Updated 10/9/2020

Fall 2020
Parks, Recreation & Seniors

Registration Form

Household Information

Primary Guardian First Name	Primary Guardian Last Name	
Address	Please E-Mail Receipt to the E-Mail Below	
City, State, Zip	Sex	E-Mail
Home Phone ( )	Work Phone ( )	Cell Phone ( )
Emergency Contact	Relationship	Cell Phone ( )

Participant Information

Participant First Name	Participant Last Name	
Date of Birth	Grade Completing	Sex
Allergies	Medication/Other	

Registration Information

Program Choices		Activity Type	Activity Description	Activity Number	Amount Paid	Office Use
Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!						
1	1st Choice					
	2nd Choice					
	3rd Choice					
2	1st Choice					
	2nd Choice					
	3rd Choice					
3	1st Choice					
	2nd Choice					
	3rd Choice					
Pool Passes ☐ Indoor Pool	Pass Type ☐ Individual ☐ Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:			TOTAL	

Waiver

Being of full age and in consideration of my (my child's)participation in this class, I do hereby release and forever discharge the Town of Glastonbury, and 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 this program.

Signature: Date:

	Complete a **SEPARATE** form for each person and sign the waiver. Please **PRINT.** You may copy this form or print a copy from our website at www.glastonbury-ct.gov
	Mail your Form, Payment, Business Size Self Addressed **STAMPED** envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033

Payment Information

Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"		
☐ Mastercard ☐ Visa ☐ Discover	Name on Card		
	Credit Card Number	Expiration	Code

Registration & COVID-19 Information

Brochure Updates

Information in the program brochure will continually be updated as additional information becomes available. Please keep checking back if a program you are interested in is not listed or does not have concrete dates assigned.

Current Guidelines

All programming will follow State of CT Executive Orders and DECD guidelines. This information can be found online at: https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Latest-Guidance

Consult your receipt and/or receipt attachments for additional COVID-19 specific guidelines about each program.

Safety

Safety is our #1 priority. Guidelines have been established for each program with the safety of staff and program participants in mind. We ask that you adhere to all guidelines as established.

Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 18th BEGINNING AT 8:00 A.M.** with the following exceptions:

- Pool Passes*
- Open Gym Passes*
- Santa's Run*
- USA Swim Team*
- Recreation Swim Team*

*Registration TBD

Mail-in registrations will be processed daily, at random. **NO REGISTRATIONS WILL BE PROCESSED BEFORE 8/18.**

Why Can't I Register by Phone?

Due to limited phone lines and staff, we cannot accept registrations by phone or fax.

Online Registration

If you already have a User Name and Password, just follow steps 1 & 2 below and then log into the system. If not, follow these 5 easy steps:

Step 1:	Go to www.glastonbury-ct.gov
Step 2:	Click "I Want to"/"Register"/"For a Recreation Program"
Step 3:	Select "On-Line Registration-New User"
Step 4:	Complete the household information. (We encourage you to customize your User Name and Password to something familiar to you)
Step 5:	Click "Submit"

You will receive a confirmation via e-mail and may begin on-line registration.

Notification of Enrollment

Include a STAMPED, self addressed, business size envelope with your mail-in registration if you would like your receipt mailed. Receipts can be e-mailed if an e-mail is included on the registration form. We DO NOT mail receipts for registrations processed on-line. You may reprint a receipt from the on-line system by clicking "My Account", "Reprint a Receipt".

Registration Payment

VISA, Mastercard or Discover is accepted on-line, by mail and in-person.

If paying by check, make checks or money orders payable to **"TOWN OF GLASTONBURY".** Do not send cash. Write **SEPARATE CHECKS** for each program. A $15.00 fee will be assessed for returned checks.

Refund Policy

Please review your registrations carefully.

- Refunds will be automatic if a program is canceled.
- To avoid classes being canceled at the last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begins. Refund requests received after this point will be subject to a $10 processing fee.
- Refunds cannot be given on trips, special events, facility reservations and passes.
- Refunds are generally not given once a program has begun, however, in the event of injury or illness, a refund request will be considered if accompanied by a doctor's note.
- Registrations processed by credit card will be credited to the card used. All other refunds generally take 2-4 weeks to process.

Financial Assistance

Discounted registration fees for basic programs are available to those who qualify under the Federal Poverty Guidelines. Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, an Eligibility Application Form must be submitted to the Social Services Department. A copy of the approved application must accompany your registration. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

Pool Passes	Kangaroo Kids
Teen Center Pass	Children's Swim Lessons
GBA Basketball	Winter Swim Team

General Information

How to Reach Us

Give us a Call:
(860)652-7679
Send us a Fax:
(860)652-7691
Call the Program Information Line:
(860)652-7689
Check us out on the Web:
www.glastonbury-ct.gov
Click "Parks and Recreation"
Send us Mail:
Parks and Recreation
Program Registration
P.O. Box 6523
Glastonbury, CT 06033
Visit us in the Office: **(Currently CLOSED to the Public)**
Parks and Recreation
2143 Main Street
Glastonbury, CT 06033

Our Staff

Lisa Zerio, Director of Parks & Recreation
Greg Foran, Park Superintendent & Tree Warden
Jason Albert, Park Maintenance Supervisor
Bill Engle, Recreation Supervisor
Anna Park, Recreation Supervisor
Liz Gambacorta, Recreation Program Coordinator
Kristen Michaels, Event & Banquet Facility Manager
Angela Paisker, Executive Secretary
Cynthia Lea, Administrative Secretary
Katryna Albert, Clerical Assistant

Program Information Line

Retrieve program information 24 hours a day by calling our program information line at (860)652-7689.

Residency Requirements

Programs are for Glastonbury residents only **unless otherwise noted**.

E-mail updates

Occasionally, we send updates, cancellation information and other pertinent program information via e-mail. Please be sure to include this information on your registration form and to add "recreation@glastonbury-ct.gov" to your address book or trusted e-mail list so we don't get caught in your spam filter!

"Like" us on Facebook; Follow us on Instagram!

"Like" and follow us to receive updates on program information, reminders about upcoming registration deadlines and all sorts of other great information!
facebook.com/glastonburyparkrec or
@glastonbury_park_and_rec on Instagram

Brochure Mailing Information

Brochures are typically mailed to ALL residents via bulk mail 3 times per year:

Fall:	Mid-August **(2020 Online ONLY)**
Winter/Spring:	Early December
Summer:	Early March

Brochures will be available for pick up beginning the Friday prior to each registration at the Riverfront Community Center, Town Hall, Welles Turner Library and our office. Program information is available online beginning the Tuesday prior to each registration at www.glastonbury-ct.gov.

Inclement Weather Policy

- If Glastonbury Public Schools are cancelled, all programs are cancelled.
- If Glastonbury Public Schools are delayed, all programs scheduled to start before noon are cancelled except Kangaroo Kids. For all programs beginning after noon, please call the information line at (860)652-7689 for cancellation information. Select option #2.
- If Glastonbury Public Schools close for a weather related early dismissal, all afternoon and evening activities are cancelled.
- Athletic field cancellation decisions due to inclement weather or poor field conditions will generally be made no later than 3:30 p.m. The Department reserves the right to make field cancellations up to 4:30 p.m. in response to late changing weather conditions. Please call the information line at (860)652-7689 for cancellation information. Select option #2.

For other evening and weekend cancellations, call (860)652-7689, select option #2.

Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department. Please contact them regarding program/registration information.

Little League	www.glastonburylittleleague.org
Hartwell Soccer	www.glastonburysoccer.org
Midget Football	www.gyfa.com
YMCA	(860)633-6548
Lacrosse	www.glastonburylacrosse.org
GBA Basketball	GBAHoops@aol.com www.gbahoops.org
GBA Travel Basketball	GBATravelHoops@aol.com www.gbahoops.org
Glastonbury Gymnastics	www.glastonburygymnastics.com gburygymclub@gmail.com
Glastonbury SwimTeam	www.glastonburyswimteam.org

Parks & Facilities

Please visit us online at www.glastonbury-ct.gov for additional facility information, directions and photos or scan the image to the left with your smart phone!

Parks & Recreation Facilities	Address	Acres	Baseball/Sof'tball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis
Academy Field	2143 Main St.	4.0	X											X							
Addison Park	415 Addison Rd.	32.9	X	X								X		X		X		X		X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X						X		
Blackledge Falls	Hebron Ave.	80.0								X			X						X		
Buckingham Park	1285 Manchester Rd.	35.3	X							X				X		X		X			
Butler Field	225 Forest Lane	11.6	X							X				X							
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8											X								
Cotton Hollow Preserve	Hopewell Rd.	83.2					X			X									X		
Earl Park	1375 Main St.	39.1								X			X								
Eastbury Pond	39 Fisher Hill Rd.	9.4					X				X									X	
Ferry Landing	Ferry Lane	3.8					X			X			X	X							
Glastonbury High School	330 Hubbard St.	72.7	X	X				X				X						X		X	X
Grange Pool	500 Hopewell Rd.	8.9												X						X	
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X					X			
Great Pond Preserve	Great Pond Rd.	42.9								X			X								
High Street Park	30 High St.	3.4	X													X	X	X			
Hubbard Green	1946 Main St.	5.7											X	X							
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X								
Matson Hill Open Space	68 Matson Hill Rd.	22.22								X			X						X		
Minnechaug Golf Course	16 Fairway Cr.	58.5							X												
Riverfront Park	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X		X	X		
Ross Field	45 Canione Rd.	5.0	X		X									X		X					
Rotary Field	358 Old Stage Rd.	7.7	X												X	X					
Salmon Brook Park	New London Tpk.	10.9					X				X		X	X					X		
Smith Middle School	216 Addison Rd.	149.7	X				X					X	X					X	X		
Welles Park	185 Griswold St.	11.6	X	X												X		X			
Williams Park	789 Neipsic Rd.	161.9	X			X	X			X	X			X	X	X	X				

Facilities & Rentals

Tennis Court Reservations

8 courts are available at Glastonbury High School. Courts are available first come, first serve.

Minnechaug Golf Course

A Town owned, 9 hole golf course located at 16 Fairway Crossing. It's a family friendly course that offers a challenge for the experienced golfer but, with three par 3 holes, is a great learning environment for those new to the game of golf. The island green featured on the par 3, 126 yard 8th hole is one of the most exciting golf holes in the area. The course offers a variety of leagues, clinics, camps and lessons for youth and adults. For more information, contact Minnechaug Golf Course at (860)432-3334.

Check out the Glastonbury Dog Park!

With over 2,000 licensed dogs in town, local dog lovers raised the funds needed to build the town's first dog park which opened in May, 2011. The dog park is a fenced-in area where dogs can run and socialize off-leash legally and safely. A separate area for small dogs is also included. Some of the park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located within the Riverfront Park, 200 Welles Street, Glastonbury. For more information, visit http://dogpark.glastonbury-ct.gov

Glastonbury Skate Park - 2143 Main Street

Featuring Woodward skate equipment, the park boasts a 4'half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! Park closes for the season on Sunday, November 3rd. All skaters visiting the park for the first time must have completed a waiver form. Only skateboards and in-line skates permitted. Skate-boarders must wear helmet. Knee pads, elbow pads, and wrist guards are recommended.

FALL: Wednesday-Sunday 3:00 p.m.-6:00 p.m.
CLOSED MONDAYS AND TUESDAYS
FEES: FREE

Glastonbury Boathouse

With picturesque grounds, breath-taking views from the observation deck and a versatile banquet hall, The Glastonbury Boathouse offers the atmosphere of a getaway destination with the convenience of a local venue. Whether you are planning a corporate meeting or private party, the property is the perfect backdrop for phenomenal photos and festive celebrations.
For more information or to book your event, contact Kristen Michaels, Event & Banquet Facility Manager at (860)652-4640 or kristen.michaels@glastonbury-ct.gov. Visit online at www.glastonbury-ct.gov/boathouse for pricing information and photos!

Riverfront Community Center

The Riverfront Community Center is your affordable solution to elegant affairs! Our many room configurations can accommodate meetings & events of all sizes. Enjoy our beautiful space, complimentary parking, and manicured grounds offering views of Riverfront Park and the tree-lined CT River. Room reservations are available on Monday, Wednesday, and Friday evenings, and all day on weekends. Now accepting credit card payments! For more information, visit www.glastonbury-ct.gov/rccrentals or contact Kristen.michaels@glastonbur-ct.gov.

Academy Teen Center Rental

An easy alternative for small birthday parties, or events you just don't want to host at home! Bring your own cake and goodies, we'll provide the rest! Add an arts and crafts activity (craft chosen by staff based on age of birthday boy or girl) or Wii and/or PS2 to your party (games provided) for an additional cost!

AVAILABILITY: Year round Saturdays and Sundays in 2 hour blocks
CAPACITY: 15 people (excluding adults)
AMENITIES: Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games and craft space), access to restrooms, refrigerator and freezer
FEE: $100/rental
$150/rental with craft or Wii or PS2

Pre-School & Youth Programs

Kangaroo Kids 2020-2021 Limited Openings Remain

(Age 3 or 4 by January 1, 2021)

Kangaroo Kids is a developmentally appropriate program for 3&4 year olds that provides preschoolers with a variety of opportunities for learning, social development, and fun! Theme days, arts & Crafts, music, social interaction and creative play makes for a busy day of activities. Our "home" at 35 Bell Street is a made for preschool setting that includes a spacious fully equipped playroom, a room for working on quiet activities, a kitchen for baking and a beautiful yard perfect for paying and exploring nature. It all adds up to an ideal learning environment with the staff members and a maximum class size of 18. Classes are offered in either a 2 day or 4 day per week session as follows:

Ages 3&4:	Mon, Tues., Thurs. & Fri.	9:00-11:30 a.m.
Ages 4:	Mon, Tues., Thurs. & Fri.	12:30-3:00 p.m.

Program begins September 8 and runs through June 4. Fee for the 4 day morning or afternoon session is $1,800. More information will be available online.

Kangaroo Kids Deposit

AM 3&4:	M,T, TH, F	403128-03
PM 4:	M, T, TH, F	403128-04

A $250 deposit is required at the time of registration; the balance of the fee is paid in two (2) installments as follows:

Sept. 11, 2020:	AM 3&4: Mon, Tues, Thurs, Fri.	$775
	PM 4: Mon, Tues, Thurs. Fri.	$775
Jan. 10, 2020:	AM 3&4: Mon, Tues, Thurs, Fri.	$775
	PM 4: Mon, Tues, Thurs, Fri.	$775
LOCATION:	Kangaroo Kids 35 Bell Street	
DATES:	September 8, 2020-June 4, 2021	

Art-ventures in the Rainforest

(Grades K-5)

Head off on a jungle safari! Art adventurers trek through the rainforest, discovering the wondrous and rare creatures that call it home. Journey into the world of parrots, jungle cats, snakes, red-eyed tree frogs and more, and experiment with whimsical and original art forms and techniques. Create stained glass tigers, build rockin' rain sticks, paint ceramic turtles, design repoussé reptiles, and sculpt froggy light switch covers. Throughout the voyage art adventurers learn about the importance of saving the rainforest, and pick up super artist survival skills like printmaking, painting, collage, and journaling. They even make their own t-shirts using a unique and unusual oil pastel technique. Surprises and laughter round out this fun-filled art safari. Adventurers return home with awesome works of art each week. **Program participants will be required to wear a face covering.**

Fall Kids Crafts

After School Art-ventures 212003-14

FEE:	$116/person (all materials included)
MEETS:	Mondays 4:00-5:00 p.m.
LOCATION:	Teen Center
DATE:	October 19-December 7
INSTRUCTOR:	ART-ventures for Kids Instructor

Cool Cucumbers Kids Cooking

(Grades 3-5)

Learn beginning hospitality and culinary skills using fresh ingredients from locals farms. Practice and discuss the importance of following recipes, food safety, mixing, measuring, cooking and food presentation. **Program participants will be required to wear a face covering.**

Gardening

Cool Cucumbers 207234-HH

FEE:	$45/Person
MEETS:	Fridays 4:00-5:30 p.m.
LOCATION:	Academy Teen Center
DATES:	September 18, 25; October 9, 16

Youth Sports Programs

Fall Children's Tennis

(Ages 7-17)

Tennis Lessons are broken into lesson groups. This allows instructors to give more emphasis on specific skills within those groups. All lessons are taught at the Glastonbury High School Tennis Courts. All students must provide their own racquet.

Level 1 is for those with little or no tennis experience. ***Level 2*** is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and can hit at least 3 times from the center service line. ***Level 3*** is for those who understand the basics of rallying, can hit forehand and backhand groundstrokes at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. ***Level 4*** is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette. Instructors will place participants in appropriate level.

Fall Child Tennis Lessons

Level	9:00 a.m.	10:00 a.m.
Level 1, 2, 3	223281-AA	
Level 2, 3, 4		223281-BB

FEE: $29/Session
MEETS: Saturday 9:00-9:55 a.m. or 10:00-10:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 12-October 24
No Class 9/19; 10/10

Quick Start Red Ball Tennis

(Ages 5-7)

This program is geared to help younger children learn the game of tennis. Low compression balls are used to help the younger children lean to play. Bring a junior racquet and water bottle.

Fall Child Tennis Lessons

Quick Start 223281-QS

FEE: $29/Session
MEETS: Saturday 8:00-8:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 12-October 24
No Class 9/19; 10/10

X-Factor Training Camp for Children

There will be no porgram held this fall. Please continue to check back regarding updates for the Winter/ Spring.

Beginner Skateboard

(Boys and Girls age 5-7 years old)

For new skateboarders and those with limited experience. Skaters are taught the basic skills of skateboarding including balance, position, stopping, turning, falling techniques and safety. Staff will evaluate each skater and work with them on an individual basis as much as possible. Waivers required. **This program is for skateboarders only.**

Skate Park

Beginner Skate 513001-BS

FEE: $54/child
MEETS: Saturdays 9:00-9:45 a.m.
DATES: September 12-October 17
INSTRUCTOR: Hoodlum Skateboard Company

Advanced Beginner Skateboard

(Boys and Girls age 7 and up)

Skaters will learn the fundamentals and beginner maneuvers of skateboarding. Participants are taught how to properly ride each piece of equipment in the park, falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. Waivers required. **This program is for skateboarders only.**

Skate Park

AdvancedB Skate 513001-AS

FEE: $74/child
MEETS: Saturdays 9:45-10:45 a.m.
DATES: September 12-October 17
INSTRUCTOR: Hoodlum Skateboard Company

Intermediate Skateboard

(Boys and Girls age 7 and up)

Skaters learn advanced tricks and maneuvers of skateboarding. Skaters taking this level must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuvits, Grabbed Airs, Topsides, Negatives, Torques, Technical Grinds and special tricks will be practiced and critiqued. Waivers required. **This program is for skateboarders only.**

Skate Park

Intermediate Skate 513001-IS

FEE: $74/child
MEETS: Saturdays 10:45-11:45 a.m.
DATES: September 12-October 17
INSTRUCTOR: Hoodlum Skateboard Company

Youth Sports & Gymnastics Lessons

Youth Open Gym

We are still hoping to have an Open Gym program, but the program is currently on hold until at least January, 2021.

Glastonbury Basketball Association (GBA)

GBA is on hold until such time that the school re-opening plan is finalized. Please check back for updates!

Glastonbury Basketball Association (GBA) Travel Division

GBA Travel Division is on hold until such time that the school re-opening plan is finalized. Please check back for updates!

Glastonbury Gymnastics Club

Committed to providing a fun and safe learning experience, we offer individual instruction, recreational and competitive programs and structured classes.

About our Staff

Staff consists of caring, dedicated and well trained class instructors. Director Kathy Johnson is a USAG Professional Member, with Safety and Meet Director certifications. Team Coaches are USAG members and safety certified. All are First Aid/CPR certified.

About our Facility

Located in the Academy Building, 2143 Main Street, our facility meets all the standards of USA Gymnastics and is outfitted with multiple balance beams, uneven bars, tumble trak trampoline, full spring floor and a large array of creative preschool equipment.

Preschool Class

(Ages 4-5)

Children must be 4 years old by the start of the session-no exceptions. Children learn the basics of how to tumble, balance on a beam and swing on the low bar. **Parents will not be permitted to stay and watch classes.**

Gymnastics Lessons–Fall

Wed. (Caf) 2:40-3:34 206108-05

FEE: $87/child
DATES: October 21-December 9
(No Class 11/4; 11/11)

Recreation Classes

Children must be 5 years old by the start of the session. Classes follow progression guidelines developed by USA Gymnastics. Emphasis is on individual skill development in tumbling, floor, balance beam, vault and bars. Classes are divided by ability levels to ensure that all gymnasts progress in a safe and appropriate manner. **Parents will not be permitted to stay and watch classes.**

Beginner: Everyone enters at the beginner level. The basics of gymnastics are taught at this stage. Gymnasts who are new to program but have gymnastics some experience may call to be tested.
Advanced Beginner (USAG Pre Level 1): Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and ¾ hand stand.
Intermediate (USAG Level 1): Gymnasts enter after they have mastered a handstand, round-off, backward roll to push-up position, standing backbend, and one pull-up with their chin passing above the bar. To eligible for the Xcel Bronze Team, gymnasts must be able to do a backbend kick-over, handstand forward roll, pull-over mount on bars, back hip circle on bars, three pull ups with chin passing above the bar, and one split. Gymnasts must be tested by the Director to move to Xcel Bronze Intermediate Team. Recreation Classes are offered as follows:

Gymnastics Lessons–Fall 1

*All Levels Wed. (Gym)	2:30-3:30	206108-01
*All Levels Wed. (Caf)	3:45-4:45	206108-02
*All Levels Wed. (Caf)	5:00-6:00	206108-14
*All Levels Fri. (Gym)	3:20-4:20	206108-03
*All Levels Fri. (Caf)	4:40-5:40	206108-04

Gymnastics Lessons–Fall 2

*All Levels Wed. (Caf)	3:50-4:50	206108-15
*All Levels Wed. (Caf)	5:00-6:00	206108-16
*All Levels Fri. (Caf)	3:50-4:50	206108-17
*All Levels Fri. (Caf)	5:00-6:00	206108-18

*Combinations class where kids are grouped by level

FEE: $87/child
FALL 1: 6 Weeks beginning September 9
FALL 2:
WEDNESDAY: October 21-December 9
(No Class 11/4; 11/11)
FRIDAY: October 23-December 4
(No Class 11/27)

Gymnastics Team

Junior Olympic Competitive Team

Gymnasts must be tested by the Director **and have prior competitive experience** in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 2-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current Athlete Membership to USA Gymnastics ($63 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Gymnastics Team

Level 2 (2/Week)		206308-01 (Fall 1)
Mon.	4:00-6:00	206308-09 (Fall 2)
Thurs.	4:00-6:00	
Level 3 (3/Week)		206308-02 (Fall 1)
Tues.	4:00-6:00	206308-10 (Fall 2)
Thurs.	6:10-8:30	
Fri.	6:10-8:30	
Level 4 (3/Week)		206308-03 (Fall 1)
Mon.	6:10-8:30	206308-11 (Fall 2)
Tues.	6:10-8:30	
Wed.	6:10-8:30	
Level 5-9 (3/Week)		206208-04 (Fall 1)
Mon.	6:10-8:30	206308-12 (Fall 2)
Tues.	6:10-8:30	
Wed.	6:10-8:30	

FALL 1:	$160/Level 2 $170/Level 3,4,5-9
FALL 2:	$213/Level 2 $226/Level 3,4,5-9
FALL 1:	6 Weeks beginning August 31
FALL 2:	8 Weeks beginning October 19 (No Class 11/2; 11/3; 11/11; 11/26; 11/27)

Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Xcel Bronze is the introductory level of competition. Open to female gymnasts ages 6 and older, who are able to do a cartwheel, round-off, handstand, and backward roll to push up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess a current Athlete Membership to USA Gymnastics ($63 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Bronze (2/Week)		206208-05 (Fall 1)
Wed.	4:30-6:00	206308-13 (Fall 2)
Fri.	4:30-6:00	
Silver (3/Week)		206208-06 (Fall 1)
Tues.	4:00-6:00	206308-14 (Fall 2)
Thurs.	6:10-8:30	
Fri.	6:10-8:30	
Gold (3/Week)		206208-07 (Fall 1)
Mon.	6:10-8:30	206308-15 (Fall 2)
Tues.	6:10-8:30	
Wed.	6:10-8:30	
Platinum/Diamond (3/Week)		
Mon.	6:10-8:30	206208-08 (Fall 1)
Tues.	6:10-8:30	206308-16 (Fall 2)
Wed.	6:10-8:30	

FALL 1:	$160/Bronze $170/Silver, Gold, Platinum/Diamond
FALL 2:	$213/Bronze $226/Silver, Gold, Platinum/Diamond
FALL 1:	6 Weeks beginning August 31
FALL 2:	8 Weeks beginning October 19 (No Class 11/2; 11/3; 11/11; 11/26; 11/27)

Teen Programs & Special Events

Academy Teen Center

The Academy Teen Center (ATC) is excited to begin its 19th year! We are located in the Academy Building, 2143 Main Street. The staff at the ATC inspires youth to be kind and take time to unwind after a long day of learning and e-learning. A variety of supervised, unstructured adventures await them. The Teen Center is furnished with a game lounge and arts and crafts center. Kids also have opportunities to help with gardening and participate in walking trips downtown. Come be part of the GOOD VIBES TRIBE!

Transportation is provided. Sign up at the main office at Gideon or Smith. Daily admission fees will be collected at the Teen Center for those who do not have passes. **Program participants will be required to wear a face covering.**

Teen Center
School Year Pass 6-8 208005-03

FEE:	School Year Pass (Grades 6-8): $59 Daily Admission: $5/person
LOCATION:	Academy Building (2143 Main St.)
GRADES 6-8:	Beginning Tuesday, September 8th Tuesday, 3:00-6:00 p.m. Wednesday, 2:00-6:00 p.m. **(No Transportation)** Thursday, 3:00-6:00 p.m.

Friday Night Club

Have fun and make new friends! Themed Friday night activities (both virtual and in-person) are being planned for special needs adults 16 and older from Glastonbury, Glastonbury Special Olympics participants and their guests. Program staff provides general supervision. Participants requiring more assistance to participate are welcome to bring a family member, friend, or personal assistant. A schedule of activities is sent via e-mail. Call the Parks and Recreation office (860)652-7679 or Academy Teen Center (860)652-7838 with any questions or to join our e-mail list.

Spooky Story Stroll - NEW

(Appropriate for Preschool-Elementary Age Children) Follow us on a "Spooky Story Stroll" from the Riverfront Community Center on an outdoor route. Along the way, enjoy stops for a Halloween story, treats and maybe even a few tricks! Come in costume for your chance to win some special prizes. Don't forget to bring a bag to collect all your goodies. Groups will leave from the Community Center at an assigned time every 15 minutes. **Parents must accompany children for this event.**

Special Events
Spooky Stroll 210014 (Sign up for a Time)

FEE:	No Charge
DATE:	Wednesday, October 21 3:30-6:30 p.m. **PRE-REGISTRATION IS REQUIRED BEGINNING OCTOBER 1, 2020.**
LOCATION:	Riverfront Community Center

Santa's 3.5 Mile Run

Stay tuned for details!

Adult Programs & Dog Training

Fall Adult Tennis

(Ages 17 and Up)
Lessons are broken into four groups allowing instructors to place more emphasis on specific skills within groups. Students must provide their own racquet. **Level 1** is for those with little or no tennis experience. **Level 2** is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and hit at least 3 times from the center service line. **Level 3** is for those who understand the basics of rallying, hit forehand and backhand groundstrokes at least 3 times from the baseline with both, perform the basics of a serve and know how to keep score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, serve, hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette.

Fall Adult Tennis Lessons

Level	11:00 a.m.
Levels 1-4	222281-AA
Students will be divided according to skill.	

FEE: $45/Session
MEETS: Saturday 11:00 a.m.-11:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 12-October 24
No Class 9/19; 10/10

Open Volleyball, Over 30 Basketball & Open Gym

We are still hoping to have an Open Gym program, but the program is currently on hold until at least January, 2021.

Men's Basketball League

We are still hoping to have Men's Basketball League, but the program is currently on hold until at least January, 2021.

Family One Polite Dog Manners

A beginner level class for dogs 5 months and older and their guardians who want to coach their dog manners and learn more about canine behavior. "One Dog at a Time" offers positive training for the family dog. We will provide your dogs with guidance and understanding all while teaching the ropes to polite behavior. Skills: Paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking are some of the behaviors taught. A weekly training topic will provide you with information to better understand and keep your dog happy and safe.

Dog Obedience Classes
Dog Manners 410101-DM

FEE: $120/Session
MEETS: Tuesdays 6:30-7:30 p.m.
LOCATION: Glastonbury Small Dog Park
DATES: September 8-October 13
INSTRUCTOR: Beth Vincent, ABCDT

Out and About with your Best Friend

For dogs that can do sits, downs, stays and walk politely at home and in the training room, but when you go somewhere new your dog seems to have forgotten everything. Dogs need to repeat the basics in many different situations before they can generalize behaviors they have learned. In this class we will meet in a variety of dog friendly environments. Meeting in different settings will teach your dog that they can do their sits, downs and walk politely anywhere. My hope is to build your confidence and your dogs confidence in you.

Dog Obedience Classes
Out and About 410101-OA

FEE: $120/Session
MEETS: Saturdays 10:30-11:30 a.m.
LOCATION: Meets at Town Hall Parking Lot
DATES: October 17-November 21
INSTRUCTOR: Beth Vincent, ABCDT

Fitness Classes

Seniors Staying Fit

(Adults 55 and up)
A weight bearing exercise program designed for the active older adult. Includes warm-up, low impact aerobics, muscular conditioning for the upper/lower body, core strengthening for the abdominal muscle and back, and increasing flexibility, joint mobility, balance and coordination.

Low Impact Gentle Pilates

Exercises focus on the core muscles and creating balance and strength in the trunk and loose, limber limbs. Become strong and long while improving balance, coordination and posture. Great for anyone new to Pilates or those who need to tone it down. Must be able to get up and down off the floor.

Yoga

Unwind and recharge your batteries as your surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Please bring a mat, a water bottle and any props (pillow, yoga block, blanket, etc.) that will add to your comfort. Mixed Level Class.

Morning Mat Pilates

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. Mixed-level class.

Pilates Plus Strength

Work your arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the entire body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises might feel more intense, every exercise can be modified for beginner and intermediate levels.

Calorie Burn Cardio

A class designed to raise your heart rate, burn calories, and increase metabolism. The class will include faster paced exercises including functional movements, core work and a total body workout. Bring a mat, sneakers, light weights and water.

Strength Training

Class will give you a complete total body workout that will help sculpt, strengthen and reshape your body. Class includes standing and floor work so you must be able to get up and down off the floor easily.

Total Barre

A fusion of Pilates, dance & functional training that lifts, tones, sculpts, defines and strengthens core muscles. Uses the ballet barre or chairs and small, isometric, concentrated movements to create lean muscles. Incorporates an upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises executed at a vigorous pace with music!

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. You will work on balancing while using a flexband and your own body weight. This class will help improve your range of motion, posture and balance, while increasing flexibility.

Zumba®

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fitness system! Routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. Dance steps are fun and easy to follow!

Fitness Classes

Class	Instructor	Location	Days/Time	Dates	Fee	Code
Senior Fitness (Eliza's Energy Source)	Eliza & Juny	Virtual (Links to Recorded Videos)	Mon, Wed, Fri	Sept. 9-Dec. 7	$69	207027-ON
Low Impact Gentle Pilates (Personal Euphoria)	Rob	Virtual (Live via ZOOM)	Monday 1:30-2:15 p.m.	Sept. 14-Dec. 7	$79	207030-GP
Yoga (Personal Euphoria)	Sonia	Riverfront Community Center	Tuesday 6:30-7:15 p.m.	Sept. 15-Dec. 8	$85	207211-TP
Morning Mat Pilates (Personal Euphoria)	Maggie	Academy Multi Purpose Room	Tuesday 8:30-9:30 a.m.	Sept. 15-Dec. 8	$88	207201-AB
		Virtual (Live via ZOOM)	Tuesday 9:30-10:30 a.m.			207201-AA
		Academy Multi Purpose Room	Thursday 8:30-9:30 a.m.	Sept. 17-Dec. 10	$82	207201-BC
		Virtual (Live via ZOOM)	Thursday 9:30-10:30 a.m.			207201-BB
Pilates Plus Strength (Personal Euphoria)	Jeannine	Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Sept. 15-Dec. 8	$85	207202-F1
	Rob	Virtual (Live via ZOOM)	Thursday 6:00-6:45 p.m.	Sept. 15-Dec. 8	$85	207202-ON
Calorie Burn Cardio (Personal Euphoria)	Ashley	Virtual (Live via ZOOM)	Wednesday 9:00-9:45 a/m/	Sept. 16-Dec. 9	$79	207216-WA
Strength Training (Personal Euphoria)	Ashley	Virtual (Live via ZOOM)	Monday 9:00-9:45 a.m.	Sept. 14-Dec. 7	$79	207206-M1
		Academy Multi Purpose Room	Friday 9:00-9:45 a.m.	Sept. 18-Dec. 4	$73	207206-F1
	Rob	Virtual (Live via ZOOM)	Thursday 6:00-6:45 p.m.	Sept. 17-Dec. 10	$79	207206-TP
Total Barre (Personal Euphoria)	Ashley	Academy Multi Purpose Room	Monday 9:45-10:30 a.m.	Sept. 14-Dec. 7	$79	207203-M1
Core Balance (Personal Euphoria)	Ashley	Virtual (Live via ZOOM)	Friday 9:45-10:30 a.m.	Sept. 18-Dec. 4	$73	207207-F1
Zumba (Eliza's Energy Source)	Eliza's Energy Source	Academy Multi Purpose Room	Monday 6:00-7:00 p.m.	Sept. 14-Dec. 7	$75	207209-MP
		Virtual (Live)	Wednesday 6:00-7:00 p.m.	Sept. 14-Dec. 7 (No Class 11/25)	$69	207209-ON
No Classes on 10/12, 11/11, 11/26 and 11/27; Non-Resident Registration Begins 9/1/20						

Virtual - Live via ZOOM

Participants will be sent a link to register for the class. Once you fill out the form you will be sent the ZOOM Meeting Code/Link and password for the class. Logon to ZOOM at the day and time of your class to participate in a live class.

Virtual - Links to Recorded Videos

Participants will be sent a weekly email with links for the next weeks classes. You may do workouts at a day/time that is best for you. Links for all classes will be available for the duration of the class.

In Person Classes

Maximum number of participants have been lowered and designated areas will be setup for each person with a minimum of 6 feet between each designated workout area. Participants should wear a mask entering and exiting the building but do not have to wear a mask once in their workout area. Should COVID cases in the state spike classes will be offered virtually.

Aquatics, Boating & Pool Schedule

Aquatics Programs

The Town's Aquatics Programs (Public Swim, Swim Lessons, Swim Team, etc.) are on hold until such time that the school re-opening plan is finalized. Please check back for updates!

Boat Launch

It's still boating season! Boat launch permits are available at the Parks and Recreation office located on 2143 Main Street. Boaters must bring proof of residency and a valid boat registration. Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

The single boat launch will be open until November. The launch is located at Riverfront Park, 252 Welles Street, a short walk from Glastonbury center. The park offers 24 boat trailer parking spaces. A covered picnic pavilion, children's playground and walking trails are also available at the park. An attendant will be on duty during the boating season. Restrooms available on site.

SEASONAL PERMITS:	Residents: $60/year
	Non-Residents: $120/year
DAILY LAUNCH:	Residents: $20/day
	Non-Residents: $40/day

Kayak, Paddle Board, Fly Fish...Oh My!

The Parks and Recreation Department has partnered with the L.L. Bean Outdoor Discovery Schools to conduct various kayak, paddleboard and fly-fishing programs at the Riverfront Park through October, 2020. The following programs will be held on weekends:

- Discovery Kayaking
- Introduction to Recreational Kayaking
- Intermediate Recreational Kayaking
- Sunset & Full Moon Kayaking
- Discovery Stand-Up Paddle Boarding
- Introduction to Stand-Up Paddle Boarding
- Stand up Paddle Boarding Yoga
- Fly Fishing

Custom programming opportunities for groups, parties, organizations and team building events may be available upon request. Specific information on these programs can be found online at www.llbean.com/southwindsor on the "Events Calendar". To register for a program, three easy options are available.

- Online: www.llbean.com/southwindsor
- Phone: 1-888-LLBEAN1 (1-888-552-3261)
- At the South Windsor Store (75 Evergreen Walk, South Windsor, CT 06074)

Please contact L.L. Bean at 1-888-552-3261 or the Parks and Recreation Department (860)652-7679 with any questions.

GLASTONBURY
SENIOR & SOCIAL SERVICES

Programming & Service Opportunities

Don't miss out on the many opportunities offered by Senior Services to stay active, engaged and connected to the community with virtual programming through Zoom. Some of these programs are detailed on the following pages. More available programming and Social Services information can be found in the Sharing Tree newsletter at https://www.glastonbury-ct.gov/sharingtree

To use Zoom you will need to have access to the internet and an email address to receive a link to join a class or activity. If you haven't used zoom before, no worries! We can help you with tutorials and one-on-one assistance.

For help email Norma Carey at norma.carey@glastonbury-ct.gov or call our main number at the center (860)652-7638 and leave a message. One of our staff will return your call and provide technical support to you until you are a pro!

How to Use Zoom Tutorials:
Zoom 101
https://youtu.be/qsy2Ph6kSf8

To learn how to join a meeting/class
https://youtu.be/hlkCmbvAHQQ

Glastonbury Senior & Social Services Staff
Monday-Friday, 8:00 a.m.-4:30 p.m.
(860)652-7638

Lisa Zerio, Director, Parks & Recreation:
(860)652-7687; lisa.zerio@glastonbury-ct.gov
Patti White, Senior Center Supervisor:
(860)652-7646; patti.white@glastonbury-ct.gov
Norma Carey, Program Coordinator:
(860)652-7655; norma.carey@glastonbury-ct.gov
Nicole Mercer, Department Secretary:
(860)652-7641; nicole.mercer@glastonbury-ct.gov
Diana Patterson, Customer Service Rep:
(860)652-7650; diana.patterson@glastonbury-ct.gov
Lisa McKeon, Volunteer Coordinator:
(860)652-7605; lisa.mckeon@glastonbury-ct.gov

Kathryn Carfi, Outreach Social Work Coordinator:
(860)652-7644; kathryn.carfi@glastonbury-ct.gov
Theresa Buckson, Outreach Social Worker:
(860)652-7640; theresa.buckson@glastonbury-ct.gov
Evelyn Lopez, Outreach Social Worker:
(860)652-7652; evelyn.lopez@glastonbury-ct.gov
Susan Parrotta, Outreach Social Worker:
(860)-652-7636 susan.parrotta@glastonbury-ct.gov

Senior& Social Services Programs

Juke Box Bingo

Monday, August 31, 2020
6:30 p.m.
Get ready for Jukebox Bingo from the comfort of your home with Keith Alan Productions. LLC!

How it Works

This is the new way of playing Bingo! We have replaced the 75 numbers with 75 songs! A 30 second music clip will play, you name the song, check you card, mark it off, get 5 in a row—Yell BINGO!

Sign Up

Sign up using Sign-up Genius and Bingo cards and the ZOOM link will be emailed to you on August 30th before the big game! You must sign up no later than Sunday, August 30th at noon! (There is a max of 100 households).
https://www.signupgenius.com/go/508054CA4AC2EA0FA7-community2

The Wonderful Sounds of Music Virtual Concert Series

Enjoy virtual concerts through ZOOM with a few of our favorite entertainers - all from the comforts of home! To register, please call (860)652-7650

Sing a Long with Dr. Uke

Friday, August 28, 2020
2:00-3:00 p.m.
Songs will be displayed for your singing pleasure.

"United we Stand" with Brian Gillie

Friday, September 11, 2020
1:00-1:45 p.m.
Brian will entertain us with his upbeat music and patriotic songs.

A Howling Sing a Long with Dr. Uke

Friday, October 30, 2020
2:00-3:00 p.m.
Sing along to songs like "The Monster Mash" or snap your fingers to "The Addams Family". Wear your favorite mask for a virtual snap shot photo.

Tuesday Movies

1:00 p.m.
After the movie enjoy a lively conversation with your fellow movie watchers that will be facilitated by a volunteer. Share your movie critic views. (Movie listings can be found at https://www.glastonbury-ct.gov/sharingtree).

Cooking with Lindsey, Retail Dietitian @ Shop Rite

Wednesday, August 19, 2020
1:00 p.m.
Follow along as we make Healthy No Bake Chocolate Tarts! Lindsey will also whip up some great recipes for Wednesdays, September 16 & October 21. Same time slot so mark your calendar and request the recipe prior to demo. Registration required: Email norma.carey@glastonbury-ct.gov or call (860)652-7650

Senior& Social Services Programs

To Register and for Payment Options, E-Mail or Call Norma Carey (norma.carey@glastonbury-ct.gov; 860-652-7655) or Diana Patterson (diana.patterson@glastonbury-ct.gov; 860-652-7650)

Class	Description	Meets	Dates	Classes	Fee	Location
Powerful Aging & Fitness w/Helene Sandquest	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 11:00 a.m.-Noon	8/19-10/7	8	$20	ZOOM
Stretchercize Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety, build strength and balance.	Mondays 1:00-1:45 p.m.	8/17-10/12	8	$20	ZOOM
Low Impact Cardio Dance Fitness	Perfect for active seniors looking for a lower intensity class with easy to follow choreography focusing on balance, range of motion and coordination.	Wednesdays 1:00-1:45 p.m.	8/19-10/7	8	$20	ZOOM
Tai Ji Quan Moving for Better Balance	Take steps now to improve your strength and balance and maintain an active lifestyle!	Mondays & Thursdays 2:30-3:15 p.m.	8/10-Ongoing	48	No Fee (Grant Funded)	ZOOM
Current Issues	Discussions range from worldwide issues to national to local issues. Topic chosen at prior meeting.	1st & 3rd Fridays 10:00-11:30 a.m.	Ongoing		No Fee	ZOOM
Book Discussion	Join fellow readers for a lively virtual discussion on a current bestseller.	3rd Thursdays 11:00 a.m.-Noon	Ongoing		No Fee	ZOOM
Aging Mastery Program	Learn concrete steps to improve the overall quality of your life.	Wednesdays 10:00-11:30 a.m.	9/16-11/18	10	No Fee	ZOOM
Bingo for Fun	Make your own cards and play along.	Fridays 2:00-3:00 p.m.	Ongoing		No Fee	ZOOM
Trivia	Let us keep your brains active with fun interaction.	Mondays 1:00 p.m.	Ongoing		No Fee	ZOOM
Knitting Group	Share your talents and join friends.	Mondays 11:00 a.m.-Noon	Ongoing		No Fee	*RCC Patio
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 p.m.	8/13-10/1	8	$40	*RCC Grounds

*Non-Virtual Programs contingent upon State Guidelines at Time of Program

Lifelong Learning on Tape: The Great Tours: "France through the Ages"

September 18-December 11, 2020
Fridays noon-1:30 p.m.
France is the world's most visited destination for travelers. From the beloved city of Paris—a global archetype of beauty, romance, and fine living—to the sunshine and lavender fields of Provence, the medieval splendor of Carcassonne and Avignon, the glittering seaside life of the Côte d'Azur, and more, France ignites the imagination and dazzles the senses like no other country on Earth. Enjoy a facilitated discussion after each session with fellow viewers.

Watercolor Classes

"Floral Truck"

Tuesdays Starting September 1, 2020
9:30-11:30 a.m.
A fun way to understand a few different art principles: value, perspective, depth, and shape. Make it your own by changing the license plate, color of your truck, or even the flowers! Cost is $10.00 Kit. Registration required by August 14, 2020.

"Sunset Mountain"

Tuesdays starting October 6, 2020
9:30-11:30 a.m.
A great way to practice color transitions, value, and detail work – it has it all! It might seem overwhelming at first but we break it down with five easy steps that will ensure a colorful, mystical landscape! Cost is $10.00 Kit. Registration required by September 18, 2020.

Senior& Social Services Programs

Virtual Health Talks via ZOOM

Making the Most of your Tele-Medicine Visit

Tuesday, September 15, 2020
11:30 a.m.
During the covid-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation. Presented by Kaitlin Cuas, Transitional Care Nurse. Sponsored by Hartford HealthCare Center for Healthy Aging. Please RSVP to (860)652-7650 by September 8, 2020.

Medicare 101

Wednesday, September 23, 2020
11:30 a.m.
Medicare 101 is a free educational seminar focused on the basics of Medicare and understanding your Medicare options. In this seminar, you will learn more about what Medicare is and how it works, the different parts of Medicare, when to enroll in Medicare, and things to think about when choosing your Medicare plan. Learn more about your Medicare options including: Medicare Advantage Plans Medicare, Supplement Plans, Prescription Drug Plans. Presented by Marissa Hiebel, Medicare Educator. Sponsored by Hartford HealthCare Integrated Care Partners. Please RSVP to (860)652-7650 by September 16, 2020.

Dimensions of Wellness

Tuesday, October 13, 2020
11:30 a.m.
This is an interactive and engaging presentation that reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational, and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Join us and share ideas on what it means to be fully engaged in life! Presented by Transitional Care Nurse. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to (860)652-7650 by October 6, 2020.

Storm Preparedness: How can you be Ready?

Tuesday, October 27, 2020
11:30 a.m.
Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. Steps to prepare your health, emergency plans considerations for long term health conditions, and essential tips for during a storm will be discussed. Presented by Kaitlin Cuas, Transitional Care Nurse. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to (860)652-7650 by October 20, 2020.

Healthy Brain Series

Thursdays, Oct. 1, 8, 15, 22 & 29
1:00-2:00 p.m.
Join us for our five-part virtual series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun! Participants are encouraged to attend all sessions. Sponsored by Hartford HealthCare Center for Healthy Aging. RVSP to Glastonbury Senior Center, (860)652-7638 by September 24, 2020. Each of the 5 sessions will cover the following topics:

Session 1: Challenge your mind daily- Activities to keep your mind sharp
Session 2: Feeding the brain- the importance of diet and hydration
Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age
Session 4: Good sleep and brain power: The importance of sleep and your brain
Session 5: The Blue Zones: Lessons for living longer from the people who've lived the longest
Presented by Michelle Wyman, dementia specialist.

We LOVE our Volunteers!

The Senior & Social Services Department offers a variety of opportunities for individuals to share their time and talents. Now more than ever volunteers are needed to help in the community. If you are interested, please go to the Town website, Senior Services Department and complete the Volunteer Application and Confidentiality Agreement. Email the forms to: Lisa.McKeon@glastonbury-ct.gov.