

THE

# Sharing Tree

GLASTONBURY SENIOR &  
SOCIAL SERVICES NEWSLETTER

SEPTEMBER and  
OCTOBER 2024



Accredited by **ncoa**  
National Institute of  
Senior Centers



## Senior vs Staff Showdown

### Get Ready to Roll and Rally: Senior Services Staff vs. Seniors Bocce and Pickleball Showdown!

This National Senior Center Month, we're turning up the heat with a competition that's sure to have everyone rolling with laughter and sweating with excitement! It's the ultimate battle of generations of skill! The bocce tournament will be held on **Wednesday September 4th at 1:00 p.m.** and the pickleball tournament will be held on **Wednesday September 11th at 10:00 a.m.** Register in advance for one or both tournaments to see who will be crowned the victors of our first ever tournament. Winning teams get a pizza party!

## National Senior Center Month Celebration Luncheon

**Tuesday, September 24th**

**11:45am**

Celebrate National Senior Center Month with us! Join us for a decadent "Tour of Italy" meal featuring meat lasagna, fettucine alfredo and chicken parmesan with dinner rolls and Caesar salad! Top off (if you have room) with Tiramisu! Vegetarian & gluten-free option available of Fettucine Alfredo entrée & Caesar salad. We'll be twanging to the tunes of the Country Duo, so, get your dancing shoes on! Please register/ purchase your ticket by September 17th. **Resident: \$7 Non-Resident: \$9**

## Halloween "Spook-Etti" Luncheon & Costume Party

**Thursday, October 31st**

**11:45am**

Join us for a "screamin' time"! Get your costume on, eat, sing & dance! Enjoy a "spook-etti" dinner with meat sauce, salad, mozzarella-garlic bread & cheesecake with fruit topping for dessert! Vegetarian option of Pasta marinara & gluten-free pasta option available. Listen to the great tunes of The Airborne Jazz Trio! Best costume prizes will be awarded! Please register/purchase your ticket by October 25th.

**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:

Wednesday, August 21st (R)  
Wednesday, August 28th (NR)  
Register in person, online,  
or by phone!



### Holiday Closings:

Monday, September 2nd  
(Labor Day)  
Monday, October 14th  
(Columbus 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, August 21st**

**Non-Residents - Wednesday, August 28th**

**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 Program 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!

### November 2024 State & Federal Early Voting

Early Voting October 21 through November 3 at the Academy Building, 2143 Main Street, entry at rear.  
Election Day Voting on November 5, 2024 from 6:00 a.m. – 8:00 p.m. at poll locations.  
Dial-a-Ride is available.  
Call 860-652-7643 to schedule a ride to the polls.

## Trips

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

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

### Lyman Orchards; Lunch, Corn Maze, and More!

**Date:** Tuesday, September 17th

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

**Time:** Leave RCC 11:30am, arrive 12pm, head back at 2:30pm, return 3:00pm

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

First, enjoy lunch at their deli serving delicious wraps, sandwiches, and salads.

Then, at 1:00pm check out their corn maze (pay when you get there; cash or card)! The average time to make it through the maze is approximately 30-40 minutes. Corn Cops are also positioned within the maze for extra guidance and assistance if needed. Each visitor receives an official Corn Maze Map to help guide them through the twists and turns along the one-mile stretch of pathways. You can also go to their farmer's market, get an ice cream, or just sit and enjoy the beautiful property! Location: Middlefield, CT. The corn maze is open depending on the weather. Corn maze price ranges typically between \$10-\$15.



### Foxwoods Casino

**Date:** Tuesday, September 24th

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

**Time:** Leave RCC—10:00am, arrive at 11:00am, depart casino at 3:00pm, return to RCC 4:00pm

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

Have fun at the largest resort casino in North America! Enjoy playing games, shopping, eating, and try out various types of activities!



### Flamig Farm Petting Zoo

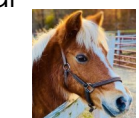
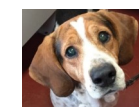
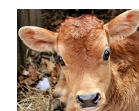
**Date:** Tuesday, October 8th

**Amount of walking:** 2 **Accessibility:** Due to various surfaces (woodchips and dirt) it is challenging to navigate a wheelchair

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

**R: \$17 NR: \$19** (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. Location: Simsbury, CT.



### Gouveia Vineyards and Lunch

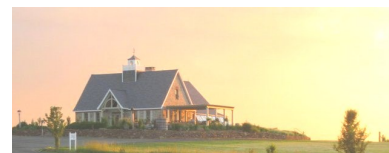
**Date:** Tuesday, October 15th

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

**Time:** Leave RCC 11:30am, lunch 12-1:30pm, vineyard 1:45pm, depart vineyard at 3:00pm, return to RCC at 3:30pm

**R: \$7 NR: \$9** (price includes transportation) Location: Wallingford, CT

First, have lunch at Wood-n-Tap restaurant with a comfortable setting featuring seasonal dishes, burgers, pasta, seafood, and more! Then, head over to the beautiful Gouveia Vineyard, where people can escape their busy lifestyle and create memories over food and wine! Enjoy a large selection of their high-quality wine, and the 140 acres of scenery.



## Trips

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

### Essex Steam Train Tour and lunch

**Date:** Monday, October 21st

**Amount of walking:** 1      **Accessibility:** Due to the historic build of the train, it is **not** handicap accessible

**Time:** Leave RCC 9:45am, train ride 11am-12pm, lunch 12:30-2pm, return 2:45pm

**R: \$38    NR: \$40** (price includes transportation and ticket)



Experience the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley – designated 'one of the last great places on earth' by the Nature Conservancy! It offers unique access to several coves, preserves, and natural habitats. Location: Essex, CT. Seating will be padded bottom/back bench seats, you can bring additional seat/back cushions if needed. After, enjoy lunch at the charming Griswold Inn!

## 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, September 11th**

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

**Wednesday, October 9th**

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.



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

Date	Date Made	Movie	Category/Rating	Length
9/9	2023	The Long Game	Sports/Drama; PG	1 h 52 m
9/16	2017	The Wonder Wheel	Drama/Romance; PG-13	1 h 40 m
9/23	2014	Annie	Family; PG	1 h 58 m
9/30	2022	The Menu	Comedy/Suspense; R	1 hr 43 m
10/7	2022	Family Camp	Comedy; PG	1 h 51 m
10/21	2024	Ghostbusters: Frozen Empire	Sci-Fi/Comedy; PG-13	1 h 55 m
10/28	2023	We Have A Ghost	Family/Comedy; PG-13	2 h 7 m



## Outdoor Adventures

### Water Bike Tour, Old Saybrook

**Friday, September 6th; 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.**

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 L.I. Sound. Bring sunscreen, hat, clothes/shoes that can get wet (bathing suit, if you'd like), a snack and a camera. We will stop for ice cream on the way home.

### Wallace Barnes Nature Conservatory & Lunch at Uncle Sam's; Bristol

**Saturday, September 21st; Leave RCC: 9:30am; Return approximately 1:30pm**

**Fee: \$7 Resident; \$9 Non-Resident due at time of registration. If you wish to visit the nature center cost is \$3 for 65 years and up, \$5 Under 65 - paid on your own; Lunch is on your own**

Join us for a scenic one-mile wheelchair/walker-accessible trail into the woods. This brand-new board-walk trail, is made from recycled plastic. The trail is elevated above the Freeman Hill Brook and provides access to the gently flowing waters of the wetlands and scenic pull-offs. You may visit the nature center on your own accord once we are done with the walk. We will walk the full mile and then enjoy lunch together at Uncle Sam's. Trail accessibility/difficulty: Completely accessible brand-new board walk (wheelchairs etc.)

### Niantic Boardwalk & Skippers Restaurant

**Wednesday, October 2nd; Leave RCC at 10:30am; Return approximately 3pm**

**Fee: \$7 Resident; \$9 Non-Resident due at time of registration; Lunch is on your own**

Enjoy an early autumn walk by the shore. We will walk along the Niantic Board Walk, we'll stop for lunch at Skippers halfway through the walk, and finish the Board Walk after lunch. On the way home we will stop at the famous Book Barn. Please be prepared by wearing sneakers, bringing a water, and bringing cash for both lunch and the Book Barn. Trail accessibility/ difficulty: Very easy

### Wickham Park Gardens, Manchester

**Friday, October 18th; Leave RCC at 10:00am; Return approximately 2:45pm**

**Fee: \$9 Resident; \$11 Non-Resident due at time of registration, includes transportation & admission**

Please come along for a magical adventure at Wickham Park. We will first visit the Bird Sanctuary and Irish Garden. We will then, stop to picnic and eat our packed lunch. After lunch, we will visit the Oriental Garden, the Aviary, and finish with the Sensory Garden. Please be prepared with a water, a packed lunch, and sturdy walking shoes. Trail accessibility/ difficulty: must be able to walk for 60 minutes and stand without stopping, need sturdy walking shoes/ sneakers.

### Hubbard Park & Picnic, Meriden

**Tuesday, October 29th; Leave RCC at 10:30am; Return approximately 1:30pm**

**Fee: \$7 Resident; \$9 Non-Resident due at time of registration**

Walk the beautiful Hubbard Park! We will walk for one hour up and around Hubbard Park. Please be prepared with sturdy hiking boots or sneakers, a water, and a packed lunch as we will be picnicking in the park after our walk. You must be able to walk for one hour without stopping to attend this trip. Pack your own picnic for lunch! Trail accessibility/ difficulty: Uphill!!! must be able to walk for 60 minutes without stopping.

## Brain Fitness & Prevention Strategies for a Healthy Brain! Presented by LiveWell



**Monday, September 16th**  
**(Registration required!)**  
**1:00—2:00pm**

In this interactive presentation, participants will engage in activities to exercise the six major cognitive domains of the brain while having some fun! Learn about the modifiable risk factors associated with dementia and what you can do to have an active role in your health and wellbeing. LiveWell will also share resources available to you in the community.

## Cardio Drumming

**Thursday, September 26th at 10am; FREE!**  
**Class is limited to 20; Register by 9/23**

Join Jeremy Tucker from the Residence at Glastonbury for a fun class of cardio drumming! Cardio drumming is a form of exercise that utilizes drumming movements. It does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music. You don't want to miss this!

## Discover Healing Through Words: Grief Poetry Workshop

**Thursday, October 3rd at 2:00 p.m.**  
**Register by September 27th**



Guided by poet and master teaching artist Victoria Nordlund, this workshop offers a safe space to explore the emotions of loss through the power of poetry. **Welcoming writers of all levels**, this workshop offers a nurturing environment to craft verses that reflect your unique journey, to find solace and connection with others, and to discover the profound impact of poetry in navigating grief.

## Glastonbury High School Treble Choir Performance at the RCC!

**Monday, October 28th**  
**11:00-11:30am**



The Treble Choir is an auditioned group open to 10th, 11th and 12th graders at the high school. They sing music in a wide variety of styles and annually take part in the Festival of Women's Voices with the West Hartford Women's Chorale. You are in for a real treat!  
**FREE! Register by October 23rd!**

## Bingo Bonanza

**Thursday, October 3rd; 1-3pm; FREE!**

Join the Parks and Recreation Department and the Senior Center as we offer BINGO BONANZA! Enjoy refreshments, some time with your children, grandchildren, parents, or any member of your family, and enter for your chance to yell BINGO to win some great prizes! **For all ages!**



**Register by September 30th!**

## 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: 9/18 & 10/16**

## 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.

**Sept 12th: 12:30pm-4:30pm**

**Oct 10th: 12:30pm-4:30pm**

## AARP® Smart DriverTEK

**Tuesday, October 29th from 6-7:30pm; FREE! Please register by October 22nd!**

Cars are becoming more technologically advanced every day and show no sign of slowing down. However, many drivers aren't familiar with how to use the technology to keep them safe. Smart DriverTEK<sup>SM</sup> is here to help! In this FREE, 90-minute, interactive workshop, developed jointly by AARP Driver Safety and The Hartford, drivers will learn how to utilize the latest high-tech safety features in their current or future car, to make driving safer and more enjoyable.

## 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!**

**September 13<sup>th</sup> (register by September 10<sup>th</sup>)  
October 11<sup>th</sup> (register by October 8<sup>th</sup>)**

**Time: 10:00-11:30am      Fee: \$5**



## Life is Short, Eat a Cupcake!



Have fun creating different fall theme cupcakes! Each photo on the left and right are the themes you can chose from to create a campfire, farm scene, thanksgiving turkey, and Halloween. You will also be given a 4-pack take home container so you can share them with family, friends, or keep them all for yourself! Supplies are provided!



**Date: Wednesday, October 23rd**

**Time: 1:00—2:00pm**

**Fee: \$4      Please register by Friday, Oct 18th!**

### Ukulele Lesson!

### Got Your Goat Farm (is back)!

Want to try an instrument that is fun and easy to play? Join this one-time class taught by a professional Ukulele player and instructor, Julie Stepanek. She will show you the fundamentals of ukulele playing. No experience necessary! Ukuleles are provided, but you are welcome to bring yours. **R:\$4    NR: \$5**



**Date: Friday, September 13th**

**Time: 10:30—11:45am**

**Please register by Tuesday Sept 10th!**

Got Your Goat Farm will bring adorable, playful baby goats to play and snuggle with!

The first hour is for adults to attend. The second hour is for registered preschoolers to attend. **Please register!**

*Please do not bring food for the goats*      **Date:** Tuesday, Oct 1st  
**Rain Date:** Friday, Oct 4th  
**Time:** 10:30-11:30am (Adults)  
11:30-12:30pm (Children)



### Pottery Workshop with Jacki

### Indoor Walking at the RCC



**Tuesday, September 24th, 3-5pm**

\$10.00 includes clay, glaze and firing. Learn some new techniques to create beautiful pottery pieces that you can use for yourself or gift giving. **Register by 9/18**

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!



### Feed Your Mind: Are You Strong Enough?

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



**Tuesday, October 1st at 12pm  
FREE! Register by September 25th**

We will talk about the benefits of physical activity with chronic health conditions that can be managed with exercise for the Older Adult Population. Presented by Kimberly Quinn, account manager for Fox Rehab  
Lunch sponsored and provided by Marlborough Health Center

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! Meet in the Riverfront Community Center lobby. **Dates: 9am on Sept. 11th and Oct. 9th.** In the event of rain, the group will hold the meeting indoors.  
**Please register!**



## Glastonbury Health Department Vaccine Clinics

The Glastonbury Health Department will host vaccination clinics on the dates below to provide community members with vaccinations for respiratory viruses. All clinics will be held at the Riverfront Community Center, (300 Welles St.), with the exception of the clinic on October 21st, which will be at the Academy parking lot as noted. Registration/appointments are requested for all clinics. Please call **(860) 652-7534** for more information.



**Wednesday, December 6; 3:00 - 6:00 PM** (Adult and pediatric Moderna and adult Pfizer vaccine will be available.)

**Tuesday, October 10; 2:00 – 5:00 pm**

**Wednesday, October 18; 4:00 - 6:00 pm** (in combination with the Spooky Story Stroll)

**Saturday, October 21; 8:00 AM - 1:00 pm** (in combination with the Town/Community Tag Sale. This clinic will be held in the parking lot behind the Academy Building, 2143 Main St.)

**Tuesday, October 24; 3:00 – 6:00 pm**

**Thursday, November 9; 2:00 – 5:00 pm**



### Kitchen Shutdown: September 2nd-6th

The kitchen will be shutdown September 2nd– September 6th for maintenance & cleaning. **There will be no lunch provided on Wednesday, September 4th or Thursday, September 5th. We will have Ted's Cheeseburger Truck and Hot Dog Bingo on Friday in lieu of lunch (see more info below). You must pre-register for Hot Dog Bingo like you normally would for lunch meals and pre-register and pay for Ted's Cheeseburger Truck.** In addition, the Café will be open and operating as normal. We'll be offering a Chicken Caesar Salad option and sandwiches available for purchase.

#### Ted's Famous Steamed Cheeseburgers

**Wednesday, September 4th at 12pm**

You'll get a burger, fries & drink! We'll have an ice cream bar & lawn games too! Sponsored by Riverside & Marlborough Healthcare! You must pre-register by August 28th!



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

#### Hot Dog Bingo!

**Friday, September 6th:**

**Hot Dogs begin at 12pm**



Join us for an afternoon of delicious hot dogs followed by regular Friday Bingo. Each person will get a hot dog with the fixings', a bag of chips and lemonade!

**You must pre-register for this by August 30th!**  
**Resident: \$4 Non-Resident: \$6**

### Discover the Beauty of Autumn Through Poetry!

**Thursday, September 12th, 1:30 – 3:00pm. Free; Register by September 7th!**



Unlock your creativity this fall with an Autumn Themed Poetry Workshop guided by poet and master teaching artist Victoria Nordlund. Explore the vivid hues and crisp scents of the season, as you delve into the art of crafting evocative autumnal poetry. Welcoming writers of all levels, this workshop offers a nurturing environment to explore themes of change, renewal, and the essence of autumn. Victoria Nordlund is a professor at the University of Connecticut, and lead master teaching artist of The Nook Farm Writers Collaborative at The Mark Twain House.

#### 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 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: Tuesday, October 1st; 1:00—2:30pm. Please register by Sept 27th!**

**Fee: \$25 (Please pay directly to the instructor. Cash or check only!)**





## Bocce, Petanque & Pickleball Equipment Lending

Did you know we have Bocce, Pétanque & 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!


## BLACKJACK LESSONS: Maximize Your Chance of Winning

**September 10th, 12th & 17th; 2-4pm; Plan to attend all 3 sessions**



Want to maximize your chance of winning at blackjack when playing a hand with friends? Learn what to do in 5 basic areas: when to stay, when to double down, when to split, when to surrender, soft hand strategies. The instructor will discuss the rules of the game, terminology, money management, conservative and aggressive betting strategies. There will be interactive lecture, class discussion, simulated play, and voluntary homework assignments. Register with a friend and double your fun! Please bring a deck of cards to class. **Fee is \$25 cash payable to instructor at first class for workbook & strategy card. Class limited to 10**

## Intergenerational Afternoon Billiards

**September 20th & October 4th; 3:30-5:30pm**

 Calling all Billiards players! Spend the afternoon with the Teen Center, helping teach the game of Billiards & playing some games with those who already know how to play! If you wish to play or help teach, sign up on the sign-up sheets in the Billiards Room!

## Apples & Honey Extravaganza

Join us on **Tuesday, September 17th at 1:00 p.m.** for a delicious apple extravaganza featuring a taste testing of a variety of fresh apples, locally sourced honey and more. Presented by Beth Hillson, local cooking teacher and food writer and Anna Park, bee keeper. **Program is free. Please register by September 13th.**  

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

Date	Date Made	Movie	Category/Rating	Length
9/7	2023	Missing	PG-13; Drama/Mystery	1h 50m
9/14	1985	Back to the Future	PG; Sci-Fi	1h 56m
9/21	2021	Don't Look Up	R; Dramey	2h 23m
9/28	2023	Quiz Lady	R; Comedy	1h 39m
10/5	2022	A Man Called Otto	PG-13; Drama	2h 6m
10/12	1999	The Matrix	R; Sci-Fi	2h 16m
10/19	Glastonbury Apple Harvest Festival! No Movie Today, RCC CLOSED!			
10/26	Viewer's Choice!			

## Evening & Weekend Programs; Dial-A-Ride is available on Tuesday evenings!

### Train Your Brain

**Saturdays, September 7th and October 5th at 11:30am**

Join Emily the first Saturday of September and October for a morning of mental fitness. Activities range from New York Times word games, word searches, scattergories, mystery detective games, and more! **Please register!**

### DIY Fall Scented Jar Floating Candle; \$4 Fee

**Saturday, 9/21 at 10am**

Welcome the beginning of the Fall season by creating your own jar floating candle. This fall candle will be fragrant, spicy, bright, and exactly what is needed to get the house ready for cooler weather. **Register by 9/11!**

### Needle Felting

**Saturday, October 12th at 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 an adorable FOX! A fee of \$20.00 is paid directly to the instructor and includes all supplies. Class is limited to 15 people. **Register by 10/7!**

### Thrifty Ghost Painting; \$4 Fee

**Saturday, October 26th at 10am**

Transform an old piece of framed art from a thrift store into something new by painting over the original scene to add Halloween-inspired images. We'll provide the art, you do the transformation! **Register by 10/18!**

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

### Elvis, Elvis, Elvis!

**FREE; Register by 9/16; Thursdays, September 19th & 26th; 6-7pm**

Time to put on your blue suede shoes and journey back as we explore the music, the movies, and the life of the king of rock and roll himself, Elvis Presley! Join local musician & instructor Katrina DeVona as we trek through an exciting time in music history. This 2 week class will explore the moments that influenced a generation of music. This class will cover his famous career highlights as well as the parts of his life that made him The King!

### Drop-In Indoor Pickleball

**Tuesdays, 5:00-8:00 pm**

### Page to Screen Book Club

**Tuesday, 9/24 at 6:30pm; Tuesday, October 22nd at 6:30pm; Saturday, October 26th at 11am**

Join us for an exploration of literature and cinema where we dive into the rich world of storytelling through both books and their film adaptations. This club is designed to celebrate the joys of reading and the magic of cinema, offering a unique opportunity to engage in lively discussions and friendly debates. Each month, we will decide on a book to read. We gather to discuss its themes, characters, and plot twists, sharing our insights and perspectives. The movie will be shown the Saturday following our discussion. At our September meeting, come prepared with books you are interested in reading that also has a film adaptation. Keep an eye out for our October book!

### Sunset Strolls

**Tuesdays, September 3rd & 17th, 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! We'll cap off the Sunset Strolls on 9/17 ending our walk with S'Mores!

### Penguins, Polar Bears, Peaks, and Parks: Bio-Geographical Journeys to the Earth's Four Poles in One Year

**Tuesday, October 15th at 6pm**

It has become fashionable in the last few years to scale the seven highest peaks on each continent or walk across a continent or visit every country in the world. In this vein, our speaker, Dr Richard Benfield took four journeys in 2023 to the four geographic poles: North Pole, South Pole and the other two. Other two? Where are they? In this one-hour presentation we will focus on the four poles and the animals and people who live there: their landscapes, their livelihoods and their flora and fauna. Our presentation will show that even you can go there (though one of the poles is somewhat challenging) and take you into geographical worlds where few venture ... and you will also learn for your next trivia contest where the other two poles are located on earth!

### DocuDiscoveries

**Tuesdays at 5:30pm**

We invite you to embark on a journey of knowledge and inspiration through the lens of compelling documentaries. Explore a diverse range of topics—from history and science to culture and the arts—each carefully selected to spark curiosity and foster meaningful discussions among watchers.

**9/3:** Dancing with the Birds; 51m

**10/1:** The Volcano Rescue from Whakaari; 1h 38m

**9/10:** Secrets of the Neanderthals; 1h 20m

**10/8:** Night on Earth Shot in the Dark; 59m

**9/17:** Live to 100: Secrets of the Blue Zones pt.1; 1h 30m

**10/22:** Kangaroo Valley; 1h 16m

**9/24:** Live to 100: Secrets of the Blue Zones pt.2; 1h 30m

**10/29:** Unknown Cosmic Time Machine; 1h 4m

**Chess Club;** Play casual Chess and meet new players. Chess boards available.

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

### 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!

### Dr. Uke's BIG SING!

**Saturdays, 9/28 & 10/26 at 12pm**

### Music Bingo

**Saturday, 9/14 – 1960s at 11:30am Saturday, 10/12 – Halloween Hits at 11:30am**

Instead of listening for a number to be called, listen carefully to the song that is being played and cross it off on your bingo sheet if you see it. Free to play! There will be 3 rounds and prizes will be awarded to the winners!

### Evening SlipAway River Cruise; Thursday September 12th Meet at boathouse at 5:15pm, leave at 5:30pm

Join us for a scenic 1-hr boat tour! We'll cruise along the river while enjoying the views of the foliage getting ready to change! The captain & crew will point out highlights along the way. A light snack will be provided. Participants welcome to bring a cooler with their own beverages & snacks if they wish. Glastonbury Riverfront Park Boathouse Entrance is located at 252 Welles St, Glastonbury. Boat launch is located behind the Boathouse.

### 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: September 7th is 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 provides 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.

**Upcoming Dates: September 27th & October 25th**

### 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 September: The Sea by John Banville October: A Fine Balance by Rohinton Misty
<b>BRIDGE</b>	Wednesday: 1 pm- 3 pm
<b>CANASTA/CARDS/OPEN PLAY</b>	Tuesdays: 12:30-3:30pm
<b>CERAMICS (DROP-IN)</b> <b>*space available for up to 14*</b>	Wednesday: 1:00 pm- 3:00 pm; \$2 weekly fee (includes glaze/firing); Clay can be purchased for \$2/lb. during class
<b>CHESS CLUB</b>	Thursdays: 4:30pm- 8pm; All ability levels are welcome!
<b>CREATIVE CRAFTERS</b>	Thursday: 1 pm- 3:30 pm
<b>CRIBBAGE</b>	Mondays: 12:30-3:00 pm
<b>CURRENT ISSUES</b>	First & Third Fridays of each month: 10 am-11:30am
<b>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>	Daytime Wednesday: 1:00 pm- 3:00 pm Evening Thursday: 6 pm- 8 pm <b>Lesson dates are below; You MUST Register for lessons &amp; attend all lessons for that session</b> <b>September Lessons: 9/12, 9/19, 9/26 at 6pm</b> <b>October Lessons: 10/9, 10/16, 10/23 at 1pm</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
<b>TECHNOLOGY 1:1 ASSISTANCE</b> <b>By appointment! Please call 860-652-7638 or stop by the office to make an appointment</b>	Computer/Laptop Assistance Tuesday: 10:30 am- 12:30 pm Mac, iPad or Smartphone Assistance Thursday: 1:30 pm- 3:00 pm; <b>Available September 5th &amp; 12th</b>
<b>Wii BOWLING</b>	Thursday: 1 pm- 3 pm






## Class Schedule

Registration Begins: Residents - Wednesday, August 21st Non-Residents - Wednesday, August 28th

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	9/9-10/28 No Class 10/14	7	\$35	\$45
<b>Tai Chi Intro with Ken</b>	Basics of the mind/body	<b>Mondays</b> 3:30-4:15pm	9/9-10/28 No Class 10/14	7	\$35	\$45
<b>Chair Yoga with Paula</b>	Muscle strength, flexibility & balance	<b>Tuesdays</b> 10:00-11:00am	9/10-10/29	8	\$40	\$50
<b>Stretchercize with Janice</b>	Strengthen body/balance & increase mobility, improve posture & core	<b>Tuesdays &amp; Thursdays</b> 11:30am-12:15pm	9/3-10/31	18	\$90	\$100
<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	9/4-10/30	17	\$85	\$95
<b>Line Dancing with Sarah</b>	Engage your brain & body to music. No experience necessary	<b>Thursdays</b> 1:00-2:15pm	9/5-10/24 No Class on 10/31 due to luncheon	8	\$40	\$50
<b>Tai Chi with Ken</b>	Mind & body fitness for all ages and levels	<b>Thursdays</b> 6:00-7:00pm	9/5-10/31	9	\$45	\$55
<b>Watercolor with Shannon</b>	Drawing is not a prerequisite – You will explore different techniques	<b>Saturdays</b> 9:30-11:30am	September 7th, 21st & 28th October 26th	4 individual classes	\$10 each class  PLUS \$10 supply fee given to instructor	\$15 each class  PLUS \$10 supply fee given to instructor
<b>Strength Power Hour with Sara</b>  <b>*formerly Senior Fitness*</b>  <b>A la Carte Classes</b>	Circuit training with weights, bands, stretching & more	<b>Mondays</b> 9-9:55am	9/9-10/28 No Class on 10/14	7	\$35	\$45
		<b>Wednesdays</b> 9-9:55am	9/4-10/30	9	\$45	\$55
		<b>Fridays</b> 9-9:55am	9/6-10/25	8	\$40	\$50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>2</b></p> <p><b>RCC CLOSED</b></p>  <p>THANK YOU FOR YOUR HARD WORK</p>	<p><b>3</b></p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Stretchertize (ER) 12:30pm Canasta (AR) 1pm Pinochle (AR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm DocuDiscoveries (SAR) 6pm Sunset Stroll (Patito)</p>	<p><b>4</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am Soopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 12pm Ted's Cheeseburger Truck 1pm Seniors vs. Staff Boce (Bocee) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Malhonnge (AR)</p>	<p><b>5</b></p> <p>8:30am Billiards (BR) 10am Setback (AR) 11:30am Stretchertize (ER) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Malhonnge (AR) 6pm Trivia (Cafe) 6pm Tai Chi (CR)</p>	<p><b>6</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 12pm Hot Dog Bingo- Hot Dogs Start at 12. Bingo 1pm (CR) 12:45pm OA Water Bikes</p>	<p><b>7</b></p> <p>9:00am Billiards (BR) 9:30am Watercolor (ACR) 11am Saturday Movie (SAR) 11:30am Train Your Brain (AR)</p>	
<p><b>9</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 9:30am Knit/Crocheting (ACR) 10:15am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p><b>10</b></p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Stretchertize (ER) 12:30pm Canasta (AR) 1pm Pinochle (AR) 2pm- BlackJack Lessons (ER) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm DocuDiscoveries (SAR)</p>	<p><b>11</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am Soopa (AR) 10:15am Senior vs. Staff Pickleball (Pickleball) 10:15am Fitness is Fun (CR) 10:30am Lunch Bunch: Lenny &amp; Joe's 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Malhonnge (AR) 2pm Bereavement Support Group (SAR)</p>	<p><b>12</b></p> <p>8:30am Billiards (BR) 10am Setback (AR) 11:30am Stretchertize (ER) 12:30pm Smart Drivers (ER) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 1pm Autumn Poetry (SAR) 2pm BlackJack Lessons (AR) 4:30pm Chess Club (SAR) 6pm Malhonnge/Lessons (AR) 6pm Trivia (Cafe) 6pm Tai Chi (CR)</p>	<p><b>13</b></p> <p>8am OA Argia Schooner Cruise 8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am- Pet CPR &amp; First Aid (ER) 10:15am Fitness is Fun (CR) 10:30am Ukulele Lessons (AR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)</p>	<p><b>14</b></p> <p>9:00am Billiards (BR) 11:30am Music Bingo (AR) 11am Saturday Movie (SAR)</p>	
<p><b>16</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:30am Knit/Crocheting (ACR) 9:15am Fitness is Fun (CR) 10:15am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p><b>17</b></p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Chair Yoga (ER) 11:30am Luman Orchards Trip 12:30pm Stretchertize (ER) 12:30pm Canasta (AR) 1pm Pinochle (AR) 1pm Apples &amp; Honey Extr. (CR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm DocuDiscoveries (SAR) 6pm Sunset Stroll (Patito)</p>	<p><b>18</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9am Veterans Coffee (ER) 9:15am Fitness is Fun (CR) 10am Soopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Malhonnge (AR)</p>	<p><b>19</b></p> <p>8:30am Billiards (BR) 10am Setback (AR) 11am Book Discussion (ACR) 11:30am Stretchertize (CR) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (AR) 4:30pm Chess Club (SAR) 6pm Evis, Evis, Evis (SAR) 6pm Malhonnge/Lessons (AR) 6pm Trivia (Cafe) 6pm Tai Chi (CR)</p>	<p><b>20</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am Current Issues (CON) 10:15am Fitness is Fun (CR) 11am Living Well with Dementia (ER) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)</p>	<p><b>21</b></p> <p>9:00am Billiards (BR) 9:30am OA Wallace Barnes 9:30am Watercolor (ACR) 10am DIY Fall Scented Candle (ER) 11am Saturday Movie (SAR)</p>	
<p><b>23</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:30am Knit/Crocheting (ACR) 9:15am Fitness is Fun (CR) 10:15am Fitness is Fun (CR) 12:30pm Bridge II (AR) 12:30pm Cribbage (ER) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>	<p><b>24</b></p> <p>8:30am Billiards (BR) 10am Rummikub (AR) 10am Foxwoods Trip 10am Chair Yoga (ER) 11:30am Stretchertize (ER) 11:45am Senior Center Month Luncheon (CR) 12:30pm Canasta (AR) 1pm Pinochle (AR) 3pm Pottery Workshop (ACR) 5pm Pickleball (CR) 5:30pm Setback (AR) 6pm DocuDiscoveries (SAR) 6:30pm Page to Screen (ER)</p>	<p><b>25</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am Soopa (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Ceramics (ACR) 1pm Bridge (ER) 1pm Malhonnge (AR) 2pm Bereave. group (SAR)</p>	<p><b>26</b></p> <p>8:30am Billiards (BR) 10am Setback (AR) 10am Cardio Drumming (ER) 11:30am Stretchertize (ER) 1pm Creative Crafters (ACR) 1pm Wii Bowling (AR) 1pm Line Dancing (CR) 4:30pm Chess Club (SAR) 6pm Evis, Evis, Evis (SAR) 6pm Malhonnge/Lessons (AR) 6pm Trivia (Cafe) 6pm Tai Chi (CR)</p>	<p><b>27</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 10am Eye Openers (AR) 10:15am Fitness is Fun (CR) 11:15am Fitness is Fun (CR) 1pm Bingo (CR)</p>	<p><b>28</b></p> <p>9:00am Billiards (BR) 9:30am Watercolor (ACR) 11am Saturday Movie (SAR) 12pm Big Sing: (CR)</p>	
<p><b>30</b></p> <p>8:30am Billiards (BR) 9am Strength Power Hour (CR) 9:15am Fitness is Fun (CR) 9:30am Knit/Crochet. (ACR) 10am Senior Fitness (CR) 10:15am Fitness is Fun (CR) 12:30pm Cribbage (ER) 12:30pm Bridge II (AR) 1pm Monday Movie (SAR) 3:30pm Tai Chi Intro (CR)</p>					<p><b>**Indoor Walking available Mon-Fri, 8a-8:55a**</b></p> <p><b>**Blood Pressure Screening available every Friday from 10am-12pm**</b></p>	<p><b>Acronym Chart:</b> Rooms: ACR = Arts &amp; Crafts Room; AR = Activity Room; BR = Billiards Room; ER = Exercise Room; CR = Community Room; CON = Conference Room; SAR = Special Activities Room</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>**Indoor Walking available Mon-Fri, 8a-8:55a**</b>  <b>**Blood Pressure Screening available every Friday from 10am-12pm**</b></p> 	<p><b>1</b>  8:30am Billiards (BR)  10am Rummikub (AR)  10am Chair Yoga (ER)  10:30am Got Your Goat Farm (Yard)  11:30am Stretchcize (ER)  12pm Feed You Mind (CR)  12:30pm Canasta (AR)  1pm Pinochle (AR)  1pm Family History Workshop (ER)  5pm Pickleball (CR)  5:30pm Setback (AR)  6pm DocuDiscoveries (SAR)  6pm Sunset Stroll (Patio)</p>	<p><b>2</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am Scopa (AR)  10:15am Fitness is Fun (CR)  10:30am OA Nautic Boardwalk Trip  11:15am Fitness is Fun (CR)  1pm Ceramics (ACR)  1pm Bridge (ER)  1pm Mahjongg (AR)</p>	<p><b>3</b>  8:30am Billiards (BR)  10am Setback (AR)  11:30am Stretchcize (ER)  1pm Creative Crafters (ACR)  1pm Bingo Bonanza (CR)  1pm Wii Bowling (AR)  1pm Line Dancing (CR)  2pm Grief Poetry Workshop (SAR)  4:30pm Chess Club (SAR)  6pm Mahjongg (AR)  6pm Trivia (Cafe)  6pm Tai Chi (CR)</p>	<p><b>4</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am Current Issues (CON)  10:15am Fitness is Fun (CR)  11:15am Fitness is Fun (CR)  1pm Bingo (CR)</p>	<p><b>5</b>  9:00am Billiards (BR)  11am Saturday Movie (SAR)  11:30am Train Your Brain (AR)</p>
<p><b>7</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  9:30am Knit/Crocheting (ACR)  10:15am Fitness is Fun (CR)  12:30pm Bridge II (AR)  12:30pm Cribbage (ER)  1pm Monday Movie (SAR)  3:30pm Tai Chi Intro (CR)</p>	<p><b>8</b>  8:30am Billiards (BR)  10am Rummikub (AR)  10am Chair Yoga (ER)  11:30am Stretchcize (ER)  12:30pm Canasta (AR)  12:45pm Flaming Farm Trip  1pm Pinochle (AR)  1pm Pickleball (CR)  5:30pm Setback (AR)  6pm DocuDiscoveries (SAR)</p>	<p><b>9</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am Scopa (AR)  10:15am Fitness is Fun (CR)  11:15am Fitness is Fun (CR)  11:15am LB Lakeside Bar &amp; Grill Trip  1pm Ceramics (ACR)  1pm Bridge (ER)  1pm Mahjongg/Lessons (AR)  2pm Bereavement Support Group (SAR)</p>	<p><b>10</b>  8:30am Billiards (BR)  10am Setback (AR)  11:30am Stretchcize (ER)  12:30pm Smart Driver (ER)  1pm Creative Crafters (ACR)  1pm Wii Bowling (AR)  1pm Line Dancing (CR)  4:30pm Chess Club (SAR)  6pm Mahjongg (AR)  6pm Trivia (cafe)  6pm Tai Chi (CR)</p>	<p><b>11</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am- Pet CPR &amp; First Aid (ER)  10:15am Fitness is Fun (CR)  11:15am Fitness is Fun (CR)  1pm Bingo (CR)</p>	<p><b>12</b>  9:00am Billiards (BR)  10am Needle Felting (ACR)  11:30am Music Bingo (AR)  11am Saturday. Movie (SAR)</p>
<p><b>14</b>  <b>RCC CLOSED</b></p> 	<p><b>15</b>  8:30am Billiards (BR)  10am Rummikub (AR)  10am Chair Yoga (ER)  11:30am Stretchcize (ER)  12:30pm Canasta (AR)  1pm Pinochle (AR)  5pm Pickleball (CR)  5:30pm Setback (AR)  6pm DocuDiscoveries (SAR)  6pm Penguins, Polar Bears, Peaks &amp; Parks (SAR)</p>	<p><b>16</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9am Veterans Coffee. (ER)  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/Lessons (AR)</p>	<p><b>17</b>  8:30am Billiards (BR)  10am Setback (AR)  11am Book Discussion (ACR)  11:30am Stretchcize (CR)  1pm Creative Crafters (ACR)  1pm Wii Bowling (AR)  1pm Line Dancing (CR)  4:30pm Chess Club (SAR)  6pm Mahjongg (AR)  6pm Trivia (cafe)  6pm Tai Chi (CR)</p>	<p><b>18</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am OA Wickham Park Gardens  10am Current Issues (CON)  10:15am Fitness is Fun (CR)  11:15am Fitness is Fun (CR)  1pm Bingo (CR)</p>	<p><b>19</b>  <b>RCC CLOSED</b></p> 
<p><b>21</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  9:30am Knit/Crocheting (ACR)  9:45am Essex Steam Train Trip  10:15am Fitness is Fun (CR)  12:30pm Bridge II (AR)  12:30pm Cribbage (ER)  1pm Monday Movie (SAR)  3:30pm Tai Chi Intro (CR)</p>	<p><b>22</b>  8:30am Billiards (BR)  10am Rummikub (AR)  10am Chair Yoga (ER)  11:30am Stretchcize (ER)  12:30pm Canasta (AR)  1pm Pinochle (AR)  5pm Pickleball (CR)  5:30pm Setback (AR)  6pm DocuDiscoveries (SAR)  6:30pm Page to Screen (ER)</p>	<p><b>23</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am Scopa (AR)  10:15am Fitness is Fun (CR)  11:15am Fitness is Fun (CR)  1pm Life is Short, Eat A Cupcake (CR)  1pm Ceramics (ACR)  1pm Bridge (ER)  1pm Mahjongg/Lessons (AR)  2pm Bereavement group (SAR)</p>	<p><b>24</b>  8:30am Billiards (BR)  10am Setback (AR)  11:30am Stretchcize (ER)  1pm Creative Crafters (ACR)  1pm Wii Bowling (AR)  1pm Line Dancing (CR)  4:30pm Chess Club (SAR)  6pm Mahjongg (AR)  6pm Trivia (cafe)  6pm Tai Chi (CR)</p>	<p><b>25</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  10am Eye Openers (AR)  10:15am Fitness is Fun (CR)  11:15am Fitness is Fun (CR)  1pm Bingo (CR)</p>	<p><b>26</b>  9:00am Billiards (BR)  9:30am Watercolor (ACR)  10am Thrifted Ghost Painting (SAR)  11am Saturday Movie (SAR)  12pm Big Sing! (CR)</p>
<p><b>28</b>  8:30am Billiards (BR)  9am Strength Power Hour (CR)  9:15am Fitness is Fun (CR)  9:30am Knit/Crochet. (ACR)  10am Senior Fitness (CR)  10:15am Fitness is Fun (CR)  11am GHS Treble Choir Performance (CR)  12:30pm Bridge II (AR)  12:30pm Cribbage (ER)  1pm Monday Movie (SAR)  3:30pm Tai Chi Intro</p>	<p><b>29</b>  8:30am Billiards (BR)  10am Rummikub (AR)  10am Chair Yoga (ER)  11:30am OA Hubbard Park  11:30am Stretchcize (ER)  12:30pm Canasta (AR)  1pm Pinochle (AR)  5pm Pickleball (CR)  5:30pm Setback (AR)  6pm DocuDiscoveries (SAR)  6pm AARP Smart Driver/TEK (ER)</p>	<p><b>30</b>  8:30am Billiards (BR)  9am Strength Power Hour (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><b>24</b>  8:30am Billiards (BR)  10am Setback (AR)  11:30am Stretchcize (ER)  11:45am Halloween "Spook-Ethi" Luncheon (CR)  1pm Creative Crafters (ACR)  1pm Wii Bowling (AR)  1pm Line Dancing (CR)  4:30pm Chess Club (SAR)  6pm Mahjongg (AR)  6pm Trivia (cafe)  6pm Tai Chi (CR)</p>	<p><b>Acronym Chart</b>  <b>Rooms: ACR = Arts &amp; Crafts Room; AR = Activity Room; BR = Billiards Room;</b>  <b>ER = Exercise Room; CR = Community Room;</b>  <b>CON = Conference Room;</b>  <b>SAR = Special Activities Room</b></p>	

## A Community Conversation Lunch & Learn: Living Well with Dementia

Friday, September 20th, 11am-1pm; FREE! Lunch will be provided; Register by 9/16

Presented by Erica DeFrancesco, Director of Community Education, LiveWell

Join the conversation with individuals who have dementia as they discuss what living well with dementia means to them. They will share ideas and resources they access for how you or your family member can live well with dementia.

## LGBTQ+ Moveable Senior Center Walk & Wine

**Saturday, September 14th; Rain Date: Saturday, September 21st; Meet at 1:00 Addison Bog, 216 Addison Road, Glastonbury. Meet at 2:30 Crystal Ridge Winery, 257 Belltown Road, S. Glastonbury Please register by 9/16!**

Enjoy a fall afternoon exploring Addison Bog in Glastonbury. We'll walk up to 1 hour through several areas including vernal pools and a bog. Following the nature walk, meet at Crystal Ridge Winery for a breathtaking view of the Hartford River Valley while enjoying delicious wines. Bring your own snacks, a chair or blanket for the winery. Be sure to wear good, sturdy walking shoes/sneakers and bring water, hat and sunscreen for the walk.

## Volunteering at the RCC!

Hello! My name is Cassidy Nimmons and I'm the new Volunteer Coordinator here at the RCC. I've been with the Town of Glastonbury for a little over a year now, and I am very excited to take on the role of volunteer coordinating. If you are interested in volunteering here at the RCC, please fill out an application on our website or in the office. If you are a current volunteer and would like to meet, discuss signing up for shifts, logging your hours, or make a suggestion, please email me at [Cassidy.nimmons@glastonbury-ct.gov](mailto:Cassidy.nimmons@glastonbury-ct.gov)

We are currently seeking volunteers for: the Riverfront Café, Building Greeters, Lunch Greeters & Cafeteria Servers

All positions are flexible & you will be provided training based off of your volunteer position.

## 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 Sept. 21st & Oct. 19th 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 September 4th, 18th, October 2nd, 16th & 30th, 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.

### Energy Assistance

Glastonbury Social Services will begin taking applications for heating assistance on October 1st. The Connecticut Energy Assistance Program helps with heating costs and is available for income-eligible residents who heat with deliverable fuel (oil, propane, wood) or utilities (gas or electric). The estimated monthly income limit is \$3,792 for an individual, and \$4,959 for a couple. Remember, if you are participating in Eversource's or CNG's Matching Payment Program you also must complete an Energy Assistance application. For more information or to schedule

**16** an appointment, call Social Services at 860-652-7638.



## 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 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. Rides are available Tuesday through Friday. FISH is unable to accommodate wheelchairs or knee scooters.

### **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.

### **Special Shopping Trips:**

Be sure to call the Dial-A-Ride reservation line at (860)652-7643 the day prior to the scheduled special shopping trip by 11AM to schedule and be sure to state what store you'd like to go to! **Please note you must choose between going to Walmart, Dollar Tree, Kohl's or Aldi's. Visiting more than one store cannot be accommodated at this time.**

**Walmart & Dollar Tree OR Kohl's & Aldi's**

**September 18th & October 16th;10am-12pm**