

THE

Sharing Tree

Glastonbury Senior & Social Services Newsletter

March & April 2024



Upcoming Special Luncheons

Senior & Social Services

SHAKE YOUR SHAMROCK; A ST. PATRICK'S CELEBRATION!

Tuesday, March 19th 11:45am

Celebrate Saint Patrick's Day with a traditional Corned Beef dinner with Apple Crisp for dessert! After lunch, enjoy traditional dances performed by the students of Mulcahy Irish Step Dance Academy! **Please purchase your ticket by March 13th! Pop-Up Shop:** Soft Petalz Organic Cosmetics featuring organic sugar scrubs, body butters, candles, bath teas and more.

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

BELLA ITALIA NIGHT: DINNER & DANCING!

Thursday, April 4th 6:00pm-8:00pm

Glastonbury Parks & Recreation and Senior Services are partnering together to put on a themed dinner dance! Join us for a fun night out with great music by Frank Sinatra, Dean Martin and more legends! Dinner will include an Italian pasta dinner, rolls, and dessert served by youth volunteers. Purchase tickets at the Riverfront Community Center, Parks & Recreation Office, or online. Dial-a-Ride will be available; please call on April 4th by 11am at (860) 652-7643. **Please purchase your ticket by April 1st! No ticket sales at the door.**

Resident & Non-Resident Tickets: \$15

SWING INTO SPRING LUNCHEON

Tuesday, April 16th 11:45am

It's spring time! We're serving Italian Chicken (chicken thighs roasted with diced tomatoes, artichokes, olives & mushrooms) over mashed potatoes & roasted veggies followed by lemon cake for dessert. After lunch, enjoy entertainment by Jukebox 45! The band was formed by Gerry Fanfarelli, a well known musician who assembled a group of talented musicians that re-create memorable songs of the 50's and 60's! **Please purchase your ticket by April 10th! Resident: \$7 Non-Resident: \$9**



Address:

300 Welles St.
Glastonbury, CT 06033



Phone:

Main Office: 860-652-7638
Dial-a-Ride Reservations:
860-652-7643



Hours:

Mon, Wed, Fri:
8:00 am—4:30 pm
Tues & Thurs:
8:00 am—8:00 pm
Saturday:
9:00 am—2:00 pm



Registration:

Thursday, February 22nd (R)
Thursday, February 29th (NR)
Register in person, online,
or by phone!



Holiday Closings:

Friday, March 29th
(Good Friday)



Website:

www.glastonburyct.gov/seniorservices
Glastonburyct.myrec.com



Facebook:

www.facebook.com/glastonburyseniorcenter

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NEW Parks, Recreation, Senior & Social Services Inclement Weather Policy

1. If Glastonbury Public Schools are cancelled, all programs and activities are cancelled. Town Offices and Buildings remain open and staff will be available. Residents should call Senior & Social Services 860-652-7638 to see if appointments are still on as scheduled.
2. If Glastonbury Public Schools are delayed, all programs scheduled to start before 8:30 AM are cancelled.
3. If Glastonbury Public Schools close for a weather-related early dismissal, after school and evening activities are cancelled. Please call to check for the status of early afternoon programming.
4. Athletic field cancellation decisions due to inclement weather or poor field conditions will generally be made no later than 3:30 p.m. The Department reserves the right to make field cancellations up to 4:30 p.m. in response to late changing weather conditions. Please call the information line at (860)652-7689 for cancellation information.
5. For evening and weekend cancellations decision will be made by staff and available on the cancellation line at least one hour prior to the start of programs. Please call the Cancellation Line (860)652-7689 for clarification or to check to see if your activity is on.

ATTENTION Class Schedule Information

On registration day, February 22nd for Residents and February 29th for Non-Residents, you will be able to register for April classes. Registration for the current session which goes through March, has already begun. We will be advertising May/June class sessions in the next newsletter which will be mailed in April.

Current Issues

Join the Current Issues (CI) discussion group and exchange ideas and opinions on selected topics! Participants will hear varying viewpoints and have a chance to speak and express their own ideas and feelings on the selected topics. If you'd like to sign up and receive a reminder of an upcoming Current Issues meeting and the selected topic for the meeting, email Austyn Dolce austyn.dolce@glastonbury-ct.gov with your name and email address.

Please register in advance so we have enough seating! Group meeting are hybrid; in-person and Zoom.

Trips

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

Aqua Turf: St. Patrick's Day Celebration! LIMITED SPOTS

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! LIMITED SPOTS

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!)

Lunch and Historical Tour at Wadsworth Mansion

Enjoy a delicious lunch at Amici Italian Grill offering Northern Italian cuisine with fresh, seasonal ingredients. Then, experience a guided tour of the beautiful Wadsworth Mansion! Learn about the history of the Estate, and take in the historic elegance and formal landscaping of over 100 acres of parklands. Enjoy tea with a selection of plated bites to eat.



Date: Wednesday, April 10th **Amount of walking:** 1 **Accessibility:** Fully Accessible
Time: Leave RCC at 11:30am, lunch is 12:00—1:30pm. Mansion tour begins at 2:00pm.
R: \$24 NR: \$26 (price includes admission and transportation)

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: Tuesday, April 23rd **Amount of walking:** 3 **Accessibility:** Fully Accessible
Time: Depart RCC at 10:45am, lunch is 11:30am-1pm, depart museum at 3:30pm, and return to RCC around 4:30pm.
R: \$23 NR: \$ 25 (price includes admission ticket and transportation, not lunch)

Walk 4 Fun Group

Explore nice places & exercise while socializing!
Need to transport yourself to each location.
The walks range from 30—60 minutes.

Register in person or call the RCC; 860 652 7638.

Mondays at 10am: {Volunteer leader, Kristine, will meet you at each location}

March 18th: Riverfront Community Center (easy)

March 25th: Gay City State Park, Hebron (moderate; rocks and uneven paths)

April 1st: Longo Farm, Glastonbury (easy)



April 8th: Addison Bog Trail, Glastonbury (behind Smith Middle School by the soccer and baseball field) (easy; paved path)

April 15th: Cotton Hollow Preserve, South Glastonbury (840 Main St. behind restaurant) (moderate; rocks and uneven paths)

April 22nd: Manchester Reservoir; 811 Hebron Ave, Glastonbury. Turn into Candlewick Kennels, then immediately veer to the left onto Coop Road. There's a parking lot at the end. (moderate; rocks and uneven paths)

April 29th: Longo Farm, Glastonbury (easy) **3**

Lunch Bunch

Join us for Monthly trips to local restaurants! You must register on MyRec or in the office. **Please bring cash with you, as they don't always split checks.** 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! **Resident: \$7 Non-Resident: \$9**

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

Tuesday, March 5th



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.

Cracker Barrel, 145 Prospect Hill Rd, East Windsor

Tuesday, April 2nd



Comfortable chain restaurant serving American comfort food, with an on-site general store. **Depart RCC at 11:15 am** and arrive at Cracker Barrel at 11:40. Lunch scheduled for 11:45 am. Depart Cracker Barrel at 1:30 pm.

Outdoor Adventures

Walk at Earle Park, Glastonbury

Walk at JB Williams Park, Glastonbury

Tuesday, March 12, 1:00 p.m. Meet at Earle Park, 1325 Main Street, Glastonbury. Be prepared for the walk with water, a snack and good, sturdy walking shoes or boots.
Register by March 8th.

Tuesday, March 26, 1:00 p.m. Meet at JB Williams Park, 705 Neipsic Road, Glastonbury. Be prepared for the walk with water, a snack and good sturdy walking shoes or boots.
Register by March 22nd.

Riches of Hartford Scavenger Hunt and Lunch at Parkville Market

Walk at Bluff Point, Groton (Wheelchair/Walker Accessible)

Tuesday, April 16; Leaves RCC at 10:30 a.m. and returns approximately 2:15 p.m. Cost is \$10.00 includes scavenger hunt and transportation. Space is limited to 10. Cost of lunch is paid on your own. Once we arrive in Hartford, we will break into teams of 2 to "compete" in this fun scavenger hunt in Connecticut's capital. We'll walk a 2-mile loop around the city center in search of iconic buildings and great green spaces. The team that gets the most "points" will win a prize! We'll have lunch at Parkville Market, which is Connecticut's 1st & largest food hall offering an array of cuisine. **Register by Apr. 10**

Saturday, April 27; Leaves RCC at 9:30 a.m. and returns approximately 3:00 p.m. Cost is \$10 per person includes transportation and leader. Lunch is paid on your own. Space is limited to 10. Join us for a Spring walk at Bluff Point in Groton. You must bring your own companion to accompany you, if you are in a wheelchair. Walk a 3.6 mile easy loop featuring beautiful views of Long Island Sound. We'll walk for approximately 1.25 hours. We'll stop for lunch at Sunnyside Diner, Gales Ferry. Be prepared for the walk with water, a snack, and good, sturdy walking shoes or boots. **Register by April 19th.**

Hike at McLean Game Refuge and Maple View Brewery, Granby

Friday, May 17. Leaves RCC at 1:00 p.m. returns approximately 5:45 p.m. Cost: \$10.00 per person includes transportation and leader. We will walk on the blue and yellow easy trail loop (3.3 miles) for approximately 2 hours. After burning some calories, we will go to the Brewery at Maple View Farms. You can bring your own food/snacks or purchase food/snacks from the Farm Store. Bring a lawn chair or blanket, in case their Adirondack chairs are occupied. Be prepared for the hike and bring water, snack and good sturdy walking shoes or boots.
Register by May 10. Space is limited to 10.

**Glastonbury High School Spring Drama
Production of "Anything Goes"**

Sunday, March 3rd; Lunch at 12:30pm
Showtime at 2 pm



Cost: \$20– Includes lunch & show ticket! **Purchase tickets in the RCC Office**

Transportation from the RCC is provided to Glastonbury High School; call 860-652-7643 to schedule your ride on March 1st

Lunch catered by The Spicy Green Bean: Variety of wraps and sandwiches, pasta salad, and dessert.

**De-Mystifying Registration:
Making the most of your Town's resources**

March 4th at 1pm

Learn the process of creating your own account and registering for programs on MyRec, the software used to register for Senior Programs and Parks & Rec Programs. You will also be taught how to register for Library programs with WTML. Register in the Office or by calling (860) 652-7638.

Elder Fraud with GPD Officer Sharov

Wednesday, March 6th at 12:30pm

Join us to learn about common scams, how to spot a fraud scenario and how to avoid fraud.

Presented by Glastonbury Police Officer Sharov. **Register by March 1st.**



Flip The Plate with Beth Hillson

Join cooking teacher & food writer, Beth Hillson, to explore ways to replace high fat foods with healthier choices! **Free classes; You must register!**

Monday, March 11th; 2-3pm: Super Foods & Whole Grains; Quinoa Risotto

Monday, April 8th; 2-3pm: Meringue Cookie Delights; Perfect for Passover!

IT'S SHOWTIME! Pizza & A Movie: "Book Club"

Monday, March 18th at 1pm R: \$4 NR: \$6

Join us for a fun afternoon with pizza & beverages, and a great movie all can enjoy! This will be one you don't want to miss! **Book Club;** Four friends' (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club tackles an infamous book.

Please register as space is limited!



Book Club

Julia Smith Presentation by GHS



Monday, April 8th at 12:30pm; FREE! Glastonbury Historical Society (GHS)

Smith is a well-known name in town and Glastonbury is proud of our famous Smith sisters – Julia and Abby. These elderly spinsters stood up to the townsmen of Glastonbury in their fight to get the right to vote for women, and famously lost their cows in the process.

Learn about their active roles in the abolitionist movement and the woman's suffrage movement by Julia Smith (played by Diane Hoover) herself! **Register by April 3.**



Intergenerational Bingo Bonanza!

Tuesday, April 9 from 1:00 p.m. – 3:00 p.m.

Join the Parks and Recreation Department and the Senior Center as we offer BINGO BONANZA! 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. All ages are welcome! **FREE! Register on MyRec, call or stop in the RCC Office!**

IT'S SHOWTIME! Pizza & A Movie: "CHAMPIONS"

Monday, April 15th at 1pm R: \$4 NR: \$6

Join us for a fun afternoon with pizza & beverages, and a great movie all can enjoy!

This will be one you don't want to miss! **Champions;** Woody Harrelson stars in the hilarious & heartwarming story of a basketball coach who is court-ordered to manage a team of players with intellectual disabilities.

Register by April 12th! Space is limited!



Tools, Tips & Techniques with Clay

Wednesday, April 10th from 1:00 – 3:00pm



\$10 Class Fee

Register by April 3rd!

Instructor: Jacki Sweeney

Join us for a fun workshop learning how to use a variety of tools for use in your clay projects. Clay is included!

Palette Perspectives with Jacki

Tuesday evenings from 6-7:30pm

April 2-May 7



Join us for a six week course in painting! Explore watercolor techniques and acrylic painting! Work on three different projects (two weeks each project) throughout this course. All supplies will be provided to you.

Resident: \$90 Non-Resident: \$95

Register by March 19!

Needle Felting Class



Wednesday, April 17 from 10:00am – 12:00pm

Join Diana Sheard and learn beginner skills of needle felting - working with special needles and wool. You will leave with your completed project of a sheep about 6-8" in length and 4-5" tall. Fee of \$20.00 is paid directly to the instructor and includes all supplies. This class is limited to 15 people. **Register by April 10th.**

CT Museum Presents: Remembering G. Fox & Co. ; An In-Person Presentation

Tuesday, April 23rd at 1pm;
FREE but you must register by April 17th!

For over a century, G. Fox & Co. was a fixture in downtown Hartford. Join us for an overview of the history of the store and the story of Beatrice Fox Auerbach, the pioneering businesswoman who led G. Fox & Co. through its golden age!

AARP Tax Assistance Program

Mondays, Wednesdays and Thursdays

Appointments available between 8:45am-10:45am. Please call 860-652-7638 to schedule your required appointment.



Walk-in's are **not** accepted!



Greater Glastonbury Veterans & Allies Coffeehouse

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: 3/20 & 4/17**

AARP Smart Driver

Cost: AARP Members- \$20 Non-members- \$25 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.

March 14th: 12:30-4:30pm

April 11th: 12:30-4:30pm

Handcrafted with Austyn & Christine

Spring Flower Arrangements

Friday, March 22nd at 1pm

R: \$13 NR: \$15

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 by March 8th!**

Spring Door Hangers

Friday, April 26th at 1pm

R: \$10 NR: \$12

Join us for a fun class making your own Spring door hanger to add some pizzazz to your door! This will be a class welcoming all levels of crafters! **Please be sure to register by April 12th!**

Understanding & Responding to Dementia Related Behaviors

Presented by the CT Alzheimer's Association at the Riverfront Community Center

Date: Tuesday, March 26th, 6:30—7:30 pm. For more info, call Susan Parrotta, 860-652-7636

Passport to Health

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 for additional details!



Feed Your Mind: A Lunch & Learn Program

Join us for a delicious lunch provided by the guest speaker 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!

Tuesday, March 12th– Senior Bullying with National Healthcare at **12:00 pm**

Tuesday, April 30th- "Winning the Day and Overcoming Objections in Dementia Care" with Jonah Francis – Owner of Pansy Homecare and author brought to us by The Residence at Glastonbury at **12:30pm**

Council of Financial Educators Workshop– Social Security: Know Your Options Workshop

Thursday, March 21st from 6:00-8:00pm
Free program for all!

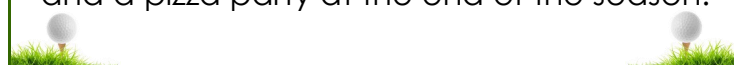
This course will help you gain a clearer understanding of the options you have and which strategies you should consider before filing for Social Security benefits. You'll also learn how to take an important aerial view of your retirement plan by exploring how Social Security works with other assets. **Please register by March 18th in person, by phone or on MyRec!**

Active Adult Golf League

Minnechaug Municipal 9 Hole Golf Course
Every Monday starting April 29th—August 12th
(weather permitting) OFF Memorial Day

Total of 15 sessions

Tee off begins at 9:00am . Register online or in person! **\$320:** price includes a golf cart, prizes, and a pizza party at the end of the season!



Makeup for Mature Women with Joby Rogers

Monday, April 22nd 1:00-3:30pm

Learn how to create a makeup style that compliments your personal features and skin tone! We'll explore products & tools for your personal makeup collection. **Registration required! No Fee! Space is limited.**



Sound Healing with The Conduit Center

Friday, March 22nd & April 19th at 11am;

Register by March 18th and April 18th

Join us for Sound Healing Meditation Demos! The Conduit is a collective of Connecticut musicians who use gongs, singing bowls and other instruments to orchestrate sonic environments for immersive meditation. The benefits of a meditation practice are accessible with the guidance of these specialized practices for attendees of any level of experience!

NEW CLASS Mindful Meditation with Kitch

Join us for this half-hour guided meditation with Kitch Czernicki of the Middlesex YMCA on Thursdays at 11:20am. Through meditation you begin to notice your body and mind more easily let go of daily stressors and challenges. You feel calmer. You can focus more clearly. You can be more creative. You feel more balanced and comfortable in your skin. Join us to experience the beauty a meditative practice can bring to you.

See the Class Schedule for more information!



Chapter Chasers! A New Seasonal Walking/ Talking Book Club with WTML!

Introducing the Chapter Chasers – a new seasonal walking book club for active senior readers! From May through October, a staff member from the Welles-Turner Memorial Library will lead the group on a monthly outdoor walk while we discuss our latest reads. No need to read a specific title – just come prepared to walk and chat about books! Refreshments will be provided afterward. Meet in the Riverfront Community Center lobby. **Dates: 9am on 5/15, 6/12, 7/10, 8/14, 9/11, 10/9.** In the event of rain, the group will hold the meeting indoors. Please call, stop in or register online!

Calling All Current Senior Services Volunteers!

We'd like to meet with all of you—whether you volunteer for the Café, are a trip leader, a Greeter, Friendship Circle volunteer or take lead of any of our ongoing programs here; Creative Crafters, Setback Leagues, Mahjongg, Bridge, etc. We will teach you about a new software we'll be utilizing to track volunteer hours! **Please come in for a light breakfast and learn with us on Thursday, March 7th at 9:30am. Please register with us in the office by stopping in or by calling (860) 652-7638 or on MyRec!**

Calling All Crafters!

We're in search of additional craft group volunteers to assist in the planning, prep and guidance for the Creative Crafter Group. This group regularly meets on Thursdays at 1pm. Call or stop in the office if you're interested!



NEW Monthly Birthday Celebrations

We will now be celebrating birthdays on a monthly basis during our special luncheons. If your birthday falls within that month, you must register for the luncheon ahead of time and your lunch will be free – our treat to you! Everyone will be able to sing and recognize others birthdays together! **When you register, please let us know it is your birthday!**

AARP Car Fit Event

Saturday May 4th from 9am – 1pm at the Riverfront Community Center; FREE!

During this CarFit Event, trained experts will show you how you can enhance your comfort, safety and fit within your vehicle. Participants will sign a waiver; No age limit. To schedule your appointment, please call the main office at 860-652-7638.

Monday Movies at the RCC— 1pm Popcorn will be served!

Date	Date Made	Movie	Category/Rating
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 friendship that develops with a little girl and her dying mother.			
3/18	IT'S SHOWTIME! Pizza & A Movie: "Book Club"		R: \$4 NR: \$6 You must register for this!
3/25	2014	Elsa & Fred	Comedy; PG
A withdrawn senior experiences life when he begins spending time with a woman living across the hall.			
4/1	2018	Mamma Mia! Here We Go Again	Musical; PG-13
Join the celebration, sing and dance, and discover how it all began!			
4/8	IT'S SHOWTIME! Pizza & A Movie: "Champions"		R: \$4 NR: \$6 You must register for this!
4/15	2019	Downton Abbey: The Motion Picture	Drama; PG
The Crawley family and their staff prepare Downton Abbey for a Royal visit.			
4/22	2023	My Big Fat Greek Wedding 3	Dramedy; PG-13
Join the Portokalos family as they travel to a family reunion in Greece. Opa!			
4/29	2023	The Marsh King's Daughter	Thriller; R
8	A woman returns to the wilds of her youth to face her father who kept her & her mother captive.		

Footcare with Nurse Jessica

Jessica will be seeing **Glastonbury residents** for a \$30 fee, cash or check only. **Dial-A-Ride is available on Saturdays. Please remember to place your transportation request on the Friday prior to your appointment day by 11am. Current Dates: March 2nd & 9th, April 6th are all full.**

Please call to have your name added to the waiting list.

We apologize for the decrease in foot care date offerings. We recognize the growing need for regular foot care, and unfortunately there is a limited amount of services available to us.

Please know we are actively searching for additional resources.

Blood Pressure Screenings

Starting March 1st, the Glastonbury Volunteer Ambulance Association will be providing weekly Blood Pressure Screening at the Riverfront Community Center on Fridays from 10am-1pm.

These screenings will be available for walk-in, no appointments are required! Stop in and get your blood pressure taken anytime during those hours!

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 memory loss. 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 Specialist 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 pass away 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 Andrea Burr** at (860) 372-6866 or email: andrea.burr@hhchealth.org

Eye Openers Low Vision 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.

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 every other month from 10:30 to 11:30 am**, and will continue throughout the year. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860) 652-7636 or susan.parrotta@glastonbury-ct.gov. **Pre-registration required.**

Evening & Weekend Programs

The Riverfront Community Center is open Tuesdays & Thursdays until 8pm and Saturdays from 9am-2pm. Join us for some of the drop-in programs below or stop in to see what's going on!

Drop-In Indoor Pickleball Tuesdays, 5:00-8:00 pm

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.

3/19: Eternal Egypt **3/26: Extinction; Going, Going, Gone** **4/2: Rio; The Great Saga**
4/9-4/16: Wild Galapagos **4/23: Entangled** **4/30: New Space**

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, win prizes!

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.

Ukulele BIG SING! Saturdays: March 30th & April 27th 12:00-1:00 pm

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

Saturday Movies at the RCC— 11am Popcorn will be served!

Date	Date Made	Movie	Category/Rating
3/2	2019	The Best of Enemies	Drama; PG-13
Civil rights activist Ann Atwater faces off against C.P. Ellis, in 1971 over the issue of school integration.			
3/9	2023	True Spirit	Comedy; PG
Story of teen, Jessica Watson, the youngest person ever to sail solo, non-stop around the world.			
3/16	2020	Hillbilly Elegy	Musical; PG-13
An urgent phone call pulls a Yale Law student back to his Ohio hometown.			
3/23	2022	Home Team	Holiday; PG
New Orleans Saints head coach Sean Payton coaches his son's 6th-grade football team.			
3/30	2023	Murder Mystery 2	Holiday; PG
Now private detectives, Nick and Audrey Spitz land at the center of an international investigation.			
4/6	2019	Harriet	Drama; PG-13
Harriet Tubman make sa harrowing escape from slavery and risks her life to lead others to freedom.			
4/13	2023	Family Switch	Family; PG
A family descends into chaos when a rare cosmic event causes parents to swap bodies with their teenage kids.			
4/20	2017	Wonder Woman	Action; PG-13
A warrior princess leaves the relative safety of her home in hopes of putting an end to a war in the outside world.			
4/27	2016	The Legend of Tarzan	Drama; PG-13
10	After living in London, Tarzan returns to wild Congo and faces off against abominable colonialists.		

Got Your Goat Farm Visit!



Date: Tuesday, April 9th (**Rain date:** April 11th) **Time:** 10am – 11am



Location: Riverfront Community Center; behind the building

Got Your Goat Farm will bring adorable, playful baby goats to feed and snuggle with! You can bring cut up carrots, apples, stale crackers or bread to feed them if you'd like. The first hour is for adults to drop-in to spend time with the goats.

Please register for this program by April 5th on MyRec or by calling/stopping in the RCC Office!

Kentucky Derby Party



Friday, May 3rd from 11:00 am– 2:30 pm

Cost: \$4.00. Please register by April 29th! Space is limited.



We're off to the races! Join us for a fun day of eating, drinking and "betting" on the horses! Wear a fancy hat or bow tie, or make your own hat in our hat decorating station. We'll have all you need to craft your own beautiful bonnet. There will also be a race track for "betting" on your favorite horse. After a little "horsin'" around, enjoy "Kentucky Style" Fried Chicken Tenders, Potato Salad, Cornbread, Pecan Pie, Sweet Tea and Non-Alcoholic Mint Juleps! Following lunch, stay for a special horse themed bingo.

Social Services

Homeowner's Tax Credit - Homeowner's Tax Credit - Applications for Elderly and Totally Disabled Tax Relief as well as Additional Veteran's exemption are accepted through May 15. Residents need to have been age 65 by 12/31/2023 or Disabled. Those needing to renew their eligibility will receive a letter from the Town in February. The income limit for Elderly Tax Relief, based on 2023 income, is \$69,700. The income limit for people under 65 with a disability is \$43,800 for an individual and \$53,400 for a married couple. For more information, an appointment or to apply, please contact the Assessor's Office at 860-652-7600 or Social Services at 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 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. Again this year, there is no asset test for this program. More information and appointments are available by calling Social Services at 860-652-7638.

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

Food Share – The Food Share truck will be at First Church of Christ, 2183 Main Street from 10 AM to 10:45 AM on Wednesday March 6 March 20, April 3 and April 17 and continuing every other Wednesday throughout the year. Bring a large bag or box.

Carol's Closet – A paper pantry providing paper and personal products, Carol's Closet is held the third Saturday of the month: March 16 and April 20. Hours are from 10AM to 11:15 AM, St. James Church, 2584 Main Street.

Food Pantry – Glastonbury's Food Pantry is serving over 150 Glastonbury households a month. Your donation of non-perishable, not expired food is welcome, and may be dropped at the Riverfront Community Center office during business hours. For special arrangements or large donations, or to inquire about using the Food Pantry, please call us at 860-652-7638.

Center Village and Knox Lane residents can call Outreach Social Worker Theresa Buckson, 860-652-7640, for questions or assistance on these or other topics.

Weekly Activity Schedule

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 March 21st: The Swimmers by Julie Otsuka April 18th: Maybe You Should Talk To Someone by Lori Gottlieb
BRIDGE	Wednesday: 1 pm- 3 pm
CANASTA	Tuesdays: 12:30-3:30pm
CERAMICS	Wednesday: 1:00 pm- 3:30 pm; \$1 weekly fee (includes glaze); Clay can be purchased for \$1/lb. during class
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 (BRIDGE II)	Monday: 12:30 pm- 4:30 pm
ITALIAN LANGUAGE CLASS	Thursdays: Italian I, 9-10am. Italian II, 10-11 am (Zoom)
KNIT/CROCHET GROUP	Monday: 9:30 am- 11:30 am Knit hats & mittens for shelters and blankets for nursing homes!
MAH JONG	Daytime Wednesday: 1:00 pm- 3:00 pm Evening Thursday: 6 pm- 8 pm April Classes: Wednesdays; 4/10, 4/17, 4/24 at 1pm
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: 10 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!)
TECHNOLOGY 1:1 ASSISTANCE (By appointment! Please call 860-652-7638 or stop by the office to make an appointment)	Computer/Laptop Assistance Tuesday: 10:30 am- 12:30 pm Mac, iPad or Smartphone Assistance Thursday: 1:30 pm- 3:00 pm
Wii BOWLING	Thursday: 1 pm- 3 pm

New Classes Available For Registration

To see current classes, please refer to monthly calendars on pages 14 & 15

Class	Description	Meets	Dates	# of classes	Resident	Non-Resident
Fitness is Fun with Jinny & Marge (Mondays Only)	Improve your strength and balance	Mondays 9:30-10:15am 10:30-11:15am	4/1-4/22	4	\$20	\$30
Tai Chi Intro with Ken	Basics of the mind/body	Mondays 3:30-4:15pm	4/8-4/29	4	\$20	\$30
Chair Yoga with Paula	Muscle strength, flexibility & balance	Tuesdays 10:00-11:00am	4/2-4/23	4	\$20	\$30
Stretchercize with Janice	Low-impact exercise using weights & bands	Tuesdays & Thursdays 11:30am-12:15pm	3/26-4/25	10	\$50	\$60
Palette Perspectives with Jacki Sweeney	Explore painting with various mediums & techniques. Create three projects over 6 weeks	Tuesdays 6-7:30pm	4/2-5/7	6	\$90	\$95
Fitness is Fun with Jinny & Marge	Improve your strength and balance	Wednesdays & Fridays 9:15-10:00am 10:15-11:00 am 11:15 am-12:00	4/3-4/26	8	\$40	\$50
Parkinson's Mobility	Improve power, balance & strength	Thursdays 9:00-10:00am	4/4-4/25	4	\$20	\$30
Get Up & Go	Strength/resistance for a full body workout	Thursdays 10:15-11:15am	4/4-4/25	4	\$20	\$30
NEW Mindful Meditation with Kitch	Guided meditation	Thursdays 11:20-11:50am	4/4-4/25	4	\$12	\$17
Line Dancing with Sarah	Engage your brain & body to music. No experience necessary	Thursdays 1:00-2:15pm	4/4-4/25	4	\$20	\$30
Tai Chi with Ken	Mind & body fitness for all ages and levels	Thursdays 6:00-7:00pm	4/4-4/25	4	\$20	\$30
Italian Language Class with Lois (Textbooks Required)	I: Intermediate II: Completion of Italian I or prior knowledge of the language; Advanced Class	Thursdays via Zoom I: 9:00-10:00am II: 10-11:00am	4/4-4/25	4	\$5	\$6
Watercolor with Shannon	Drawing is not a prerequisite – You will explore different techniques	Saturdays 9:30-11:30am	April 6th and 27th	2	\$10 Plus \$10 supply fee given to instructor	\$15



Rooms: ACR = Arts & Crafts Room; AR = Activity Room; BR = Billiards Room; ER = Exercise Room;
CR = Community Room; CON = Conference Room; SAR = Special Activities Room; TBD = To Be Determined

Acronym Chart:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4 8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Kriit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm De-mystifying Registration (CR) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p>5 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Stretchcize (CR) 11:30am TRIP Fish House 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>6 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 12:30pm Elder Fraud (TBD) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)</p>	<p>7 8:30am Billiards (BR) 9am Park. Mobility Class (ER) 10am Setback (AR) 10:15 Get Up & Go (ER) 11:30am Stretchcize (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club SAR 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>1 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)</p>	<p>2 9:00am Billiards (BR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>11 8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Kriit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 2pm Flip the Plate (CR) 3:30pm Tai Chi Intro (CR)</p>	<p>12 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 10am TRIP Aqua Turf 12:30pm Canasta (AR) 12:00pm Feed Your Mind (ER) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>13 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 2pm Bereavement Group (CR)</p>	<p>14 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Setback (AR) 10:15am Get Up & Go (ER) 12:30pm Smart Driver (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>15 8:30am Billiards (BR) 9am Senior Fitness (CR) 10am Current Issues (CON) 9:15am Fitness is Fun (CR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 2-6pm Passport to Health Fair (SNOW DATE) 1pm- Bingo (CR)</p>	<p>16 9:00am Billiards (BR) 9:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>18 8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Kriit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Pizza & Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p>19 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:45am Shamrock luncheon 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>20 8:30am Billiards (BR) 9am Veterans Coffeehouse (ER) 9am Senior Fitness (CR) 10am Scopa (AR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)</p>	<p>21 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Setback (AR) 10:15am Get Up & Go (ER) 11am Book Discussion (ACR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Social Security Workshop (CR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>22 8:30am Billiards (BR) 9am Senior Fitness (CR) 10am Eye Openers (AR) 11am Sound Healing (ER) 1pm Bingo (CR) 1pm Flower Arrangements (ACR)</p>	<p>23 9:00am Billiards (BR) 9:30am Watercolor (ACR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>25 8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Kriit/Crocheting (ACR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p>26 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 12:30pm Canasta (AR) 12:30pm Feed Your mind (ER) 12:30pm TRIP The Bushnell 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR) 6:30pm Dementia Behavior (tbd)</p>	<p>27 8:30am Billiards (BR) 9am Senior Fitness (CR) 10am Scopa (AR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 2pm Bereavement Group (CR)</p>	<p>28 8:30am Billiards (BR) 10am Setback (AR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>29 8:30am Billiards (BR) 10am Manicures (ACR) 1pm Bingo (CR)</p>	<p>30 9:00am Billiards (BR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR) 12pm Big Sing! (CR)</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30am Billiards (BR) 9:30am Knit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10:30am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)	2 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:15am TRIP Cracker Barrel 11:30am Stretcherize (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR) 6pm Palette Perspectives (ACR)	3 8:30am Billiards (BR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)	4 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Seback (AR) 10:15 Get Up & Go (ER) 11:20am Meditation (ER) 11:30am Stretcherize (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Bella Italia Night! (CR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)	5 8:30am Billiards (BR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR) 1pm Flower Arrange. (ACR) 1pm Bingo (CR)	6 9:00am Billiards (BR) 9:30am Watercolor (ACR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR)
8 8:30am Billiards (BR) 9:30am Knit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10:30am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 12:30pm Julia Smith (CR) 1pm Monday Movie (SAR) 2pm Flip the Plate (CR) 3:30pm Tai Chi Intro (CR)	9 8:30am Billiards (BR) 10am Goat Visit (RCC yard) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Stretcherize (CR) 12:30pm Canasta (AR) 1pm Bingo Bonanza (CR) 1pm Pinochle (AR) 5pm Pickleball (AR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR) 6pm Palette Perspectives . (ACR)	10 8:30am Billiards (BR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 11:30am TRIP Wadsworth 12:30pm Smart Driver (CR) 1pm Creative Crafters (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)	11 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Seback (AR) 10:15 Get Up & Go (ER) 11:20am Meditation (ER) 11:30am Stretcherize (CR) 12:30pm Smart Driver (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)	12 8:30am Billiards (BR) 9:15am Fitness is Fun (CR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)	13 9:00am Billiards (BR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR)
15 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:30am Knit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10am Senior Fitness (CR) 10:30am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Pizza & Movie (SAR) 3:30pm Tai Chi Intro (CR)	16 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Stretcherize (CR) 11:45am Spring Luncheon 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (AR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR) 6pm Palette Perspectives . (ACR)	17 8:30am Billiards (BR) 9am Senior Fitness (CR) 9am Veterans Coffeehouse (ER) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10am Needle Felting (ACR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)	18 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Seback (AR) 10:15 Get Up & Go (ER) 11:20am Meditation (ER) 11am Book Discussion (ACR) 11:30am Stretcherize (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)	19 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10:15am Fitness is Fun (CR) 11am Sound Healing (ER) 1pm Bingo (CR)	20 9:00am Billiards (BR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR)
22 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:30am Knit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10am Senior Fitness (CR) 10:30am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Makeup w/Joby (ER) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)	23 8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:15am TRIP Pequot Museum 11:30am Stretcherize (CR) 12:30pm Canasta (AR) 1pm CT Museum (CR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR) 6pm Palette Perspectives . (ACR)	24 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 2pm Bereavement group (CR)	25 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Seback (AR) 10:15 Get Up & Go (ER) 11am Book Discussion (ACR) 11:20am Meditation (ER) 11:30am Stretcherize (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)	26 8:30am Billiards (BR) 9am Senior Fitness (CR) 10:15am Eye Openers (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR) 1pm Door Hangers (ACR)	27 9:00am Billiards (BR) 9:30am Watercolor (ACR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR) 12pm Big Sing! (CR)
29 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:30am Knit/Crochet. (ACR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR)	30 8:30am Billiards (BR) 10am Rummikub (AR) 12:30pm Canasta (AR) 12:30pm Feed Your Mind (ER) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR) 6pm Palette Perspectives . (ACR)	24 8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 2pm Bereavement group (CR)	25 8:30am Billiards (BR) 9am Parkinsons Mobility Class (ER) 10am Seback (AR) 10:15 Get Up & Go (ER) 11am Book Discussion (ACR) 11:20am Meditation (ER) 11:30am Stretcherize (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Mahjongg (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)	26 8:30am Billiards (BR) 9am Senior Fitness (CR) 10:15am Eye Openers (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR) 1pm Door Hangers (ACR)	27 9:00am Billiards (BR) 9:30am Watercolor (ACR) 10:30am Mahjong, Scrabble & More (café) 11am Saturday Movie (SAR) 12pm Big Sing! (CR)



Acronym Chart:
 Rooms: ACR = Arts & Crafts Room; AR = Activity Room; BR = Billiards Room;
 ER = Exercise Room; CR = Community Room; CON = Conference Room;
 SAR = Special Activities Room

Transportation Options

Glastonbury Dial-A-Ride Service

DAR can bring you to any destination within Glastonbury: medical appointments, RCC, library, shopping, banking, etc.

Weekly Scheduled Shopping:

For residents who live NORTH of Hebron Avenue (Zone A)

- Mondays: Stop & Shop (Glastonbury Blvd.)
- 1st & 3rd Tuesdays of the month: Shop Rite

For residents who live SOUTH of Hebron Avenue (Zone B)

- Thursdays: Stop & Shop (Oak Street)
- 2nd & 4th Tuesdays of the month: Shop Rite

Dial- A- Ride Hours:

Weekdays: Monday - Friday 9:00 am - 3:30 pm

Evenings: Tuesdays & Thursdays 5:00 pm - 8:00 pm **Saturdays:** 9:30 am- 1:30 pm

Reservations: Please call (860) 652-7643 **Cancellations:** Call (860) 652-7638

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.



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. Provides 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

Provides door-to-door accessible service for any purpose to disabled individuals 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 must fill out an application and may schedule transportation by using the passenger app, booking online, or by **calling 860-444-4444**

Way To Go

For eligible residents who are without other means of daytime travel. Glastonbury residents, age 60 or older, and those over the age of 18 who have a medical disability that is permanently and/or completely disabling. Visit waytogoc.org for more information or **call (860) 667-6207**

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.

How to Register for Programs and Activities:

Registration begins:

Residents - Thursday, February 22th Non-Residents - Thursday, February 29th

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 10:00am on the first day of registration
 3. Mail your check to 300 Welles Street, Glastonbury, CT 06033
 4. Register in-person starting at 8am on registration day at the Riverfront Community Center
- If you have any questions or need assistance please call us at 860-652-7638 or email us at seniorservices@glastonbury-ct.gov

Lunch Service

A delicious lunch is served daily between 11:45am-12:15pm at the RCC! Pick up a monthly menu in the office or go to <https://shorturl.at/vzETW> to view it! You do not need to pre-register for daily lunch if you're dining in, but if you opt for take-out you do need to register the day prior.

Resident: \$4 Non-Resident: \$6 Take-Out Resident: \$5 Take-Out Non-Resident: \$7



We have a Café at the Riverfront Community Center that is open Monday through Friday from 9:30am-2:30pm?

We offer sandwiches, a salad of the week, daily soup specials, snacks & various beverages! All are welcome to stop in anytime, whether you're passing by on a walk, coming in for a program or want a quick and inexpensive lunch with a friend! Stop by and see us!



AT THE RIVERFRONT COMMUNITY CENTER
300 WELLES STREET, GLASTONBURY
OPEN MONDAY THRU FRIDAY 9:30AM-2:30PM

Menu

Honey Roasted Turkey Sandwich	\$5.00
<small>choice of bread, lettuce, tomato and cheese; served with a bag of chips & a small cookie option</small>	
B.L.T	\$5.00
<small>choice of bread; served with a bag of chips & a small cookie option</small>	
Tuna Salad Sandwich	\$5.00
<small>choice of bread, lettuce, tomato and cheese; served with a bag of chips & a small cookie option</small>	
Salad of the Week	\$4.00
<small>A variety of salad options vary week to week!</small>	
Daily Soup Special	\$3.00
<small>A variety of soup options vary day to day!</small>	
Assorted Chips	\$1.00
Assorted Nut Bars	\$1.00
Assorted Snacks	\$1.00
Muffins	\$1.00
Beverages	\$1.00
<small>Variety of sodas, flavored waters, iced teas or water</small>	
Coffee, Tea & Cocoa Bar	\$1.00