



Town of Glastonbury Human Services
The Sharing Tree

Office Hours:		Main Information Number	(860) 652-7638
Monday - Friday	8:00 am to 4:30 pm	Dial -A-Ride Numbers:	
Tues. & Thurs.	8:00 am to 8:30 pm	Reservations:	(860) 652-7643
Saturday	9:00 am to 3:30 pm	Cancellations:	(860) 652-7638

Newsletter Online: www.glastonbury-ct.gov

November 2016



On behalf of the staff members of the Glastonbury Senior & Community Services Department, we wish you and your families many blessings during this wonderful and reflective time of year.

With Gratitude,
Patti White



Thanksgiving

The year has turned its circle,
The seasons come and go.
The harvest is all gathered in
And chilly north winds blow.

Orchards have shared their treasures,
The fields, their yellow grain.
So open wide the doorway-
Thanksgiving comes again!



Annual Thanksgiving Meal Thursday, November 17, 2016

11:55 am Invocation by Rev. David Taylor

12:00 pm Roasted Turkey Dinner with Pumpkin Pie

Ticket: \$4.00 Special Ticket Required

(Must be purchased by Monday, November 14, at 1:00 PM!)

Join with your friends as we give thanks together for the richness of the season and our bountiful and beautiful community. Enjoy a tasty Thanksgiving Dinner with Roasted Turkey, Mashed Potatoes with Gravy, and all the traditional trimmings, including Pumpkin Pie with Whipped Cream.



A Time To Remember Our Veterans

Thursday, November 10, 2016

11:30 am Collection of worn & tattered flags by Daughters of the American Revolution

11:45 am Opening Ceremony with members of Glastonbury's Veteran Service Commission

12:00 pm Ham, Sweet potatoes, Green beans, Roll and Dessert.

12:30 pm Patriotic Music by Jennifer Loscialpo

Ticket: \$3.00 Special Ticket Required – (Must be purchased by Tuesday, November 8, 2016)

This Veterans Day celebration begins with the presentation of colors, followed by the Pledge of Allegiance and the 'Star-Spangled Banner.' We set this day aside to remember the achievements and sacrifices that men and women, at home and abroad, during war and in peace, have made so that we can live free. Veterans are encouraged to wear their uniforms and medals for this occasion.

Registration for trips will begin Wednesday November 2, 2016 for Glastonbury Residents
Non-residents can sign up one week later on Wednesday, November 9, 2016



When going on a trip from the RCC please park in the North Parking area...
This will allow those participating in programs at the RCC to park closer.



The Corner Pug - West Hartford

Wednesday, November 9, 2016

11:00 am Leave RCC

Return to RCC: 2:00 pm

Cost: Resident: \$7.00 Non-Resident: \$9.00 (Lunch on own)

From Mac's Big Burger to Mac-N-Cheese, The Corner Pug has become widely known as it's slogan states, for "Honest Food and Hearty Portions". Whether you're in the mood for freshly made Shepherd's Pie, hot grilled Reubens, creamy Chicken Pot Pies with flaky crusts, or the authentic English classic- Fish and Chips, served on London newspaper print, the Corner Pug's menu has something to offer every palate.

Lessard Lanes Indoor Mini Golf and Lunch at 99 Restaurant - Plainville Wednesday, November 16, 2016

10:00 am Leave RCC

Approximate Return to RCC: 2:00 pm

Transportation Cost: Residents: \$7.00 Non-Residents \$9.00

Cost: \$6.50 for a round of mini-golf payable that day to Lessard Lanes (Lunch on own)

Play without worrying about the weather on this 18 hole mini golf course with challenging holes, naturally landscaped waterfalls and flowing stream. Give the Wheel of Mischievous a whirl to put a unique spin on your golf game! This course is completely wheelchair accessible so FUN is available to EVERYONE. Following play, all aboard Dial-A-Ride to head over to the 99 Restaurant.

Gingerbread House Festival & Shopping at The Promenade Shops at Evergreen Walk - South Windsor

Monday, November 28, 2016



10:00 am Leave RCC

10:30 am Arrive at Wood Memorial Library

11:30 pm Shop & Lunch on own 3:00 pm Arrive at RCC

Cost: Residents: \$7.00 Non-Resident: \$9.00

Enjoy the spicy smell of gingerbread as it mingles with the cool fall air, beckoning the young, and young at heart. Enter and gaze upon row after row of beautifully decorated gingerbread creations. Regional artisans and bakers, both experienced and novice alike, show off their creative talents with a spectacular array of candy covered houses, trains, trees and in some cases entire villages and farms. Following the exhibit you're off to the shops and restaurants at Evergreen Walk - Lunch on own with many locations to choose from.

Wadsworth Atheneum - "Festival of Trees" - Hartford

Wednesday, December 7, 2016

10:00 am Leave RCC

1:00 pm Front Street Bistro (on own)

Return to RCC: 3:00 pm

Cost includes admission and transportation: - Resident: \$20.00 Non-Resident: \$24.00.

The 43rd Festival of Trees and Traditions is a yearly event featuring trees and wreaths decorated by community members, artists, and organizations and displayed in the galleries. Glastonbury's Creative Crafters group have been a part of this tradition for 7 years. Following Wadsworth enjoy lunch at Front Street Bistro, a Mediterranean-influenced cuisine with locally sourced ingredients whenever possible.

Candy Canes & Mistletoes with Ashly Cruz - Special Luncheon

Tuesday, December 13, 2016

Cost: \$4.00 special ticket required (Must be purchased by Friday, December 9, 2016 at 1:00 PM!).

12:00 pm Cranberry Glazed Chicken Breast, Rice Pilaf, Green Beans, Croissants and Cheesecake.

12:30 pm Entertainment by Ashly Cruz

Celebrate the holidays with your friends here at the Community Center. Ashly Cruz will be here to sing all your favorites with a few holiday tunes mixed in.

Save The Date

December	22	Holiday Brunch
	29	New Year Celebration with Bob Giannotti
February	14	Valentine Special with Michael Ciulla
	17	CT Flower Show
March	14	St. Patrick's Day Celebration w/T-Bone
April	20	Westchester Theater presents - "Mama Mia" - Getaway Tours

Featured Classes and Activities

Play Reading Group **Tuesday, November 8 & 22 2016** **1:00 pm - 3:00 pm**
 Want to meet new people and have lots of fun? There is no need to audition, memorize lines or search for books. We provide the books and you provide your playful self! Meet others who enjoy reading plays. Read from Shakespeare or Shepherd and other playwrights. Call 860-652-7638 to register.

Poker **Tuesday, November 29, 2016** **1:00 pm - 3:00 pm**
Program Leader Irene Woynar
 Learn how to play Poker/Texas Holdem and have fun! Are you able to bluff? What is your tell? This game is for fun. Call 860-652-7638 to register.

Book & Author Discussion Group **Thursday, November 17, 2016** **10:30 am**
Facilitator: Geri Andrew **No charge or registration needed**
"The Light Between the Oceans" by M.L. Stedman - After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season and shore leaves are granted every other year at best, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby...*The Light Between Oceans is exquisite and unforgettable, a deeply moving novel.*

Stormin Seniors (Flash Mob) Practice **Fridays, November 4 & 18, 2016** **10:00 am - 11:00 am**
 Join the fun as we kazoo and sing songs that will be perform at select locations.

Technology

Computer Assistance by appointment **Tuesdays** **9:00 am - Noon**
Facilitator: Ron Massimino
 Individuals can set up 30 minute appointment blocks for assistance with computer help. To make an appointment please call (860) 652-7638.

Mac, iPad, or Smart Phone Assistance by appointment **Thursdays** **1:30 pm - 3:00 pm**
Facilitator: Ann Hayman
 Individuals can now set up 30 minute appointment blocks for assistance with their Apple product or Smart phones. Please bring your Mac/iPad/Smart Phone to your appointment. To make an appointment please call (860) 652-7638.

Staying Safe Online **Tuesday, November 15, 2016** **3:00 pm - 5:00 pm**
Technology with Nicole Cignoli, Reference Librarian, Welles-Turner Memorial Library.
 Reservations are required online or at the Reference Desk at 860-652-7720.

Evening / Weekend Programs and Events

NEW PROGRAM

CLASSIC CANASTA

Tuesdays

6:00 -7:30 pm

Join your friends or meet new ones playing the game of Classic Canasta. All levels of expertise are welcome! Cards will be provided. (Prior registration is required)

Coloring for Stress Relief

Thursdays

5:30 pm – 7:00 pm

Studies have shown that coloring is very beneficial to adults as it lowers stress levels and blood pressure! Come join your friends and socialize for a relaxing and stress free time. Light snacks and beverages provided. Please register in the office. Supplies will be provided.

Ukulele Big Sing

Saturday, November 19, 2016

Noon - 1:00 pm

No Fee, just beautiful music – Open to the Public

Sit back and Sing-a-Long with Jim 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!

Pickleball

Indoor play Riverfront Community Center

Tuesday Evenings

5:00 pm - 8:00 pm

PLEASE NOTE THERE WILL BE NO PICKLEBALL ON NOVEMBER 8, 2016

Watercolor Class

Saturdays, November 12 & 19, 2016

9:30 am - 11:30 am

Instructor: Shannon Faust

Cost: Resident: \$10.00 per class Non-Resident: \$15.00 per class

\$10.00 Supply fee payable to instructor per project.

Please note: Registration is required by Wednesday, November 2, 2016.

Drawing is not a prerequisite. Using watercolors, students will explore different techniques.

Paint with KaReN

Saturdays, November 5 & 26

9:30 am - 11:00 pm

Instructor: Karen Williams

Cost: Resident - \$10.00 per class Non Resident - \$15.00 per class

\$7.00 Supply fee payable to instructor.

Please note: Registration is required by Wednesday, November 2, 2016.

Come honor Glastonbury's past with guided help as you paint scenes of famous town landmarks.



Glastonbury's Historical Society 2016 Holiday House Tour Saturday, December 10, 2016 2pm – 4pm



Glastonbury has more than 150 original 18th century homes and buildings. The 2016 Holiday House Tour will be extra special—a walking tour along Main St., directly in the heart of the Historic District, and during the holiday season when houses will be beautifully decorated. The tour will include approximately ten houses and venues that will be open for viewing, some of which have never been seen by the public before this tour. Every attendee receives a keepsake house tour booklet (4.25 x 5.5) with map, house descriptions, and pictures that also serve as a ticket for the event.

The admission is \$30 if purchased through the Senior Center.

(Limited tickets available at this special senior rate & must be purchased by Friday, December 9, 2016)

1:30: Holiday cheer begins at the Senior Center with Hot Cider and Cheese & Crackers.

2:00: First Shuttle Bus from RCC to Main Street (Shuttle schedule will be provided that day)

Checks should be made payable to the *Glastonbury Historical Society*.

Support Group News**“EYE OPENERS” LOW VISION SUPPORT GROUP FIELD TRIP:**

Monday, November 14, 2016 - The group will be traveling via Dial-A-Ride To the New England Assistive Technology (NEAT) Marketplace, Located at the Oak Hill School for the Blind in Hartford. The van will leave at 9:30 a.m. from the Riverfront Community Center. We will tour the facility and spend some time learning about technology available in their computer lab. Then, at 11:30 we will leave to enjoy lunch at the Chowder Pot Restaurant, returning to RCC around 1:30. Cost: \$5.00 transportation fee and lunch on own.

Caregiver Support Meeting Tuesday, November 8, 2016 1:30 pm - 2:30 pm

Calling all caregivers! Are you feeling stressed and overwhelmed? You are not alone! Taking care of a beloved parent, relative or significant other can be the most difficult and rewarding job you will ever have! Please join us the second Tuesday of every month from 1:30 pm—2:30 pm for Caregiver Support Group. If you are planning to attend or for more information, please contact Susan Parrotta (860) 652-7636 or email susan.parrotta@glastonbury-ct.gov or Susan Strayer at (860) 652-7652 or email susan.strayer@glastonbury-ct.gov

Special Evening Caregiver Meeting with a Guest Speaker Thursday, November 17 7:00 pm - 8:00 pm

Calling all caregiver! Taking care of a beloved relative, friend or significant other can be one of the most difficult and rewarding jobs you will ever have. Please join us and other caregivers at the Riverfront Community Center to listen to a guest speaker who will address topics specific to caregivers such as how to avoid burnout and the emotional aspects of aging! Light refreshments will be served. Registration is required. To Register please contact us at 860-652-7652, susan.strayer@glastonbury-ct.gov or 860-652-7636, susan.parrotta@glastonbury-ct.gov. Hope to see you there!

Bereavement Support Group Wednesdays, November 2 & 16, 2016 2:00 pm - 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) 969-5442 for additional information.

The Friendship Circle Memory Program

The Friendship Circle Memory Program is a social engagement program designed for Glastonbury Seniors with early stage dementia. 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. The program offers a variety of engaging mental and physical activities including music, arts and crafts, exercise, puzzles, and plenty of opportunities to enjoy the company of others. Friendship Circle meets 3 days a week- Tuesday, Wednesday, and Thursday usually from 9:45 to 12:45 pm. A monthly fee of \$100.00 is charged. Lunch and transportation are included.

For more information contact 860-652-7638.

Social Services

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

Janine Fiedler: (860)652-7644

Susan Strayer: (860)652-7652

Theresa Buckson: (860)652-7640

Susan Parrotta: (860)-652-7636

Social Services News

Medicare Annual Open Enrollment runs from October 15-December 7, 2016

Now is the time to review your Medicare coverage plans. Be sure to read all notices sent to you by your insurer (s) as there may be changes in your plan(s) that may affect your coverage and costs in 2017. During Open Enrollment you can: join or change a Part D Plan (prescription drugs); return to original Medicare from a Medicare Advantage Plan; or enroll in or change Medicare Advantage plans. For more information you can call the plan directly, call Medicare (1-800-633-4227), go to www.medicare.gov or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7634.)

Energy Assistance

Help with heating costs is available for qualified households through the Energy Assistance program. Glastonbury Social Services is currently taking applications for the winter heating assistance program. Fuel source may be a deliverable fuel (propane, wood, oil) or a utility (electric or gas.) Income limits are \$2,823 monthly for an individual and \$3,692 for a household of 2. Homeowners have a liquid asset limit of \$15,000 and renters \$12,000, but any assets over those limits may be added to 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 10:15 to 10:45 on November 9 and November 23. 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 November 19, from 10 AM to 12 noon at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

This ministry of St. James Church is also supported by its interfaith partners, Buckingham Congregational Church UCC, First Church Congregational UCC, Congregation of Kol Haverim, St. Luke's Episcopal Church and Lutheran Church of St. Mark.

Thanksgiving Food Program: Social Services is accepting applications from low income Glastonbury residents in need of help in the purchase of food for Thanksgiving. Applications are available at the Riverfront Community Center.

Donations of non-perishable food items and financial contributions toward the purchase of grocery gift cards are also welcomed. For more information, please call Social Services at 860-652-7634.

Holiday Gift Program: This program will anonymously match donors and the wish list of Glastonbury children ages infant to 18. Donors can shop for these items with a suggested value of \$50.00, and return them to the Riverfront Community Center for distribution. Financial donations and store gift cards will be used to fill unmatched wish lists. Stocking stuffers, new hats, mittens, scarves are also welcomed. Please call Theresa Buckson at 860-652-7640 for more information. Thank you for your support!

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, November 17 and Monday, November 28, 2016 RCC 8:40 am – 3:20 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, November 8, 2016 RCC 10:00 am – 12:00 noon

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

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.)

1st & 3rd Tuesdays of the month: Shop Rite

For residents who live south of Hebron Avenue (Zone B)

Thursdays Stop & Shop (Oak Street)

2nd & 4th Tuesdays of the month: Shop Rite

Mall Shopping Trip: Buckland Mall Wednesday, November 9, 2016

10:00 am Depart RCC 2:00 pm Return to RCC Transportation fee: \$5.00

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.

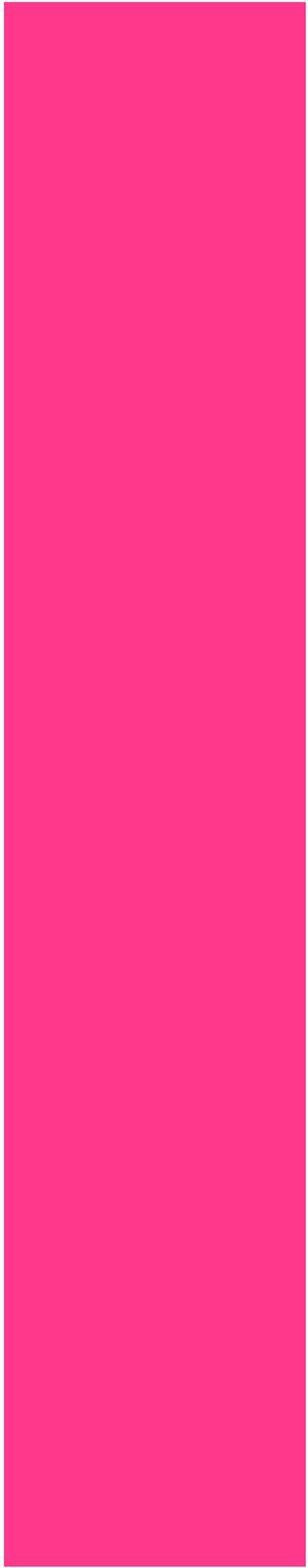
American Cancer Society's Road to Recovery Transportation Service Phone: 1-(800)-227-2345. They can provide transportation for doctors' appointments and treatments. Patients must be ambulatory. Requests must be made 3 business days before the appointment.

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 \$3.00 each way). For application and info, call: **(860) 724-5340**

Senior Activities for November 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Computer Assistance by appt. 9:45 Friendship Circle 10:00 AARP Board Mtg. 10:00 Rummikub 11:45 Lunch 1:00 Pinochle 1:00 Stretchercize 5:00 Pickleball - RCC 5:30 Lifelong Learning 6:00 Open Computer 6:00 Classic Canasta</p>	<p>2</p> <p>9:00 Men's Billiards 9:00 Wellness Clinic 9:30 Registration Day 9:45 Friendship Circle 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Lesson (Make up) 1:00 Bridge 1:00 Men's Billiards 1:30 Ceramics 2:00 Bereavement Support</p>	<p>3</p> <p>8:30 Outdoor Walking Grp. 9:00 Italian I 9:45 Friendship Circle 10:00 Italian II 10:00 Setback 10:30 Line Dancing 11:45 Lunch 12:15 UCONN Pain Mgmt 1:00 Creative Crafters 1:00 Ladies Billiards 1:00 Stretchercize 1:30 Mac,iPad, Smart Phone 1:1 Assistance 2:00 **Wii Bowling 5:30 **Coloring Stress Relief 6:00 **Tai Chi 6:00 **Open Computer 6:00 **Mahjongg</p>	<p>4</p> <p>9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 10:00 Current Issues 10:00 Stormin Seniors Practice 11:00 Powerful Aging 11:45 Lunch 12:45 Bingo</p>	<p>5</p> <p>9:00 Co-ed Billiards 9:30 Paint w/Karen 12:00 Movie: "Emma's Chance"</p>	
<p>7</p> <p>9:00 Men's Billiards 9:30 Knit & Crochet 9:30 Social Wii Bowling 11:45 Lunch 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Ladies Billiards 1:00 Creative Crafters 1:00 Movie: "Step Up" 1:30 Tai Chi Intro</p>	<p>8</p> <p>9:00 Computer Assistance by appt. 9:45 Friendship Circle 10:00 Rummikub 10:00 Hearing Screening 11:45 Lunch 1:00 Play Reading 1:00 Pinochle 1:00 Stretchercize 1:30 Caregiver Support 5:30 Lifelong Learning 6:00 Open Computer 6:00 Classic Canasta</p>	<p>9</p> <p>9:00 Men's Billiards 9:00 Wellness Clinic 9:45 Friendship Circle 10:00 Buckland Mall Restaurant 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg 1:00 Bridge 1:00 Men's Billiards 1:30 Ceramics</p>	<p>10</p> <p>8:30 Outdoor Walking Grp. 9:00 Italian I 9:45 Friendship Circle 10:00 Italian II 10:00 Setback 10:30 Line Dancing 11:30 Veterans Day Luncheon 1:00 Creative Crafters 1:00 Ladies Billiards 1:00 Stretchercize 1:30 Mac,iPad, Smart Phone 1:1 Assistance</p>	<p>11</p> <p style="text-align: center;">CLOSED</p> 	<p>12</p> <p>9:00 Co-ed Billiards 9:30 Watercolor Class 12:00 Movie: "The Imitation Game"</p>
<p>14</p> <p>9:00 Men's Billiards 9:30 Knit & Crochet 9:30 Social Wii Bowling 9:30 Low Vision Grp. 11:45 Lunch 12:15 Ted Talk Video 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Ladies Billiards</p>	<p>15</p> <p>9:00 Computer Assistance by appt. 9:45 Friendship Circle 10:00 AARP General Mtg. 10:00 Rummikub 11:45 Lunch 1:00 Pinochle 1:00 Stretchercize</p>	<p>16</p> <p>9:00 Men's Billiards 9:00 Wellness Clinic 9:45 Friendship Circle 10:00 Lessard Mini Golf & 99 Restaurant 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg</p>	<p>17</p> <p>8:30 Outdoor Walking Grp. 8:40 Foot Clinic 9:00 Italian I 9:45 Friendship Circle 10:00 Italian II 10:00 Setback 10:30 Line Dancing 10:30 Book Discussion 11:45 Thanksgiving</p>	<p>18</p> <p>9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 10:00 Current Issues 10:00 Stormin Seniors Practice 11:00 Powerful Aging 11:45 Lunch 12:45 Bingo</p>	<p>19</p> <p>9:00 Co-ed Billiards 9:30 Watercolor Class 12:00 Ukulele BIG SING 1:00 Movie: "The Wedding Chapel"</p>

<p>1:00 Creative Crafters 1:00 Movie: "Julie & Julia" 1:30 Tai Chi Intro</p>	<p>3:00 Technology Workshop w/ WTML 5:00 Pickleball - RCC 5:30 Lifelong Learning 6:00 Open Computer 6:00 Classic Canasta</p>	<p>1:00 Bridge 1:00 Men's Billiards 1:30 Ceramics 2:00 Bereavement Support</p>	<p>Luncheon 12:30 AARP Smart Driver 1:00 Creative Crafters 1:00 Ladies Billiards 1:00 Stretchcize 1:30 Mac,iPad, Smart Phone 1:1 Assistance 7:00 Caregiver Support</p>	
<p>21 9:00 Men's Billiards 9:30 Knit & Crochet 11:45 Birthday Lunch 12:15 Ted Talk Video 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Ladies Billiards 1:00 Creative Crafters 1:00 Movie: "Letters to Juliet" 1:30 Tai Chi Intro</p>	<p>22 9:00 Computer Assistance by appt. 9:45 Friendship Circle 10:00 Rummikub 11:45 Lunch 1:00 Pinochle 1:00 Stretchcize 1:00 Play Reading 5:00 Pickleball - RCC 5:30 Lifelong Learning 6:00 Open Computer 6:00 Classic Canasta</p>	<p>23 9:00 Men's Billiards 9:00 Wellness Clinic 9:45 Friendship Circle 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg 1:00 Bridge 1:00 Men's Billiards 1:30 Ceramics</p>	<p>24 CLOSED HAPPY  THANKSGIVING</p>	<p>25 CLOSED</p>
<p>28 8:40 Foot Clinic 9:00 Men's Billiards 9:30 Knit & Crochet 9:30 Social Wii Bowling 10:00 Gingerbread House Festival Trip 11:45 Lunch 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Ladies Billiards 1:00 Creative Crafters 1:00 Movie: "Me before You" 1:30 Tai Chi Intro</p>	<p>29 9:00 Computer Assistance by appt. 9:45 Friendship Circle 10:00 Rummikub 11:45 Lunch 1:00 Pinochle 1:00 Stretchcize 1:00 Poker Lesson 5:00 Pickleball - RCC 5:30 Lifelong Learning 6:00 Open Computer 6:00 Classic Canasta</p>	<p>30 9:00 Men's Billiards 9:00 Wellness Clinic 9:45 Friendship Circle 11:00 Powerful Aging 11:45 Lunch 12:15 Name That Tune 12:15 Indoor Walking 1:00 Mahjongg 1:00 Bridge 1:00 Men's Billiards 1:30 Ceramics</p>	<p>**These Thursday Programs continue through the month</p>	



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)



Cozy Corner Café
Tuesday & Thursday Evening Café Menu 5:00 pm - 7:00 pm
Paid Reservations Available up to One Day in advance.
Cost: \$5.00



NOVEMBER 1	Shepherd's Pie Tossed Salad Chocolate Fudge
NOVEMBER 3	Chicken Pot Pie Tossed Salad M & M Cookies
NOVEMBER 8	Meat Loaf Tossed Salad Peanut Butter Cookies
NOVEMBER 10	Macaroni and Cheese Tossed Salad Chocolate Chip Bars
NOVEMBER 15	Meat Lasagna Tossed Salad Apricot Coconut Balls
NOVEMBER 17	Chicken Broccoli Alfredo Tossed Salad Apple Crisp
NOVEMBER 22	NO DINNER
NOVEMBER 24	NO DINNER
NOVEMBER 29	Chicken Noodle Casserole Tossed Salad Brownies

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

Special Diet Requests Procedure

For those individuals who may have special dietary needs or prefer a vegan or meat free diet, we will now stock foods to meet your needs on a given day. Please contact the office the day prior. *Thank you.*

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

Ticket Prices: \$2.50 per person includes 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 (Registration Required)

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

Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dogs w/toppings	2 Turkey Sandwich	3 UCONN - Pain Management Stir Fry Beef Over rice	4 Breaded Fish
7 Eggplant Parm	8 Stuffed Chicken Breast	9 Baked Meat Loaf	10 Veteran's Day Luncheon	11 CLOSED VETERAN'S DAY
14 Ted Talk Cheeseburger	15 Stuffed Peppers	16 Spaghetti w/Meat Sauce	17 Thanksgiving Luncheon	18 Chef's Choice
21 Ted Talk Chicken Ala King	22 Ravioli w/meat sauce	23 Shepherd's Pie	24 Closed Thanksgiving	25 Closed
28 Lemon Chicken	29 Roast Pork	30 Name That Tune Grilled Cheese		



A Time To Remember Our Veterans

Thursday, November 10, 2016

11:30 am Collection of worn & tattered flags by Daughters of the American Revolution

11:45 am Opening Flag Ceremony with members of Glastonbury's Veteran Service Commission

11:55 am Singing of National Anthem

12:00 pm Ham, Sweet potatoes, Green beans, Roll and Dessert.

12:30 pm Patriotic Music by Jennifer Loscialpo

Ticket: \$3.00 Special Ticket Required – (Must be purchased by Tuesday, November 8, 2016)

This Veterans Day celebration begins with the presentation of colors, followed by the Pledge of Allegiance and the 'Star-Spangled Banner.' We set this day aside so we remember the achievements and sacrifices that men and women, at home and abroad, during war and in peace, have made so that we can live free. Veterans are encouraged to wear their uniforms and medals for this occasion.



A Meal of Thanksgiving

Thursday, November 17, 2016

11:55 am Invocation by Rev. David Taylor

12:00 pm Roast Turkey Dinner with Pumpkin Pie

Ticket: \$4.00 Special Ticket Required

(Must be purchased by Monday, November 14, at 1:00 PM!!)

Thanksgiving is a wonderful time for traditions, a time to count our blessings and consider all the things for which we are thankful. Enjoy a tasty turkey dinner with all the trimmings including pumpkin pie with whipped cream. Glastonbury Social Services will be conducting their annual appeal for, "Pocket Change Charlie" with 100% of the proceeds being used to assist local families with their fuel bills this winter. This is a great way to show your gratitude for all of your blessings by helping someone in need.

Lunch & Learn

Begin at 12:15 unless otherwise noted

Evidence Based Pain Management and the Opioid Crisis

Thursday, November 3, 2016

Learn about how to apply the World Health Organization guidelines for pain management. Listen to a discussion of the opioid crisis and learn what has gone wrong and why.

Presented by: UCONN Nursing Students

TED TALKS "Your body is my canvas" by Alexa Meade

Monday, November 14, 2016

Alexa Meade takes an innovative approach to art. Not for her a life of sketching and stretching canvases. Instead, she selects a topic and then paints it—literally. She covers everything in a scene—people, chairs, food, you name it—in a mask of paint that mimics what's below it. In this eye-opening talk Meade shows off photographs of some of the more outlandish results, and shares a new project involving people, paint and milk. Length: 7 minutes

TED TALKS "Everyone has a story the world needs to hear" by Dave Isay

Monday, November 21, 2016

Dave Isay opened the first StoryCorps booth in New York's Grand Central Terminal in 2003 with the intention of creating a quiet place where a person could honor someone who mattered to them by listening to their story. Since then, StoryCorps has evolved into the single largest collection of human voices ever recorded. His TED Prize wish: to grow this digital archive of the collective wisdom of humanity. Hear his vision to take StoryCorps global — and how you can be a part of it by interviewing someone with the StoryCorps app. Length: 21 minutes

Name That Tune with Jennifer Loscialpo

Wednesday, November 30, 2016

Join in on the fun after lunch. Prizes will be awarded to those who can Name That Tune!

Keeping You Informed:**A Few Notes on Pumpkin Pie:**

The pumpkin really is a squash. It's a member of the Cucurbita family which includes squash and cucumbers, and is grown on every continent except Antarctica. The Connecticut field variety is the traditional American pumpkin. The largest pumpkin ever grown weighed 1,140 pounds. The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake. The self-proclaimed "pumpkin capital" of the world is Morton, Illinois where you'll find the home of the Libby corporation's pumpkin industry.

The Very Unhealthy but Extremely Popular Snack Food

Despite being supremely unhealthy, potato chips are American's favorite snack food. They're devoured at the rate of 1.2 billion pounds a year. They're not cheap: a pound of potato chips costs two hundred times more than a pound of potatoes. When potatoes first appeared in Europe in the seventeenth century, they were blamed for starting outbreaks of leprosy and syphilis. As late as 1720 in America, eating potatoes was believed to shorten a person's life. Potato chips were invented in Saratoga Springs in 1853 by chef George Crum. They were a mocking response to a patron who complained that his French fries were too thick.

**AARP Chapter # 2010 News:**

AARP BOARD MEETING: Tuesday, November 1, 2016 10:00 am

AARP GENERAL MEETING: Tuesday, November 15, 2016 Noon
PROGRAM:

American Military Historian Matthew Bartlett will present a fascinating program on female spies during the Civil War. His program focuses on two women who risked all for their country. We will learn how these women played an important part in the extensive spy networks that were formed on both Union and Confederate side. Mr. Bartlett has a Master's of Military History with a specialization in Civil War studies.

UPCOMING TRIPS: 2016 Trips:

December 7 The Company Men - Aqua Turf - CT
May 9-11, 2017 Atlantic City & Historic Philadelphia

To register: Contact Diane Mansur @ 860-569-6745 for additional information

AARP Smart Driver Thursday, November 17, 2016 12:30 pm - 4:30 pm

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

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 (unless otherwise noted).

November 7- “Step Up” (2006) ★★★★★ Starring Channing Tatum, Jenna Dewan-Tatum and Damaine Radcliff - Sentenced to a stretch of community service at a prestigious school for the arts, streetwise troublemaker Tyler Gage unexpectedly discovers his natural talent for dance when he pairs with one of the academy's ballerinas. Rated PG/Drama & Dance/ 103 minutes.

November 14 “Julie & Julia” (2009) ★★★ Starring Meryl Streep, Amy Adams and Stanley Tucci - This heartwarming, truth-inspired tale stars Amy Adams as Julie Powell, who decides to spice up her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic Mastering the Art of French Cooking. Rated PG-13/Comedy/120 minutes.

November 21 - “Letters to Juliet” (2010) ★★★★★ Starring Amanda Seyfried, Christopher Egan and Vanessa Redgrave -By responding to a letter addressed to Shakespeare's tragic heroine Juliet Capulet, a young American woman vacationing in Verona, Italy, sets in motion a series of events that leads her -- and the missive's lovelorn author -- in search of romance. Rated PG/Romantic/105 minutes.

November 28 - “Me before You” (2016) ★★★★★ Starring Emilia Clarke, Sam Claflin and Janet McTeer - Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living. Rated PG-13/Romantic /110 minutes.

Saturday Matinees Movies start promptly at 12:00 pm (unless otherwise noted).

November 5 “Emma’s Chance” (2016) ★★★★★ Starring Greer Grammer, Missi Pyle and Joseph Lawrence - While volunteering at a horse rescue, Emma forms an unlikely bond with an abused horse that won't let anyone else ride her. Gaining new skills and confidence, Emma hatches a plan to redeem herself and ultimately save the ranch she's grown to love. Rated PG/Drama/93minutes.

November 12 “The Imitation Game” (2014)★★★★★ Starring Benedict Cumberbatch, Keira Knightley and Matthew Goode - During World War II, mathematician Alan Turing tries to crack the enigma code with help from fellow mathematicians. Rated PG-13/Drama, Thriller/120 minutes

****November 19 “The Wedding Chapel” (2012) ★★★** Starring Mark Deklin, Emmanuelle Vaugier and Shelley Long - After a romantic setback, a depressed artist pays a visit to her hometown and learns that a historic local church is about to be shuttered. She soon finds a renewed sense of purpose when she begins a crusade to save the church. Rated PG/Comedy & Romantic/92 minutes.

November 26 “For Richer or Poorer” (1997) ★★★ Starring Tim Allen, Kirstie Alley and Jay O. Sanders - New York society couple Brad and Caroline Sexton (Tim Allen and Kirstie Alley) find themselves targets of an IRS investigation. Running from the law, they discover a safe haven in the Amish community of Intercourse, Pa. Posing as long-lost relatives of local farmer Samuel Yoder (Jay O. Sanders), the Sextons must give up their glamorous ways in order to escape IRS agent Derek Lester (Larry Miller) in director Bryan Spicer's romantic comedy. Rated PG-13/Comedy/120 minutes.

Movies At the Riverfront Community Center

Please note that we receive many recommendations on what type of movies we should and should not show at the center, and as a result have concluded that no two seniors are alike... Some folks want to see only comedies or romantic films. Others want the latest thrillers with lots of action. Because we offer a variety of films, there will be times when a film might not meet an individual's personal preference. Going forward, we will always show you the rating of the film, highlighting its content so that there will be a clear warning that the film may contain sexual content, violence, rough language etc.. Then the choice is yours!

Movie requests are welcome. Let us know what you would like to see! (*Forms available in office*).

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

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The Sharing Tree

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-senior_services. 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 **Wednesday, November 2 - 9:30 am** for Glastonbury Residents only. Non-Residents may register on **Wednesday, November 9**. 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.