

Town of Glastonbury Human Services

The Sharing Tree

Office Hours: Monday thru Friday 8:00 a.m. to 5:00 p.m. **Main Information Number (860)652-7638**
Lunch Reservations (860)652-7651

Dial-A-Ride Numbers:

Reservations: (860)652-7643

Cancellations: (860)652-7638

Evenings: (860)652-7655

August, 2010

Newsletter Online: www.glastonbury-ct.gov

Ivoryton Playhouse



Enjoy an afternoon at the playhouse where Katharine Hepburn got her start, Marlon Brando last appeared on stage, Tallulah Bankhead raised eyebrows and Paul Robeson raised the roof.

Trip # 1: Intergenerational Theater Trip: Billy Goat Griff with Lunch @ Oliver's Tavern

Friday, August 20, 2010 10:00 am Leave RCC 11:00 am Billy Goat Griff Performance
12:30 pm Lunch Cost: \$17.00 (includes transport & theater) plus money for lunch

The story introduces the audience to three male goats, a troll, a bridge and a lifelong lesson for all. Oliver's Restaurant in historic Essex, was named after the first Continental Navy ship built in 1775. We will eat in the library and children will have a special menu featuring "Harry Potter" Burgers and "Gorilla" Cheese. Prices from this menu range from \$3.99 to \$8.00.

Trip # 2: Finian's Rainbow with Lunch @ Oliver's Tavern Wednesday, August 25, 2010

10:30 am Leave RCC 11:45 am Lunch 2:00 pm Performance
5:00 pm Arrive back to RCC Cost: \$35.00 (includes transport & theater) plus money for lunch

Did you ever wonder how are things in Glocca Morra? Or what would happen under an Old Devil Moon? Enter the irresistible world of two Irish immigrants who come to America and live with poor, good-hearted American farmers; southern bigots and -- a leprechaun. At Oliver's, we will order from the regular menu which features soups, sandwiches and salads all at reasonable prices.

Discovery Museum & Planetarium: Challenger Learning Center – Bridgeport, CT

Saturday, August 28, 2010 9:00 am Leave RCC 3:00 pm Leave Bridgeport
Option 1 \$34.00 includes transportation, box lunch, Challenger simulator (not handicap accessible), planetarium, and museum.

Option 2 \$11.00 includes transportation & box lunch plus \$7.00 admission fee payable at museum.



Please note: As there are NOT food vendors at the museum, we will enjoy a box lunch with either a Turkey or Roast Beef on a soft roll, chips, cookie and soda. Please make sandwich choice at registration. Have you ever wanted to be a part of space exploration or mission control? Now is your chance! The year is 2045 and the mission is to establish a permanent base on the moon to observe, explore, and test the feasibility of off -Earth settlements. Astronauts on the spacecraft and scientists in mission control have to work together to complete the mission. After our picnic lunch, we will be able to enjoy the planetarium and museum. **** Pick up special information packet when you register for the Challenger Simulator which needs to be completed and returned to Norma as soon as possible.**

Registration Information Sign up for all trips and activities will take place on **Monday, August 2, 2010 from 9:30 - 10:30 am.** One person can make reservations for a limit of 2 people. Checks should be payable to the *Town of Glastonbury*. Regretfully, we cannot take any reservations prior to this time unless the event has been previously advertised. After this day, reservations can be mailed with appropriate monies or made in person at the Senior Center office. These registrations will be handled as received and posted based upon space availability.

ENCORE Programs**Zumba Gold Classes Tuesdays & Fridays, August 3 – September 28, 2010 2:45 – 3:30 pm****Cost: \$55.00 for 17 sessions** Zumba is a high-energy exercise class designed to enhance overall tone, shape and physique through slow to medium controlled movement. Enjoy the upbeat Latin music!**Preserving Family Memories: An Intergenerational Workshop Wednesday, August 4, 2010****3:00 – 4:00 pm at Welles Turner Library No fee. Register by calling 652-7725 or 652-7605.****Instructor: Sara DeBeer** This is a wonderful program for families to connect. Sit and share special memories with family members and friends or create your own story. The finished version of your favorite story will be a wonderful gift to pass down as family history.**Preserving the Harvest: Jellies and Jams Wednesday, August 4, 2010 5:30 – 6:30 pm No fee but****advanced registration is required.** Our guest speaker, Diane Hirsch, Food Safety Educator from the CT Cooperative Extension Service, will discuss safe procedures to preserve your jellies and jams. A variety of recipes will be offered as handouts.**Quick and Easy Culinary Ideas for Your Herbs Wednesday, August 11, 2010 5:30 – 7:00 pm****Cost: \$5.00** Master Gardener Diana Matsuzaki will again share her knowledge of herbs. The group will work together to make herb vinegars, herb tea, herb salad dressing and herb dipping sauce. The group will then enjoy a light salad with chicken and bread for dipping. Recipes will be available.**Walkers Breakfast Thursday, August 12, 2010 8:00Am walking 9:00 – 10:30 am Breakfast****Cost: \$3.00** The ENCORE program offers a walking session weekly. In celebration of completing one year's activity, we are hosting a healthy breakfast. After the morning walk breakfast will be offered followed by a talk entitled "Fitness Options after Walking" by Ed Genga, Fitness Director of Hartford Hospital. You do not need to be a walking member to attend.**Keeping Your Brain Healthy Tuesday, August 17, 2010 5:30 – 6:30 pm at the Welles Turner****Library No fee but advanced registration required by calling 652-7605.** Our guest speaker will be Erica DeFrancesco, Director of Community Services for the Alzheimer's Resource Center. She will discuss strategies to keep our brains healthy; including the importance of nutrition and exercise. Participants will also learn about the signs and symptoms of Alzheimer's disease.**Quilting Tuesdays, August 24 and 31, 2010 4:00-5:30pm Cost: \$4.00**

Our guest speaker, Joyce Hastings, will offer a brief history of quilting and instructions for the Ohio Star Block. The fee covers fabric, batting, thread and needles. Once the participants finish the square, they will have a wall hanging or pillow covering to enjoy.

There's still time to get your lobster fix!

Chez Josef's in Agawam, MA Tuesday, August 3, 2010 10:15 am Leave RCC

11:00 am Arrive at Chez Josef's 3:30 pm Arrive Back at RCC

Cost: \$ 50.00 (Includes transportation, dinner & entertainment) Limited to 20 people

At Chez Josef's we will enjoy their "Sweet Confections & Coffee Station". Dinner will include clam chowder, lobster and BBQ chicken, corn on the cob and conclude with a strawberry parfait. Afternoon entertainment will be Dixieland Style with the upbeat musical tempos of Bourbon Street.



Annual Parks & Recreation Senior Citizen's Indoor Picnic

Wednesday, August 11, 2010 9:30 am to 1:30 pm Cost: \$4.00

Come early and enjoy old-fashioned games of horseshoes, croquet and bocce out on the back lawn of the RCC or play a few rounds of setback on the patio. Listen to the tunes of Willie Nininger, country western singer, in the comfort of the air-conditioned community room. Around noon, we will partake of BBQ chicken dinner with all of the trimmings. The day of festivities will end with bingo games featuring a potpourri of prizes. *Please remember that this special day of activities is for Glastonbury residents only.* Tickets can be purchased at the Riverfront Community Center, Parks & Recreation or Town Hall.



Intergenerational Special Lunch

Hawaiian Luau Tuesday, August 31, 2010



11:30 am Hawaiian Punch & Hors d'oeuvres 12:00 pm Hawaiian Chicken with Pineapple Rice

12:30 pm Musical Entertainment – T-Bone's Tropical Adventure Cost: \$4.00

On this the last day before the elementary children return to school, we are hosting an intergenerational afternoon of fun. Bring your favorite little person(s) to enjoy the festivities. T-Bone Stankus will provide the music, laughter and other surprises. We will learn of King Kamehameha II who established a feast where men ate with women and this was the symbolic act which ended the Hawaiian religious taboos, and the luau was born. The favorite dish at these feasts is the young and tender leaves of the taro plant combined with chicken, baked in coconut milk. Wear your favorite Hawaiian outfit ...and...ladies put a flower behind your ear --- right ear if you are romantically available or left ear if you are taken or not interested!

A fan favorite returns

Just for Fun! Honoring the Zesty, Zany Zucchini Thursday, September 2, 2010

11:30 am Zucchini Arrival & Setup for Viewing 12:00 pm Lunch

12:30 pm Awards Presented for Zucchini Creativity Cost: \$2.50

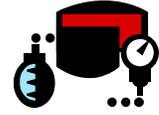


The zucchini, what a great vegetable! Today you can demonstrate your "love" of this vegetable by entering one or all of the various competitions listed below. After our panel of distinguished judges from our Social Services staff review all submissions, a prize will be awarded for each category. All zucchinis must be in place by 11:45 am and you can enter as many categories as you want.

- 1.) Decorate a zucchini with something creative.
- 2.) Bring the biggest, silliest looking zucchini
- 3.) Write a short story about an experience with a zucchini.
- 4.) Write an original poem about a zucchini.

Health & Wellness News**Free Blood Pressure & Wellness Clinics**

Tuesday, August 3, 2010 Center Village Community Room 1:00 - 2:00 pm
Thursdays, August 5, 12, 19 & 26, 2010 Welles-Turner Library 9:30 - 11:30 am
Fridays, August 6 & 27, 2010 Riverfront Community Center 10:30 am – 12:00 pm



Glastonbury's Community Health Nurse will be conducting the above clinics this month. Blood pressure, medication, diet questions, symptom management and other health related concerns can be addressed at any of the clinics. Walk-ins are encouraged.

**Healthy Foot Clinic**

Wednesday, August 18, 2010 12:15-3:30 pm **Monday, August 23, 2010 8:40am -3:30 pm**
Appointment required Call 652-7645 to schedule. Cost: \$28.00 –check made payable to: Pedicare

A Registered Nurse will trim and file toenails, smooth calluses and corns, massage with lotion and powder. Appointments must be made, walk-ins NOT allowed. Payments required at time of visit.

**Ways to Get Around**

FISH Phone 647-3911 Transportation for out of town medical appointments ONLY are available Tuesday through Friday from Glastonbury to the following towns: Hartford, East Hartford, West Hartford, Manchester, Rocky Hill and Wethersfield. You must request ride by noon of the previous day. Unable to transport wheel chairs; parking fees are the responsibility of the rider.

American Cancer Society's Road to Recovery Transportation Service Phone 1-800-227-2345. They can provide transportation for doctors' appointments and treatments. Patients must be ambulatory. Requests must be made 3 business days before the appointment.

A.D.A. Transportation offered by CT Transit This service provides door-to-door service for any purpose to persons unable to use regular CT Transit bus service if the pick-up and destination is within their service area. This service operates 7 days a week and there is a charge of \$3.00 each way. You must pre-register for this service before making a ride request. For an application and more information, please contact the **ADA office at 860-724-5340.**

**Ice Cream & Fresh Produce Adventures**

Saturdays, August 7, 14 & 21, 2010 11:00 am leave RCC 3:00 pm approx. return to RCC
Cost: \$5.00 transportation fee plus money for ice cream and fresh produce.

August 7 J & J Deli, 1031 Blue Hills Ave., Bloomfield, CT. followed by a stop at **Rose's Berry Farm 295 Matson Hill Rd., South Glastonbury**

August 14 Salem Valley Farms 20 Darling Road ,Salem, CT followed by a stop at **Belltown Hill Orchards– 475 Matson Hill Rd. South Glastonbury**

August 21 UCONN Dairy Farm, Storrs, CT followed by a stop at **Berruti's Farm, Main St., South Glastonbury.**

Support Group NewsEYE OPENERS LOW VISION SUPPORT GROUP**Monday, August 23, 2010****10:00 - 11:30 am**

We will have special summertime refreshments & open discussion. Bring ideas for future meeting topics / speakers! Anyone who is experiencing low or declining vision is welcome to attend. If you have any questions or would like to be on our group mailing list, call Janine at 652-7644.

Caregiver Support Meeting**Wednesday, August 18, 2010****10:00 – 11:30 am**

H.T. Clark House, 45 Canione Road No one person knows all the answers to the multi-faceted challenges of caregiving. At each monthly meeting, we share knowledge and experiences to help find better ways to manage these challenges. If you have something to learn or something to share that might help another caregiver, please come and join us. If you are planning to attend, please call Susan at 652-7652. Newcomers are always welcome!

Bereavement Support Group**Wednesdays, August 4 & 18, 2010****2:00 to 3:30 pm**

Have you had a family member or friend die recently and are experiencing the “symptoms” of grief? These include the inability to eat or overeating; loss of sleep or need for too much sleep; 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 Glastonbury Visiting Nurse and Glastonbury Senior Center. Call Ki Miller, VNA Bereavement Support Counselor, at 493-7328 for additional information.

*Back -to-School program*

It's time to prepare for Back-to-School. Glastonbury Social Services is collecting backpacks and school supplies for local children in kindergarten through high school. Money donations are also welcome, with checks written to the Town of Glastonbury, marked “holiday fund” in the memo area. Donations should be brought to the community center office *by August 13th*. Thank you for helping a child start the school year prepared!

Riverfront Café News

The café is open Mondays through Fridays from 9:30 am to 1:15 pm and has a selection of summer vegetable soups, sandwiches made to order, fresh salads, beverages and ice cream treats all at reasonable prices. No reservations are needed, just drop-in and place your order. *Please note that the café will be closed on Tuesday, August 31, 2010.*



Registration Breakfast Menu – Monday, August 2, 2010

Join your friends for a breakfast sandwich and coffee in the Community Room while waiting for your number to be called on registration morning. Our cooks will offer a limited selection of breakfast foods all at a reasonable price beginning at 8:30 am.

- Choice # 1 Breakfast Sandwich (egg & bacon on roll) with choice of coffee, tea or juice \$3.00
- Choice # 2 Muffin with choice of coffee, tea, or juice \$2.00



Senior Nutritional Lunch Menus for August, 2010

Reservations are Required for this program. Call 860-652-7651 by noon, one business day prior to desired lunch. When making your reservation, please indicate if you need a diabetic dessert.

12:00 pm Lunch

12:30 pm Program

Ticket Prices: \$2.50 per person includes hot entrée, vegetable, dessert & beverage
 \$5.00 per Guest (does not live in town and/or not a senior citizen)
 \$4.00 Special Ticket includes Meal & Program.



Special Lunch & Program Ticket Required for Hawaiian Luau – Intergenerational Party

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lemon & Herb Roasted Chicken	3 Swedish Meatballs over Egg Noodles	4 Steamed Kielbasa w/ Boiled Potatoes	5 Vegetable & Cheese Lasagna	6 Breaded Fish w/ Tartar Sauce
9 Baked Meatloaf w/ Garlic Mashed Potato	10 Turkey ala King over Bed of Rice	11 No Senior Lunch Parks & Rec Picnic	12 Beef Stroganoff over Egg Noodles	13 Crispy “Oven-Fried” Chicken
16 Spaghetti w/ Meat Sauce	17 Birthday Party Pork Chops w/ Maple Ginger Sauce 	18 Orange Chicken Stir Fry Over Rice	19 Anniversary Party Oven Roasted Turkey Breast	20 Steamed Cod w/ Tomatoes & Onion
23 Cube Steak w/ Mushroom Gravy	24 Baked Manicotti w/ Meat Sauce	25 Ginger Pork Roast w/ Gravy	26 Baked Sole w/ Herb Stuffing	27 Shepherd’s Pie
30 Oven “Fried” Breaded Fish	31 Hawaiian Luau Hawaiian Chicken w/ Pineapple Rice	September 1 Stuffed Shells w/ Meat Sauce	September 2 Zesty, Zany Zucchini Honey Chicken	September 3 Beef Stir Fry over Steamed Rice

Celebrate Your Special Day With Us!



Call 652-7651 by noon one business day in advance to make your reservation. Please indicate that it is your birthday or anniversary so that we can include you in our special celebration.

Monthly Birthday Party **Tuesday, August 17, 2010 12:00 Noon Fee: \$2.50** If you claim August as your birth month, you share your birthday with Carroll O’Connor, Louis Armstrong, Eddie Fisher, Fidel Castro and Michael Jackson. Your birthstone is the Sardonyx and your birth flower the Gladiolus. Celebrate your birthday with other “August Babies” at a group party.

Monthly Anniversary Party **Thursday, August 19, 2010 12:00 Noon Fee: \$2.50** Invite your spouse to join you and other couples for a special celebration of your August wedding anniversary. Bring along any special memorabilia to share stories with your friends.



Dial-A-Ride Shopping and Schedule Information

For Day Reservations Call: 652-7643

For Cancellations Call: 652-7638

For Evening (Tuesdays & Thursdays) & Saturday Reservations Call: 652-7655



Important Reminders for all Dial-A-Ride Program Participants:

1. You must be ready at least 10 minutes earlier than requested pickup time.
2. Due to demand for Dial-A-Ride services, shoppers are limited to 6 bags per trip when grocery shopping.
3. Reservations for all day time rides must be phoned in one business day in advance, before 11:00 am.
4. Reservations for all **evening/ weekend rides** must be made by in advance by **calling 652-7655**.
5. If you are on the permanent list for a ride to and from the lunch program, you will be picked up following the completion of the scheduled program unless you notify the Senior Center otherwise.

Weekly Shopping:



The following schedule will apply: Pick-Up Time – 10:00 am Return Time – 12:00 pm

Mondays Stop & Shop (Glastonbury Blvd.)

Tuesdays Shop Rite, T J Maxx at East Hartford Plaza *****

Thursdays Stop & Shop (Oak Street)

******Please note: Our shopping schedule has changed. The bus trip to East Hartford Plaza will now be on TUESDAYS, not Fridays. This will allow folks to take advantage of the senior discount offered by the new Shop Rite.*

Mall Shopping: Buckland Mall Wednesday, August 18, 2010 10:00 am – 2:00 pm Transportation
Fee: \$5.00. Limited to 20 participants.



Other Dial A Ride trips for August:

Sound View Beach, Old Lyme, CT Monday, August 9, 2010 Leave RCC at 9:30 am. Enjoy the beach until 11:30 am, then head for lunch at the Old Lyme Pizza where you can relax until we head out at 1:15 pm. Stop along the way back at Hallmark Ice Cream with a return to the RCC at approximately 3:00 pm. Cost: \$7.00 for transportation plus lunch and ice cream on your own.

City Fish in Wethersfield Monday, August 23, 2010 Leave RCC at 10:45 am to arrive there at 11:00am. If you could not get to the shore but still love fresh seafood, here's your chance. You can get fresh fish and pretend you are at the ocean. Return to the RCC by approximately 12:45 pm. Cost: \$5.00 for transportation plus lunch on own.

AARP Chapter #2010 News

Upcoming AARP Trips

September 23, 2010 Magic of Mario Lanza @ Grand Oak Villa, Oakville, Connecticut

October 13, 2010 Fall Foliage Tour plus lunch and show @ Wachusett Village Inn with a side trip to Randall Farm & Green house, Ludlow, Massachusetts

Contact Ed Ruff at 860-633-1404 for additional information.

Computer News



Computer Practice

Tuesdays in August

6:00 pm – 8:00 pm

No Fee; no instructor This is time for you to practice all that you have learned with Val. You can e-mail her, search the internet and chat on Facebook. See what you can do on your own or meet a friend and work together.

Computer Topics/Discussions

Thursdays & Fridays

1:00 – 2:15 pm and 2:30 – 4:00 pm

No registration required; just walk in and sign up.

Instructor Bill Bourn

Topics of suggestions can include but not limited to e-mails; writing documents (MS Word), Internet searches and more. You are the driving focus each workshop. If you need guidance on the computer, stop in.

Featured Classes and Activities

Cribbage Anyone? Mondays 12:45 to 3:00 pm Program Leader: Joe Mazurski

Whether you are new to cribbage or an experienced player, you are encouraged to join a small group of cribbage players for a casual, fun-filled afternoon. All supplies are provided. If you want additional information, please call 652-7645.

Safe Driving Course Tuesday, August 17 & Thursday, August 19, 2010 9:00 am to 1:00 pm

Cost: \$12.00 for AARP Members; \$14.00 for Non-members – Check payable to AARP due upon advance registration. All CT drivers age 60 and older who complete this 2 day, 8- hour course, qualify for at least a 5% reduction in their automobile insurance premiums. This AARP sponsored driving course is designed to help the older driver continue to drive safely. The class encompasses the latest techniques in driving with special emphasis on defensive driving. It is classroom training only; no in-the-car training.

Healthy Soup Club Tuesday, August 31, 2010 5:30 – 7:00 pm Cost: \$3.00

Advanced registration required Co- sponsored by New England Home Care

As you enjoy a steaming or cooling bowl of homemade soup, you may not think about its benefits because it is mmm,mmm good! Come learn how inexpensive, nourishing and invigorating fresh soup can be. If you get into the habit of eating soup daily, your grocery bill might diminish and your taste buds will be grateful. So get creative, have fun and explore the infinite possibilities of soup!



Book & Author Discussion Group Thursday, August 26, 2010 10:45 am Facilitator: Nancy Zepke

The group will continue its discussion of Mark Twain's *Huckleberry Finn* as part of Hartford's Great Read. Reread this as a favorite book from the past or catch up on it as an overlooked book. Call 652-7645 for additional information.



Wii Bowling for Fun All Thursdays in August beginning @ 2:00 pm No fee but advanced registration required by calling 652-7645 or see Barbara. Limited to 8 players. This unique system gets you physically involved by using the control wand, walking forward, aiming at the pins and releasing the "ball". No longer can body aches be used as an excuse. News flash: Judy Chicoine "rolled" her second 300 point game on June 26th.

Current Issues Discussion Group Fridays, August 6 & 20, 2010 10:00 – 11:00 am

Facilitator: Larry Fleming If you want to join an interesting group that enjoys discussing and learning about issues around the world, call 652-7645 to register and to obtain the "current issue" to be discussed.

Bingo Buddies All Fridays in August beginning at 12:45 pm

Join other bingo enthusiasts playing an old time favorite. Special Bingo fun, sponsored by Humanity Home Care will be held on August 13th and Salmon Brook Nursing & Rehabilitation Center will sponsor the game on August 20th with special prizes and refreshments offered. All needed supplies and equipment are provided and no reservations are needed -- just come join in the fun.



Watercolor Classes Saturdays, August 14 & 28, 2010 9:30– 11:30 am

Cost: \$20.00 at registration - \$10.00 supply cost payable to instructor. Enjoy mornings of relaxation creating artwork suitable to frame. Learn different techniques of blending colors, shading and much more.

For the movie programs, popcorn and an iced beverage will be available. There is no charge for these programs and no reservations are needed. If you wish to recommend a movie, please complete a suggestion form in the Senior Center office.



Monday Movie Madness: Movies start promptly at 1:00 pm at Riverfront Community Center.

August 2 -- 2012 As the world faces a catastrophe of apocalyptic proportions cities collapse and continents crumble. 2012 brings an end to the world and tells of the heroic struggle of the survivors. Action /Adventure / Rated PG-13.

August 9 Post Grad Recent college graduate Ridden Malby has just survived 4 years of higher education, but now is forced to move back to her childhood home, deal with her eccentric family, land a job, and find the right guy. Comedy/Rated PG-13

August 16 Shutter Island Leonardo DiCaprio plays a lawman in 1954 who investigates a disappearance at a mental institution and uncovers a conspiracy involving McCarthy-era hysteria. Drama/Rated R.

August 23 Avatar A paraplegic ex-marine finds a new life on the distant planet of Pandora and then battles humankind alongside the planet's indigenous race. Due to the planet's hostile atmosphere, humans have genetically grown bodies which are half-alien/half-human. Stars Sigourney Weaver and Sam Worthington. Fantasy Rated PG-13.

August 30 Extraordinary Measures Inspired by a true story in which a father seeks to save his children from a rare life-threatening genetic disorder. This working-class dad ditches his career and teams with an unconventional specialist to found a bio-tech company and develop a cure in time to save his children. Drama / Rated PG-13.

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**Tuesday Twilight Showcase** Movies start promptly at 6:00 pm at Riverfront Community Center.

**August 3 Extraordinary Measures** See review above for 8/30

**August 10 The Magnificent Seven** Starring Yul Brynner, Eli Wallach and Steve McQueen. Meet the 7 gunmen who fought like seven hundred in John Sturges' classic Western retelling of Akira Kurosawa's *The Seven Samurai*. Not Rated/Western – 128 minutes

**August 17 Invictus** Starring Matt Damon and Morgan Freeman - The true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team, Francois Pienaar, to help unite their country. Drama/PG-13 – 2 hours 14 minutes

**August 24 The Rose** Starring Bette Midler and Alan Bates. A rock star whose success is laced with so much booze, drugs and hard-living, that it eventually causes her downfall. Electrifying musical numbers, including the hit song "The Rose" make the film pop culture classic. Rated R/Drama 125 minutes.

## ***The Sharing Tree***

### **Save the Date**

**Tuesday, September 14, 2010** *ENCORE* has booked Kevin Nathan, NBC Sports Director, who will speak about leadership as people seek to improve their community by tapping into their skills, experiences and energy.

### **Have you checked out *The Friendship Circle* lately ?**

This is a structured activity program that helps special seniors. The goal of the group is to keep active in mind and body as we engage with other people. We share good times and each day is interesting with different activities that range from crafts, cooking, music and field trips; even exercise and sports to reminiscing and celebrating. We may need help to do some things but we assist each other and have plenty of laughs along the way. There are 2 sessions –one on Tuesdays and Thursdays; the other on Wednesday and Fridays from 9:45 a.m. - 12:45 p.m. Members can use Dial-A-Ride or private transportation. Volunteers are a vital part of our program who share their talents and life experiences with us. They work with our certified recreation specialist to ensure our safety and enjoyment. The all-inclusive fee is \$55 per month.

If you or someone you know is sitting at home each day, please think about joining our group. We're friendly, we're healthy and we want to welcome you. For questions or more information about joining either as a member or volunteer, please call Kathy at 652-7650.

**Read *The Sharing Tree* Newsletter on line** If you have internet access, visit [www.seniorpubs.com](http://www.seniorpubs.com) to be the first to read our monthly newsletter. Once you have reached the site, enter Glastonbury / Ct., hit enter and you will be able to examine the newsletter. No longer will you be depending upon mail delivery to place the newsletter in your mailbox. Also, you can access the newsletter on our town website: [www.glastonbury-ct.gov-senior services](http://www.glastonbury-ct.gov-senior-services). You can also have *The Sharing Tree* sent to you via e-mail instead of paper copy. Please contact the Senior Center office to set this up.

**GLASTONBURY SENIOR CENTER REGISTRATION FORM – AUGUST, 2010**

Name(s) \_\_\_\_\_ Telephone \_\_\_\_\_

Please complete the following information for programs that you are registering for and sign this form. One person can make reservations for a limit of two people. Checks should be made payable to: *Town of Glastonbury. If the program you are interested in is not listed, write-in on bottom line.*

**Waiver:** Being of full age and in consideration of my participation in this class(es), I do hereby release and forever discharge the Town of Glastonbury, their agents and employees, their representatives, successors, and assignees from all claims arising out of any and all personal injuries, damages, expenses and any loss or damage whatsoever resulting or which may result from participation in these programs.

**SIGNATURE:** \_\_\_\_\_ **DATE:** 08/ \_\_\_\_ /10

*\*Please note that if you need Dial-A-Ride transportation to any of the programs, you must call 652-7643 one business day before the desired ride. This registration form does not cover Dial-A-Ride transportation. \*\*\**

| <b>Trips/Activities/Programs</b>                    | <b>Date</b>           | <b>#of People</b> | <b>Cost/Person</b>     | <b>Total</b> | <b>Posted</b> |
|-----------------------------------------------------|-----------------------|-------------------|------------------------|--------------|---------------|
| Ivoryton Playhouse – Trip I – Billy Goat Griff      | 8/20                  |                   | \$17.00 ***            |              |               |
| Ivoryton Playhouse – Trop II – Finian’s Rainbow     | 8/25                  |                   | \$35.00 ***            |              |               |
| Chez Josef’s in Agawam, Mass.                       | 8/3                   |                   | \$50.00                |              |               |
| Discovery Museum & Planetarium – Bridgeport         | 8/28                  |                   | \$34.00 or \$11.00 *** |              |               |
| J & J Deli – Bloomfield stop @ Rose’s Berry Farm    | 8/7                   |                   | \$5.00 ***             |              |               |
| Salem Valley Farms – Salem stop @ Belltown Orchards | 8/14                  |                   | \$5.00 ***             |              |               |
| Uconn Dairy Farms – Storrs stop @ Berruti’s Farm    | 8/21                  |                   | \$5.00 ***             |              |               |
| Buckland Mall                                       | 8/18                  |                   | \$5.00                 |              |               |
| Sound View Beach, Old Lyme, Ct                      | 8/9                   |                   | \$7.00***              |              |               |
| City Fish – Wethersfield                            | 8/23                  |                   | \$5.00***              |              |               |
|                                                     |                       |                   |                        |              |               |
| <b>Special Lunches</b>                              |                       |                   |                        |              |               |
| Hawaiian Luau                                       | 8/31                  |                   | \$4.00                 |              |               |
| Zesty, Zany Zucchini                                | 9/2                   |                   | \$2.50                 |              |               |
| Birthday Party                                      | 8/17                  |                   | \$2.50                 |              |               |
| Anniversary Party                                   | 8/19                  |                   | \$2.50                 |              |               |
| Regular Lunch Tickets                               |                       |                   | \$2.50                 |              |               |
|                                                     |                       |                   |                        |              |               |
| <b>Classes/Lessons</b>                              |                       |                   |                        |              |               |
| Stretchercize – Tuesdays & Fridays                  | <i>On going</i>       |                   | \$30 for 15 classes    |              |               |
| AARP Safe Driving Course                            | 8/17 & 8/19           |                   | \$12 AARP Members      |              |               |
| Computer Practice                                   | <i>Tues in August</i> |                   | No Charge              |              |               |
| Computer Topics – Bill Bourn                        | <i>On going</i>       |                   | No Charge              |              |               |
| Current Issues Discussion Group                     | 8/6 & 8/20            |                   | No Charge              |              |               |
| Book Discussion Group                               | 8/26                  |                   | No Charge              |              |               |
| Cribbage – Mondays                                  | <i>On going</i>       |                   | No Charge              |              |               |
| Healthy Soup Club                                   | 8/31                  |                   | \$3.00                 |              |               |
| Watercolor Classes –Saturdays                       | 8/14 & 8/28           |                   | \$20.00***             |              |               |
|                                                     |                       |                   |                        |              |               |
| <b>ENCORE</b>                                       |                       |                   |                        |              |               |
| Zumba Gold Classes                                  | 8/3 to 9/28           |                   | \$55.00                |              |               |
| Preserving Family Memories                          | 8/4                   |                   | No Charge              |              |               |
| Preserving the Harvest: Jellies and Jams            | 8/4                   |                   | No Charge              |              |               |
| Walkers Breakfast                                   | 8/12                  |                   | \$3.00                 |              |               |
| Keeping Your Brain Healthy                          | 8/17                  |                   | No Charge              |              |               |
| Quick and Easy Culinary Ideas for Your Herbs        | 8/18                  |                   | \$5.00                 |              |               |
| Quilting - Tuesdays                                 | 8/24 & 8/31           |                   | \$4.00                 |              |               |
|                                                     |                       |                   |                        |              |               |
|                                                     |                       |                   |                        |              |               |
|                                                     |                       |                   |                        |              |               |
|                                                     |                       |                   | <b>TOTAL DUE</b>       | \$           |               |

**\*\*\*Additional Monies payable upon arrival at program. See Sharing Tree for further information. Refund Policy: NO refund will be issued unless your ticket can be resold to another person.**

# Senior Activities for August 2010

| Monday                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                               | Saturday                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>9:00 Men's Billiards<br>9:30 Registration<br>10:00 Knit & Crochet<br>10:00 Stop & Shop Trip<br>10:15 Yoga B<br>12:00 Lunch<br>12:45 Cribbage<br>1:00 Ladies' Billiards<br>1:00 Duplicate Bridge<br>1:00 Qigong<br>1:00 <b>Movie: 2012</b><br>1:30 Woodworking         | <b>3</b><br>9:00 Billiards Beg.<br>9:45 Friendship Circle<br>10:00 Shop Rite Trip<br>12:00 Lunch<br>1:00 Pinochle<br>1:30 Stretchercize<br>2:45 Zumba Gold<br>6:00 <b>Movie: Extraordinary Measures</b><br>6:00 Open Computer<br>6:30 Setback/Cards<br>6:30 Woodworking | <b>4</b><br>9:00 Men's Billiards<br>9:45 Friendship Circle<br>11:00 Powerful Aging<br>12:00 Lunch<br>1:00 Men's Billiards<br>1:00 Party Bridge<br>1:00 Fix It Clinic<br>1:30 Ceramics & Pottery<br>2:00 Bereavement Support Group<br>3:00 Preserving Memories @Library<br>5:30 Preserving the Harvest | <b>5</b> 8:00 Encore Walking<br>9:45 Friendship Circle<br>10:00 Setback<br>10:00 Lapidary<br>10:00 Stop & Shop Trip<br>12:00 Lunch<br>1:00 Ladies' Billiards<br>1:00 Computer Topics<br>2:00 Wii Bowling<br>6:00 Tai Chi<br>6:00 Band<br>6:30 Mahjongg<br>6:30 Setback<br>6:30 Coed Billiards<br>6:30 Computer Class                             | <b>6</b><br>9:00 Yoga A<br>9:00 Men's Billiards<br>9:45 Friendship Circle<br>10:00 Current Issues<br>10:15 Yoga B<br>10:30 Wellness Clinic<br>11:00 Powerful Aging<br>12:00 Lunch<br>12:45 Bingo<br>1:00 Practice Billiards<br>1:00 Computer Topics<br>1:30 Stretchercize<br>2:30 Computer Topics<br>2:45 Zumba Gold | <b>7</b> Senior programs<br>9:00 am – 3:30 pm<br><br>9:00 Coed Billiards<br>10:00 Ballroom Practice<br>11:00 Line Dance Practice<br>11:00 Ice Cream and Produce Trip<br>1:00 Players Choice                           |
| <b>9</b><br>9:00 Men's Billiards<br>9:30 Sound View Trip<br>10:00 Knit & Crochet<br>10:00 Stop & Shop Trip<br>10:15 Yoga B<br>12:00 Lunch<br>12:45 Cribbage<br>1:00 Ladies' Billiards<br>1:00 Duplicate Bridge<br>1:00 Qigong<br>1:00 <b>Movie: Post Grad</b><br>1:30 Woodworking | <b>10</b><br>9:00 Billiards Beg.<br>9:45 Friendship Circle<br>10:00 Shop Rite Trip<br>12:00 Lunch<br>1:00 Pinochle<br>1:30 Stretchercize<br>2:45 Zumba Gold<br>6:00 <b>Movie: The Magnificent Seven</b><br>6:00 Open Computer<br>6:30 Setback/Cards<br>6:30 Woodworking | <b>11</b><br>9:00 Men's Billiards<br>9:30 Park & Rec Picnic<br>11:00 Powerful Aging<br>12:00 NO Lunch<br>1:00 Men's Billiards<br>1:00 Party Bridge<br>1:00 Fix It Clinic<br>1:30 Ceramics & Pottery<br>5:30 Herbs Ideas                                                                               | <b>12</b> 8:00 Encore Walking<br>9:00 Walkers' Breakfast<br>9:45 Friendship Circle<br>10:00 Setback<br>10:00 Lapidary<br>10:00 Stop & Shop Trip<br>12:00 Lunch<br>1:00 Ladies' Billiards<br>1:00 Computer Topics<br>2:00 Wii Bowling<br>6:00 Tai Chi<br>6:00 Band<br>6:30 Mahjongg<br>6:30 Setback<br>6:30 Coed Billiards<br>6:30 Computer Class | <b>13</b><br>9:00 Yoga A<br>9:00 Men's Billiards<br>9:45 Friendship Circle<br>10:00 TRIAD Meeting<br>10:15 Yoga B<br>11:00 Powerful Aging<br>12:00 Lunch<br>12:45 Humanity Home Bingo<br>1:00 Practice Billiards<br>1:00 Computer Topics<br>1:30 Stretchercize<br>2:30 Computer Topics<br>2:45 Zumba Gold            | <b>14</b> Senior programs<br>9:00 am – 3:30 pm<br><br>9:00 Coed Billiards<br>9:30 Watercolor Class<br>10:00 Ballroom Practice<br>11:00 Line Dance Practice<br>11:00 Ice Cream and Produce Trip<br>1:00 Players Choice |
| <b>16</b><br>9:00 Men's Billiards<br>10:00 Knit & Crochet<br>10:00 Stop & Shop Trip<br>10:15 Yoga B<br>12:00 Lunch                                                                                                                                                                | <b>17</b><br>9:00 Billiards Beg.<br>9:00 Safe Driving Course<br>9:45 Friendship Circle<br>10:00 Shop Rite Trip<br>12:00 Birthday Lunch                                                                                                                                  | <b>18</b><br>9:00 Men's Billiards<br>9:45 Friendship Circle<br>10:00 Caregivers Group<br>10:00 Buckland Mall<br>11:00 Powerful Aging                                                                                                                                                                  | <b>19</b> 8:00 Encore Walking<br>9:00 Safe Driving Course<br>9:45 Friendship Circle<br>10:00 Setback<br>10:00 Lapidary<br>10:00 Stop & Shop Trip                                                                                                                                                                                                 | <b>20</b><br>9:00 Yoga A<br>9:00 Men's Billiards<br>9:45 Friendship Circle<br>10:00 Current Issues<br>10:00 Ivoryton Trip                                                                                                                                                                                            | <b>21</b> Senior programs<br>9:00 am – 3:30 pm<br><br>9:00 Coed Billiards<br>10:00 Ballroom Practice                                                                                                                  |

|                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                    |
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| <p>12:45 Cribbage<br/> 1:00 Ladies' Billiards<br/> 1:00 Duplicate Bridge<br/> 1:00 Qigong<br/> 1:00 <b>Movie: Shutter Island</b><br/> 1:30 Woodworking</p>                                                                                                                                                                                                            | <p><i>1:00 Pinochle</i><br/> <i>1:30 Stretchcize</i><br/> <i>2:45 Zumba Gold</i><br/> <i>5:30 Healthy Brain Talk</i><br/> <i>6:00 <b>Movie: Invictus</b></i><br/> <i>6:00 Open Computer</i><br/> <i>6:30 Setback/Cards</i><br/> <i>6:30 Woodworking</i></p>                                                                                                                                                                                             | <p>12:00 Lunch<br/> 12:15 Foot Clinic<br/> 1:00 Men's Billiards<br/> 1:00 Party Bridge<br/> 1:00 Fix It Clinic<br/> 1:30 Ceramics &amp; Pottery<br/> 2:00 Bereavement Support Group</p>                                                              | <p>12:00 Anniversary Lunch<br/> 1:00 Ladies' Billiards<br/> 1:00 Computer Topics<br/> 2:00 Wii Bowling<br/> 6:00 Tai Chi<br/> 6:00 Band<br/> 6:30 Mahjongg<br/> 6:30 Setback<br/> 6:30 Coed Billiards<br/> 6:30 Computer Class</p>                                                                                                                                                      | <p>10:15 Yoga B<br/> 11:00 Powerful Aging<br/> 12:00 Lunch<br/> 12:45 Salmon Brook Bingo<br/> 1:00 Practice Billiards<br/> 1:00 Computer Topics<br/> 1:30 Stretchcize<br/> 2:30 Computer Topics<br/> 2:45 Zumba Gold</p>                                                                                                     | <p>11:00 Line Dance Practice<br/> 11:00 Ice Cream and Produce Trip<br/> 1:00 Players Choice</p>                                                                                                                                    |
| <p><b>23</b><br/> 8:40 Foot Clinic<br/> 9:00 Men's Billiards<br/> 10:00 Low Vision<br/> 10:00 Knit &amp; Crochet<br/> 10:00 Stop &amp; Shop Trip<br/> 10:15 Yoga B<br/> 10:45 Trip to City Fish<br/> 12:00 Lunch<br/> 12:45 Cribbage<br/> 1:00 <b>Movie: Avatar</b><br/> 1:00 Ladies' Billiards<br/> 1:00 Duplicate Bridge<br/> 1:00 Qigong<br/> 1:30 Woodworking</p> | <p><b>24</b><br/> <i>9:00 Billiards Beg.</i><br/> <i>9:45 Friendship Circle</i><br/> <i>10:00 Shop Rite Trip</i><br/> <i>12:00 Lunch</i><br/> <i>1:00 Pinochle</i><br/> <i>1:30 Stretchcize</i><br/> <i>2:45 Zumba Gold</i><br/> <i>4:00 Quilting</i><br/> <i>6:00 <b>Movie: The Rose</b></i><br/> <i>6:00 Open Computer</i><br/> <i>6:30 Setback/Cards</i><br/> <i>6:30 Woodworking</i></p>                                                            | <p><b>25</b><br/> 9:00 Men's Billiards<br/> 9:45 Friendship Circle<br/> 10:30 Ivoryton Trip<br/> 11:00 Powerful Aging<br/> 12:00 Lunch<br/> 1:00 Men's Billiards<br/> 1:00 Party Bridge<br/> 1:00 Fix It Clinic<br/> 1:30 Ceramics &amp; Pottery</p> | <p><b>26</b> 8:00 Encore Walking<br/> 9:45 Friendship Circle<br/> 10:00 Setback<br/> 10:00 Lapidary<br/> 10:00 Stop &amp; Shop Trip<br/> 10:45 Book Discussion<br/> 12:00 Lunch<br/> 1:00 Ladies' Billiards<br/> 1:00 Computer Topics<br/> 2:00 Wii Bowling<br/> 6:00 Tai Chi<br/> 6:00 Band<br/> 6:30 Mahjongg<br/> 6:30 Coed Billiards<br/> 6:30 Setback<br/> 6:30 Computer Class</p> | <p><b>27</b><br/> 9:00 Yoga A<br/> 9:00 Men's Billiards<br/> 9:45 Friendship Circle<br/> 10:15 Yoga B<br/> 10:30 Wellness Clinic<br/> 11:00 Powerful Aging<br/> 12:00 Lunch<br/> 12:45 Bingo<br/> 1:00 Practice Billiards<br/> 1:00 Computer Topics<br/> 1:30 Stretchcize<br/> 2:30 Computer Topics<br/> 2:45 Zumba Gold</p> | <p><b>28</b><br/> <i>Senior programs</i><br/> <i>9:00 am – 3:30 pm</i><br/><br/> 9:00 Trip to Discovery Museum<br/> 9:00 Coed Billiards<br/> 9:30 Watercolor Class<br/> 10:00 Ballroom Practice<br/> 11:00 Line Dance Practice</p> |
| <p><b>30</b><br/> 9:00 Men's Billiards<br/> 10:00 Knit &amp; Crochet<br/> 10:00 Stop &amp; Shop Trip<br/> 10:15 Yoga B<br/> 12:00 Lunch<br/> 12:45 Cribbage<br/> 1:00 <b>Movie: Extraordinary Measures</b><br/> 1:00 Ladies' Billiards<br/> 1:00 Duplicate Bridge<br/> 1:00 Qigong<br/> 1:30 Woodworking</p>                                                          | <p><b>31</b> 9:00 <i>Billiards Beg.</i><br/> 9:45 <i>Friendship Circle</i><br/> 10:00 <i>Shop Rite Trip</i><br/> 11:30 <i>Luau Begins</i><br/> 12:00 <i>Hawaiian/ Intergenerational Lunch</i><br/> 12:30 <i>Musical Entertainment</i><br/> 1:00 <i>Pinochle</i><br/> 1:30 <i>Stretchcize</i><br/> 2:45 <i>Zumba Gold</i><br/> 4:00 <i>Quilting</i><br/> 5:30 <i>Healthy Soup Club</i><br/> 6:00 <i>Open Computer</i><br/> 6:30 <i>Setback/Cards</i></p> |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                         |                                                                                                                                               |