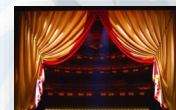
Enjoy a great performance by The McLean Avenue Band, you will be delighted with Irish American music and hits from the 50s to present day! There will also be a performance by Irish Step Dancers! Lunch includes family style traditional Corned Beef and Cabbage dinner or Baked Cod.



**Date:** Tuesday, March 12th      **Amount of walking:** 1      **Accessibility:** Fully Accessible  
**Time:** Leave RCC—10:00am; arrive at 10:30am; approx. return—4:00pm  
**R: \$61**      **NR: \$63** (price includes transportation and ticket)

### The Bushnell—Behind the Scenes Tour!

Experience the glamour of the historic Mortensen Hall, the Belding Theater, 14-foot sparkling Chihuly chandelier, and view a variety of backstage areas rarely seen by the public - including our famous autograph room and star's green room! Tours are given by experienced volunteer guides and include information about The Bushnell's history, art, and amazing stories about the performers and shows.



**Date:** Tuesday, March 26th      **Amount of walking:** 2      **Accessibility:** Fully Accessible  
**Time:** Leave RCC—12:30pm; tour begins at 1:00pm; approx. return—3:00pm  
**R: \$7**      **NR: \$9** (price includes transportation, the tour is free!)



## FITNESS CLASS \*NEWS\* & UPDATES!



### \*NEW\* CHAIR YOGA

**Yoga for EVERY body!** This is a gentle form of yoga that's done while seated or using a chair for balance. Chair yoga can help improve muscle strength, flexibility, and balance capabilities. View page 15 for more information!

**Tuesdays at 10 am**

### PARKINSON'S MOBILITY CLASS

This class is designed for people affected by Parkinson's Disease and will focus on power, balance, strength & speech!

**Thursdays at 9 am**

### GET UP & GO!

This fun class will provide strength & resistance moves for a full body workout!

**Thursdays at 10:15 am**

### \*NEW\* FITNESS IS FUN SINGLE CLASSES!

A cardio workout and improve your strength and balance! **New single class sessions available on Mondays at 8:30am-9:15am and 9:45am-10:15am! You MUST register for these classes IN ADDITION to the other Fitness is Fun classes if you wish to do BOTH!**

# LUNCH BUNCH

JOIN US FOR MONTHLY TRIPS TO LOCAL RESTAURANTS! YOU MUST REGISTER ON MYREC OR IN THE OFFICE. PLEASE BRING CASH WITH YOU TO ANY RESTAURANT TRIP AS THEY DON'T ALWAYS SPLIT CHECKS. RESIDENT: \$7 NON-RESIDENT: \$9

YOU CAN ACCESS THE CURRENT RESTAURANT MENUS BY HOVERING YOUR SMARTPHONE CAMERA OVER THE QR CODE ASSOCIATED WITH EACH RESTAURANT AND BY CLICKING THE LINK IT BRINGS UP!

Sadler's Ordinary, 61 North Main St, Marlborough

Tuesday, January 23<sup>rd</sup>

Sadler's Ordinary has been in the greater Marlborough community for over 40 years. They provide quality food at fair prices, and take pride in serving the finest available ingredients prepared fresh every day. **Depart RCC at 11:15 am** and arrive at Sadler's around 11:30. Lunch scheduled for 11:30 am. Depart Sadler's at 1:00 pm



The Charles, 161 Main Street, Wethersfield

Tuesday, February 6<sup>th</sup>

The Charles offers an innovative lunch and dinner menu of American favorites with local flavors and modern twists. **Depart RCC at 11:30 am** and arrive at The Charles at 11:40 or so. Lunch scheduled for 11:45 am. Depart The Charles at 1:15 pm



The Saybrook Fish House, 2165 Silas Deane Highway, Rocky Hill

Tuesday, March 5<sup>th</sup>

The Best Seafood Restaurant in Central Connecticut. Enjoy great food and a casual atmosphere in Rocky Hill, CT. **Depart RCC at 11:30 am** and arrive at The Saybrook Fish House at 11:40. Lunch scheduled for 11:45 am. Depart The Saybrook Fish House at 1:15 pm.



## IT'S SHOWTIME! PIZZA & A MOVIE

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)!

**"Last Vegas":** 1 hr 45 min; PG-13

Aging pals Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman) and Sam (Kevin Kline) have been best friends since childhood. When Billy finally proposes to his much-younger girlfriend, all four friends go to Las Vegas to celebrate the end of Billy's longtime bachelorhood and relive their glory days. However, the four quickly realize that the intervening decades have changed Sin City and tested their friendship in ways they had not imagined.

**Please register for this event as space is limited!**

**Monday, January 8th at 1pm**

**R: \$4 NR: \$6**





## 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.

**Exercise room ~ Thursdays:**

**January 11th, 2024:**

**12:30-4:30pm**

**February 22nd:**

**12:30-4:30pm**

**March 14th:**

**12:30-4:30pm**



## Programs

### 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.*

**Registration required! No Fee! Space is limited.**

**When: Thursday, January 11th 1:00-3:30pm**



### GREATER GLASTONBURY VETERANS &

### 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: January 17th, February 21st, & March 20th**



### MANICURES WITH AUSTYN & CHRISTINE!

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

**Friday, January 12th: 10am-12pm, Friday, February 23rd:**

**10am-12pm, Friday, March 29th: 10am-12pm**

### RYDER THE PET THERAPY DOG!

He is coming to visit the RCC on **Friday, January 12th from 10:30am – 11:00am!** Stop by and say "hello" and give a pat on the head to Ryder, a beautiful Golden Retriever.



## Programs



### FEED YOUR MIND; A LUNCH & LEARN!

Join us for a delicious lunch provided by the speaking agency followed by a discussion on topics listed below. **FREE lunch** provided to those who **register and attend!** Lunch will be sandwiches and goodies. **Please call or stop by the office to register!**

**January 30th– Seasonal Effective Disorder with National Healthcare at 12:30 pm**

**\*Tentatively\* February 28th- Planning for Long-Term Care (Medicaid Rules, Application process, strategies to protect your assets) with Czepiga, Daly, Pope & Perri at 12:30 pm**

**March 12th– Senior Bullying with National Healthcare at 12:30 pm**

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### ALL ABOUT REIKI INFO SESSION

**January 18th at 1:30pm; please register!**

In this presentation, Marie Marchesseault will explain what Reiki is, how it is delivered, and how it enhances one's health and wellbeing. She will describe some Reiki methods that will be provided in the upcoming Reiki Clinic that she is volunteering to offer at the Senior Center. These include a 20 minute whole body treatment that brings peace and deep relaxation, joint harmonization, mental and emotional healing, and systematic chakra healing. She will conclude with a group Reiki treatment that will give each participant an opportunity to experience Reiki energy. Questions are most welcome.

### REIKI CLINIC

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Two sessions will be offered during each clinic. The first session from 2:00-2:55pm will be an individual private session for one person to sign-up for. The second session from 3:00-4:00pm will be a group session with room for up to 10 people. All sessions are available to sign up on MyRec. Please bring a water bottle with you to your session.

**February 2, February 16, March 1, March 22: 2pm Individual Session 3pm Group Session**

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### LGBTQ MOVEABLE SENIOR CENTER: CREATIVE HAPPY HOUR

Date: February 22, 2024 Time: 4:00 – 6:00 p.m.

Join us, at **LGBTQ+ Moveable Senior Center**, along with members of the South Windsor Senior Center, for a Creative Happy Hour featuring a Fluid Painting class, non-alcoholic cocktails and hors d'oeuvres. Program is limited to 20 participants. Cost is \$12.00 and includes all supplies to create an 11x17 one-of-a-kind canvas, beverages and hors d'oeuvres. Please register through MyRec or by calling or stopping in the office!



Mark your calendars for the **Passport to Health Fair on Friday, March 8th** at the Riverfront Community Center. Drop in any time between 2:00-6:00 p.m. and visit various health-related vendors, chat with Town staff and take a chance at winning some great raffle prizes. Visit

[www.glastonbury-ct.gov/passport2health](http://www.glastonbury-ct.gov/passport2health) for additional details! Vendors and sponsors that would like to participate in the event can download a vendor/sponsor packet at [www.glastonbury-ct.gov/passport2health](http://www.glastonbury-ct.gov/passport2health).





# Handcrafted with Austyn & Christine

## Fluid Painting

Friday, January 26th 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: \$7 NR: \$9**

## Alcohol Ink Art

Friday, February 9th at 1pm

Join us for a fun and exploratory class on alcohol inks! We'll be experimenting with different techniques and you'll get to take your own work of art home! Please register for this class as space is limited! **R: \$7 NR: \$9**

## Spring Flower Arrangements

Friday, March 22nd at 1pm

Join us for a fun class making your own silk flower arrangement to bring Spring into your home! This will be a class welcoming all levels of arrangers! Please be sure to register for this class as space is limited! **R: \$13 NR: \$15**

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## The Knit and Crochet Group

Got yarn? Know how to knit or crochet? Then clean out your closet and dust off your knitting needles and crochet hooks! The Knit and Crochet Group will gladly accept yarn donations. Using donations, we make hats, mittens, scarves, lapghans and wheelchair blankets. These are donated to local families, continuing care communities and charitable organizations. Do you knit or crochet? Do you want to learn? Come to the Craft Room at the Community Center Monday mornings from 9:30-11:30 a.m. and we can get you started on a charitable donation. We have all the supplies needed. Or, bring along your own project. Sit, chat and enjoy the morning with new friends.




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## Flip the Plate with Beth Hillson

More than 70% of illness can be improved or reversed by changing diet. This comes from the Harvard T.H. Chan School of Public Health and their Healthy Kitchen - Healthy Lives Conference. We all know that cholesterol, diabetes, blood pressure, and weight can be controlled by maintaining a healthy diet. Food is indeed medicine.

This two-part program looks at ways to replace high fat and empty carb foods with healthier choices that are delicious and satisfying. Join cooking teacher and food writer, Beth Hillson as she gives us a few tips and some tasty foods to try. **Classes are FREE! Registration required!**

**Monday, February 12, 2-3 pm:** Hearty Turkey Chili and Beans. Please register by Feb. 5th

**Monday, March 11, 2-3 pm:** Super Foods and Whole Grains and make delicious vegetarian Quinoa Risotto. Please register by March 4th

## Programs



### Footcare with Nurse Jessica

Jessica will be seeing residents for a \$30 fee, cash or check only. Footcare will be the first & second Saturdays of each month, adjusting that schedule based off of holidays also.

**Please note that the waitlist will be first priority. Dial-A-Ride is available on Saturdays.**

**Please remember to place your transportation request on the Friday prior to your appointment day by 11am.**

**Dates: January 6th & 13th, February 3rd & 10th, March 2nd & 9th**



### 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: January 2nd, 9th, 16th & 30th, February 6th, 13th & 27th,  
March 5th, 12th, 19th & 26th**

### Tea at 3



**Wednesday, January 24th at 1pm**

Join Co-Founders Deb Bibbins and Gary Sekorski to learn how you can participate in For All Ages' free 12-week Tea @ 3 Community and have the opportunity to sign up in person. This innovative intergenerational friendship community connects you with a college student for a weekly phone call mid-February through end of April. You'll learn how the program works, how you'll be matched with your 'Tea-Mate', and what is included in your free welcome kit. Deb and Gary will answer questions and assist if you'd like to sign up to participate. **Registration required!**

### \*NEW\* Bingo Bonanza!



Join the Parks and Recreation Department and the Senior Center as we offer BINGO BONANZA! This FREE series will be taking place on **February 20 and April 9 from 1:00 p.m. – 3:00 p.m.** Enjoy refreshments, some time with your children, grandchildren, parents, or any member of your family, and enter for your chance to yell BINGO to win some great prizes! Bingo will take place at the Riverfront Community Center Community Room. **This series is for ALL AGES!**

### Historical Society



The Historical Society of Glastonbury is hosting its popular **Holiday House Tour on Main Street on Saturday, December 2<sup>nd</sup> from 12pm – 4pm!** (snow date is December 3rd). Admission is \$40 in advance but *discounted to \$35 for Senior Center participants* and tickets may be purchased at the Riverfront Community Center Office. **PLEASE PURCHASE TICKETS NOW! ASAP! Do not wait until registration day, which is after the tour.**

# NEW! OUTDOOR ADVENTURE CLUB <sup>11</sup>

Join us for some exciting new adventures that will provide opportunities for enjoying the outdoors, meeting others who like to hike, bike, kayak, and more and maybe trying something new that will challenge and excite you!

We will host an **interest meeting on Friday, January 5th at 11am**. We'd love to hear what activities people are most interested in so we can plan for the future. Call the RCC to let us know if you plan to attend.

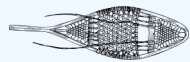
## Upcoming Outdoor Adventures



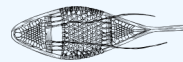
### Walk at West Hartford Reservoir



Join us on **Wednesday, January 10<sup>th</sup>** as we kick off our first outdoor adventure trip! We will join members of the Plainville Senior Center for an hour-long afternoon hike at the West Hartford Reservoir, enjoying the sights, sounds and smells of this beautiful spot. Participants should be comfortable walking for one hour without stopping, and comfortable hiking through terrain that has some slight inclines and declines. We will be walking on paved surfaces. Bus leaves from the RCC at 12:30 p.m. and returns approximately 2:30 p.m. Please plan to eat lunch before getting on the bus. Bring water and a snack and wear sturdy shoes or hiking boots and dress appropriately for the weather (plan to bring an extra layer that is easy to put on and take off; wear a warm hat, mittens/gloves, warm socks, and long underwear if needed. **Snow date: Wednesday, January 17<sup>th</sup>. Free! Space limited to 8.**



## Snow Shoeing



Have you always wanted to learn how to snow shoe? Maybe you already snow shoe, but would love to join a group of others. Join our snow shoe call list and we will call you when the weather conditions are ideal, usually during a fresh snowfall. Snowshoeing is an exhilarating activity that allows individuals to traverse snowy landscapes with ease. By stepping into a pair of snowshoes, you will have the unique opportunity to explore Glastonbury park's pristine trails, rich with snow covered evergreens and serene landscapes, while also staying active in the winter months. The snow shoe trips will be led by experienced leaders who can teach you how to snow shoe if you haven't done it before. The RCC has 4 pairs of snow shoes available on a first come first serve basis, to those who want to borrow them for one of our adventures.



## Winter Walk at Hammonasset Beach & Meigs Point Nature Center



Join us **Friday, February 16** for a winter walk and some fresh air as we explore Hammonasset Beach and Meigs Point Nature Center. Bus leaves the RCC at 9:30 and return approximately 2:30. We will walk for 1.5 hours on the trails at then stop at Lenny and Joes for lunch (pay on your own). Be sure to wear sturdy walking shoes, warm weather clothing, hats, gloves, etc. and bring a water bottle. Group walk will be led by adventure leader Eileen Cyr. **Fee: \$7.00 residents; \$9.00 non-residents. Space limited to 10.**  
**Snow date: Friday, February 23**



## 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/Fridays**

**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, please call 860-652-7638 or stop in!

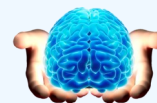


## Bereavement Support Group

**2nd & 4th Wednesdays of the month 2:00 pm - 3:30 pm**

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating, sleep changes, lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is co-sponsored by Hartford Healthcare at Home and Glastonbury Senior Center. **Call Bill Pilkington**, Bereavement Support Counselor at (860) 209-3147 or email: [bill.pilkington@hhchealth.org](mailto:bill.pilkington@hhchealth.org)

## 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](mailto:susan.parrotta@glastonbury-ct.gov). **Pre-registration required.**



## A Presentation by Greater Hartford Legal Aid (Registration required)

Did you ever wonder what a living will or a power of attorney entails? Whether you should have one? Attorney Shirley Pripstein from Greater Hartford Legal Aid will be doing a Power Point presentation here on Advance Directives on **Wednesday January 10<sup>th</sup> at 1:00 p.m.** to explain living wills and the various other advance directives that are available to ensure that our wishes are followed upon our illness, incapacity or death. Pre-registration is requested. After the program, applications will be distributed and Legal Aid will prepare the documents for any senior who mails in an application. **There is no cost for this service.**



## AARP TAX ASSISTANCE PROGRAM

**Mondays, Wednesdays and Thursdays**

**Begins Monday, February 5<sup>th</sup>; Appointments available between 8:45 am-11 am**

**Please call 860-652-7638 to schedule your required appointment. No walk-ins!**

AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals, with special attention to people 60 plus years of age. For filing of your 2023 federal and state tax forms, if married, both parties should be present during the session. Taxpayers must have available all information and documents that apply to their 2023 income taxes including:

- 1. A copy of last year's tax returns (Federal & State)**
- 2. ID information for taxpayers and all dependents (photo ID and Social Security cards)**
- 3. A current check so refunds can be directly deposited**
- 4. All W2, 1099 forms, etc. showing wages, pensions, interest, dividends, stock sales, etc.**  
**Also original cost basis for any stocks or other assets sold during the year.**
- 5. If itemizing deductions: proof of charitable contributions, mortgage interest, property taxes, etc.**
- 6. Any other documentation you think might be relevant.**

Please arrive 15 minutes before your appointment to fill out some paperwork. If you are unable to come, please call to cancel and to reschedule ASAP. The Tax aide program is sponsored by the IRS and AARP, and the counselors are certified to prepare most tax returns. However, there are some situations that are "Out of Scope" and we are not authorized to prepare these returns. e.g., rental income, complex stock transactions (day-trading...). If you have any concerns about whether your return is within the scope, please leave a message with the scheduler and one of the counselors will call you ahead of your appointment to review your concerns.



## KANGAROO KIDS HOLIDAY CONCERT!



On **Friday, December 15<sup>th</sup>**, the Kangaroo Kids will be performing their holiday concert for seniors at **1:00pm** prior to the start of Bingo! We hope you enjoy it!



# Monday Movies at the RCC— 1pm

**Popcorn & iced tea will be served!**

<b>Date</b>	<b>Date Made</b>	<b>Movie</b>	<b>Category/ Rating</b>
1/8	2013	Pizza & A Movie! Last Vegas	Comedy; PG-13
<b>You must register for Pizza &amp; A Movie! Resident: \$3 Non-Resident: \$5</b>			
1/22	2017	Our Souls at Night	Doc; PG
Fonda and Redford star as a widow and widower who've lived next to each other for years. Everything changes when Addie tries to make a connection with her neighbor.			
1/29	2022	Ticket to Paradise	Drama; PG-13
A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.			
2/5	2022	Mrs. Harris Goes to Paris	Action; PG-13
A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.			
2/12	2019	POMS	Comedy; PG-13
POMS is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!'			
2/26	2022	The Lost City	Doc; PG-13
A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.			
3/4	2010	Dear John	Drama; PG-13
A rom-com about a soldier who falls for a conservative college student while he's home on leave.			
3/11	2016	Mr. Church	Dramedy; PG-13
"Mr. Church" tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church.			
3/18	2016	Elvis & Nixon	Drama; PG-13
The untold true story behind the meeting between Elvis Presley, the King of Rock 'n Roll, and President Richard Nixon, resulting in this revealing, yet humorous moment.			
3/25	2014	Elsa & Fred	Comedy; PG
A withdrawn senior experiences life in new ways when he begins spending time with the free-spirited woman who lives across the hall.			



## Saturday Movies at the RCC– 11am

15

**Popcorn & iced tea will be served!**

<b>Date</b>	<b>Date Made</b>	<b>Movie</b>	<b>Category/ Rating</b>
1/6	2019	<b>Murder Mystery</b>	<b>Drama; PG</b>
A cop and his wife go on a European vacation to reinvigorate their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire.			
1/13	2014	<b>Selma</b>	<b>Doc; PG</b>
A chronicle of Dr. Martin Luther King, Jr.'s epic march from Selma to Montgomery, Alabama.			
1/20	2008	<b>Celine</b>	<b>Drama; PG-13</b>
A biopic on singer Céline Dion			
1/27	2014	<b>The Angriest Man in Brooklyn</b>	<b>Action; PG-13</b>
An angry man has 90 minutes to live & sets out to reconcile with his family and friends.			
2/3	2018	<b>Rampage</b>	<b>Comedy; PG-13</b>
A primatologist and a geneticist team up to stop 3 infected animals from destroying Chicago .			
2/10	2020	<b>The Prom</b>	<b>Doc; PG-13</b>
A troupe of hilariously self-obsessed theater stars swarm into a small conservative Indiana town in support of a high-school girl who wants to take her girlfriend to the prom.			
2/17	2023	<b>Big George Foreman</b>	<b>Drama; PG-13</b>
Foreman turned anger into becoming an Olympic Gold medalist and World Heavyweight Champ.			
2/24	2019	<b>Otherhood</b>	<b>Dramedy; PG-13</b>
A grounded, soulful, celebratory comedy about three mothers and their adult sons.			
3/2	2019	<b>The Best of Enemies</b>	<b>Drama; PG-13</b>
Civil rights activist Ann Atwater faces off against C.P. Ellis, in 1971 Durham, North Carolina over the issue of school integration.			
3/9	2023	<b>True Spirit</b>	<b>Comedy; PG</b>
Story of teen, Jessica Watson, the youngest person ever to sail solo, non-stop around the world.			
3/16	2020	<b>Hillbilly Elegy</b>	<b>Musical; PG-13</b>
An urgent phone call pulls a Yale Law student back to his Ohio hometown, where he reflects on three generations of family history and his own future.			
3/23	2022	<b>Home Team</b>	<b>Holiday; PG</b>
New Orleans Saints head coach Sean Payton coaches his son's 6th-grade football team while he is being suspended for the entire 2012 season as a result of his role in the Saints' Bountygate scandal.			
3/30	2023	<b>Murder Mystery 2</b>	<b>Holiday; PG</b>
Now private detectives launching their own agency, Nick and Audrey Spitz land at the center of an international investigation when a friend is abducted.			

# WEEKLY ACTIVITIES

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<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>Jan 18th:</b> <i>The Other Eden</i> by Paul Harding <b>Feb 15th:</b> <i>The Sun Also Rises</i> by Ernest Hemingway <b>March 21st:</b> <i>The Swimmers</i> by Julie Otsuka
<b>BRIDGE</b>	Wednesday: 1 pm- 3 pm
<b>CANASTA</b>	Tuesdays: 12:30-3:30pm
<b>CERAMICS</b>	Wednesday: 1:00 pm- 3:30 pm; \$1 weekly fee (includes glaze); Clay can be purchased for \$1/lb. during class
<b>CREATIVE CRAFTERS</b>	Thursday: 1 pm- 3:30 pm
<b>CRIBBAGE</b>	Mondays: 12:30-3:00 pm
<b>CURRENT ISSUES</b>	First & Third Fridays of each month: 10 am-11:30am <b>(Hybrid)</b>
<b>DUPLICATE BRIDGE</b>	Monday: 12:30 pm- 4:30 pm
<b>ITALIAN LANGUAGE CLASS</b>	Thursdays: <u>Italian I</u> , 9-10am. <u>Italian II</u> , 10-11am <b>(Zoom)</b>
<b>KNIT/CROCHET GROUP</b>	Monday: 9:30 am- 11:30 am <b>Knit hats &amp; mittens for shelters and blankets for nursing homes!</b>
<b>MAH JONG</b>	Daytime Wednesday: 1:00 pm- 3:00 pm Evening Thursday: 6 pm- 8 pm
<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>SCOPA; ITALIAN CARD GAME</b>	Wednesday: 9:30 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 on league night!)</b>
<b>Wii BOWLING</b>	Thursday: 1 pm- 3 pm
<b>TECHNOLOGY 1:1 ASSISTANCE (By appointment! Please call 860-652-7638 or stop by the office to make an appointment)</b>	<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

**MAH JONG INFO:** Lessons will begin in April 2024, dates to be determined. Lessons require you to attend **all** 3 classes, and you will need to purchase the 2024 Mah Jong Card at [nationalmahjongleague.org](http://nationalmahjongleague.org) BEFORE ATTENDING CLASS. Cards purchased from Amazon and Walmart are often fake.



# CLASS SCHEDULE

<u>Class</u>	<u>Description</u>	<u>Meets</u>	<u>Dates</u>	<u># of classes</u>	<u>Resident Fee</u>	<u>Non Resident</u>
<b>Parkinson's Mobility</b>	Improve power, balance, & strength.	Thursdays 9:00-10:00am	1/25-3/21	9	\$45	\$55
<b>Get Up &amp; Go!</b>	Strength/resistance moves for a full body workout.	Thursdays 10:15-11:15am	1/25-3/21	9	\$45	\$55
<b>Chair Yoga NEW!</b>	Improve muscle strength, flexibility, and balance.	Tuesdays 10:00-11:00am	1/16-3/19	10	\$50	\$60
<b>Stretchercize</b>	Low impact exercise using stretch bands & weights	Tuesdays & Thursdays 11:30am-12:15pm	1/16-3/21	20	\$100	\$110
<b>Tai Chi Intro</b>	Learn the basics of mind/ body	Mondays 3:30-4:15pm	1/22-3/25 No Class: 2/19	9	\$45	\$55
<b>Tai Chi</b>	Mind & body fitness for all ages and levels	Thursdays 6:00-7:00pm	1/4-3/28	13	\$65	\$75
<b>Fitness is Fun</b>	A cardio workout and improve your strength and balance!	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00	1/3-3/15	20	\$100	\$110
<b>Fitness is Fun (Mondays only)</b>	A cardio workout and improve your strength and balance!	Mondays 8:30-9:15am 9:30-10:15am	1/8-3/11 No Class: 1/15, 2/19	8	\$40	\$50
<b>Line Dancing</b>	Move your bodies and engage your brains to music. No experience necessary!	Thursdays 1:00 pm- 2:15 pm	1/11-3/7 No class 2/15	9	\$45	\$55
<b>Watercolor</b>	Drawing is <b>not</b> a prerequisite – With watercolors, you will explore different techniques!	Saturdays 9:30-11:30am	Jan. 13 & 27 Feb. 10 & 24 Mar 9 & 23	6	\$10  PLUS \$10 supply fee given to instructor	\$15  PLUS \$10 supply fee given to instructor
<b>Italian Language Class (Textbooks required)</b>	<b>I:</b> Intermediate <b>II:</b> Completion of Italian I <b>or</b> prior knowledge of the language; <b>Advanced Class</b>	Thursdays <b>via Zoom</b> <b>I:</b> 9:00-10:00am <b>II:</b> 10:00-11:00am	Jan. 11— Mar. 14	10	\$5	\$6

## EVENING AND WEEKEND PROGRAMS

**Registration preferred as space is limited.**

### Chess Club

**Thursdays, 4:30-8:00 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.

<b>Date:</b>	<b>Topic:</b>	<b>Date:</b>	<b>Topic:</b>
<b>1/2- 1/9</b>	<b>Cuba To Go:</b> This two-part documentary shows the drastic changes Cuba has undergone and rejoices in the rising of Cuba based on the stories of its inhabitants.	<b>2/6- 2/20</b>	<b>Celts: The Untold Story</b> The Celts. A society that thrived over 2000 years ago and continues to fascinate us today. In this series, we uncover their untold story.
<b>1/16- 1/23</b>	<b>Destination China:</b> This film will take you to some of China's most beautiful landscapes, home to 6,000 species of plant, 200 mammals and 500 birds.	<b>2/27- 3/19</b>	<b>Eternal Egypt</b> Three centuries after the first discoveries, Egypt still reveals new buried treasures, and its inexhaustible myths continue to exist.
<b>1/30</b>	<b>Bucket List: Africa</b> From mountains to marshes, deserts to coastlines and grasslands to jungles, packed with wildlife.	<b>3/26</b>	<b>Extinction: Going, Going, Gone</b> Countless animals from across the globe currently face extinction.

### 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: Jan. 27th, Feb. 17th, Mar. 30th 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!

## Medicare

If you are in a Medicare Advantage Plan, you can make one change to a different Medicare Advantage Plan or switch back to Original Medicare between January 1 and March 31, 2024. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to [www.medicare.gov](http://www.medicare.gov) or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7638.)

## Energy Assistance

Glastonbury Social Services continues taking applications for heating assistance. Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the Connecticut Energy Assistance Program. The income limit for an individual is \$3,463 per month, for a couple the income limit is \$4,528 per month. *Remember, if you are participating in Eversource's or CNG's Matching Payment Program you also must complete an Energy Assistance application each year.* More information and appointments are available by calling Social Services at 860-652-7638.

## Foodshare

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on January 10, January 24, Feb. 7, Feb. 21, March 6 and March 20. 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. **If Glastonbury Public Schools are closed due to inclement weather, there will be no Food Share.**

## Carol's Closet

A paper pantry providing paper and personal products to low-income Glastonbury residents, Carol's Closet is open the third Saturday of each month from 10 AM to 11:15 at St. James, 2584 Main Street. Upcoming dates include Saturdays January 20, February 17 and March 16.

## Homeowner's Tax Credit

Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption will be taken beginning in February. Residents need to have been age 65 by 12/31/2023 or Disabled. Those needing to renew their eligibility will receive a letter from the Town in February. The income limits were not available at time of publication. Income is calculated using 2023 figures. Income verification needed to apply for above programs:

**2023 Social Security 1099; 2023 federal income tax, if filed;  
if no income tax filed, all 1099s from 2023**

For more information or to apply, please contact the Assessor's Office at 860-652-7600. If you need assistance completing your application, contact Social Services at 860-652-7638.

## Thank you!

Thank you to all the residents who have supported Glastonbury Gives through their donations! Donations of cash to Glastonbury Gives support the Food Bank, Fuel Bank, Holiday Programs, and unique needs of residents facing financial hardship. Non-perishable food donations of unexpired food are also welcome, and may be dropped at the Riverfront Community Center. Checks can be mailed Glastonbury Gives, P.O. Box 6523, Glastonbury, CT 06033.



## 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.

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

**Return Service Requested**

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

### **Winter Weather Alert**

Senior programs and Dial-A-Ride will be canceled when road and sidewalk conditions are, or may become too hazardous for safe operation of a vehicle. If Glastonbury schools are closed, senior center programs will also be canceled. Additionally, schools may be open, but if sidewalks are judged to be unsafe for seniors, programs may be canceled. Look for cancellation notices on **WFSB Channel 3**. On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

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

**\*\*Registration begins: R — Tuesday, December 12th NR — Tuesday, December 19th**

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)