

THE

# Sharing Tree

GLASTONBURY SENIOR & SOCIAL SERVICES NEWSLETTER

JULY & AUGUST 2024



Accredited by National Institute of Senior Centers

## Independence Day Luncheon

**Tuesday, July 9th**

**11:45am**

Celebrate America with us at the Riverfront Community Center! For lunch, dive in to an All-American Cheeseburger with lettuce, tomato, onions and pickles potato salad, macaroni salad and top it all off with patriotic parfaits! Dance the afternoon away to the tunes of Tom "T-Bone" Stankus; known to his audiences as "America's Musical Pied Piper", and has been entertaining full-time since 1978. An event you DON'T want to miss!

**Resident: \$7 NR: \$9**

**Please register for lunch by July 3rd**

## 2024 Summer Picnic

**Wednesday, August 14th**

**Fun starts at 9:15am**

Start the day with breakfast and a Setback tournament then enjoy crafts, Bocce, a scavenger hunt & a Pickleball clinic! Enjoy terrific music and a great meal catered by Tenth Hole Tavern! We'll also have a Kona Ice truck sponsored by National Healthcare! End the day with Bingo featuring some great prizes. 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.

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

## Summer Olympics Opening Ceremony

**Thursday, July 25th**

**11:00am**

We will be having our Senior Center Olympics Opening Ceremony where we will introduce our Olympic challenge, make our own torches, enjoy a French-American lunch together of quiche, home fries, salad & popsicles and ending it all by taking a group torch walk (short, flat walk)! Our Closing Ceremony will be on August 13th where we will award our winners; see page 6 for more information on the closing ceremony & page 16 for info on the Senior Center Olympic Challenge!

**Register by July 19th.**

**Resident: \$4 Non-Resident: \$6**

## 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:

Wednesday, June 19th (R)  
Wednesday, June 26th (NR)  
Register in person, online,  
or by phone!

### Holiday Closings:

Thursday, July 4th  
(Independence Day)

### Website:

[www.glastonburyct.gov/seniorservices](http://www.glastonburyct.gov/seniorservices)  
[Glastonburyct.myrec.com](http://Glastonburyct.myrec.com)

### Facebook:

[www.facebook.com/glastonburyseniorcenter](http://www.facebook.com/glastonburyseniorcenter)



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## How to Register for Programs and Activities:

**\*NEW\* Please Read Carefully!**

**Registration begins:**

**Residents - Wednesday, June 19th**

**Non-Residents - Wednesday, June 26th**

**Registration for programs can be made in the following ways:**

1. Register online through MyRec at:  
**<https://glastonburyct.myrec.com>**
2. Register **in-person**, starting at **8:30am** on registration day at the Riverfront Community Center
3. Register by **phone** (860) 652-7638 after **9:30am** on the first day of registration
4. Mail your check to:

300 Welles Street, Glastonbury, CT 06033

Checks will begin to be processed at 9:30am on registration day **and** in the order received

If you have any questions or need assistance please call us at 860-652-7638 or email us at:  
**[seniorservices@glastonbury-ct.gov](mailto:seniorservices@glastonbury-ct.gov)**

### Lunch Service \*NEW\* Policy

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 **[glastonburyct.gov](http://glastonburyct.gov)** to view it! You now need to pre-register for lunch by the day before at 11am. You can register in-person in the community room, in-person in the office, on MyRec or by phone. To-go meals need to be registered by the day before at 11am as well, in-person in the office or by phone.

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

### The Riverfront Café at the Riverfront Community Center

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!

### Trip Leaders Needed!

Are you interested in becoming a trip leader? The perks include a free trip & meeting new people! Responsibilities include taking attendance & staying organized! If interested, please contact Austyn Dolce at 860-652-7653 or [austyn.dolce@glastonbury-ct.gov](mailto:austyn.dolce@glastonbury-ct.gov)

## Trips

Amount of Walking:

1 = Low

2 = Moderate

3 = High

### Aqua Turf: Celebrate Italia!

**Date:** Tuesday, July 9th

**Amount of walking:** 1 **Accessibility:** Fully Accessible

**Time:** Leave RCC at 10:00am, event is 11am-3:30pm, return 4:00-4:15pm

**R: \$65 NR: \$67** (price includes transportation and ticket)

Aaron Caruso & the Sam Vinci Band are back by Popular Demand! Come join us for some great food and music as Arron and Sam bring your favorite Italian hits to life! Lunch options will be meatballs & sausage, and chicken parmigiana.



### Flanders Fish Market and shopping at Clinton Premium Outlets

**Date:** Tuesday, July 16th

**Amount of walking:** 3 **Accessibility:** Fully Accessible

**Time:** Leave at 11:00am, 12-1:30pm lunch, 2:00pm shopping, leave Clinton Outlets at 3:15pm, return at 4:00pm

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

Enjoy lunch at Flanders Fish Market—Connecticut's largest full-service fresh fish market with awarding winning seafood and lobster rolls! Their large menu caters to all featuring soups, sandwiches, burgers, and many seafood dishes. Then, head over to the Clinton outlets to shop at dozens of stores, and enjoy the charming walk ways and scenery.



### Mohegan Sun Casino

**Date:** Wednesday, July 31st

**Amount of walking:** 3 **Accessibility:** Fully Accessible

**Time:** Leave RCC—10:00am, arrive at 10:45am, depart casino at 2:30pm, return to RCC 3:15pm

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

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



### Lunch at Rocky's Aqua and Visit to Meigs Point Nature Center

**Date:** Wednesday, August 7th

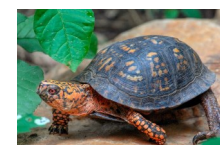
**Amount of walking:** 2 **Accessibility:** Fully Accessible

**Time:** Leave RCC—11:00am, lunch is 12:15-1:45pm, tour is at 2:00pm, approx. return 4:00pm

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

First, have lunch at Rocky's Aqua; enjoy classic New England seafood and other American entrees! Then, head over to Meigs Point Nature Center at Hammonasset Beach State Park which is operated by the Department of Environmental Protection. View four rooms with live animals; Air Room with birds, Water Room with fish and crabs, Beach Room with video, touch screens, and a scrapbook, and Woods Room with snakes turtles, and frogs.

Also, don't forget about the beautiful garden tour! **This is a self-guided tour, so please take your time. Please register by Friday, July 26th!**



## Trips

Amount of Walking:

1 = Low

2 = Moderate

3 = High

### Hill-Stead Museum and Garden Tour

**Date:** Wednesday, August 21st

**Amount of walking:** 2 **Accessibility:** Fully Accessible

**Time:** Leave RCC at 1:30pm, tour is at 2:15pm, depart museum around 3:45pm, return 4:15-4:30pm

**R: \$27 NR: \$29** (price includes transportation and ticket)

Enjoy a **guided tour** of the Hill-Stead Museum and gardens (Farmington, CT)! The museum was a house designed by a pioneering female architect, Theodate Pope Riddle, for her parents, Alfred and Ada Pope. Showcasing her father's collection of French Impressionist paintings and other treasures was one of her aims in creating this country home. When the house became a museum in 1946, it was left completely intact! Visitors will be required to lock their bags and personal belongings in the lockers located in the visitor center, or store them in their vehicle during the tour. Please wear comfortable shoes!



### Maggie, The New Musical at the Goodspeed Theater, East Haddam

**Date:** Wednesday, August 28th

**Amount of walking:** 1 **Accessibility:** Fully Accessible

**Time:** Leave at 12:45pm, 2:00pm show, leave at 4:45pm, approx. return 5:30pm

**R: \$69 NR: \$71** (price includes transportation and ticket)

A Scottish mother's unbreakable love for her three sons is tested in an inspirational new musical about family bonds and changing times. After suffering the unthinkable loss of her husband, Maggie must rely on her strength, sense of humor and fiercely loyal friends to protect her family from a harsh world. Spanning over 20 years, a hardscrabble working-class life blossoms with a soul-stirring pop-folk score. A generation of courageous mothers is celebrated in this rousing U.S. premiere!



## 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 phone 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

**Wednesday, July 3rd**

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.



### Lakeside Bar & Grill, East Hampton

**Tuesday, August 6th**

Lakeside Bar & Grill offers a unique dining experience featuring fresh, delicious, locally sourced meals and stunning waterfront views of Lake Pocotopaug. **Depart RCC at 11:15 am** and arrive at Lakeside at 11:40. Lunch scheduled for 11:45 am. Depart Lakeside at 1:30 pm.



## Outdoor Adventures

### Dock, Walk and Dine in Rocky Hill

**Wednesday, July 17<sup>th</sup>**

**Meet at the Ferry Landing in Glastonbury at 10:30 a.m. Returns to ferry landing approximately 1:00 p.m. Bring \$4.00 in cash for the cost of the ferry (\$2.00 each way)**

We will take the ferry from Glastonbury and travel across the river to Rocky Hill. We will walk for about 40 minutes on a flat, partially shaded trail. Bring your binoculars as this is a great birding area. Enjoy lunch at the Ferry Grill & Chill (outdoor eating only). Bring cash for lunch. Credit cards are not accepted.

### Kayak, Happiest Paddler, East Hampton

**Wednesday, July 24<sup>th</sup> Leaves RCC at 10:30 a.m. Returns approximately 2:00**

**Cost: \$7.00 (residents), \$9.00 (Non-residents) for transportation. Pay for kayak rental at Happiest Paddler (\$20.00 for one hour)**

Enjoy a one-hour kayak paddle on Lake Pocotopaug. This outing does not include a lesson, so you must have prior kayak paddling experience. Bring a cooler with a lunch to enjoy on the bank of the lake after kayaking. Wear sunscreen, hat, sunglasses and bring water/snack for the kayak ride. There is a dressing room to change clothes if you wish.

### Whitewater Rafting, Charlemont, Massachusetts

**Thursday, August 22<sup>nd</sup>. 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!**

### Water Bike Tour, Old Saybrook

**Date: Friday, September 6<sup>th</sup> Leaves RCC at 12:45pm Returns approximately 5:15pm**

**Cost: \$72.00 (resident); \$77.00 (non-resident). Includes 2 hours of water biking, gratuity to water bike tour leader and transportation. Ice cream is paid on your own; Space limited to 8.**

Biking on water? YES! Water bikes are wheel-less bikes on pontoons. You pedal the bike, which is fun, safe and stable. Great for folks of any age! The guided expedition begins in an estuary along the Oyster River in Old Saybrook and leads into Long Island Sound. Bring sunscreen, hat, clothes/shoes that can get wet (bathing suit, if you'd like) and a camera. Following the water bike tour, we will stop for ice cream on the way home.

### Argia Schooner Cruise, Mystic

**Friday, September 13<sup>th</sup>. Cost: \$37.00 per person includes transportation and Schooner trip. Bus departs RCC at 8:00 a.m. Returns approximately 2:45 p.m.**

Discover breathtaking scenery as you relax aboard the sailing ship ARGIA. Explore the seafaring village of Mystic, so rich in maritime history, and the surrounding islands. We'll sail by scenic coastlines and lighthouses or you can help the crew hoist and trim the sails aboard this elegant schooner. We will be joined by members of the Plainville and South Windsor Senior Centers. Following the sail, you'll have about 2 hours to walk through downtown Mystic to grab lunch (pay on your own) or shop.

**CT Museum Presents: Katharine Hepburn from Hartford to Hollywood**

**Tuesday, July 23rd at 1pm; Register by 7/19**

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in Connecticut, Hepburn had a career in stage, film and television that reflected the changing role of women in broader society. The story of her life-long ties to Connecticut offers a complete picture of how Hepburn became the woman and the star she was. **FREE!**

**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. **Weekly evening registration is currently full. Drop-in's are welcome ONLY 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, August 28th from 10am – 12pm**

Join Diana Sheard and learn beginner skills of needle felting - working with special needles and wool. You'll leave with your completed project of a giraffe 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 August 23rd**

**Terrarium Building Class**

**July 2nd at 1pm Fee: \$25 paid directly to the instructor; Register by June 27th!**

Come explore your inner plant guru with MossLife! 

Create your very own terrarium with the help from the owner/operator, Allie! Creating a terrarium includes a glass vessel to plant in, a plant of your choice, decorative pieces, a figurine and take home instructions. You don't need to be a plant expert for this one!

**Walk for Wellness**

**Bring your grandkids, grab your sneakers and walk some extra miles!**

Join the Parks & Rec Department at Smith Middle School for a 0.5 mile walking course. You'll walk for wellness on 7 Tuesdays June 25, July 2, 9, 26, 23, 30 and August 6th. No need to pre-register, just show up at 6:30 at the Smith Middle School Upper Soccer field. If you prefer to run, there is a children's one-mile jog and adult courses 1.0, 2.4 and 3.5 miles.

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



**Upcoming Dates: 7/17 & 8/21**

**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.

**July 11th: 12:30pm-4:30pm**

**August 8th: 12:30pm-4:30pm**

**Pearls From Carol: Book Presentation with the Author's Husband & Editor**

**Tuesday, August 13th at 12:30pm; FREE! Register by August 7th**

When Carol Ann Ruggiero passed away, her husband, Al, wanted the world to know about her written works & honor her legacy. Short, funny and thought-provoking, Al will share several of Carol's works, with humor, music & group sing-a-longs.

## Pet CPR & First Aid with Austyn!

Do you know what to do if your dog or cat has a medical emergency? Learning the basics of pet first aid and CPR may save your pets life one day! In this class, you will learn how to muzzle a dog and cat, bandage a wound, stop/slow down bleeding, signs of Bloat, seizures, and performing CPR. You will receive a take-home packet to take notes on and refer back to.



Sign up for  
**ONE class!**

**July 12<sup>th</sup> (register by July 9<sup>th</sup>)**  
**August 9<sup>th</sup> (register by August 6<sup>th</sup>)**  
**10:00-11:30am in the Exercise Room (Free!)**



## History of Husky Hoops: A Legacy of Greatness

**Wednesday, August 21st at 12:30pm; Register by 8/16!**

Celebrate the history and greatness of the UConn basketball teams with this fun, lively and enlightening presentation hosted by award-winning sportswriter and author Marty Gitlin. Take a journey from the beginning of the men's and women's programs to the present with video highlights of their greatest teams, players and events from the turn of the twentieth century to today. The best of the best will be featured here, including legendary coaches Jim Calhoun and Geno Auriemma. There will be fun trivia questions, too!

## Summer Bucket List

Thursday June 20th marks the first day of summer! Stop by the greeter desk June 20th or 21st to get your Summer Bucket List Bingo card and a cool popsicle! Fill out your Bingo card with your bucket list ideas and start playing through the summer! Completed bingo cards can be returned to the RCC by September 20th to be entered into a raffle to win a fun prize! **You must check everything off your list! Pick up your card & popsicle June 20th: 10a-7p or June 21st: 10a-2p OR pick up your card anytime after 6/20**



## National Hot Fudge Sundae Day Ice Cream Social!

**Wednesday, July 31st at 1:30pm**

Sponsored by Arbors of Hop Brook, we'll have all the fixings for you to craft your own sundae! **You must register for this event by July 26th! FREE!**



## CT Humane Society Presentation



**Monday, August 5th at 12:30pm**

Do you want to learn more about the Connecticut Humane Society (CHS)? Are you interested in learning how you can make a difference for pets in need? In this presentation, take a closer look at the services that CHS provides during this interactive group program. Learn about all the ways CHS serves pets and how you can get involved with pets in need. **FREE! Register by August 2nd!**



## 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!

## Healthy Eating for Seniors

**Wednesday, July 24 and Thursday, August 15  
at 12:30pm**

Learn the importance of food selections as we age, with Lorie Reardon, Registered Dietician! This will be a motivational presentation with reasons to improve, change or even continue your current diet practice. Learn which foods and how much to consume to meet daily nutrient needs to improve energy and feel better. Join Lorie and have your questions ready! **Please register for one or both classes!**

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

A 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 6/12, 7/10, 8/14, 9/11, 10/9.** In the event of rain, the group will hold the meeting indoors. Please register!

## Hartford Yard Goats Games

### Portland Sea Dogs vs Red Sox

**Sunday July 14th, 2024**  
**Portland Sea Dogs vs Red Sox's at 1:10pm**

**Depart the RCC at 12pm**

Dunkin Donuts Park in Hartford

Please do not bring any outside food or beverages

**Tickets: \$25 each in shaded section between rows 107-104 and includes transportation!**  
**Please register by July 10th!**



### Somerset Patriots vs New York Yankees

**Sunday August 18th, 2024**  
**Somerset Patriots vs New York Yankees at 1:10pm**

**Depart the RCC at 12pm**

Dunkin Donuts Park in Hartford

Please do not bring any outside food or beverages

**Tickets: \$25 each in shaded section between rows 107-104 and includes transportation!**  
**Please register by August 14th!**



### Kitchen Shutdown: July 1st-July 5th

The kitchen will be shutdown July 1st and go through July 5th for maintenance & cleaning. **There will be no lunch provided on Tuesday, July 2nd or Wednesday, July 3rd. We will be doing a Pizza Monday and Hot Dog Bingo on Friday in lieu of lunch (see more info below). You must pre-register for these like you normally would for lunch meals.** In addition, the Café will be open and operating as normal. We'll be offering a Chicken Caesar Salad option and special sandwich option for purchase.

### Pizza Monday

**Monday, July 1st at 12pm**

Join us for a pizza lunch. You will get two slices of cheese pizza, a bag of chips and a drink!

**You must pre-register for this by June 28th!**



**Resident: \$4 Non-Resident: \$6**

### Hot Dog Bingo!

**Friday, July 5th: Hot Dogs begin at 12pm**

Join us for an afternoon of delicious hot dogs & really fun Bingo games! Each person will get a hot dog with the fixings', a bag of chips and iced tea!



**You must pre-register for this by July 1st!**  
**Resident: \$4 Non-Resident: \$6**

## Reflections of Italy Trip with Collette Tours

**Collette Tours will be taking us to Italy April 30-May 9, 2025!** This includes visits to Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's David, Chianti Winery & Cooking Class, Venice, Murano Island, Lake Como and much more. There are many customizable options for you on this trip to choose from. Cost is \$4,799 double or \$5,599 single. A deposit of \$698 is due at registration. Cancellation Waiver and Insurance of \$479 per person. Gratuities for Tour Managers and Drivers not included in price. This includes airfare to and from Logan, transfers, 17 meals, trip insurance, and prescheduled stops and attractions. Please see flyer for more information and full itinerary or visit <https://gateway.gocollette.com/link/1246936>

## Family History Workshop

Join us for our beginner's genealogy session and embark on a fascinating journey into your family's history! Genealogy is about uncovering stories, traditions, and connections that span generations. In this session, you'll learn how to start your genealogy journey by gathering information from your own family and exploring the wealth of resources available; birth and death certificates, immigration records, and more. The Genealogist, Sandra, will guide you through the basics. Whether you're a complete beginner or looking to brush up on your skills, our genealogy session is the perfect place to start your journey into the past! You will take home your family tree chart to continue working on.



**Date: Wednesday, July 17; 1:00—2:30pm; Please register by July 15th!**

**Fee: \$20 (Please pay directly to the instructor. Cash or check only!)**

## Ted's Famous Steamed Cheeseburger Truck



Mark your calendars for Wednesday, September 4th for the Ted's Steamed Cheeseburger Truck visit, sponsored by Riverside & Marlborough Healthcare! You'll get a burger, fries & drink! We'll have an ice cream bar & lawn games too! **You must pre-register by August 28th! R: \$7 NR: \$9**



## Bocce, Petanque & Pickleball Equipment Lending

## International Mah Jong Day Tournament

Did you know we have Bocce, Petanque & Pickleball equipment to lend? Just stop in to the main office at the RCC, bring your license for us to hold and get to playing! Equipment is due back by 4pm on Mondays, Wednesdays & Fridays, 7:30pm on Tuesdays & Thursdays and by 1:30pm on Saturdays!

**Thursday, August 1st**

Play will begin at 1pm with a snack break from 3-3:30pm. Play will resume until 5pm. Standard National Mah Jong League rules will be used. "Relaxed" scoring for a fun experience.

**\$5 entry fee paid with pre-registration. Must pre-register!**

Snacks and prizes will be provided.



## Walk 4 Fun Group

**The Walk 4 Fun group will be on hold in July and August due to the heat.**

**\*\*First Aid/CPR certified leader needed\*\*** If you are interested in volunteering to help lead the group and are certified, please contact Austyn Dolce at 860-652-7653!

## 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
7/8	2021	King Richard	Sports/Drama; PG-13	2 h 24 m
Oscar-winning biopic of Venus & Serena Williams' father, Richard.				
7/15	2019	The Peanut Butter Falcon	Dramedy; PG-13	1 h 36 m
A man who has Down syndrome runs away to realize his wrestling dreams with a new friend.				
7/22	2021	Blue Miracle	Drama; PG	1 h 36 m
To save their orphanage, a guardian & his kids partner with a captain to try to win a fishing competition.				
7/29	2016	Barry	Drama; MA	1 hr 44 m
A young Barack Obama forges his identity while dealing with life as a NYC college student.				
8/5	2019	Yesterday	Music; PG-13	1 h 56 m
A musician discovers he's the only person who remembers The Beatles.				
8/12	2020	The Way Back	Drama/Sports; R	1 h 48 m
A former basketball phenom is asked to coach a mediocre team & sparks them on a winning streak.				
8/19	2023	About My Father	Comedy; PG-13	1 h 29 m
Robert DeNiro stars in this hysterical, comedy of a clash of cultures of two families at a get-together.				
8/26	2021	Being the Ricardos	Dramedy; R	2 h 12 m

Behind the scenes of Lucy(Nicole Kidman) & Desi's (Javier Bardem) personal & career crises. **9**

**Evening & Weekend Programs; Dial-A-Ride is available!**

**Stress Relief Coloring** **Thursdays, 4:30-5:30pm & Every Other Saturday from 11am-12pm**  
Relax and color your stress away! **Saturdays for July & August are: 7/6, 7/20, 8/3, 8/17, 8/31**

**Drop-In Indoor Pickleball** **Tuesdays, 5:00-8:00 pm**  
Drop-in and play pickleball indoors!

**National Pickleball Day**  
August 6th is National Pickleball Day! In celebration, we will have some pickle-themed treats and every participant at indoor pickleball that evening will get entered into a raffle for a Pickleball basket!

**Sunset Strolls** **Tuesdays, July 9th & 23rd, August 13th & 27th 6:00pm-7:00pm**  
Soak in the extra daylight with an evening walk around the RCC and through Riverfront Park. Each day we will have a different topic of conversation for the duration of our walk. Bring water and bug spray!

**National Prosecco Day Stroll**  
Join us for National Prosecco Day on **August 13th at 5:30pm, just prior to our sunset stroll** to enjoy cheese, crackers and non-alcoholic wine! **Please register by August 6th!**

**Lifelong Learning: Curiosity Stream** **Every Other Tuesday, 6:00-7:00 pm**  
**Educational videos on great topics! After watching, we discuss! Join us!**

**7/2:** The Real Wild West: Wars for the West      **8/6:** Tombs of Egypt: The Mysterious Coffins  
**7/16:** The Real Wild West: Boom & Bust              **8/20:** Tombs of Egypt: Saqqara & Forgotten Mummies  
**7/30:** The Real Wild West: Mayhem & Myth

**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, 6:00-7:00 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! **NO TRIVIA 8/22**

**NO Ukulele BIG SING in July & August!**

**Are You Smarter Than Your Grandchild?** **Saturday, July 6th, 11am**  
Test your knowledge and find out if you are smarter than your grandchild with trivia and brainteasers geared towards all generations. Categories will include spelling, math, geography, guess the song, and more! All are welcome. Please register.

**National Watermelon Day** **Saturday, August 3rd, 11am**  
Refresh your mind and body with a “one in a melon” morning of learning all about watermelons; trivia, fun facts, health benefits, and recipes to spice up this delicious fruit. Please register!

**Kindness Creations** **Saturday, August 31st, 11:30am**  
End August & “Be kind to humankind” week by doing something nice for others. Paint kindness rocks to place around the RCC or write a surprise letter to a friend/relative with a kind message. Please register.

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

Date	Date Made	Movie	Category/Rating	Length
7/13	2022	The Adam Project	PG-13; Sci-Fi	1 h 46 m
7/27	2016	Race	PG-13; Drama	2 h 14 m
8/10	2014	Unbroken	PG-13; Drama	2 h 17 m
<b>10</b> 8/24	2024	Unfrost	PG-13; Comedy	1 h 36 m

### 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 \*Thursday\* prior to your appointment day by 11am. Current Dates: July 13th & August 3rd 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](mailto: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.

**Please note there is No Eye Openers in August!**

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

## Weekly Activity Schedule

<b>BILLIARDS</b>	Monday, Wednesday, Friday: 8:30 am-4 pm Tuesday, Thursday: 8:30 am- 7:30 pm Saturday: 9 am- 1:30 pm
<b>BINGO</b>	Friday: 1 pm- 3 pm
<b>BOOK &amp; AUTHOR DISCUSSION GROUP</b>	Third Thursday of each month: 11 am- 12 pm <b>July 18th:</b> The Heart of Darkness by Joseph Conrad <b>August 15th:</b> When Breath Becomes Air by Paul Kalanithi
<b>BRIDGE</b>	Wednesday: 1 pm- 3 pm
<b>CANASTA/CARDS/OPEN PLAY</b>	Tuesdays: 12:30-3:30pm
<b>CERAMICS (DROP-IN)</b> *space available for up to 14*	Wednesday: 1:00 pm- 3:00 pm; <b>\$2 weekly fee (includes glaze/firing); Clay can be purchased for \$2/lb. during class</b>
<b>CHESS CLUB</b>	Thursdays: 4:30pm- 8pm; <b>All ability levels are welcome!</b>
<b>CREATIVE CRAFTERS</b>	Thursday: 1 pm- 3:30 pm
<b>CRIBBAGE</b>	Mondays: 12:30-3:00 pm
<b>CURRENT ISSUES</b>	First & Third Fridays of each month: 10 am-11:30am (Hybrid)
<b>DUPLICATE BRIDGE (BRIDGE II)</b>	Monday: 12:30 pm- 4:30 pm
<b>KNIT/CROCHET GROUP</b>	Monday: 9:30 am- 11:30 am Knit hats & mittens for shelters and blankets for nursing homes!
<b>MAH JONG</b>	<b>Daytime</b> Wednesday: 1:00 pm- 3:00 pm <b>Evening</b> Thursday: 6 pm- 8 pm <b>No lessons in July/August!</b>
<b>PICKLEBALL PLAY—INDOOR</b>	Tuesday Evening: 5 pm- 8 pm
<b>PINOCHLE</b>	Tuesday: 1 pm- 3 pm
<b>RUMMIKUB</b>	Tuesday: 10 am- 12 pm
<b>SCOPA; ITALIAN CARD GAME</b>	Wednesday: 10 am-12 pm
<b>SETBACK</b>	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!)
<b>TECHNOLOGY 1:1 ASSISTANCE (By appointment! Please call 860-652-7638 or stop by the office to make an appointment)</b>	<b>Computer/Laptop Assistance</b> Tuesday: 10:30 am- 12:30 pm <b>Mac, iPad or Smartphone Assistance</b> Thursday: 1:30 pm- 3:00 pm <b>*Only available July 18th*</b>
<b>Wii BOWLING</b>	Thursday: 1 pm- 3 pm



# Class Schedule



Registration begins:



Residents - Wednesday, June 19th

Non-Residents - Wednesday, June 26th

Class	Description	Meets	Dates	# of classes	Resident	Non-Resident
<b>Fitness is Fun with Jiny &amp; Marge</b> (Mondays Only)	Improve your strength & balance. Sit, stand, use bands & small weights (NOT provided)	<b>Mondays</b> 9:15-10:00am 10:15-11:00am	7/1-8/26	9	\$45	\$55
<b>Tai Chi Intro with Ken</b>	Basics of the mind/body	<b>Mondays</b> 3:30-4:15pm	7/1-8/26	9	\$45	\$55
<b>Chair Yoga with Paula</b>	Muscle strength, flexibility & balance	<b>Tuesdays</b> 10:00-11:00am	7/9-8/20	7	\$35	\$45
<b>Functional Strength &amp; Endurance with Janice</b>	Strengthen body/balance & increase mobility, improve posture & core	<b>Tuesdays &amp; Thursdays</b> 11:30am-12:15pm	7/2-8/29 No Class 7/4	17	\$85	\$95
<b>Fitness is Fun with Jinny &amp; Marge</b>	Improve your strength & balance. Sit, stand, use bands & small weights (NOT provided)	<b>Wednesdays &amp; Fridays</b> 9:15-10:00am 10:15-11:00 am 11:15am-12:00pm	7/3-8/30 No Class 8/14	17	\$85	\$95
<b>Get Up &amp; Go</b>	Strength/resistance for a full body workout	<b>Thursdays</b> 9:30-10:30am	7/11-8/22 No Class 7/4 & 8/29	7	\$35	\$45
<b>Mindful Meditation with Kitch</b>	Guided meditation	<b>Thursdays</b> 10:45-11:15am	7/11-8/22 No Class 7/4 & 8/29	7	\$35	\$45
<b>Line Dancing with Sarah</b>	Engage your brain & body to music. No experience necessary	<b>Thursdays</b> 1:00-2:15pm	7/11-8/29 No Class 7/4 & 8/22	7	\$35	\$45
<b>Tai Chi with Ken</b>	Mind & body fitness for all ages and levels	<b>Thursdays</b> 6:00-7:00pm	7/11-8/29 No Class 7/4	8	\$40	\$50
<b>Watercolor with Shannon</b>	Drawing is not a prerequisite – You will explore different techniques	<b>Saturdays</b> 9:30-11:30am	No class July & August	-	-	-
<b>Senior Fitness A la Carte Classes</b>	Circuit training with weights, bands, stretching & more	<b>Mondays</b> 9-9:55am	7/22,7/29, 8/5,8/12	4	\$20	\$30
		<b>Wednesdays</b> 9-9:55am	7/24,7/31, 8/7,8/14	4	\$20	\$30
		<b>Fridays</b> 9-9:55am	7/26,8/2,8/9, 8/16	4	\$20	\$30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12p- Pizazz Monday CRA 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>2</b></p> <p>8a- Indoor Walking CRA 8a- Rummikub ARA 10a- Rummikub ARA 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- Mahjong/Canasta /Open Play ARB 1p- Pinocchio ARA 1p- Terarium Workshop ER 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Lifelong Learning SAR</p>	<p><b>3</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Scoopa ARB 10:15a- Fitness is Fun CRB 10:30- Lanny &amp; Joe's Lunch Bunch Trip 11:15a- Fitness is Fun CRB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR</p>	<p><b>4</b></p> <p><b>CLOSED</b></p>  <p>8a- Indoor Walking CRA 9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- AARP Smart Driver ER 1p- Creative Crafters ACR 1p- Wil Bowling AR 1p- Line Dancing CRB 4:30p- Stress Relief Coloring TBD 6p- Tai Chi CRB 6p- Mahjong AR 6p- Trivia CAFE</p>	<p><b>5</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening ER 10a- Current Issues CONF 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 12p- Hot Dog Bingo</p>	<p><b>6</b></p> <p>11a- Stress Relief Coloring SAR 11a- Are You Smarter Than Your Grandchild? TBD</p>
<p><b>8</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>9</b></p> <p>8a- Indoor Walking CRA 10a- Chair Yoga ER 10a- Rummikub ARA 10a- Aqua Turf Trip 10:30a- Computer Help CONF 11:30a- Funct'l Strength &amp; Endurance ER 11:45a- 4th of July Luncheon CR 12:30p- Mahjong/Canasta/ Open Play ARB 1p- Pinocchio ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Sunset Stroll</p>	<p><b>10</b></p> <p>8a- Indoor Walking CRA 9a- Chapter Chatters ACR 9:15a- Fitness is Fun CRB 10a- Scoopa ARB 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 2p- Bereavement Support Group SAR</p>	<p><b>11</b></p> <p>8a- Indoor Walking CRA 9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- AARP Smart Driver ER 1p- Creative Crafters ACR 1p- Wil Bowling AR 1p- Line Dancing CRB 4:30p- Stress Relief Coloring TBD 6p- Tai Chi CRB 6p- Mahjong AR 6p- Trivia CAFE</p>	<p><b>12</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening CONF 10a- Pet CPR Class ER 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo CRA</p>	<p><b>13</b></p> <p>9a- Footcare Clinic Appointments Begin ER 11a- Saturday Movie- The Adam Project SAR</p> <p>.....</p> <p><b>14 (SUNDAY)</b> 12p Yard Goats Game</p>
<p><b>15</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>16</b></p> <p>8a- Indoor Walking CRA 10a- Rummikub ARA 10a- Chair Yoga ER 10:30a- Computer Help CONF 11a- Flander's Mkt. &amp; Clinton Outlet Trip 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- Mahjong/Canasta /Open Play ARB 1p- Pinocchio ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Lifelong Learning SAR</p>	<p><b>17</b></p> <p>9a- Veterans Coffeehouse ER 9:15a- Fitness is Fun CRB 10a- Scoopa ARB 10:15a- Fitness is Fun CRB 10:30a- Dock, Walk/Dine Outdoor Adventure 11:15a- Fitness is Fun CRB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 1p- Family History Wksp. CRB</p>	<p><b>18</b></p> <p>9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11a Book Discussion ACR 11:30a- Funct'l Strength &amp; Endurance CRB 1p- Creative Crafters ACR 1p- Wil Bowling AR 1p- Line Dancing CRB 1:30p- Tech Assistance CONF 4:30p- Chess ACR 4:30p- Stress Relief Coloring TBD 6p- Tai Chi CRB 6p- Mahjong AR 6p- Trivia CAFE</p>	<p><b>19</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening ER 10a- Current Issues CONF 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo CRA</p>	<p><b>20</b></p> <p>11a- Stress Relief Coloring SAR</p>
<p><b>22</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>23</b></p> <p>8a- Indoor Walking CRA 10a- Chair Yoga ER 10a- Rummikub ARA 10:30a- Computer Help CONF 11:30a- Funct'l Strength &amp; Endurance ER 12:30p- Mahjong/Canasta/ Open Play ARB 1p- CT Museum: Katharine Hepburn CRB 1p- Pinocchio ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Sunset Stroll</p>	<p><b>24</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 10a- Scoopa ARB 10:15a- Fitness is Fun CRB 10:30a- Happiest Paddler OA 11:15a- Fitness is Fun CRB 12:30p- Healthy Eating CRB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 2p- Bereavement Support SAR</p>	<p><b>25</b></p> <p>8a- Indoor Walking CRA 9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11a- Olympic Opening Ceremony CRA 11:30a- Funct'l Strength &amp; Endurance CRB 1p- Creative Crafters ACR 1p- Wil Bowling AR 1p- Line Dancing CRB 4:30p- Chess ACR 4:30p- Stress Relief Coloring TBD 6p- Mahjong AR 6p- Tai Chi CRB No Trivia tonight!</p>	<p><b>26</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening CONF 10a- Eye Openers AR 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo</p>	<p><b>27</b></p> <p>11a- Saturday Movie- Race SAR</p>
<p><b>29</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>30</b></p> <p>8a- Indoor Walking CRA 10a- Rummikub ARA 10a- Chair Yoga ER 10:30a- Computer Help CONF 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- Mahjong/ Canasta/ Open Play ARB 1p- Pinocchio ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Lifelong Learning SAR</p>	<p><b>31</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 10a- Scoopa ARB 10a- Mahjong Sun Trip 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 1:30p- Ice Cream Social CRA</p>	<p><b>4th of July</b></p> 	<p><b>*NOTE: Billiards is open Mon -Wed- Fri 8:30a-4p Tues-Thurs 8:30a-7:30p and Saturday 9a-1:30p</b></p>	<p><b>ROOM GUIDE:</b> CR- COMMUNITY ROOMS CRA- COMMUNITY ROOM A CRB- COMMUNITY ROOM B AR- ACTIVITY ROOM ARA- ACTIVITY ROOM A ARB- ACTIVITY ROOM B ER- EXERCISE ROOM CONF- CONFERENCE ROOM ACR- ARTS &amp; CRAFTS ROOM SAR- SPECIAL ACTIVITIES ROOM</p>



**\*NOTE: Billiards is open Mon-Wed- Fri 8:30a-4p, Tues- Thurs 8:30a-7:30p and Saturday 9a-1:30p**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 11:30a- CT Humane Society Presentation CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>6</b></p> <p>8a- Indoor Walking CRA 10a- Chair Yoga ER 10a- Rummikub ARA 10:30a- Computer Help CONF 11:15a- Lakeside Lunch Bunch Trip 11:30a- Funct'l Strength &amp; Endurance ER 12:30p- Mahjong/Canasta/ Open Play ARB 1p- Pinochle ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Lifelong Learning SAR</p>	<p><b>ROOM GUIDE:</b> CR- COMMUNITY ROOMS CRA- COMMUNITY ROOM A CRB- COMMUNITY ROOM B AR- ACTIVITY ROOM ARA- ACTIVITY ROOM A ARB- ACTIVITY ROOM B ER- EXERCISE ROOM CONF- CONFERENCE ROOM ACR- ARTS &amp; CRAFTS ROOM SAR- SPECIAL ACTIVITIES ROOM</p> <p><b>7</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 10a- Scopa ARB 10:15a- Fitness is Fun CRB 11a- Meigi's Point Trip 11:15a- Fitness is Fun CRB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR</p>	<p><b>1</b></p> <p>8a- Indoor Walking CRA 9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11:30a- Funct'l Strength &amp; Endurance CRB 1p- Creative Crafters ACR 1p- Wii Bowling AR 1p- Line Dancing CRB 1p- Mahjong Tournament AR 4:30p- Stress Relief Coloring TBD 6p- Tai Chi CRB 6p- Mahjong AR 6p- Trivia CAFE</p>	<p><b>2</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening ER 10a- Current Issues CONF 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo CRA</p>	<p><b>3</b></p> <p>9a- Footcare Clinic Appointments Begin ER 11a- Stress Relief Coloring SAR 11a- National Watermelon Day TBD</p>
<p><b>12</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>13</b></p> <p>8a- Indoor Walking CRA 10a- Rummikub ARA 10a- Chair Yoga ER 10:30a- Computer Help CONF 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- Mahjong/Canasta/ Open Play ARB 1p- Pinochle ARA 3p- Summer Olympic Closing Ceremony CRA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 5:30p- Prosecco Day/Sunset Stroll TBD</p>	<p><b>14</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness ER 9a- Chapter Chasers ACR 9:15a- 2024 Adult &amp; Senior Picnic! CR, AR 10a- Scopa ARB 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 2p- Bereavement Support SAR</p>	<p><b>15</b></p> <p>8a- Indoor Walking CRA 9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11a- Book Discussion ACR 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- Healthy Eating for Seniors CRB 1p- Creative Crafters ACR 1p- Wii Bowling AR 1p- Line Dancing CRB 4:30p- Chess ACR 4:30p- Stress Relief Coloring TBD 6p- Tai Chi CRB 6p- Mahjong AR 6p- Trivia CAFE</p>	<p><b>16</b></p> <p>8a- Indoor Walking CRA 9a- Senior Fitness CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening ER 10a- Current Issues CONF 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo CRA</p>	<p><b>17</b></p> <p>11a- Stress Relief Coloring SAR ..... <b>18 (SUNDAY)</b> 12p Yard Coats Game</p>
<p><b>19</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>20</b></p> <p>8a- Indoor Walking CRA 10a- Chair Yoga ER 10a- Rummikub ARA 10:30a- Computer Help CONF 11:30a- Funct'l Strength &amp; Endurance ER 12:30p- Mahjong/Canasta/ Open Play ARB 1p- Pinochle ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Lifelong Learning SAR</p>	<p><b>21</b></p> <p>8a- Indoor Walking CRA 9a- Veterans Coffeehouse ER 9:15a- Fitness is Fun CRB 10a- Scopa ARB 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 12:30p- History of Husky Hoops ER 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 1:30p- Hill-Stead Trip</p>	<p><b>22</b></p> <p>7:45a- Whitewater Rafting OA Trip 8a- Indoor Walking CRA 9:30a- Get Up &amp; Go ER 10a- Setback AR 10:45a- Meditation ER 11:30a- Funct'l Strength &amp; Endurance CRB 1p- Creative Crafters ACR 1p- Wii Bowling AR 4:30p- Chess ACR 4:30p- Stress Relief Coloring TBD 6p- Mahjong AR 6p- Tai Chi CRB 6p- Trivia CAFE</p>	<p><b>23</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening CONF 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo</p>	<p><b>24</b></p> <p>11a- Saturday Movie- Unfrosted SAR</p>
<p><b>26</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 9:30a- Knitting Group ACR 10:15a- Fitness is Fun CRB 12:30p- Bridge II AR 12:30p- Cribbage ER 1p- Monday Movie SAR 3:30p- Tai Chi Intro CRB</p>	<p><b>27</b></p> <p>8a- Indoor Walking CRA 10a- Rummikub ARA 10:30a- Computer Help CONF 11:30a- Funct'l Strength &amp; Endurance CRB 12:30p- Mahjong/ Canasta/ Open Play ARB 1p- Pinochle ARA 5p- Indoor Pickleball CR 5:30p- Summer Setback AR 6p- Sunset Stroll</p>	<p><b>28</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Scopa ARB 10a- Needle Felting Class ACR 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 12:45p- Meggie's Goodspeed Trip 1p- Ceramics ACR 1p- Bridge ER 1p- Mahjong AR 2p- Bereavement Support SAR</p>	<p><b>29</b></p> <p>8a- Indoor Walking CRA 10a- Setback AR 11:30a- Funct'l Strength &amp; Endurance CRB 1p- Creative Crafters ACR 1p- Wii Bowling AR 4:30p- Chess ACR 4:30p- Stress Relief Coloring TBD 6p- Mahjong AR 6p- Tai Chi CRB 6p- Trivia CAFE</p>	<p><b>30</b></p> <p>8a- Indoor Walking CRA 9:15a- Fitness is Fun CRB 10a- Blood Pressure Screening CONF 10:15a- Fitness is Fun CRB 11:15a- Fitness is Fun CRB 1p- Bingo</p>	<p><b>31</b></p> <p>11a- Stress Relief Coloring SAR 11:30a- Kindness Creations TBD</p>

## Social Services

### 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 July 10, July 24, August 7 and August 21, 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.

### Back to School

Glastonbury Social Services coordinates a Back to School program for Glastonbury children in grades K-12 from families in financial need. Donations of new backpacks or cash donations for the purchase of gift cards for school supplies will be accepted at the Riverfront Community Center through August 9. Thank you for your support.

### Senior Center Olympic Challenge

Inspired by the Paris Summer Olympics, we are having a "Senior Center Olympic Challenge". We challenge you log your daily exercise from July 26th through August 11th. Grab your log sheet from the greeters desk before July 26th and return completed logs to the greeters desk no later than August 12th. Suggested activities are walking, running, swimming, playing a sport, biking, going to the gym, etc. Gold Prize: 6 month free membership to the NEW RCC Fitness Center! Silver Prize: 3 month free membership. Bronze: 1 month free membership.

**Don't miss our Olympic Opening Ceremony (Front Page)!**

### Summer Olympic Closing Ceremony

**Tuesday, August 13th at 3pm; Register by 8/9**

Join us to crown our winners of our Senior Center Olympic Challenge! We will be enjoying chocolate croissants and apple pie together, then awarding the winners!

### \*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
	Wednesday, July 10th; 10am-12pm	Wednesday, July 24th; 10am-12pm
	Wednesday, August 7th; 10am-12pm	Wednesday, August 21st; 10am-12pm



## 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.)
- 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month: Shop Rite

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

- Thursdays: Stop & Shop (Oak Street)
- 2<sup>nd</sup> & 4<sup>th</sup> 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. For Tuesday evening transportation, call by 11am on Monday, and for Saturday transportation, call by 11am on Thursday.**

### **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 waytogooct.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.