

THE

Sharing Tree

Glastonbury Senior & Social Services Newsletter

May & June 2024



Accredited by  National Institute of Senior Centers



Open House Accreditation Celebration

Tuesday, May 21st

11am-2pm

Join us as we celebrate our recent Accreditation through the National Council on Aging/National Institute of Senior Centers. This distinction honors our Center amongst 100 Senior Centers across the country which meets the standards developed by NISC. The fun begins at 11:00 a.m. as we welcome everyone and unveil our new plaque. Keynote speaker, Heather Hitchcock, will talk about "Finding Your People", a perfect complement to the theme for Older Americans Month: "The Power of Connection", which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. The Senior Center is a great place to make those connections! A pasta bar luncheon, including your choice of marinara or alfredo sauce or Melanie's famous meat sauce, rolls, salad and assortment of cookies for dessert. There will also be a showcase of arts classes, fitness demos, pickleball and bocce lessons, Wii bowling, outdoor adventures, volunteer opportunities, new evening/weekend programs and more!

Advance registration for lunch is required.

Resident: FREE! NR: \$7

Please register for lunch by May 15th.

Remember & Honor: A Memorial Day Luncheon

Thursday, May 30th

11:45am

Remember & honor our heroes by celebrating them at this Memorial Day luncheon. We'll be serving pulled pork, macaroni & cheese, coleslaw and sweet rolls and finishing it off with brownie sundaes! Entertainment will be provided by the Airborne Jazz Trio, offering a high energy contemporary Jazz. Airborne was awarded a Merit of Honor by the World Peace Organization for Excellence in World Music and as Humanitarians.

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

Senior & Social Services

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, April 18th (R)

Thursday, April 25th (NR)
Register in person, online,
or by phone!

Holiday Closings:

Monday, May 27th
(Memorial Day)

Website:

www.glastonburyct.gov/seniorservices

Glastonburyct.myrec.com

Facebook:

www.facebook.com/glastonburyseniorcenter



The Sharing Tree Index	
Program	Page
2024 Summer Adult & Senior Picnic	11
AARP CarFit Event	5
AARP Smart Driver	6
Accreditation Celebration	1
Active Adult Golf League	7
Announcements	8
Behind the Scenes of the Bushnell	7
Bereavement Support/ Eye Openers	9
Blood Pressure/ Footcare	9
Bocce Lessons	7
Calendars: May/June	14,15
Chapter Chasers	7
Class Schedule	13
Coffee with a Cop	6
Digital Borrowing w/ Your Library Card	7
Evening & Weekend Programs/Movies	10
Feed Your Mind	7
Friendship Circle	9
Handcrafted	6
Health Education with AmeriCorps	11
How to Register for Programs	11
Indoor Walking at the RCC	7
Italy Destination Trip Presentation	7
It's Showtime: Pizza & A Movie	5
Juneteenth Summer Concert	8
Kentucky Derby Party	5
LGBTQ+ Moveable Senior Center	11
Lunch Bunch Trips	5
Lunch Service/Café	11
Memorial Day Luncheon	1
Memory Screenings	9
Message from Emily Linton, *NEW* Evening & Weekend Program Specialist!	16
NEW Dial-A-Ride Shopping Trips	16
NEW Guest Registration Policy	11
Needle Felting Class	6
Outdoor Adventures	4
Photography Class	7
Social Services	16
Strawberry Festival	6
Summer Setback	6
Transportation Options/	17
Trips	2,3
Underwater SCUBA Exploration	6
Veterans Coffeehouse	6
Volunteer Meeting	5
Walk 4 Fun	3
Weekly Activity Schedule	12

Trips

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

Mohegan Sun Casino



Date: Tuesday, May 14th

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)

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

Flamig Farm Petting Zoo!

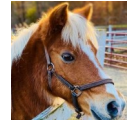
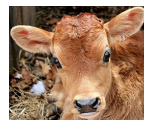
Date: Wednesday, May 22nd **Amount of walking:** 2/3

Accessibility: Due to various surfaces (woodchips and dirt) it may be challenging to navigate a wheelchair

Time: Leave at 12:45pm, arrive at 1:30pm, return approx. 3:00—3:15pm

R: \$15 NR: \$17 (Price includes transportation & ticket)

Come meet the wonderful farm animals in a clean, people and animal friendly atmosphere! Meet and pet over 15 animals who have unique and charming personalities! The photos below are only some of the animals from this farm. Guests can also enjoy the beautiful pavilion and flower strewn grounds. Please dress appropriately. There are restrooms and hand washing stations at the farm.



Tour of Harkness Park Mansion and lunch

Date: Tuesday, May 28th



Amount of walking: 2

Accessibility: There is a staircase to the second floor

Time: Leave RCC— 9:00am; arrive at 10:00am ; lunch is at 11:45am; approx. return 2:30pm

R: \$17 NR: \$19 (price includes transportation & ticket)

Enjoy a guided tour of the Harkness Park mansion! It is a historic area with botanical garden and recreational features located on Long Island Sound in the town of Waterford, Connecticut. The state park's 304 acres center around Eolia, a 42-room Renaissance Revival mansion with formal gardens and greenhouses! After, head over to Flanders Fish Market to have fresh, local seafood, burgers, steaks, and more!

Trips

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

Old Mistick (Mystic) Village Shop



Date: Wednesday, June 5th **Amount of walking:** 3

Accessibility: Outdoor space is fully accessible, but some stores have steps to enter

Time: Leave RCC—10:00am, arrive at 11:00am, approx. return—3:00pm

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

The Olde Mistick Village opened in 1973, and since then it has grown significantly. Local residents and visitors from all over the world come to enjoy everything the Village has to offer! Enjoy an array of shopping and dining while walking by the charming duck pond, greenspace, and birdhouses.

RiverQuest Sightseeing Boat Tour

Date: Wednesday, June 12th

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



Return—2:00pm. **Amount of walking:** 1 **Accessibility:** Accessible to enter, but cannot accommodate motorized wheelchairs

R: \$37 NR: \$39 Experience an area that has been labeled by The Nature Conservancy as “One of the Last Great Places”! See Essex Harbor and Coves, The Great Meadow, Hamburg Cove, Joshua Rock, the town of Old Lyme, and local wildlife. This is a narrated cruise; the Captain and/or crew will tell you all about everything you’ll see. Pack a jacket, camera, binoculars, and a snack if you’d like. **Wearing layers of clothing is recommended.**

LUNCH: Please bring your own lap food, a drink, & napkins to eat on the cruise.

Magic Wings Butterfly Conservatory and lunch

Date: Tuesday, June 18th **Amount of walking:** 1 **Accessibility:** Fully accessible

Time: Leave RCC—10:45am, lunch is at 12:00pm, tour is at 2:00pm, return—4:00pm



R: \$21 NR: \$23 (price includes transportation and ticket)

Enjoy lunch at the family-owned Wolfie’s Restaurant! Then, relax with the sound of a water fall, peaceful music, and hundreds of butterflies flying freely through the air. Observe all the different colors, shapes, sizes and varieties! Don’t forget to check out their gift shop filled with items. This is a self-guided tour. **YOU MUST REGISTER BY Wed. June 12th!**

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, online or call the RCC at 860 652 7638**

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



Date	Location	Date	Location
5/6	Riverfront Community Center (easy)	6/3	Cotton Hollow Preserve, South Glastonbury (840 Main St. behind restaurant) (moderate)
5/13	Gay City State Park, Hebron (moderate; rocks & uneven paths)	6/10	Addison Bog Trail, Glastonbury (behind Smith Middle School by the fields) (easy)
5/20	Ferry Landing (easy) 300 Ferry Lane, Glastonbury There is a small parking lot.	6/17	Longo Farm, Glastonbury (easy)
5/27	Longo Farm, Glastonbury (easy)	6/24	Manchester Reservoir; 811 Hebron Ave, Glastonbury. Turn into Candlewick Kennels, immediately veer to the left onto Coop Road (moderate).

Outdoor Adventures

Fly Casting with L.L. Bean

Tuesday, May 14 (Rain Date May 29) 10-12pm. Cost: \$46.00 Register by May 7th

There are few things more rewarding than watching a trout rise to your fly. Experienced L.L.Bean instructors will teach you the components of a fly-rod outfit, four-part cast, false cast and roll cast – foundational skills on which to build more advanced casting techniques. You'll also have ample time to practice your skills. All necessary fly-casting equipment is provided. Please note this course does not include fishing time on the water. You won't be catching any fish....only grass!!

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 & yellow easy trail loop (3.3 miles) for approx. 2 hours. After, we will go to the Brewery at Maple View Farms. You can bring your own food or purchase food from the Farm Store. Bring a lawn chair or blanket! Bring water, snack and good sturdy walking shoes or boots. **Register by May 10.** Space is limited.

Walk at Pistol Creek, Berlin

Wednesday, May 22. Leaves RCC at 1:00 p.m. Returns approximately 3:30 p.m. Cost is \$7.00 for transportation/ leader (pay at RCC when reserving your spot). This lovely area was a former golf course and has easy paved trails with rolling hills. There is one large steep hill to access a small pond with wildlife. **Register by May 17th**

Walk Airline State Park Trail, Amston

Friday, May 31. Leaves RCC at 1:00 p.m. returns approximately 3:30. Cost: \$7.00 per person includes transportation and leader. This is an easy 2.5 miles out and back on the rail trail. Be prepared with water, a snack and good, sturdy walking shoes or boots. **Register by May 24th**

Kayaking Lessons with L.L. Bean

Thursday, June 13th, 10am-12pm. Meet at the Glastonbury Riverfront Park Boat Launch by 9:45am. Cost: \$55. All necessary paddling equipment provided. Your morning begins with a brief intro, safety talk and instruction on a variety of paddling techniques. After you feel comfortable on the water, we will set out on our kayaks on a guided, interpretive tour. You'll experience the freedom of skimming across the water, learning about the ecosystem and area history. **Register by June 6th**

Kayak on Farmington River, Collinsville

Tuesday, June 25. Leaves RCC at 10:00 a.m. Returns approximately 3:00 p.m. Cost is \$7.00 for transportation (pay at RCC when reserving your spot). \$22.00 for one hour of kayaking or SUP (Stand Up Paddleboard), is paid directly to Collinsville Canoe & Kayak. Join us for a refreshing one-hour paddle on the Farmington River. Although Collinsville staff can help participants in and out of their kayaks, this trip is for people who have prior kayak or SUP experience. Lessons are not provided on this trip. Enjoy lunch (on your own) at Lasalle Market & Deli, before heading home. **Register by June 20th**

Whitewater Rafting, Charlemont, Massachusetts

August 22, 2024. Leaves RCC at 7:45 a.m. Returns around 5pm Cost is \$140.00 per person includes transportation, white water rafting, professional rafting guide, lifejacket, helmet, safety lecture, paddling instruction and lunch (grilled chicken or fish or veggie, homemade salads, dessert and drinks). We will be joining the South Windsor Senior Center on this epic summer adventure! This Class 1-11 whitewater rafting trip down the Deerfield River Fife Brook Section will leave you exhilarated! Don't miss this one! **Register by July 15th; Trip is rain or shine!**

Lunch Bunch Trips

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**

Lenny & Joe's Fishtale, Westbrook

Tuesday, May 7th

Experience award-winning seafood at Lenny & Joe's Fish Tale, a family-favorite since 1979! **Depart RCC at 10:30 am** and arrive at Lenny & Joe's at 11:30. Lunch scheduled for 11:35 am. Depart Lenny & Joe's at 1:15 pm.



Maine Fish Market, East Windsor

Tuesday, June 4th

Fresh seafood retail counter & traditional New England seafood restaurant in a 1780s building. **Depart RCC at 11:15 am** and arrive at Maine Fish Market at 11:40. Lunch scheduled for 11:45 am. Depart Maine Fish Market at 1:30 pm.



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.

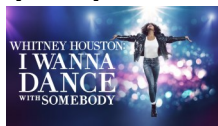
IT'S SHOWTIME! Pizza & A Movie: "Whitney Houston: I Wanna Dance with Somebody"

Monday, May 13th at 1pm R: \$4 NR: \$6

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

This complex portrait of the incomparable Whitney Houston follows the singer's stunning ascent from New Jersey choir girl to international superstar. Starring Naomi Ackie.

Please register by May 10th as space is limited!

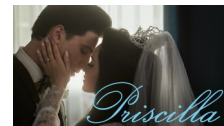


IT'S SHOWTIME! Pizza & A Movie: "Priscilla"

Monday, June 17th 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! Sofia Coppola's riveting film about the explosive love affair between Priscilla Beaulieu (Cailee Spaeny) and Elvis Presley (Jacob Elordi).

Register by June 14th as space is limited!



Volunteer Meeting

Thursday, May 16th at 3pm

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, Mahjonn, Bridge, etc. You'll also learn about tracking your hours. **Please register by May 13**

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**

Underwater Scuba Exploration with John



May 29th at 12:30 pm



Come and enjoy a slideshow presentation on the wonders of the underwater world! A "walk" through the beauty of our oceans featuring everything from sharks and sea turtles to shipwrecks and sea horses. John Silliman from Aetna is an avid scuba diver and underwater photographer with over 10 years of stories and photos to share! Snacks will be provided!

Register by May 27th!

4th Annual Summer Setback League

Join us to have your hand at a game of Setback! Only \$5 is due at your first session on June 4th which will include prizes and a fun pizza party at the end of the league! Drop-in's are welcome if there is room to play.

**Tuesday evenings, June 4th-August 27th
from 5:30-8pm**



at the Riverfront Community Center!

Questions? Call Diane Caisse at 860-508-6418

Needle Felting Class

Wednesday, June 19 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 bird about 6" long. Fee of \$20.00 is paid directly to the instructor and includes all supplies. Class is limited to 15 people.

Register by June 14th!



Strawberry Festival

Join us on **Friday, June 21st** for our first Strawberry Festival! Join us for lunch, then head over to indulge in Strawberry Shortcake & Strawberry Lemonade, and end the day off right with a fun game of Bingo! **\$4 each; MUST Pre-Register!**

Lunch at 11:45am

Strawberry Festival starts at 12:30pm

Bingo will start at 1:30pm this day only!



Coffee With A Cop



May 10th at 10am



Building relationships. One cup at a time.

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other. Coffee & donuts will be provided!

Please register by May 8th.



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: 5/15 & 6/19

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.

May 23rd: 12:30-4:30pm

June 13th: 12:30-4:30pm

Handcrafted with Austyn & Christine

Whimsical Cow Guided Acrylic Painting

Friday, May 17th at 1pm

R: \$7 NR: \$9

Let's paint! Create your own version of the whimsical cow painting pictured! Instructions will be provided so this class is open to all levels of painters!

Please be sure to register by May 10th!

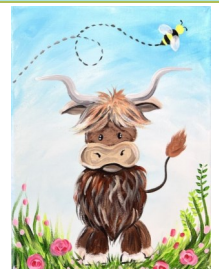
Summer Door Hangers

Friday, June 7th at 1pm

R: \$10 NR: \$12

Join us for a fun class making your own Summer door hanger to add some pizzazz to your door!

6 This will be a class welcoming all levels of crafters! **Please be sure to register by May 31st!**



Behind the Scenes of the Bushnell Tour & Presentation at the RCC

Tuesday, June 25th at 1pm



Register by June 21st

Were you unable to go to the Behind the Scenes Tour at the Bushnell or are you interested in what happens backstage at the Bushnell? Don't worry, we're bringing it to you! Learn about the history, architecture and background details of The Bushnell!

Photographing Your Local Surroundings in a New Light with Ira Yellen

Saturday, May 18th, 10am-12pm;

Register by May 15th



The 2-hour photography workshop will offer a new way of experiencing and documenting the place you live. You will learn how to create photographs that reflect your viewpoint. The workshop will be presented in two parts. One hour indoors and one hour outdoors (weather permitting). Please bring a notepad, camera (digital, phone, film) and if you like, a photograph you would like to share.

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!

Wednesday, June 26th at 12pm; Register by June 21: Planning for Long-Term Care (Medicaid rules, application process, strategies to protect your assets) with Czepiga, Daly, Pope & Perri

Reflections of Italy Destination Trip Presentation with Collette Tours

Wednesday, June 5th at 12:30pm

Let's travel! Learn all about the upcoming trip to Italy brought to us by Collette Tours. The trip is scheduled for April 30th-May 9th, 2025 and includes 12 meals, airfare and transportation to and from the airport! Have questions? Bring them all with you to ask the pro's! **Register by June 4th**

Active Adult Golf League

Still open for registration!

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!



Bocce Lessons

Learn to play Bocce! Bob Yeager, an avid Bocce player has volunteered to offer Bocce lessons for anyone interested in playing. **Free lessons available Thursday, May 16, 10:00 a.m. and Tuesday, May 28, 10:00 a.m.** Please call the RCC to register in advance.

Indoor Walking at the RCC

Too hot or too cold outside and you want to get some exercise? Stop into the RCC DAILY from 8am-9am for open walking hours in one of the Community Rooms to get your steps in! No need to register, just stop in! Bring a friend or two if you'd like!



Digital Borrowing With Your Library Card with WTML

Monday, June 3rd at 1pm; Register by May 31st

Discover the convenience of borrowing eBooks and digital audiobooks with your WTML library card! In this demo, a library staff member will show you how to browse the library's digital collections on the Libby and Hoopla apps, borrow items, and download them to your smartphone or tablet. Please bring your library card and digital device to this demo.



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-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 register!

Juneteenth Summer Concert

Wednesday, June 19th at 6:30pm
Rain Date: June 20th

The Town Band will perform a themed concert "Juneteenth". The concert will be behind the RCC. Bring a chair, blanket, snacks & enjoy!



Nature's Palette

First Meetup/Group Discussion will be at the RCC on May 14th at 1pm

Explore local gems, while meeting other residents who are interested in both plein air painting and still life! Every **2nd Tuesday** local art enthusiasts will be meeting at a designated nature or historical area from May-October; times will be determined by the group. You will need to provide both transportation and art supplies of choice. All levels are welcome, we look forward to seeing you inspire and create with like-minded artist! **Please register & be sure to have an email on file!**

Get Outdoors & Play! *NEW* Bocce & Pickleball Courts are open!

Join the fun and get outdoors and play Bocce or Pickleball at the RCC. We have equipment to borrow, if you need it. Stop by during RCC hours to sign out pickleball paddles and/or bocce balls. We even have Petanque balls (the French version of Bocce using steel balls)! We are also looking for volunteers who would be interested in teaching Petanque lessons. If you'd like to help, please give us a call at the RCC. Pickleball courts will be "reserved" for seniors on Wednesdays from 10:00 – 12:00. First come, first play. The new Bocce courts were installed as an Eagle Scout project by Brady Moy and partially funded by a grant through AARP.

Complimentary Pool Passes!

Available to Glastonbury residents ages 60+, FREE Pool Passes are valid for Addison Pool, Grange Pool in the Summer months, and Glastonbury High School YEAR Round! This is a lifetime pass and does not require renewal each year! Contact Parks & Rec for yours today at (860) 652-7679

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 other birthdays together! **When you register, please let us know it is your birthday!**

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

Date	Date Made	Movie	Category/Rating	Length
5/6	2024	Spaceman	Drama/Sci-Fi; R	1 hr 49 min
An astronaut (Adam Sandler) is helped by an ancient creature he discovers in the bowels of his ship.				
5/13	IT'S SHOWTIME! Pizza & A Movie: "Whitney Houston: I Wanna Dance with Somebody" R: \$4 NR: \$6 You must register by 5/10 for this! 2 hrs 24 mins			
5/20	2018	Dumplin'	Dramedy; PG-13	1 hr 50 min
Texas teen Willowdean Dickson enters a local pageant run by her ex-beauty queen mom.				
6/3	2022	Senior Year	Comedy; R	1 hr 51 min
A cheerleading stunt landed her in a 20-year coma, now she's 37 and ready to become prom queen.				
6/10	2023	Shotgun Wedding	Dramedy/Action; R	1 hr 41 min
"Til Death Do Us Part" takes on a whole new meaning as Darcy and Tom save their loved ones.				
6/17	IT'S SHOWTIME! Pizza & A Movie: "Priscilla" R: \$4 NR: \$6 You must register by 6/14 for this! 1 hr 53 mins			
6/24	2018	Beautiful Boy	Drama; R	2 hours
8	The inspiring experience of survival, relapse, and recovery in a family coping with addiction.			

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: May 18th & June 8th 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

The Glastonbury Volunteer Ambulance Association will be providing weekly Blood Pressure Screening at the Riverfront Community Center on Fridays from 10am-12pm. **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; Dial-A-Ride is available!

Color and Sip Your Stress Away **April 25th 4:30-5:30pm**

Come celebrate Stress Awareness Month by coloring adult coloring pages and sipping on lemon flavored mocktails. Goodie bags will be provided to all that attend! Please register ahead of time.

Celebrate Mr. Roger's Day **May 23rd 4:30-5:30pm**

The 143th day of the year is recognized as Mr. Roger's Day. People are encouraged to share acts of kindness and good deeds towards others. Join us in painting kindness rocks to be placed around the RCC.

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

Lifelong Learning: Curiosity Stream **Tuesdays, 6:00-7:00 pm**

5/7: Living with Lions

5/21: Scanning the Pyramids

6/11: Wild Cats

5/14: The Untold History of the Vatican

5/28-6/4: Secret Life Underground

6/18-6/25: Greece: The Wild Side

Chess Club **Thursdays, 4:30-8:00 pm**

Come play casual Chess and meet new players. Chess boards available for new players.

Trivia, Jeopardy & More! **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. Free to play, win prizes!

Mahjong, Scrabble, Rummikub & More... **Saturdays, 10:30-1:00 pm**

Ukulele BIG SING! **Saturdays: May 18th & June 29th 12:00-1:00 pm**

Join Dr. Uke and the band in their reoccurring +100 times performance!

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

Date	Date Made	Movie	Category/Rating	Length
5/4	2009	Gifted Hands: The Ben Carson Story	Drama; PG	1 hr 30 mins
Ben Carson struggles in overcoming obstacles to study medicine and save lives at Johns Hopkins Hospital.				
5/11	2023	Happiness for Beginners	Comedy; PG	1 hr 43 mins
After her divorce, a school teacher ventures toward a fresh start – when she signs up for a group hiking trip.				
5/18	2010	The Other Guys	Comedy; PG-13	1 hr 47 mins
Desperate to be the top cops, 2 detectives break free from their desks & get in the biggest case of their careers.				
5/25	2018	Won't You Be My Neighbor?	Documentary; PG-13	1 hr 35 mins
Examine the life and legacy of Fred Rogers, beloved host of the most popular children's TV show.				
6/1	2014	Noah	Drama/Action; PG-13	2 hrs 18 mins
After a pious man receives a vision, he begins building an ark large enough for his family & pairs of every animal.				
6/8	1995	Apollo 13	Drama; PG-13	2 hrs 20 mins
Technical troubles scuttle the Apollo 13 mission in 1970, risking the lives of astronaut Jim Lovell and his crew.				
6/15	2022	Yogi Berra: It Ain't Over	Documentary; PG	1 hr 39 mins
The colorful life & career of baseball great, Yogi Berra shines in this doc featuring insider interviews & footage.				
6/22	2021	Red Notice	Comedy; PG-13	1 hr 58 mins
Pursuing the world's most wanted art thief becomes this FBI agents partner in crime to catch an elusive crook.				
6/29	2011	Soul Surfer	Family; PG	1 hr 52 mins

10 Teen surfer Bethany Hamilton slowly builds the courage to return to competitive surfing after losing her arm.

2024 Summer Adult & Senior Picnic; August 14th!

Start the day with setback followed by terrific music and a great meal! End the day with Bingo featuring some great prizes. Tickets sold through Tuesday, August 13. Tickets will also be sold the day of the picnic! Tickets can be purchased online, at the Community Center, or at the Parks & Recreation Office. Stay tuned for more info & *NEW* fun activities! **R: \$7 NR: \$9**

Celebrate Pride Month w/ the LGBTQ+ Moveable Senior Center: Slip Away Tours CT River Cruise

 **Tuesday, June 11th 4-5:00pm** 

Join us for a lovely 1-hour boat tour on Tuesday, June 11th. Please meet at the Glastonbury Boat Launch by 3:45 p.m. We'll cruise along the river while enjoying the views. The Captain and crew will point out highlights along the way. Cheese and crackers will be provided; participants are welcome to bring a cooler with their own beverages and snacks if they wish. Glastonbury Riverfront Park, behind the Boathouse at 252 Welles Street, Glastonbury. **Register by June 4th Price: \$30**

Health Education Presentation with AmeriCorps



Wednesday, May 22nd at 12:30pm; Register by May 3rd



As AmeriCorps members, our goal is to increase Healthy Literacy and Access to Care. In order to reach this goal, we will give an hour-long health education presentation. We will cover topics such as nutrition, primary care, hospitals, what to do in an emergency, medicine and labels, and many others! The session entails a pre-survey, a 40-minute presentation, then a post-survey to measure how well we covered the topics. **We also give out \$20 gift cards to all of the participants!**

How to Register for Programs and Activities:

Registration begins:


Residents - Thursday, April 18th Non-Residents - Thursday, April 25th

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

NEW Guest Registration Policy Effective Immediately

When registering a "guest" for a special event, class, program, etc at the RCC, please be prepared to provide the guest name, address, phone number & date of birth. Every person will need to have their own account in the MyRec system. If you do not have the information at the time of registration, we will  ask that you or your guest call us with the information as soon as possible.

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

The Café at the Riverfront Community Center

Honey Roasted Turkey Sandwich	\$5.00
B.L.T	\$5.00
Tuna Salad Sandwich	\$5.00
Salad of the Week	\$4.00
Daily Soup Special	\$3.00
Assorted Chips	\$1.00
Assorted Nut Bars	\$1.00
Assorted Snacks	\$1.00
Muffins	\$1.00
Beverages	\$1.00
Coffee, Tea & Cocoa Bar	\$1.00

The Café at the Riverfront Community Center is open Monday through Friday from 9:30am-2:30pm. We offer sandwiches, a salad of the week, daily soup specials seasonally, 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!

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 Except for Bingo on Thursday 6/12 & Bingo on 6/21 will be at 1:30pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month: 11 am- 12 pm May 16: Horse by Geraldine Brooks June 20th: A Sea of Poppies by Amitav Ghosh
BRIDGE	Wednesday: 1 pm- 3 pm
CANASTA	Tuesdays: 12:30-3:30pm
CERAMICS (DROP-IN) *space available for up to 14*	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, 10-11am (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 May Classes: Thursdays; 5/8, 5/15, 5/22 at 6pm June Classes: Wednesdays; 6/12, 6/19, 6/26 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

Class Schedule

Class	Description	Meets	Dates	# of classes	Resident	Non-Resident
Fitness is Fun with Jiny & Marge (Mondays Only)	Improve your strength and balance	Mondays 9:15-10:00am 10:15-11:00am	4/29—6/24 No class 5/27	8	\$40	\$50
Tai Chi Intro with Ken	Basics of the mind/body	Mondays 3:30-4:15pm	5/6—6/24 No class 5/27	8	\$40	\$50
Chair Yoga with Paula	Muscle strength, flexibility & balance	Tuesdays 10:00-11:00am	5/7—6/25 No class 5/21, 5/28	6	\$30	\$40
Functional Strength & Endurance with Janice	Strengthen body/ balance & increase mobility, improve posture & core	Tuesdays & Thursdays 11:30am-12:15pm	4/30—6/27 No class 5/21, 5/30	16	\$80	\$90
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	5/1—6/28 No class 6/14	17	\$75	\$85
Get Up & Go	Strength/resistance for a full body workout	Thursdays 9:30-10:30am	5/2—6/27	9	\$45	\$55
NEW Mindful Meditation with Kitch	Guided meditation	Thursdays 10:45-11:15am	5/2—6/27	9	\$45	\$55
Line Dancing with Sarah	Engage your brain & body to music. No experience necessary	Thursdays 1:00-2:15pm	5/2—6/27 No class 5/30	8	\$40	\$50
Tai Chi with Ken	Mind & body fitness for all ages and levels	Thursdays 6:00-7:00pm	5/2—6/27	9	\$45	\$55
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	5/9—6/20	7	\$5	\$6
Watercolor with Shannon	Drawing is not a prerequisite – You will explore different techniques	Saturdays 9:30-11:30am	May 11th May 18th June 8th	3	\$10 Plus \$10 supply fee given to instructor	\$15 Plus \$10 supply fee given to instructor



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 9:30am Knit/Crocheting (ACR) 10:15am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 5:30pm Tai Chi Intro (CR) 3:30pm Tai Chi Intro (CR)</p>	<p>7</p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 10:30am Lenny & Joe's Lunch Trip 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>8</p> <p>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 Canasta (AR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)</p>	<p>9</p> <p>8:30am Billiards (BR) 10am Setback (AR) 10:15 Get Up & Go (ER) 10:45am Meditation (ER) 11:30am Functional Strength & Endurance (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club SAR 6pm Mahjongg (AR) 6pm Trivia (café) 6pm Tai Chi (CR)</p>	<p>10</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10:12pm Blood Pressure Screening (CON) 10am Coffee with A Cop (TBD) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1 PM- Bingo (CR)</p>	<p>11</p> <p>9am Billiards (BR) 9:30am Watercolor (ACR) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>13</p> <p>8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Knit/Crocheting (ACR) 10am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Pizza & A Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p>14</p> <p>8:30am Billiards (BR) 10am Mohagan Sun Trip 10am Rummikub (AR) 10am Chair Yoga (ER) 10am Outdoor Adventures Fly Casting 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Nature's Palette (TBD) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>15</p> <p>8:30am Billiards (BR) 9am Chapter Chasers (RCC Lobby) 9am Veterans Coffeehouse (ER) 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)</p>	<p>16</p> <p>8:30am Billiards (BR) 10am Bocce Lessons (Bocce Court) 10am Setback (AR) 10:15am Get Up & Go (ER) 10:45am Meditation (ER) 11am Book Discussion (ACR) 11:30am Functional Strength & Endurance (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 3pm Volunteer Meeting (CR) 4:30pm Chess Club (SAR) 6pm Mahjongg/Class (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>17</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10:12pm Blood Pressure Screening (Fitness Center) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Handcrafted Class (ACR) 1pm Outdoor Adventure Hike 1 PM- Bingo (CR)</p>	<p>18</p> <p>9am Billiards (BR) 9am Footcare Appointments Begin (ER) 10am Photographing Your Local Surroundings in a New Light (TBD) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR) 12pm The Big Sing (CR)</p>
<p>20</p> <p>8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Knit/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) 3:30pm Tai Chi Intro (CR)</p>	<p>21</p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 11am Open House Accreditation Celebration! (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>22</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 10am Scopa (AR) 12:45pm Flang Farm Trip 12:30pm Health Ed. w/ AmeriCorps (CR) 1pm Outdoor Adventures Walk 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 2pm Bereavement Group (CR)</p>	<p>23</p> <p>8:30am Billiards (BR) 10am Setback (AR) 10:15am Get Up & Go (ER) 10:45am Meditation (ER) 11:30am Functional Strength & Endurance (CR) 12:30pm AARP Smart Driver (ER) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 4:30pm Chess Club (SAR) 4:30pm Celebrate Mr. Rogers Day (TBD) 6pm Mahjongg/Class (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>24</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Eye Openers (AR) 10:12pm Blood Pressure Screening (CON) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)</p>	<p>25</p> <p>9am Billiards (BR) 9:30am Watercolor (ACR) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>27</p> <p></p>	<p>28</p> <p>8:30am Billiards (BR) 9am Hartness Park Trip 10am Bocce Lessons (Bocce Court) 10am Rummikub (AR) 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>29</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 10am Scopa (AR) 12:30pm SCUBA Exploration (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)</p>	<p>30</p> <p>8:30am Billiards (BR) 10am Setback (AR) 10:15am Get Up & Go (ER) 10:45am Meditation (ER) 11:45am Memorial Day Luncheon (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>31</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10:12pm Blood Pressure Screening (CON) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Outdoor Adventure Walk 1pm Bingo (CR)</p>	<p>Room Acronym Chart: ACR = Arts & Crafts Room AR = Activity Room BR = Billiards Room ER = Exercise Room CR = Community Room CON = Conference Room SAR = Special Activities</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 9:30am Knit/Crocheting (ACR) 10:15am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Digital Borrowing (CR) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	 <p>4</p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:15am Maine Fish Market Lunch Trip 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Summer Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>5</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Olde Mistick Village Trip 10am Scopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 12:30pm Italy Destination Trip Presentation (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR)</p>	<p>Room Acronym Chart: ACR = Arts & Crafts Room AR = Activity Room BR = Billiards Room ER = Exercise Room</p> <p>6</p> <p>8:30am Billiards (BR) 10am Setback (AR) 10:15 Get Up & Go (ER) 10:45am Meditation (ER) 11:30am Functional Strength & Endurance (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club SAR 6pm Mahjongg/Class (AR) 6pm Trivia (café) 6pm Tai Chi (CR)</p>	<p>7</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10-12pm Blood Pressure Screening (Fitness Center) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Handcrafted Class (ACR) 1 PM- Bingo (CR)</p>	<p>8</p> <p>9am Billiards (BR) 9am Footcare Appointments Begin (ER) 9:30am Watercolor (ACR) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>10</p> <p>8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Knit/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) 3:30pm Tai Chi Intro (CR)</p>	<p>11</p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Nature's Palette (TBD) 1pm Pinochle (AR) 4pm LGBTQ+ Moveable Senior Center Slip Away Cruise 5pm Pickleball (CR) 5:30pm Summer Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>12</p> <p>8:30am Billiards (BR) 9am Chapter Chasers (RCC Lobby) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Scopa (AR) 10:15am RiverQuest Boat Trip 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Mahjongg (AR) 1 PM- Bingo (CR) 2pm Bereavement Group (SAR)</p>	<p>13</p> <p>8:30am Billiards (BR) 10am Setback (AR) 10am Outdoor Adventures Kayak Lessons 10:15am Get Up & Go (ER) 10:45am Meditation (ER) 11:30am Functional Strength & Endurance (CR) 12:30pm AARP Smart Driver (ER) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 4:30pm Chess Club (SAR) 6pm Mahjongg/Class (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>14</p> <p>8:30am Billiards (BR) 9am Senior Fitness (ER) 10-12pm Blood Pressure Screening (CON) 1pm Handcrafted Class (ACR)</p> 	<p>15</p> <p>9am Billiards (BR) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>17</p> <p>8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9am Senior Fitness (CR) 9:30am Knit/Crocheting (ACR) 9:30am Fitness is Fun (CR) 10am Senior Fitness (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Pizza & A Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p>18</p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10:45am Magic Wings Trip 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Summer Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>19</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9am Veterans Coffeehouse (ER) 10am Needle Felting Class (ACR) 10am Scopa (AR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 6:30pm Juneteenth Summer Concert (Fairgrounds)</p> 	<p>20</p>  <p>8:30am Billiards (BR) 10am Setback (AR) 10:15am Get Up & Go (ER) 10:45am Meditation (ER) 11am Book Discussion (ACR) 11:30am Functional Strength & Endurance (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 4:30pm Chess Club (SAR) 6pm Mahjongg/Class (AR) 6pm Trivia Night (café) 6pm Tai Chi (CR)</p>	<p>21</p> <p>8:30am Billiards (BR) 9am Senior Fitness (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10-12pm Blood Pressure Screening (Fitness Center) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 12:30pm Strawberry Festival (CR) 1:30pm Bingo (CR)</p>	<p>22</p> <p>9am Billiards (BR) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR)</p>
<p>24</p> <p>8:30am Billiards (BR) 8:30am Fitness is Fun (CR) 9:30am Knit/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) 3:30pm Tai Chi Intro (CR)</p>	<p>25</p> <p>8:30am Billiards (BR) 10am Outdoor Adventures Kayak Trip 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Functional Strength & Endurance (CR) 12:30pm Canasta (AR) 1pm Bushnell Presentation (CR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Summer Setback (AR) 6pm Lifelong Learning (SAR)</p>	<p>26</p> <p>8:30am Billiards (BR) 10am Scopa (AR) 12pm Feed Your Mind: Long-Term Planning (ER) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Mahjongg (AR) 2pm Bereavement Group (SAR)</p>	<p>27</p> <p>8:30am Billiards (BR) 10am Setback (AR) 10:15am Get Up & Go (ER) 10:45am Meditation (ER) 11:30am Functional Strength & Endurance (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>28</p> <p>8:30am Billiards (BR) 9:15am Fitness is Fun (CR) 10am Eye Openers (AR) 10-12pm Blood Pressure Screening (CON) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)</p>	<p>29</p> <p>9am Billiards (BR) 10:30am Mahjongg, Scrabble & More (café) 11am Saturday Movie (SAR) 12pm The Big Sing (CR)</p>

Social Services

Homeowner's Tax Credit Programs

The Homeowners Tax Credit is offered by the State of Connecticut for those 65 and older by 12/31/23 or disabled with an additional local credit offered by the Town of Glastonbury for those 65 or older. The application deadline is Wednesday, May 15, 2024. The income limit for the State program is \$43,800 for an individual and \$53,400 for a couple; the Town program limit is \$69,700, calculated using 2023 figures. For more information, an appointment or an application, please contact Social Services at 860-652-7638 or the Assessor's Office at 860-652-7600.

Additional Veterans Exemption

State law provides an additional exemption for veterans and disabled veterans who are eligible for the basic exemption and who can meet certain income limits, currently \$43,800 for an individual and \$53,400 for a married couple. Application deadline is Tuesday, October 1, 2024. For more information, an appointment or an application, please contact Social Services at 860-652-7638 or the Assessor's Office at 860-652-7600.

Renters Rebate

Renters Rebate applications are being accepted through Monday, September 30, 2024. Glastonbury residents age 65 or older by 12/31/2023 or those receiving Social Security Disability may be eligible if their 2023 income was \$43,800 or less for an individual or \$53,400 or less for a married couple. There is no asset limit for this program. Verification of income, rent, and utilities paid in 2023 are necessary. Eligible residents will receive a rebate check in the fall of 2024. For more information or an appointment, please call Social Services at 860-652-7638.

Carol's Closet

A paper pantry providing paper and personal products to Glastonbury residents, Carol's Closet is open the third Saturday of each month, which will be May 18 and June 15 from 10 AM to 11:15 at St. James, 2584 Main Street.

Connecticut Foodshare

The Connecticut Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on May 1, May 15, May 29 and June 12 and June 26, continuing every other Wednesday throughout the year. Connecticut Foodshare is an outdoor food distribution for persons of low income. Please remember to bring a bag or box with you to carry your food.

Town of Glastonbury Food Pantry

Glastonbury's Food pantry is serving about 200 Glastonbury households a month. Donations of unexpired, non-perishable food items are welcomed and may be dropped at the Riverfront Community Center. If you believe you could benefit from the Food Pantry, please contact Social Services at 860-652-7638.

***NEW* Dial-A-Ride Shopping Trips!**

Dial-A-Ride will be offering new, regularly scheduled shopping trips! Be sure to call the Dial-A-Ride reservation line at (860)652-7643 the day prior to your trip by 11AM to schedule and be sure to state what store you'd like to go to!



	Walmart & Dollar Tree	Kohl's & Aldi's
Thursday, April 18th	10am-12pm	1pm-3pm
Thursday, May 16th	10am-12pm	1pm-3pm
Thursday, June 20th	10am-12pm	1pm-3pm

A Message From the *NEW* Evening & Weekend Program Specialist!

Hello! My name is Emily Linton and I am the new evening and weekend Program Specialist at Riverfront Community Center. I am a recent graduate from the University of Connecticut where I studied Social Work and played the saxophone in the pep band, allowing me to travel with the men's and women's basketball teams. I will soon begin to plan programs for May and June so if you would like to be notified of those programs, please send your email to emily.linton@glastonbury-ct.gov to be added to a list-serv as they will not be advertised in the Sharing Tree. I am also open to ideas for programs so please feel free to email me any ideas you may have! I look forward to meeting you!

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, **call (860) 317-1025** and provide 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.