



# The Sharing Tree

Your source of information at the Glastonbury Senior Center.

Office Hours:  
 Monday - Friday 8:00 am to 4:30 pm  
 Tues. & Thurs. 8:00 am to 8:30 pm  
 Saturday 9:00 am to 3:30 pm

Main Information Number (860) 652-7638  
 Dial –A-Ride Numbers:  
 Reservations: (860) 652-7643  
 Cancellations: (860) 652-7638

## January 2020



**“You are never too old to set another goal or to dream a new dream.”**  
**— C.S. Lewis**

Playhouse on Park presents:

*“Tenderly: The Rosemary Clooney Musical”*

Thursday, January 16, 2020

11:30 am Leave RCC

12:00 pm A.C. Petersen Restaurant

2:00 pm Performance

R: \$23.00 NR: \$28.00

Please note: Non-refundable tickets.

If trip is cancelled due to weather **NO** refunds will be made.

Prior to performance enjoy lunch at A.C. Petersen Farms, a family style restaurant serving breakfast, lunch and dinner as well as delicious ice cream desserts! Following lunch a short walk around the corner to Playhouse on Park for this heartfelt musical of Tenderly. A remarkably personal and poignant picture of the woman whose unparalleled talent and unbridled personality made her a legend. **RESTAURANT \$\$ (some steps to seats with handrail)**



Rock-n “2020”—New Year Celebration

Tuesday, January 7, 2020

12:00 pm Lunch

12:30 Entertainer Bob Giannotti

R: \$5.00 NR: \$6.00 Special Ticket

(Must be purchased by Friday, January 3, 2020 at 1:00 pm)



Valentine Luncheon

Thursday, February 13, 2020

12:00 pm Lunch

12:30 pm Entertainment with Paul Shlien

R: \$5.00 NR: \$6.00 Special Ticket Required

(Must be purchased by Monday, February 10, 2020 at 1:00 pm)

see page 11 for details

## SAVE the DATE

Glastonbury Age-Friendly

Community Conversation

Thursday February 13, 2020

6:00 - 8:00 pm

Riverfront Community Center

(Snow date: February 20, 2020)

Your input is critically important on how Glastonbury can provide the highest quality of life for its residents at every age.

**Topics will include:** Housing, Transportation, Outdoor Spaces and Buildings, Community and Health Services and Social and Civic participation.

Town officials will be present to hear your ideas!

**Light refreshments provided**



**Back by Popular Demand -  
Murder She Wrote Tea Party @  
The Storyteller's Cottage - Simsbury  
Wednesday, January 15, 2020  
10:30 am Leave RCC  
11:00 am Maple Tree Café (on own)  
1:00 pm The Storyteller's Cottage  
Approximate return to RCC: 4:00 pm  
R: \$28.00 NR: \$34.00 RESTAURANT \$\$**

**NEW - Seasons Restaurant & Tap Room -  
Avon Old Farms - Avon  
Tuesday, January 21, 2020  
10:30 am Leave RCC 11:00 am Lunch  
Approximate Return to RCC: 2:00 pm  
Enjoy dining in the main dining room with its  
panoramic views overlooking Talcott Mountain  
Stream and its array of artwork by local artisans.  
Dining with Seasons Restaurant & Tap Room is a  
gourmet experience. *Cash payment preferred.*  
RESTAURANT \$\$**

 **NEW -Barynya Russian Dance &  
Music Ensemble  
Gideon Welles School**



**Monday, January 27, 2020  
12:30 pm Leave RCC  
1:00 – 2:00 pm performance  
Approximate Return to RCC: 2:30 pm  
Free - Registration Required**

This event is part of the 60 Year Celebration of Russian in the Glastonbury Public Schools and is sponsored by a Glastonbury Education Foundation grant. The dance group will perform various folk dance and music numbers; as well as an educational-instructional element, with audience participation.

**ENIGMA**<sup>TM</sup>  
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "O" = "I"

“OF OW HL HAOHBSD OSSQWOXL,  
TCOYC FCD WCHND XU XQV NSHLDF  
NVXANFW, FCHF DGDVR AHL OW HF  
FCD FXN XU FCD TXVSJ.” – DADVWXL

**Solution to Enigma on page 12**

**New Britain Museum of American Art  
Thursday, January 23, 2020  
10:30 am Leave RCC 11:30 am Tour  
1:30 pm J. Timothy's Taverne (on own)  
Approximate Return to RCC: 4:00 pm  
R: \$20.00 NR: \$25.00  
“For America, paintings from the National  
Academy of Design” will be the focus of the tour.  
Followed with lunch at J. Timothy's.  
RESTAURANT \$\$**

**NEW - Pez Center – Orange  
Wednesday, January 29, 2020  
10:30 am Leave RCC**



**11:30 am Eli's  
1:30 pm Tour of Pez Center  
Approximate Return to RCC: 5:00 pm  
R: \$15.00 NR: \$19.00 (lunch on own)  
First enjoy lunch at Eli's Restaurant, located on  
the “Miracle Mile” of Boston Post Road. Eli's  
features upscale American fare with an Italian  
twist. Following lunch, experience the PEZ brand  
in person. Over 4,000 square feet dedicated to all  
things PEZ! Learn about the brand that has been  
inspiring and innovating since 1927!  
RESTAURANT \$\$**



### Technology

#### Techy Teens Assist Savvy Seniors

**Tuesday, January 21, 2020 3:15 pm**  
You will be paired with a teen from our Youth and Family program who will help you navigate the evolving technological world that we live in. You might just teach them a thing or two. Please register in the office (860-652-7638) and let us know your area of interest/need.

#### Computer Assistance by appointment

**Fridays, Noon - 2:00 pm Facilitator: Ron**

#### Mac, iPad, or Smart Phone Assistance

**Thursdays, 1:30 - 3:00 pm**

**Facilitator: Ann H.**

**To make appointments please call:  
(860) 652-7638.**

**Welles Turner Memorial Library presents - Technology w/ Kristen at the RCC****Tuesday, January 7, 2020 3:30 pm Computer Basics: Getting Started**

Want to begin using a computer? Need practice using a mouse and keyboard? This class introduces beginner computer users to common computer terms and features. No prior experience with computers is necessary.

**Tuesday, February 4, 2020 3:30 pm Computer Basics: Internet**

Learn the basics of navigating through the world wide web and performing searches. Experience with a mouse and keyboard is required.

**Register with Kristen at 860-652-7720 — Welles-Turner Memorial Library****AARP Smart Driver Thursday, January 16, 2020 12:30 pm—4:30 pm**

**Cost: \$15.00 for AARP members; \$20.00 for Non-members. 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.

**AARP Tax-Aide Program****Begins Monday, February 3, 2020****Mondays, Wednesdays and Thursdays****Morning Appointments Only**

**Please call 860-652-7638 to schedule your required appointment. No walk-ins will be accepted.**

AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals, with special attention to people 60 plus years of age. For filing of your 2019 federal and state tax forms, if married, both husband and wife should be present during the session. Taxpayers must have available all information and documents that apply to their 2019 income taxes including:

- 1. A copy of last year's tax returns (Federal & State)**
- 2. ID information for taxpayers and all dependents (photo ID and Social Security cards)**
- 3. A current check so refunds can be directly deposited and your checkbook listing payments during 2019**
- 4. All W2, 1099 forms, etc. showing wages, pensions, interest, dividends, stock sales, etc. Also original cost basis for any stocks or other assets sold during the year.**
- 5. If itemizing deductions: proof of charitable contributions, mortgage interest, property taxes, etc.**
- 6. Any other documentation you think might be relevant.**

If possible arrive 15 minutes before your appointment to fill out some paperwork.

If you are unable to come, please call to cancel and to reschedule. If possible, please cancel the appointment a day or two ahead so that the time can be available for another taxpayer.

The Tax-Aide program is sponsored by the IRS and AARP, and the counselors are certified to prepare most tax returns. However, there are some situations that are "Out of Scope" and we are not authorized to prepare these returns. e.g., rental income, complex stock transactions (day-trading...). If you have any concerns about whether your return is within the scope, please leave a message with the scheduler, and one of the counselors will call you ahead of your appointment to review your concerns.

## Evening & Weekend Programs & Events



**Thursday January 9, &  
Thursday January 23  
6:00 pm – 7:30 pm**

Join us as you match wits against other teams. Free Admission. Prizes awarded. All Ages Program. We ask that any youth be accompanied by an adult. Questions or to register call Matt at 860-652-7645.

**Evening Billiards for all Ages  
Tuesdays/Thursdays**

**5:30 pm—8:00 pm**

Now open for all ages to participate.

Children must be accompanied by an adult. Players will need to sign in and it will be first come first served play.



**Lifelong Learning**

**“Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us”**

**Tuesdays, December 3, 2019  
through February 18, 2020**

**5:30 pm – 7:30 pm**

True or false: Eight glasses of water a day are mandatory for staying hydrated. Vitamin C protects you from catching a cold. Frequent snacking is the quickest way to bust your diet. Natural foods are always better for you. You hear advice like this all the time. But what do these four nuggets of so-called medical wisdom have in common? They're all myths, half-truths, and misconceptions—pieces of information so familiar we take them for granted without truly considering the scientific truth behind them.

**‘CROKINOLE’**

**Saturdays - 12:30 pm—2:30 pm**

A Canadian made game loved by all ages around the world. Shuffle board meets curling, meets pool. A great dexterity game that you play seated. Give it a shot! Or should we say flick?



**Tuesday Evenings Pickleball**

**Two Courts -**

**Senior Play on Court B (50 +)**

**Adults and Youth on Court A (49 -)**

**5:30 pm—8:00 pm**

Prior to play individuals are required to sign in and play in that order. Players are responsible for setting up the courts with **blue painters tape only**, as well as breaking down the courts.



**Like to play SCRABBLE? Then join our NEW Scrabble Club on the First and Third Tuesdays  
5:30 pm - 8:00 pm**

Get out of the cold, and warm up at the Community Center with a hot drink and a game of Scrabble. All levels are welcome, from beginner to expert... Call 860-652-7645 to register.

**Watercolor Class**

**Saturdays, January 11 & 25**

**9:30 am - 11:30 am**

**Instructor: Shannon Faust**

**R: \$10.00 per class NR: \$15.00 per class**

**\$10.00 Supply fee payable to instructor per project.**



**The BIG SING**

**Noon - 1:00 pm**

**Saturday, January 25, 2020**

**No Fee, just beautiful music—Open to the Public -** Sit back and Sing-a-Long with Doctor Rosokoff and forty plus Ukulele players as they play hit songs from across the decades. This popular event draws people of all ages! Lyrics for the songs are projected for easy reading. Stop by for a fun afternoon activity!

## Social Services News

**Glastonbury Social Services and Senior Outreach Call 860-652-7634 if you want to:**

**SPEAK** with a member of the Social Work staff

**FIND** out what programs you may qualify for

**MAKE an APPOINTMENT** for any financial assistance applications

**Get REFERRALS** to appropriate programs and services

**Learn about and/or apply for MEDICARE**

If you wish to see a particular worker you may still call them directly, otherwise, please call Social Services & Senior Outreach at 860-652-7634

**Kathryn Carfi: 860-652-7644**

**Evelyn Lopez: 860-652-7652**

**Theresa Buckson: 860-652-7640**

**Susan Parrotta: 860-652-7636**

### Medicare

If you are in a Medicare Advantage Plan, you can make one change to a different plan or switch back to Original Medicare between January 1 and March 31, 2020. 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 at the Riverfront Community Center (860-652-7634.)

### Energy Assistance

Glastonbury Social Services continues taking 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 Energy Assistance program. The income limit for an individual is \$3,014 per month, for a couple the income limit is \$3,941 per month. Homeowners have a liquid asset limit of \$15,000 and renters \$12,000, but any assets over those limits may be added to your annual income to see if you still qualify financially. More information and appointments are available by calling Social Services at 860-652-7634.

### Food Share

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:00 to 10:45 on January 15 and January 29. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability. Please remember to bring a bag or box with you to carry your food.

### Carol's Closet

A paper pantry providing paper and personal products to Glastonbury residents, it is open the third Saturday of each month, which will be January 18, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

### OUTREACH at Center Village and Village Green

Outreach Social Worker Theresa Buckson will be at Center Village at 10AM on Tuesday January 7 and January 21 and at Village Green on Tuesdays January 14 and January 28 weather permitting. Day old bread and bakery from Stop and Shop will be available to residents. Time is available for private consultations. Please call Theresa at 860-652-7640 with questions or for a specific appointment.



**Food Bank and Fuel Bank** - Social Services administers an emergency Food Bank that provides residents with non-perishable food items. Donations of non-expired, non-perishable food items are welcomed year round and can be dropped at the Riverfront Community Center office. Monetary donations are used to purchase needed food items as well as gift cards for holiday programs. An emergency Fuel Bank is also available to income eligible residents in need of assistance with oil or propane deliveries, or to prevent shut offs of utilities. Donations to maintain this fund are also welcomed and can be directed to the Riverfront Community Center, 300 Welles Street. We thank all those who support both programs with their donations. If you would like more information on either program, please contact Social Services at 860-652-7634.

**Thank you:** Thank you for your support of the Holiday Gift Program! Many Glastonbury residents had a brighter holiday thanks to your generous support of this program. We wish you all a happy, healthy 2020!

### **Program and Support Group News**

**"EYE OPENERS" LOW VISION SUPPORT GROUP 10:00 am Friday, January 24, 2020**

Join us on January 24 when we have special guest Dr. Merna Marlin Khilla discussing eye diseases.

**For more information, call Susan Parrotta, 860-652-7636.**

**Bereavement Support Group Wednesday, January 15, 2020 2:00 - 3:30 pm**

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as 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 Hartford Healthcare at Home and Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860) 209-3147 for additional information.

**Memory Screenings** - Schedule an appointment for a free, confidential memory screening. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Sponsored by Hartford HealthCare Center for Healthy Aging. Screenings are done on the third Wednesday of each month from 12:30-1:30 pm. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or susan.parrotta@glastonbury-ct.gov. Pre-registration required.

**5 Part Series for Caregivers** - Topics include an overview of dementia, communication and behavior challenges, safety and the importance of activities, care giving and care options, and legal and financial issues (presented by an elder law attorney). Program is held Wednesday evenings 3/25/2020-4/22/20 from 5:30-7:00 p.m. Sponsored by Hartford HealthCare Center for Healthy Aging. There is no cost for this program but pre-registration is required by March 23 due to limited space. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or susan.parrotta@glastonbury-ct.gov.

**The Friendship Circle Memory Program Tuesday/Wednesday/Thursday 9:30 - 12:30 pm**

The Friendship Circle Memory Program is a social engagement program designed for Glastonbury Seniors with early stages of 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 Coordinator and volunteers. For more information contact 860-652-7646.

### Health and Wellness News

#### Free Blood Pressure & Wellness Clinic      **Wednesdays**      **RCC**      **9 am – 12 pm**

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

#### Healthy Foot Clinic

**Thursday, January 16, Monday, January 27, and Tuesday, January 28, 2020**      **RCC**  
**8:40 am – 3:30 pm**      **Appointment Required – Call (860) 652-7638 to schedule an appointment.**      **Cost: \$29.00 – check made payable to: Pedi-Care**

A Registered Nurse will trim & file toenails, smooth calluses and corns, massage with lotion and powder. *Walk-ins will not be accepted.* Payments must be made at the time of your visit.

#### Hearing Screening & Aids Serviced      **Tuesday, January 14, 2020**      **10:00 am – 12:00 pm**

Call 860 652-7638 to schedule your appointment. A free hearing exam will be conducted by a licensed hearing specialist. Hearing aids will be cleaned, checked and minor adjustments made.

### Dial-A-Ride Shopping and Schedule Information

#### Dial-A-Ride Hours:

**Weekdays: Monday - Friday 9:00 am - 3:30 pm**

**Evenings: Tuesday/Thursday 4:30 pm - 8:00 pm \* Saturdays: 9:00 am - 3:00 pm**

**For All Reservations Call: (860) 652-7643      For Cancellations Call: (860) 652-7638**

**Information Line Call: (860) 652-7638**

#### Weekly 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

### Other Transportation Options

**FISH Phone: (860) 647-3911** Transportation for Glastonbury residents to out of town medical appointments is available Tuesday through Friday from Glastonbury to the following towns: Hartford, East Hartford, West Hartford, Manchester, Rocky Hill and Wethersfield. Please note: pickup can be no earlier than 8:00 am and no later than 4:00 pm. FISH also transports to the Farmington Health Center for appointments between 10:00 am. and 2:00 pm. You must request a ride by noon of the previous day. FISH is 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, 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. (7 days a week with a charge of \$3.50 each way). For application and info, call: **(860) 724-5340**



# January 2020



## ROOM KEY

AA Activity Room A  
 AB Activity Room B  
 C Computer Room  
 E. Exercise Room

CA Community  
 CB Community  
 CF Conference  
 WS Workshop R  
 AC Arts & Craft

Monday	Tuesday	Wednesday	Thursday	
For ongoing programs see charts on the right.		1 <b>CLOSED</b> 	2 11:45 Lunch <u>RM</u> 12:15 NO Indoor Walking <u>CA</u> 2:30 Tai Ji Quan C-3 <u>E</u> 3:30 Tai Ji Quan C-2 <u>E</u>	3 11:00 Wh 11:45 Lu 12:00 1:1
6 10:00 Hatha Yoga <u>RM</u> <u>AB/AA</u> 10:30 Low Impact Dance <u>E</u> 11:45 Lunch <u>CA</u> 1:30 Tai Chi Intro <u>CB</u> 2:30 Tai Ji Quan C 3 <u>E</u> 3:30 Tai Ji Quan C 2 <u>E</u>	7 12:00 <b>New Year's Luncheon</b> <u>RM</u> 1:00 Stretcherize <u>E</u> 3:30 WTML-Computer Basics 5:30 Scrabble Club <u>AB</u>	8 9:00 Wellness Clinic <u>RM</u> <u>HR</u> 11:00 Powerful Aging <u>E</u> 11:45 Lunch <u>CA</u> 12:15 Lunch & Learn <u>CA</u>	9 9:00 Italian Intermediate <u>RM</u> <u>AC</u> 10:00 Italian Advanced <u>AC</u> 10:15 Intermediate Line Dance <u>E</u> 11:45 Lunch 2:30 Tai Ji Quan C-3 <u>E</u> 3:30 Tai Ji Quan C-2 <u>E</u> 6:00 Tai Chi <u>CB</u> 6:00 Trivia Night <u>AB</u>	10 10:00 Hat 11:00 Pow 11:45 Lu 12:00 1:1
13 10:00 Hatha Yoga <u>RM</u> <u>AB/AA</u> 10:30 Low Impact Dance <u>E</u> 11:45 Lunch <u>CA</u> 1:30 Tai Chi Intro <u>CB</u> 2:30 Tai Ji Quan C 3 <u>E</u> 3:30 Tai Ji Quan C 2 <u>E</u>	14 10:00 Hearing Screening <u>RM</u> <u>HR</u> 11:45 Lunch <u>CA</u> 12:30 <b>Bio energetic healing</b> <b>w/ Rainbow Reiki</b> <u>CB</u> 1:00 Stretcherize <u>E</u> 4:30 River Quilters <u>AB</u>	15 9:00 Wellness Clinic <u>RM</u> <u>HR</u> 10:30 <b>Storyteller's Cottage</b> <b>"Murder She Wrote Tea"</b> 11:00 Powerful Aging <u>E</u> 11:45 Lunch <u>CA</u> 2:00 Bereavement Support <u>SA</u>	16 8:40 Foot Clinic <u>RM</u> <u>HR</u> 9:00 Italian Intermediate <u>AC</u> 10:00 Italian Advanced <u>AC</u> 10:15 Intermediate Line Dance <u>E</u> 11:30 <b>Playhouse on Park</b> 11:45 Lunch 12:15 NO Indoor Walking 12:30 AARP Smart Driver <u>CB</u> 2:30 Tai Ji Quan C-3 <u>E</u> 3:30 Tai Ji Quan C-2 <u>E</u> 6:00 Tai Chi <u>CB</u>	17 10:00 Hat 11:00 Pow 11:45 Lu 12:00 1:1
20 <b>CLOSED</b> 	21 10:30 <b>Seasons Restaurant - Avon</b> <u>RM</u> 11:45 Lunch <u>CA</u> 1:00 Stretcherize <u>E</u> 3:15 Techy Teens <u>AB</u> 5:30 Scrabble Club <u>AB</u>	22 9:00 Wellness Clinic <u>RM</u> <u>HR</u> 11:00 Powerful Aging <u>E</u> 11:45 Lunch <u>CA</u> 12:15 Lunch & Learn <u>CA</u>	23 9:00 Italian Intermediate <u>RM</u> <u>AC</u> 10:00 Italian Advanced <u>AC</u> 10:15 Intermediate Line Dance <u>E</u> 10:30 <b>New Britain Museum</b> 11:45 Lunch 2:30 Tai Ji Quan C-3 <u>E</u> 3:30 Tai Ji Quan C-2 <u>E</u> 6:00 Trivia Night <u>AB</u> 6:00 Tai Chi <u>CB</u>	24 10 :00 LC 10:00 Hat 11:00 Pow 11:45 Lu 12:00 1:1
27 8:40 Foot Clinic <u>RM</u> <u>HR</u> 10:00 Hatha Yoga <u>AB/AA</u> 10:30 Low Impact Dance <u>E</u> 11:45 Lunch <u>CA</u> 12:30 <b>Barynya Russian Dance &amp; Music @Gideon Welles</b> 1:30 Tai Chi Intro <u>CB</u> 2:30 Tai Ji Quan C 3 <u>E</u> 3:30 Tai Ji Quan C 2 <u>E</u>	28 8:40 Foot Clinic <u>RM</u> <u>HR</u> 11:45 Lunch <u>CA</u> 12:15 NO Indoor Walking 12:30 <b>The Life of Bob Steele</b> <u>CB</u> 1:00 Stretcherize <u>E</u> 4:30 River Quilters <u>AB</u>	29 9:00 Wellness Clinic <u>RM</u> <u>HR</u> 10:30 <b>Pez Center Trip—Orange</b> 11:00 Powerful Aging <u>E</u> 11:45 Lunch <u>CA</u>	30 9:00 Italian Intermediate <u>RM</u> <u>AC</u> 10:00 Italian Advanced <u>AC</u> 10:15 Intermediate Line Dance <u>E</u> 11:45 Lunch 2:30 Tai Ji Quan C-3 <u>E</u> 3:30 Tai Ji Quan C-2 <u>E</u> 6:00 Tai Chi <u>CB</u>	31 10:00 Hat 11:00 Pow 11:45 Lu 12:00 1:1



Room A	SA Special Activity Room
Room B	B Billiards Room
Room	HR Health Room
Room	
Room	

Friday	Saturday
at's Your Story nch Comp. Assist RM SA CA C	4
tha Yoga werful Aging nch Comp. Assist RM AA/AB E CA C	11 9:30 Watercolor Class RM AC
tha Yoga werful Aging nch Comp. Assist RM AA/AB E CA C	18
OW VISION Group tha Yoga werful Aging nch Comp. Assist RM AA/AB E CA C	25 9:30 Watercolor Class 12:00 The BIG Sing RM AC CACB
tha Yoga werful Aging nch Comp. Assist RM AA/AB E CA C	

WEEKDAYS ONGOING ACTIVITIES	
BILLIARDS - CO-ED	Mondays 1 pm - 3 pm Tuesdays & Thursdays 9 am - 4 pm
BINGO	Fridays 12:45 pm - 3 pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 10:30 am January "The Blues Eye" by Toni Morrison
BRIDGE	Wednesdays 1 pm- 3:30 pm
CANASTA	Tuesdays 12:30 - 2:30 pm
CERAMICS	Wednesdays 1:30 pm - 3:30 pm
CHESS	Second and Fourth Tuesdays 1 pm - 3:pm
CREATIVE CRAFTERS	Mondays & Thursdays 1 pm - 3:30 pm
CRIBBAGE	Mondays 12:45 pm - 3 pm
CURRENT ISSUES	First and Third Fridays each month 10 am
DUPLICATE BRIDGE	Mondays 1 pm - 4 pm
FRIENDSHIP CIRCLE	Tuesdays, Wednesdays & Thursdays 9:30 am - 12:30 pm
INDOOR WALKING (unless indicated on Calendar)	Monday, Tuesday, Wednesday & Thursday 12:15 pm - 1 pm
KNIT/CROCHET GROUP	Mondays 9:30 am - 11:30 am
MAC,SMART & IPAD ASST.	Thursdays 1:30 pm - 3 pm by appt. only
MAHJONGG AFTERNOON	Wednesdays 1 pm - 3 pm
MEN'S POOL	Monday, Wednesday & Friday 9 am - Noon
MOVIE	Mondays 1 pm - 3 pm
OUTDOOR WALKING	Thursdays 8:30 am - 9:30 am
PINOCHLE	Tuesdays 1 pm - 3 pm
RUMMIKUB	Tuesdays 10 am - Noon
SETBACK	Thursdays 10 am - Noon
Wii BOWLING	Thursdays 1 pm - 4 pm

EVENING & WEEKEND PROGRAMS & ACTIVITIES	
TUESDAYS	
PICKLEBALL	5:30 pm - 8 pm
LIFELONG LEARNING	5:30 pm - 7:30 pm
SETBACK	6 pm - 8 pm
OPEN COMPUTER	5:30 pm - 8 pm
BILLIARDS For all Ages	5:30 pm - 8 pm
THURSDAYS	
MAHJONGG	5:30 pm - 8 pm
OPEN COMPUTER	5:30 pm - 8 pm
MOVIE	5:30 pm - 7:30 pm
COLORING FOR STRESS RELIEF	5:30 pm - 7:00 pm
BILLIARDS For all Ages	5:30 pm - 8 pm
TRIVIA NIGHT (2nd & 4th)	6 pm—7:30 pm
SATURDAYS	
CO-ED BILLIARDS	9 am - Noon
OPEN ART STUDIO	9:30 am - 11:30 am
MOVIE	Noon
OPEN COMPUTER	9 am - 3 pm
CROKINOLE	12:30 pm - 2:30 pm
DANCE PRACTICE	9 am - 10:30 am

**Cozy Corner Café News**

You can place your order via phone (860)368-4535, or in person ahead of time. Enjoy healthy combinations with fresh produce, yogurts and snacks. (Open Monday - Friday 9:30 am—1:30 pm).

**Special Diet Requests Procedure**

For those individuals who may have special dietary needs or prefer a vegan or meat free diet, please contact the office the day prior. Thank you.

**11:45 am Lunch      12:15 pm or 12:30 pm Program (If Planned)**

**Ticket Prices: \$3.00** per person includes hot entrée, vegetable, dessert & beverage.

**\$5.00** per Guest (Non-Resident and/or not a senior citizen).

**Special lunches: R: \$5.00 NR: \$6.00**

**All menu items are subject to change without notice when unforeseen circumstances occur.**

**January Lunch Entrée Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
30 stuffed shells w/ meat sauce	31 soup & grilled cheese	1 CLOSED NEW YEAR's DAY	2 breaded chicken on bun	3 chef's choice
6 baked chicken legs	7 New Year Luncheon pork roast dinner	8 Lunch & Learn glazed ham	9 stuffed peppers	10 breaded fish on bun
13 italian sandwich	14 Lunch & Learn swedish meatballs	15 smothered pork chop	16 chicken ala king	17 chef's choice
20  CLOSED FOR MARTIN LUTHER KING DAY	21 chicken parmesan	22 Lunch & Learn grilled hot dog	23 oven roasted turkey breast	24 cheeseburger
27 kielbasa	28 Lunch & Learn baked chicken in mushroom sauce	29 beef stroganoff	30 BBQ pulled pork	31 chef's choice

**Rock-n "2020"—New Year Celebration****Tuesday, January 7, 2020****12:00 pm Lunch - Pork Roast Dinner 12:30 Entertainer Bob Giannotti****R: \$5.00 NR: \$6.00 Special Ticket Required****(Must be purchased by Thursday, January 2, 2020 at 1:00 pm)**

Let's celebrate the past and bring on the new! 2019 is now a memory, here's to new memories in 2020! Following lunch enjoy the music of Bob Giannotti!

**Valentine Luncheon****Thursday, February 13, 2020****R: \$5.00 NR: \$6.00 Special Ticket Required****(Must be purchased by Monday, February 10, 2020 at 1:00 pm)**

Join the fun at our Valentine celebration! Menu includes Cherry Pineapple Glazed Ham, Sweet Potatoes, Mixed Vegetables, Roll /Butter, Red Velvet Cake topped with a dab of Whipped Cream and a Valentine Heart. Following lunch enjoy entertainment by Paul Shlien - Piano Vocalist who plays popular oldies, movie hits, American classics and contemporary classics.

**Lunch & Learn****Happy New Year from 2019 - Celebrations around the world Wednesday, January 8, 2020****YouTube Video - From Auckland to Vancouver - New Year Celebrations - take in the beauty of it all.****17 minutes (Community Room A)****Bio energetic healing with Rainbow Reiki 12:30 pm Tuesday, January 14, 2020**

What is bio energetic healing? How does it affect our health and well being? What is Rainbow Reiki? How does it work? How can it help you in your life? These questions will be answered and you will have the opportunity to experience some Rainbow Reiki methods.

**Presented by Marie Marchesseault,****Master Rainbow Reiki Practitioner and Teacher (Community Room B)****21 Houses you Won't Believe Exist YouTube Video Wednesday, January 22, 2020**Amazing houses from around the world that you won't believe until you see them, like the most narrow apartment and the house w/ glass walls. 9 minutes **(Community Room A)*****"Bob Steele on the Radio : The Life of Connecticut's Beloved Broadcaster"*****by Paul Hensler Tuesday, January 28, 2020****12:30 pm - 2:00 pm Registration required-call (860)652-7655**

For more than sixty years, Bob Steele was the radio voice of Southern New England, entertaining listeners of WTIC AM with his wit and humor. Capturing the nation's highest market share, the National Radio Hall of Fame inductee maintained an unparalleled popularity through the latter half of the twentieth century.

Paul Hensler will present the first ever biography of Bob Steele, which details the home life and the award-winning broadcasting career of this CT media legend, from his humble Midwestern roots to the pinnacle of radio fame. **(Community Room B)**

## Movies At the Riverfront Community Center

For the movie programs, popcorn and an iced beverage will be available. There is no charge for these programs and no reservations are needed. ***Due to the length of movies and other circumstances there will be no previews*** If you wish to recommend a movie, please complete a suggestion form in the Senior Center office. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

### Monday Movie Madness Movies start promptly at 1:00 pm "Elvis" Mondays

**January 6** ***"Girls! Girls! Girls!" (1962)*** \*\*\*\* Starring Elvis Presley, Stella Stevens and Jeremy Slate - Elvis plays a charter-boat skipper who helps tourists land the big ones. Of course, plenty of beautiful girls want to land Elvis. But there's something Elvis likes almost as much as romance-a boat! Rated PG/Comedy/1 hour 38 minutes.

**January 13** ***"G.I. Blues" (1960)*** \*\*\*\* Starring Elvis Presley, Juliet Prowse and Robert Ivers - Tulsa, a soldier with dreams of running his own nightclub, places a bet with his friend Dynamite that he can win the heart of an untouchable dancer...but when Dynamite is transferred, Tulsa must replace him in the bet. Rated PG/Comedy/1 hour 42 minutes.

### January 20 Closed No Movie

**January 27** ***"Fun in Acapulco" (1963)*** \*\*\*\* Starring Elvis Presley, Ursula Andress and Elsa Cardenas - Elvis heads south of the border, where he's fired as a boat hand, hired as a lifeguard and singer, admired by local beauties and inspired to jump off a 136-foot cliff. Put another way: he overcomes a fear of heights in spectacular fashion. Rated PG/Comedy/1 hour 36 minutes.

### Thursday Evening - Movies start promptly at 5:30 pm "Billy Crystal" Thursdays

**January 2** ***"Parental Guidance" (2012)*** \*\*\*\* Starring Billy Crystal, Bette Midler and Bailee Madison - Laughter is relative in this hilarious comedy that's fun for the whole family. Rated PG/Comedy/1 hour 44 minutes.

**January 9** ***"Analyze this" (1999)*** \*\*\*\* Starring Billy Crystal, Robert De Niro and Lisa Kudrow - A frantic psychiatrist's life is turned upside down when he is forced to treat a domineering mob boss whose dirty secret is his fear of ordering a hit. Rated R/Comedy, Drama/1 hour 43 minutes.

### January 16—NO MOVIE

**January 23** ***"Running Scared" (1986)*** \*\*\*\* Starring Billy Crystal, Gregory Hines and Joe Pantoliano - Lots of laughs and a great camaraderie is the recipe for two street-wise cops that have decided to quit the force and open a bar. However, the duo's plans come to an abrupt halt when Julio, a drug dealer who nearly killed them, has made bail and is about to complete a major drug deal. This motivates the two to stick with police work and bring Julio to justice. Rated R/Action, Comedy/1 hour 46 minutes.

**January 30** ***"Memories of Me" (1988)*** \*\*\*\*\* Starring Billy Crystal, Alan King and JoBeth Williams - A heartwarming comedy about a feuding father and son who discover that love is a family trait. Rated PG-13/Comedy/1 hour 43 minutes.

### **Enigma Solution:**

"It is an amiable illusion, which the shape of our planet prompts, that every man is at the top of the world." — Emerson

**Saturday Matinees - Movies start promptly at 12:00 pm "Natalie Wood" Saturdays**

**January 4 "Splendor in the Grass" (1940) \*\*\*** Starring Natalie Wood, Warren Beatty and Pat Hingle - Warren Beatty, in an auspicious debut, and Natalie Wood are teens in love, torn apart by family, sexual and peer pressures. Rated NR/Drama, Romance/2 hours

**January 11 "Peeper" (1975) \*\*\*\*** Starring Natalie Wood, Michael Caine and Kitty Winn - A detective is hired to locate a girl adopted 30 years earlier whose birth father wants to bequeath her his fortune. Rated PG/Comedy/1 hour 27 minutes.

**January 18 "The Affair" (1973) \*\*\*** Starring Natalie Wood, Robert Wagner and Bruce Davison - It was love at first sight for Marcus Simon, an attorney, when he saw Courtney Patterson a 32 year old troubled composer. Marcus tries to slowly and gently remove the emotional barriers Courtney built around herself and give them both a chance at love and happiness. Rated PG-13/Drama/1 hour 13 minutes.

**January 25 "Sex and the Single Girl" (1964) \*\*\*\*\*** Starring Natalie Wood, Tony Curtis and Henry Fonda - Tony Curtis stars as the editor of a scandal magazine who will resort to anything to get an interview with the beautiful author of the best-selling novel, Sex and the Single Girl. Rated NR/Comedy/1 hour 54 minutes.



## No More Winters Alone!

Why spend another winter alone when  
you could be living with us at

## Herbert T. Clark House Congregate and Assisted Living?



As part of our community, you can enjoy winter for a change with a calendar of seasonal activities & entertainment, delicious meals, and 24-staffing, and much more.

For more information, or to make arrangements to visit our community, visit our website at [www.glastha.org](http://www.glastha.org)

or call **860-652-7623**

"Affordable Subsidized Senior Housing in Glastonbury"  
Managed by Glastonbury Housing Authority • Financed by: CHFA



Town of Glastonbury  
Senior Services Department  
300 Welles Street  
Glastonbury, Connecticut 06033

PRSR - STD  
U.S. POSTAGE  
PAID  
Hartford, CT  
PERMIT # 300

**Return Service Requested**

## **The Sharing Tree**

### **Winter Weather Alert**

Senior programs and Dial-A-Ride will be canceled when road and sidewalk conditions are, or may become too hazardous for safe operation of a vehicle. If Glastonbury schools are closed, senior center programs will also be canceled. Additionally, schools may be open, but if sidewalks are judged to be unsafe for seniors, programs will be canceled. Look for cancellation notices on **WFSB Channel 3**. On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

### **How to read/get a copy of *The Sharing Tree***

This newsletter is published monthly for Glastonbury seniors. You may access it online through the town website: [www.glastonbury-ct.gov-seniorservices](http://www.glastonbury-ct.gov-seniorservices). Copies of the newsletter are also available at the library and town hall as well as delivered to the congregate senior living facilities throughout town. If you are not currently receiving a copy and wish to do so, please contact the Senior Center office to arrange for receipt via e-mail or postal service.

**Registration Information:** Sign-up for all trips and activities will take place on **Monday, January 6, 2020 at 9:30 am (snowdate: January 8, 2020)** for **Glastonbury residents only**.

Registration will take place in Community Room A. One person may make reservations for up to ***two*** people only. Checks should be made payable to the Town of Glastonbury. Registration for activities and lunches (not trips) can be made at the office before and after this date based upon space availability. Non-Residents may register on **Monday, January 13, 2020 (in office)**.