

THE

# Sharing Tree



GLASTONBURY SENIOR & SOCIAL SERVICES  
NEWSLETTER

NOVEMBER and DECEMBER 2024



Accredited by  
National Institute of  
Senior Centers



## Salute to Service: A Veteran's Day Luncheon

**Tuesday, November 5th**

**11:45 am**

Join us in honoring Veterans, near and far, who have sacrificed for our freedom. Veterans are encouraged to wear their uniform! We'll enjoy the tunes of Tom Callinan together. Lunch will be roast beef, loaded potato casserole, roasted veggies & bread. Top it all off with lemon cake for dessert! This is a gluten free friendly meal! Please register/purchase your ticket by October 25th!

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

## Turkey Day Dinner

**Tuesday, November 19th**

**11:45am**

Indulge in a traditional Thanksgiving meal, with all of the trimmings! Enjoy roasted turkey, mashed potatoes & gravy, green bean casserole, stuffing, sweet potatoes and rolls. We'll have pumpkin pie for dessert! Gluten-free option of turkey, mashed potatoes, sweet potatoes and gluten-free pumpkin pie is available! Please register/ purchase your ticket by November 15th. Pop-Up Shop during the Special Lunch; CareyFam Creations, Tuesday, November 19th, 10:00 – 1:00, Holiday cards, wreaths and more.

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

## Jingle & Mingle Holiday Luncheon

**Tuesday, December 17th**

**\*\* 11:00am\*\***

Start the morning off listening to the kids of Smith Middle Schools' Chamber Ensemble, singing holiday tunes at 11am! Following that, join us for a delicious meal at 11:45am of glazed baked ham, sweet potato casserole, green bean almandine, sweet rolls & flourless chocolate cake for dessert! After lunch at 12:15pm, jingle your way to the dancefloor to the fantastic tunes of Jukebox 45! This meal is gluten-free! Please register/purchase your ticket by December 13th.

**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, October 16th (R)  
Wednesday, October 23rd (NR)  
Register in person, online,  
or by phone!  
**See page 2 for details!**

### Holiday Closings:

Monday, November 11th  
(Veteran's Day)  
Thursday & Friday, November 28th  
& 29th (Thanksgiving)  
Wednesday, December 25th  
(Christmas 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: Please Read Carefully!

### Registration begins:

**Residents - Wednesday, October 16th**

**Non-Residents - Wednesday, October 23rd**

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

1. Register online through MyRec beginning at 8:30am 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, available to adults 50 and over! Pick up a monthly menu in the office or go to **[glastonburyct.gov/seniorservices](https://glastonburyct.gov/seniorservices)** 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, online, 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!

### Kindly Avoid Strong Fragrances

To ensure the comfort and well-being of everyone in our space, we kindly request that you avoid using strong perfumes, body lotions, or sprays when visiting. Some individuals may be sensitive or allergic to these fragrances, and we want to create an environment where everyone can feel comfortable. We appreciate your understanding and cooperation.

## 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

### Yale Peabody Museum; New Haven

**Date:** Wednesday, November 6th      **Amount of walking:** 3      **Accessibility:** Fully accessible

**Time:** Leave at 12:25pm, arrive at 1:30pm, depart at 3:30pm, return to RCC at 4:15pm

**R: \$7    NR: \$9**——(price includes transportation, admission is Free!)

Discover the newly renovated Peabody Museum that has been part of Yale and New Haven for more than 150 years. New and updated galleries and collection spaces will further establish the Yale Peabody Museum as a home for cutting-edge research, education, & exhibitions.

### Aqua Turf; Armed Forces Tribute & Downton 6 Band; Plantsville

**Date:** Tuesday, November 12th      **Amount of walking:** 1      **Accessibility:** Fully accessible

**Time:** Leave at 10:00am, arrive at 10:30pm, depart at 3:45pm, return to RCC at 4:15pm

**R: \$66    NR: \$68**——(price includes transportation and ticket)

The Hartford Brass Ensemble pays tribute to the Armed Forces in honor of Veterans Day, and Downton 6 brings their high energy as they cover some of your favorite bands! Lunch will include roast beef or pan seared salmon.

### Mohegan Sun Casino; Uncasville

**Date:** Wednesday, November 20th      **Amount of walking:** 3      **Accessibility:** Fully accessible

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

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

Explore the thrill of Mohegan Sun, a premier casino offering the best in slots, table games, dining and entertainment!

### Wadsworth Atheneum; Festival of Trees & Traditions; Hartford

**Date:** Friday, December 6th      **Amount of walking:** 2      **Accessibility:** Fully accessible

**Time:** Leave RCC—10:30am, arrive at 10:45am, depart museum at 2pm, return to RCC approx. 2:15pm

**R: \$24    NR: \$26**——(price includes transportation & museum admission)

Join us for the 45th Festival of Trees & Traditions, an annual holiday fundraising event featuring trees and wreaths decorated by community members, artists, and organizations. We'll start off our visit with a guided tour of the museum at 11am. Self-guided tree viewing, museum perusing and time to stop at the café will be from 12-2pm. Lunch is on your own.

### Holiday Lights of Glastonbury Tour!

**Date:** Tuesday, December 17th      **Amount of walking:** 1      **Accessibility:** Fully accessible

**Time:** Leave RCC at 6:00pm, then return at 7:00pm

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

Enjoy a nice drive around town as you view beautiful lights and decorations! After, come back to the community center for some hot cocoa and cookies!

### Goodspeed Musical; A Christmas Story; East Haddam

**Date:** Wednesday, December 18th      **Amount of walking:** 1      **Accessibility:** Fully accessible

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

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

The only thing little Ralphie wants for Christmas is a BB gun, but to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict schoolteacher, a distracted dad, and a department store Santa stop his quest? There's something for everyone in this hilarious love letter to Christmas past!

## 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**

### The Griswold Inn, Essex

Wednesday, December 11th

Enjoy an afternoon of sophisticated cuisine this holiday season at one of the oldest continuously operated inns in the country. The Griswold Inn will be decorated in all its charm for the holidays.



Depart the RCC at 11am; lunch scheduled for 11:45am; depart the Griswold Inn at 1:15pm; Return approximately 2:15pm

## Outdoor Adventures

### Stumpy's Hatchet House– Axe Throwing

**Date: Thursday, November 14th**

**Accessibility: Must be able to stand**

**Depart the RCC at 10:30am, arrive at 11:00am, depart at 1:00pm, return to RCC at 1:30pm**

**R: \$24 NR: \$26—(price includes transportation and two hour axe throwing session)**

Join us for an exhilarating axe throwing adventure. This fun-filled outing combines friendly competition with a unique hands-on experience. Participants will throw axes at a wooden target. With laughter, camaraderie, and a little bit of adrenaline, this outing promises to be an unforgettable adventure!

### Walk at West Hartford Reservoir

**Date: Wednesday, November 27th**

**Accessibility: Paved with slight inclines/declines**

**Depart the RCC at 12:00pm, arrive at 12:30pm, depart at 2:00pm, return to RCC at 2:30pm**

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

Enjoy the sounds and smells of this beautiful spot. Participants should be comfortable walking for one hour without stopping, we will be walking on paved surfaces. Please plan to eat lunch before getting on the bus. Bring water and a snack and wear sturdy shoes or hiking boots and dress appropriately for the weather.

**Snow date: Monday, November 30th.**

### Halls Arrow– Indoor Archery Lesson

**Date: Friday, December 27th**

**Accessibility: Must be able to stand for 1 hour Time**

**Depart the RCC at 12:30pm, arrive at 1:00pm, depart at 2:00pm, return to RCC at 2:30pm**

**R: \$7 NR: \$9—(price includes transportation, pay for archery lesson at the door, \$15 cash)**

Join us for a bow-tastic time and discover the thrill of hitting the bulls-eye. Unlock the joy of indoor archery during a guided lesson designed for all skill levels at Halls Arrow in Manchester. With all of the equipment provided, just bring your enthusiasm! Please be prepared with comfortable clothes and sneakers.

Participants must be able to stand for at least one hour without support.

## Snowshoeing Call List

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



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

If Glastonbury Public Schools are cancelled, all programs, activities, lunch and Dial-A-Ride are cancelled. The RCC will remain open and staff will be available. If Glastonbury Public Schools are delayed, RCC programs are held on schedule. If Glastonbury Public Schools close for a weather-related early dismissal, evening activities are cancelled. Please call to check for the status of early afternoon programming. For evening and weekend cancellations, decision will be made by staff and you will be contacted if you are registered for a program being cancelled. If you have any questions regarding Senior & Social Service programs or appointments, please call (860) 652-7638.

## Programs

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

Date	Date Made	Movie	Category/Rating	Length
11/4	2018	First Man	Drama; PG-13	2 h 20 m
11/18	2022	The Whale	Drama; R	1 h 52 m
11/25	2024	Bob Marley: One Love	Drama/Arts/Ent; PG-13	1 h 47 m
12/2	2024	Cabrini	Drama/Historical; PG-13	2 h 22 m

Join us for this special viewing of Italian movie Cabrini. From Alejandro Monteverde, comes the story of Francesca Cabrini, who embarks on a daring journey to persuade the mayor of New York City to provide housing and healthcare for orphaned children.

12/9	2015	Daddy's Home	Comedy; PG-13	1 h 36 m
12/16	2004	Christmas with the Kranks	Dramedy; PG	1 h 38 m
12/23	1983	A Christmas Story	Dramedy; PG	1 h 33 m
12/30	2023	A Million Miles Away	Drama; PG	2 h 2 m

### Social Security Ins & Outs

**Monday, November 18th at 12:30pm**

**Please register by November 12th!**

Join Robert Rodriguez from the Social Security Administration for a Social Security Programs & Services Overview. This will include an update on what is new with Social Security and what's on the horizon, describe all the facets of online filing, what information you can find on the website and lots more!

### Scam Avoidance with GPD Officer Sharov

**Monday, November 25th at 12:30pm**

**Please register by November 20th**

Join Glastonbury Police Officer Sharov to learn about the newest tactics of scammers, especially how they will try to target you during the holiday season. Learn how to know who's scamming and who's not.



### Maximize Your Chances of Winning: Blackjack Lessons with Nino Nistri

**December 4th, 5th & 9th; 2-4pm– Please plan on attending 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 \$45 cash payable to instructor at first class for lesson, workbook & strategy card. Class limited to 10

## Programs

**Incredible India Presented by Professor Balu Balasubrahmanian of Wesleyan University**

**Thursday, November 14th at 12:30pm; Register by November 8th!**

India is a land of traditions and diverse culture, celebrating festivals all year round reflecting its rich heritage. These festivals showcase the country's unity in diversity. In this presentation, learn the history of India, and the festivals such as Deepavali or Diwali, Pongal, Navaratri, Raksha Bandhan, and so on. Also, this lecture aims to contribute to the understanding of multiple music genres including classical systems, popular, folk, and Bollywood music. Audio and video clips will support this presentation for an audio and visual experience.

**All About Advanced Directives; What They Are & Why You Need Them:  
A Presentation by Attorney Pripstein of Greater Hartford Legal Aid**

**Wednesday, November 20th at 12:30pm; Please register by November 13th!**

Did you ever wonder what a living will or a power of attorney entails? Whether you should have one? Attorney Shirley Pripstein from Greater Hartford Legal Aid will be doing a power point presentation on Advance Directives on Wednesday January 10th at 2:00 p.m. to explain living wills and the various other advance directives that are available to ensure that wishes are followed upon illness, incapacity or death. Pre registration is requested. After the program, applications will be distributed and Legal Aid will prepare the documents for any senior who mails in an application. There is no cost for this service.

**Poetic Cheer: Crafting Holiday Magic in Verse**

**Friday, December 13th at 10:30am; Register by 12/6**

Embrace the spirit of the season with a writing workshop guided by Glastonbury Poet Laureate and master teaching artist Victoria Nordlund. Explore the magic of winter landscapes, cozy firesides, and heartfelt traditions through the art of poetry. Whether you're a seasoned poet or a beginner, this workshop offers a warm, creative space to craft your own holiday-inspired poems.

**Perfect Patchwork Project with Marilyn**

**3 Sessions; November 8th, 22nd and December 13th; 9-11am** Get creative with us! In this 3-session class, you will make a pot holder or trivet. You will be able to machine-sew or hand-sew your creation! If you choose to machine-sew, please bring in your own sewing machine each session. Upon registration, please stop into the RCC to pick up a list of supplies needed to purchase. Class is limited to 10 people; free!

**Bingo Bonanza**

**Friday, November 1st & Friday, December 27th;  
1-3pm; FREE! Register by September 30th!**

Join the Parks & Recreation Dept. 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!**

**Greater Glastonbury Veterans & Allies Coffeeshouse**

The coffeeshouse 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: November 20th & December 18th**

**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.

**November 14th: 12:30pm-4:30pm**

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

**Fall Prevention with Tyler Carmen of Masonicare**

**Wednesday, November 13th at 12:30pm; FREE**

Like other seniors, you're happy living at home and going where you want to go, just as you've always done. But it's important to be prepared in the event of a sudden fall or other life-impacting emergency that could threaten your health and your independence. Join Tyler Carmen, Support Specialist from Masonicare, as he guides you through solutions, tips and new technology that can help keep you independent longer.

## Programs

### Santa's 3.5 Mile Run

**Sunday, December 8th (Snowdate, 12/15) Location: Glastonbury High School**

A fun, family oriented race, sponsored by Quality Name Plate, Inc. and the Parks and Recreation Department. Race begins at noon. The first 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve cotton shirt. Registration begins on Wednesday, October 16th at [www.glastonbury-ct.gov/santasrun](http://www.glastonbury-ct.gov/santasrun). Come dressed in your wildest Christmas costume, enjoy the holiday spirit and have a chance at some amazing prizes! Costume judging begins at 11:00 a.m. Race also features a great raffle! You must be present to win. **Fee: \$15/Pre-Registration 10/16-12/6 at NOON \$25/Day-of-Race Registration: Pre-registration begins Wednesday, 10/16 online at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov) and by mail ONLY. Walk-in registration will begin on Monday, 11/18.**

#### Feed Your Mind: The ABCs of Legacy Letters

**December 9th; 12pm; FREE! Register by 12/2**

A legacy letter, also known as an ethical will, is a personal statement that captures your history, stories, and values to share with family, friends, and future generations. Jane Fisher, Certified Senior Advisor, will cover the history, purpose, and elements of legacy letters and inspire you to get started on yours. Lunch sponsored by Marlborough Health Center: Turkey sandwiches, chips, cookie & water.

#### Cardio Drumming with Jeremy Tucker of The Residence at Glastonbury

**Friday, November 15th at 10am; FREE! Class is limited to 20; Register by 11/12** ✂

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!

#### November 2024 STATE AND FEDERAL ELECTION

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.

#### Indoor Walking at the RCC

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!

#### Building Foundations of Caregiving with the Alzheimer's Association

**Tuesday November 12 at 5:30; Please register by November 7th!**

This presentation explores the role of a caregiver and changes they may experience, building a support team, and managing caregiver stress.

#### Glastonbury Youth & Family Services Presents: Celebrate a Dream Come True: A Magical Cabaret

**November 8 & 9 at 7:00 pm**  
Gideon-Welles Auditorium; \$5, tickets sold at the door, cash or check only  
A cast of 16 high schoolers will be bringing Disney music to life!

#### SNOWSHOE, Bocce, Petanque & Pickleball Equipment Lending

Did you know we have snowshoes, Bocce, Pétanque & Pickleball equipment to lend? 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 Mon, Wed & Fri, 7:30pm on Tuesdays & Thursdays and by 1:30pm on Saturdays!

#### Walk 4 Fun Group

**Please meet at the location at 10am.**  
**The group will be led by Kathleen. Please register for each walk!**  
**10/7-** Riverfront Community Center (easy)  
**10/14-** Addison Bog Trail, Glastonbury (behind Smith Middle School by the fields) (easy)  
**10/21-** Ferry Landing (easy) 300 Ferry Lane, Glastonbury  
There is a small parking lot.  
**10/28-** Longo Farm, Glastonbury (easy/moderate)

## Programs

### 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.).** Registration/appointments are requested for all clinics. Please visit [www.glastonburyct.gov/vaccine](http://www.glastonburyct.gov/vaccine) for more information.

**November 7th, 3:00-6:00pm; December 2nd, 2:00-6:00pm—Flu, COVID-19, and RSV vaccines**



### Tuesdays with Teens Program

**Come join High Schoolers at the RCC who are part of the Youth Services Action Group twice a month from 2:30-3:30pm! Each session will include three different activities: technology help, crafting or games. Refreshments will be included! Upcoming Dates: Oct. 15 & 29, Nov. 12 & 19, Dec. 3 & 17 Please register for the date(s) you'd like to attend!**

**Techy Teens**— Come get technology help from our teens. Laptop, iPad, or cell phone help, we've got it covered!

**Crafty Crew**— Sessions will alternate between knitting/crocheting and seasonal crafts. All levels welcome!

**Games Group**— Whether it be Wii Bowling, Bocce, Pickleball, or Board Games, we will sure have fun while being a little competitive!

### Prescription Drug Card Community Conversation

**Monday, November 4th at 12:30pm;  
Register by 10/31**

The office of the State Comptroller Sean Scanlon will be hosting a community outreach program to promote the States new Drug Program "Array Rx" sponsored by the State of Connecticut. Residents are able to use the discount card, that could save them up to 80% on generic prescription drugs and 20% on branded drugs.

### Hanukkah Latke Party

**Thursday, December 19th, 2:30 p.m. \$4.00  
Register by December 11th**

Celebrate Hanukkah with home made potato latkes with your choice of sour cream or applesauce (or even both)! Play dreidel while the latkes are frying. We are looking for a few volunteers to help with peeling and grating potatoes. Please call Cassidy if you'd like to volunteer, 860-652-7638.

### LGBTQ+ Moveable Senior Center Happy Hour & Charcuterie Board Workshop

**Thursday, November 14th from 6-7:30pm; Fee: \$45; Register by November 8th**

Get a head start on your holidays and join us to build your own charcuterie masterpiece! The evening begins at 6:00 p.m. with light refreshments and mocktails. Following, you'll learn all the basics to impress family and friends by creating a charcuterie board. You'll leave class with your own 7" disposable palm leaf board complete with two different cheeses, one meat, fruits and a variety of accoutrements.

### A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

**Tuesday, December 3rd at 12:30pm; FREE! Register by 11/26!**

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, & more. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in!

### Feed Your Mind: Long-Term Care Planning with Attorney Brendan Daly of Czepiga, Daly, Pope & Perri

**Monday, December 16th at 12:00pm; Lunch is at 12pm, Presentation from 12:30-1pm  
Register by December 11th!**

Did you know that Connecticut is among the top 3 states with the highest costs for nursing home and long-term care? That's why it is so important to do your due diligence and protect everything that you have worked SO hard for – and if possible – to do so while remaining in the comfort of your home!

In this program, we will help you better understand how to avoid putting your-hard earned assets at risk in a way that can best position you to stay in your own home and age in place. Specifically, you'll learn about Medicaid and other public benefit programs the state has to offer as well as strategies that married or single people can use to protect their assets.



## Programs

### \*NEW\* Pottery Workshop

A new pottery workshop for hand building clay projects is available on Wednesdays from 1-3pm. Learn as you go to create one-of-a-kind masterpieces. \$2 weekly fee (includes glaze/firing); Clay can be purchased for \$2/lb. during class. Please note that there is only room for up to 12 people at this time.

### Free Intro to Yoga Class with Gina!

**November 6th & December 4th; 1-2pm;  
You MUST register!**

Good balance, flexibility and posture are important at every age. This yoga class will concentrate on improved flexibility, posture and balance through yoga poses. The class will be a relaxing beginner level flow to improve mind, body, & spirit. **Please bring your own Yoga mat!**

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

### Paint Night with Jacki Sweeney

**Thursday, November 21st, 6-7:30pm;  
Register by 11/ 7! Fee: \$12**

Join us for a fun evening of a guided painting where you'll get to explore color mixing and atmospheric perspective in the creation of a misty winter landscape. All levels are welcome! Participants will leave with a wall worthy painting, great for winter decor or holiday gifts. Light refreshments will be served.

### Ticket to the North: A Polar Express Event

**Saturday, December 7th at 11am; FREE!  
Register by 12/3!**

Bring your children or grandchildren, dressed in their favorite cozy pajamas and jump aboard the Polar Express! We will be showing the Polar Express on the big screen, dishing out popcorn and sipping on hot cocoa! Enjoy this timeless adventure together! Movie is 1hr 40 mins long

### Quantum Café with Walt Donzila

**November 7th at 6:30pm and December 5th at 6:30pm**

For anyone interested in having fun exploring current topics in Physics, we are offering a group discussion to be held initially once a month starting in November. The intention is to discuss current issues and theories in the physical and related sciences (without the heavy math!), educate and learn from each other, and share book/ video recommendations. This is open to people of all educational backgrounds, and may include various interesting topics, such as: The Standard Model and Particle Physics, Nuclear Physics and Nuclear Reactor Technologies, Concepts in Special and General Relativity, Black Holes and Gravitational Waves and SO much more! The group discussions will be led by Walt Donzila, a former Nuclear Engineer and physics hobbyist with teaching experience.

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

Date	Date Made	Movie	Category/Rating	Length
11/2	1989	Field of Dreams	PG; Sports/Fantasy	1 h 45 m
11/9	2000	American Psycho	R; Comedy/Horror	1 h 41 m
11/16	2017	Jumanji: welcome to the Jungle	PG-13; Action/Adventure	2 h
11/23	Page to Screen Book Club Movie: The Remains of the Day			
11/30	1975	Monty Python and the Holy Grail	PG; Comedy/Adventure	1 h 32 m
12/7	Ticket to the North: A Polar Express Event			
12/14	2022	Hustle	R; Sports/Comedy	2 h
12/21	Page to Screen Book Club Movie: Gone Girl			
12/28	2019	Klaus	PG; Family/Comedy	1 h 38 m

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

### Train Your Brain!

**Saturdays, November 2nd and December 7th at 11:30am**

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

### Drop-In Indoor Pickleball

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

### Page to Screen Book Club

**November 19th at 6:30pm; The Remains of the Day– Movie on November 23rd at 11am**

**December 17th at 6:30pm; Gone Girl– Movie on December 21st at 11am**

Dive into a new book each month and then watch its movie adaptation together. Enjoy lively discussions on your thoughts of the books plot and themes, and come back to see its movie adaptation the following Saturday. It's a fun way to explore stories from two perspectives! Limited copies of books will be available in the RCC office!

### DIY Holiday Floating Candle Centerpiece

**Saturday December 21st at 10am**

Welcome winter and the holiday season by creating your own jar candle centerpiece. This wintery candle will be fragrant, warm, and bright as we prepare for snowy weather and the holidays.

**\$4 per person; Register by December 10th!**

### National Happy Hour Day

**Tuesday, November 12th at 5pm**

It's 5 o'clock at the senior center! Come out and celebrate National Happy Hour Day; featuring music by the UCONN Saxophone Quartet, mocktails and light snacks will be provided. Bring your friends or make new ones.

**Please register by November 5th!**

### 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.

**11/5** – Mysteries of the Terracotta Warriors 1hr 17min

**12/3** - The Greatest Night in Pop 1hr 37min

**11/12** - Puff: Wonders of the Reef 1hr

**12/10** - Aftershock: Everest and the Nepal Earthquake Part 1 1hr 30min

**11/19** - Inside the Mind of a Dog 1hr 15min

**12/17** - Aftershock: Everest and the Nepal Earthquake Part 2 58min

**11/26** - Crip Camp: A Disability Revolution 1hr 48min

**12/24**- None **12/31**– Hold Your Breath; The Ice Dive 40 min

**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! **No Trivia on 11/14!**

### Dr. Uke's BIG SING!

**Saturdays, 11/23 & 12/21 at 12pm**

Join Dr. Uke and the band at their in-person performances! Sing along with them as the words are projected on the large screen. No cost! No registration required.

### Music Bingo

**Saturday, 11/9 – One Hit Wonders at 11:30am Saturday, 12/14 – Holiday 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!

### Jeff the Plant Guy; Holiday Hat Trick

**Tuesday, December 10th from 6-7:30pm**

Jeff The Plant Guy, will put his unique perspective on three plants we love to kill during the holidays. Poinsettia, Holiday Cactus and Amaryllis. Jeff is funny, historic, sometimes dramatic and otherwise quite entertaining. Join us for some fun! If you have a question about a specific plant, please bring a picture, leaf, cutting or the whole plant, for an assessment by Jeff. If you have a plant to swap or a cutting to share, please bring it along as well. Remember its cold outside so wrap your plant or cutting so it stays warm on the way to and from home.

### New Years' Eve Decades Party

**Tuesday, December 31st at 5pm**

Ring in the New Year by remembering the past decades. Music, trivia, and snacks will be provided. Then we will

**10** have a New Years toast at "midnight" to celebrate the start of 2025! Register by 12/23.

## RiverFit Fitness Center to Open Soon! Volunteers Needed!

We have been busy planning the grand opening of our brand-new fitness center, called "RiverFit"! Our hope is to open in January 2025. The Fitness Center will feature state-of-the-art cardio and strength training equipment designed to target major muscle groups to maintain independence and keep people active and fit. Professional Fitness Trainers will provide training on all equipment. However, in order for the Fitness Center to be open throughout the day, we will need to recruit and train volunteer monitors. Monitors will volunteer for 2-hour shifts. Their primary responsibility will be to call for help in the event that there is an emergency in the fitness room. Individuals will not be allowed to exercise alone. The volunteer monitors will not give fitness advice or show people how to use the equipment. In exchange for volunteering, individuals will receive complimentary or reduced-fee fitness center memberships. For more information about volunteering, contact Cassidy Nimmons or Ronda Guberman. More information about the fitness center will be announced in the January/February Sharing Tree, our Facebook page, town website and flyers at the Riverfront Community Center.

## Volunteering at the RCC!

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 & training will be provided!

## Social Services

### Heating Assistance

Glastonbury Social Services is currently accepting applications for heating assistance. Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the CT Energy Assistance program. The income limit for an individual is \$3,792 per month, for a couple the income limit is \$4,959 per month. Remember, if you are participating in the Matching Payment Program with Eversource of CNG you must complete an Energy Assistance application. More information and appointments are available by calling 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 Oct. 19th and Nov. 16th 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 October 2nd, 16th & 30th, November 13th & 29th, December 13th & 27th, 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 250 Glastonbury households a month. Donations of unexpired, non-perishable food items are welcomed and may be dropped at the Riverfront Community Center. For larger donations, please give us a call ahead of time at 860-652-7638 so that we can be prepared to receive your donation. If you believe you could benefit from the Food Pantry, please contact Social Services at 860-652-7638.

### Medicare Annual Open Enrollment runs from October 15 - December 7

This is the time to review your Medicare coverage plans. Be sure to read all notices sent to you by your insurer as there may be changes in your plan that may affect your coverage and costs in 2025. During Open Enrollment you can: join or change a Part D Plan (prescription drugs); return to original Medicare from a Medicare Advantage Plan; or enroll in or change Medicare Advantage plans. For more information, you can call the plan directly, call Medicare (1-800-633-4227), go to [www.medicare.gov](http://www.medicare.gov) or make an appointment with one of the CHOICES-trained counselors with the North Central Area Agency on Aging at 860-724-6443. Counselors are available year-round to assist with your Medicare questions.

## 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 November: I Is Another by John Fosse December: The One Hundred Years of Lenny & Margot by Marianne Cronin <b>*Please note that multiple copies of these books are available at Welles-Turner Memorial Library*</b>
<b>BRIDGE</b>	Wednesday: 1 pm- 3 pm
<b>CANASTA, CARDS &amp; GAME OPEN PLAY</b>	Tuesdays: 12:30-3:30pm
<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: 1 pm- 4 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>November Lessons: 11/7, 11/14, 11/21 at 6pm</b> <b>No Lessons available in December</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>1:1 TECHNOLOGY ASSISTANCE</b> By appointment only! Please call 860-652-7638 or stop by the office to make an appointment	<b>General Tech Assistance</b> <b>Tuesday: 10:30 am- 12:30 pm; Dates TBD</b> <b>Mac, iPad or Smartphone Assistance</b> <b>Fridays: 10:30am-2:30pm</b>
<b>*NEW* DROP-IN TECHNOLOGY ASSISTANCE WITH JACK</b> No registration necessary!	An open space for seniors to receive hands-on assistance with devices. Whether you need help with smartphones, tablets, or computers, our volunteer, Jack, offers personalized support in a relaxed environment. Jack has over 40 years of experience in the IT industry! <b>Upcoming Dates:</b> <b>November: 5th &amp; 19th- 10am-12pm in the Café</b> <b>December: 3rd &amp; 17th- 10am-12pm in the Café</b>
<b>Wii BOWLING</b>	Thursday: 1 pm- 3 pm



## Class Schedule

**Registration Begins:**

**Residents - Wednesday, October 16th—Non-Residents - Wednesday, October 23rd**

Class	Description	Meets	Dates	# of classes	Resident	Non-Resident
<b>Fitness is Fun with Jiny &amp; Marge</b> (Mondays Only)	Improve strength & balance. Sit, stand, use bands & small weights (NOT provided)	<b>Mondays</b> 9:15-10:00am OR 10:15-11:00am	11/4-12/30 No Class 11/11	8	\$45	\$55
<b>Tai Chi Intro with Ken</b>	Basics of the mind/body	<b>Mondays</b> 3:30-4:15pm	11/4-12/30 No Class 11/11	8	\$45	\$55
<b>Chair Yoga with Paula</b>	Muscle strength, flexibility & balance	<b>Tuesdays</b> 10:00-11:00am	11/12-12/17 No Class 11/26	5	\$25	\$35
<b>Stretchercise with Janice</b>	Strengthen body/balance & increase mobility, improve posture & core	<b>Tuesdays &amp; Thursdays</b> 11:30am-12:15pm	11/5-12/31 No Class 11/28	16	\$80	\$90
<b>Fitness is Fun with Jinny &amp; Marge</b>	Improve 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	11/1-12/27 No Class 11/29, 12/25	15	\$75	\$85
<b>Pottery Workshop</b>	Hand build clay projects! Workshop includes glazes, uses of tools and firing. Clay is \$2.00/pound.	<b>Wednesdays</b> 1-3pm	11/6-12/18	7	\$28	\$38
<b>Line Dancing with Sarah</b>	Engage your brain & body to music. No experience necessary	<b>Thursdays</b> 1:00-2:15pm	11/14-12/19 No Class 11/28	5	\$25	\$35
<b>Tai Chi with Ken</b>	Mind & body fitness for all ages and levels	<b>Thursdays</b> 6:00-7:00pm	11/7-12/26 No Class 11/28	7	\$35	\$45
<b>Watercolor with Shannon</b>	Drawing is not a prerequisite – You will explore different techniques	<b>Saturdays</b> 9:30-11:30am	11/9 11/23 12/7 12/14	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	11/4-12/30 No Class 11/11, 12/30	7	\$35	\$45
		<b>Wednesdays</b> 9-9:55am	11/6-12/18	7	\$35	\$45
		<b>Fridays</b> 9-9:55am	11/1-12/27 No Class 11/29, 12/13, 12/27	6	\$30	\$40

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Billiards:</b> Available daily during RCC open hours <b>Indoor Walking:</b> Available Monday-Friday, 8a-8:55a</p>	<p><b>Room Guide:</b> AR: Activity Room ARA: Activity Room A ARB: Activity Room B ER: Exercise Room CR: Community Room CRA: Community Room A CRB: Community Room B CONF: Conference Room SAR: Special Activities Room ACR: Arts &amp; Crafts Room</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Scoppa- ARB 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 12:25a- Tip: Peabody Museum 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR 1p- Intro to Yoga Class- CRB</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 10a- Blood Pressure- ARA 10a- Current Issues- CONF 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 1p- Bingo</p>	<p>9:30a- Watercolor Class- ACR 11a- Saturday Movie- SAR 11:30a- Train Your Brain- AR 1p- Bingo</p>
<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness is Fun- CRB 12:30p- Cribbage- ER 12:30p- Prescription Drug Card Community Conversation- CRA 1p- Duplicate Bridge- AR 1p- Monday Movie- SAR 3:30- Tai Chi Intro- CRB</p>	<p>10a- Rummikub- ARA 10a- Drop-In Tech Assistance- Café 11:30a- Stretchcize- ER 11:45a- Salute to Service: A Veterans Day Luncheon- CR 12:30p- Canasta/Cards/Open Play- ARB 1p- Pinochle- ARA 5p- Indoor Pickleball- CR 5:30p- DocuDiscovers- SAR 5:30p- Evening Setback- AR</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Scoppa- ARB 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 12:25a- Tip: Peabody Museum 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR 1p- Intro to Yoga Class- CRB</p>	<p>10a- Daytime Setback- AR 11:30a- Stretchcize- ER 1p- Creative Crafters 1p- Will Bowling- AR 3-6p- Health Dept: Vaccine Clinic- CRB 4:30p- Chess Club 6p- Evening Mahjong- AR 6p- November Mahjong Lessons- AR 6p- Tai Chi- CRA 6p- Trivia, Jeopardy &amp; More!- Café 6:30p- Quantum Café- CONF</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 10a- Perfect Patchwork- ACR 10a- Blood Pressure- ARA 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 1p- Bingo</p>	<p>9:30a- Watercolor Class- ACR 11a- Saturday Movie- SAR 11:30a- Music Bingo- AR</p>
	<p>10a- Rummikub- ARA 10a- Chair Yoga- ER 10a- Tip: Aquafurt 11:30a- Stretchcize- ER 12:30p- Canasta/Cards/Open Play- ARB 1p- Pinochle- ARA 2:30p- Tuesdays with Teens- ER 5p- National Happy Hour Day- CRB 5p- Indoor Pickleball- CR 5:30p- Foundations of Caregiving- SAR 5:30p- DocuDiscovers- ER 5:30p- Evening Setback- AR</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Scoppa- ARB 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 12:30p- Fall Prevention with Massage- CRB 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR 2p- Bereavement Support Group- SAR</p>	<p>10a- Daytime Setback- AR 10:30a- O.A. Stumpy's Hatciet House 11:30a- Stretchcize- ER 12:30p- AARP Smart Driver- ER 12:30p- Incredible India- CRA 1p- Creative Crafters 1p- Will Bowling- AR 1p- Line Dancing- CRB 4:30p- Chess Club 6p- Evening Mahjong- AR 6p- November Mahjong Lessons- AR 6p- LGSIG+ Moveable Senior Center Happy Hour &amp; Charcuterie Workshop- SAR 6p- Tai Chi- CRB</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 10a- Cardo Drumming- ER 10a- Blood Pressure- ARA 10a- Current Issues- CONF 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 1p- Bingo</p>	<p>11a- Saturday Movie- SAR</p>
<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness is Fun- CRB 12:30p- Cribbage- ER 12:30p- Social Security In's &amp; Out's- CRB 1p- Duplicate Bridge- AR 1p- Monday Movie- SAR 3:30- Tai Chi Intro- CRB</p>	<p>10a- Chair Yoga- ER 10a- Rummikub- ARA 10a- Drop-In Tech Assistance- Café 11:30a- Stretchcize- ER 11:45a- Turkey Day Dinner- CR 12:30p- Canasta/Cards/Open Play- ARB 1p- Pinochle- ARA 2:30p- Tuesdays with Teens- ER 5p- Indoor Pickleball- CR 5:30p- DocuDiscovers- SAR 5:30p- Evening Setback- AR 6:30p- Page to Screen Book Club- ER</p>	<p>9a- Veterans Coffeehouse- ER 9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Scoppa- ARB 10a- Tip: Mohegan Sun 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 12:30p- All About Advanced Directives - CRB 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR</p>	<p>10a- Daytime Setback- AR 11a- Book Discussion 11:30a- Stretchcize- ER 1p- Creative Crafters 1p- Will Bowling- AR 1p- Line Dancing- CRB 4:30p- Chess Club 6p- Evening Mahjong- AR 6p- November Mahjong Lessons- AR 6p- Paint Night- ACR 6p- Tai Chi- CRB 6p- Trivia, Jeopardy &amp; More! - Café</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 10a- Eye Openers- AR 10a- Perfect Patchwork- ACR 10a- Blood Pressure- ARA 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 1p- Bingo</p>	<p>9:30a- Watercolor Class- ACR 11a- Saturday Movie- SAR 12p- Dr. Uke's Big Singl- CR</p>
<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness is Fun- CRB 12:30p- Scams with Office Show- CRB 12:30p- Cribbage- ER 1p- Duplicate Bridge- AR 1p- Monday Movie- SAR 3:30- Tai Chi Intro- CRB</p>	<p>10a- Rummikub- AR 11:30a- Stretchcize- ER 12:30p- Canasta/Cards/Open Play- ARB 1p- Pinochle- ARA 5p- Indoor Pickleball- CR 5:30p- DocuDiscovers- SAR 5:30p- Evening Setback- AR</p>	<p>9a- Strength Power Hour- CRA 9:15a- Fitness is Fun- CRB 9:30a- Scoppa- ARB 10:15a- Fitness is Fun- CRB 11:15a- Fitness is Fun- CRB 12p- Outdoor Adventure: W. Hartford Reservoir 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR 2p- Bereavement Support Group- SAR</p>		 <p>Sorry We Are <b>CLOSED</b> NOVEMBER 28TH &amp; 29TH IN OBSERVANCE OF THANKSGIVING</p>	<p>11a- Saturday Movie- SAR</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness Is Fun- CRB 12:30p- Cribbage- ER 2-6p- Health Dept. Vaccine Clinic- CRB 1p- Duplicate Bridge- AR 1p- Monday Movie- SAR 3:30p- Tai Chi Intro- CRA</p>	<p>3</p> <p>10a- Rummikub- AR 10a- Chair Yoga- ER 10a- Drop-In Tech Assistance- Café 11:30a- Stretchercise- ER 12:30p- Canasta, Cards/Open Play- ARB 12:30p- A Funny program About Funny Programs: Sitcoms- CRB 1p- Pinochle- AR 2:30p- Tuesdays with Teens- ER 5p- Indoor Pickleball- CR 5:30p- DocuDiscoveries- SAR 5:30p- Evening Setback- AR</p>	<p>4</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Scopa- ARB 10:15a- Fitness Is Fun- CRB 11:15a- Fitness Is Fun- CRB 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR 1p- Free Intro to Yoga Class- CRB 2p- Blackjack Lessons- SAR</p>	<p>5</p> <p>10a- Daytime Setback- AR 11:30a- Stretchercise- ER 1p- Creative Crafters- ACR 1p- Wii Bowling- AR 1p- Line Dancing- CRB 2p- Blackjack Lessons- SAR 4:30p- Chess Club- SAR 6p- Mahjong- AR 6p- Tai Chi- CRB 6p- Trivia, Jeopardy &amp; More!- Café 6:30p- Quantum Café- CONF</p>	<p>6</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 10a- Blood Pressure Screenings- AR 10a- Current Issues- CONF 10:30a- Wadsworth Atheneum Trip 10:15a- Fitness Is Fun- CRB 11:15a- Fitness Is Fun- CRB 1p- Bingo- CRA</p>	<p>7</p> <p>9:30a- Watercolor Class- ACR 1a- Ticket to the North: A Polar Express Event- CRB 11:30a- Train Your Brain- AR</p>
<p>9</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness Is Fun- CRB 12p- Feed Your Mind: The ABC's of Legacy Letters- CRB 12:30p- Cribbage- ER 1p- Duplicate Bridge- AR 1p- Monday Movie- CONF 2p- Blackjack Lessons- SAR 3:30p- Tai Chi Intro- CRB</p>	<p>10</p> <p>10a- Rummikub- AR 10a- Chair Yoga- ER 11:30a- Stretchercise- ER 12:30p- Canasta, Cards/Open Play- ARB 1p- Pinochle- AR 5p- Indoor Pickleball- CR 5:30p- DocuDiscoveries- SAR 5:30p- Evening Setback- AR 6p- Jeff the Plant Guy: Holiday Hat Trick- ER</p>	<p>11</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Scopa- ARB 10:15a- Fitness Is Fun- CRB 11a- Lunch Bunch: Griswald Inn 11:15a- Fitness Is Fun- CRB 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR 2p- Bereavement Support Group- SAR</p>	<p>12</p> <p>10a- Daytime Setback- AR 11:30a- Stretchercise- ER 12:30p- AARP Smart Driver- ER 1p- Creative Crafters- ACR 1p- Wii Bowling- AR 1p- Line Dancing- CRB 4:30p- Chess Club- SAR 6p- Mahjong- AR 6p- Tai Chi- CRB 6p- Trivia, Jeopardy &amp; More!- Café</p>	<p>13</p> <p>9:15a- Fitness Is Fun- AR 10a- Blood Pressure Screenings- AR 10a- Perfect Patchwork- ACR 10:15a- Fitness Is Fun- AR 10:30a- Poetic Cheer Workshop- CONF 11:15a- Fitness Is Fun- AR 1p- Bingo- CRA</p>	<p>14</p> <p>9:30a- Watercolor Class- ACR 11a- Saturday Movie- SAR 11:30a- Music Bingo- AR</p>
<p>16</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness Is Fun- CRB 12p- Feed Your Mind: Long-Term Care Planning- CRB 12:30p- Cribbage- ER 1p- Duplicate Bridge- AR 1p- Monday Movie- ACR 3:30p- Tai Chi Intro- CRB</p>	<p>17</p> <p>10a- Rummikub- AR 10a- Chair Yoga- ER 10a- Drop-In Tech Assistance- Café 11a- Jingle &amp; Mingle Holiday Luncheon- CR 11:30a- Stretchercise- ER 12:30p- Canasta, Cards/Open Play- ARB 1p- Pinochle- AR 2:30p- Tuesdays with Teens- ER 5p- Indoor Pickleball- CR 5:30p- DocuDiscoveries- SAR 5:30p- Evening Setback- AR 6p- Holiday Lights of Glastonbury Trip 6:30p- Page to Screen Book Club- ER</p>	<p>18</p> <p>9a- Glas. Veterans Coffee-house- ER 9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Scopa- ARB 10:15a- Fitness Is Fun- CRB 11:15a- Fitness Is Fun- CRB 12:45p- Goodspeed Musical Trip 1p- Bridge- ER 1p- Mahjong- AR 1p- Pottery Workshop- ACR</p>	<p>19</p> <p>10a- Daytime Setback- AR 11a- Book Discussion Group- ACR 11:30a- Stretchercise- ER 1p- Creative Crafters- ACR 1p- Wii Bowling- AR 1p- Line Dancing- CRB 2:30p- Hanukkah Latke Party- CRA 4:30p- Chess Club- SAR 6p- Mahjong- AR 6p- Tai Chi- CRB 6p- Trivia, Jeopardy &amp; More!- Café</p>	<p>20</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 10a- Blood Pressure Screenings- AR 10a- Current Issues- CONF 10:15a- Fitness Is Fun- CRB 11:15a- Fitness Is Fun- CRB 1p- Bingo- CRA</p>	<p>21</p> <p>10a- DIY Holiday Floating Scented Candle Centerpiece- ACR 11a- Saturday Movie- SAR 12p- Dr. Uke's Big Singl- CR</p>
<p>23</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness Is Fun- CRB 12:30p- Cribbage- ER 1p- Duplicate Bridge- AR 1p- Monday Movie- ACR 3:30p- Tai Chi Intro- CRB</p>	<p>24</p> <p>10a- Rummikub- AR 10a- Chair Yoga- ER 11:30a- Stretchercise- ER 12:30p- Canasta, Cards/Open Play- ARB 1p- Pinochle- AR 5p- Indoor Pickleball- CR 5:30p- Evening Setback- AR</p>	<p>25</p> <p>10a- Daytime Setback- AR 11:30a- Stretchercise- ER 1p- Creative Crafters- ACR 1p- Wii Bowling- AR 4:30p- Chess Club- SAR 6p- Mahjong- AR 6p- Tai Chi- CRB 6p- Trivia, Jeopardy &amp; More!- Café</p>	<p>26</p> <p>10a- Daytime Setback- AR 11:30a- Stretchercise- ER 1p- Creative Crafters- ACR 1p- Wii Bowling- AR 4:30p- Chess Club- SAR 6p- Mahjong- AR 6p- Tai Chi- CRB 6p- Trivia, Jeopardy &amp; More!- Café</p>	<p>27</p> <p>9a- Strength Power Hour- CRA 9:15a- Fitness Is Fun- CRB 10a- Blood Pressure Screenings- ER 10a- Eye Openers Low Vision Support Group- AR 11:15a- Fitness Is Fun- CRB 10:15a- Fitness Is Fun- CRB 12:30p- OA: Halls Arrow 1p- Bingo Bonanza- CRA</p>	<p>28</p> <p>11a- Saturday Movie- SAR</p>
<p>30</p> <p>9:15a- Fitness Is Fun- CRB 9:30a- Knitting &amp; Crocheting- ACR 10:15a- Fitness Is Fun- CRB 12:30p- Cribbage- ER 1p- Duplicate Bridge- AR 1p- Monday Movie- ACR 3:30p- Tai Chi Intro- CRB</p>	<p>31</p> <p>10a- Rummikub- AR 11:30a- Stretchercise- ER 12:30p- Canasta, Cards/Open Play- ARB 1p- Pinochle- AR 5p- Indoor Pickleball- CR 5p- New Years Eve Decades Party- ER 5:30p- Evening Setback- AR</p>	<p>Billiards:</p> <p>Available daily during RCC open hours</p> <p>Indoor Walking:</p> <p>Available Monday-Friday, 8a-8:55a</p>	<p>Room Guide:</p> <p>AR: Activity Room ARA: Activity Room A ARB: Activity Room B ER: Exercise Room CR: Community Room CRA: Community Room A CRB: Community Room B CONF: Conference Room SAR: Special Activities Room ACR: Arts &amp; Crafts Room</p>		

## 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 16 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**

**November 13th & December 4th; 10am-12pm**



## Footcare Service

We are excited to announce that we have a new foot care nurse, Katie Goshdigian, RN, who will be providing service by appointment each week on Tuesdays. Nurse Jessica will be available for footcare on scheduled Saturdays as well. Cost is \$30.00 paid directly to the nurse (cash or check). Please call the Glastonbury Senior Services at 860-652-7638 to schedule an appointment.

## 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.

**NOVEMBER 22 Hannah Vollinger – Better Hearing Center**

**DECEMBER 27 Paula Maclean from Library for the Blind + our ANNUAL HOLIDAY PARTY!**

## 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.**