



Town of Glastonbury Human Services  
*The Sharing Tree*

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

Newsletter Online: [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)

*December 2016*



Best Wishes for a Happy Holiday Season.  
May your home and heart be filled with warmth and joy!  
Sincerely,  
The staff of the Glastonbury Senior and  
Community Services Department

**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. Back by popular demand, Ashly Cruz will be here to sing all your favorites with a few holiday tunes mixed in.

**Glastonbury Holiday Lights Tour** **Thursday, December 15 (Snow Date: Tuesday, December 20)**  
**6:00 pm Leave the RCC** **7:00 pm Return RCC**  
 Sit back and enjoy the holiday lights as we cruise around the beautiful and festively decorated homes of Glastonbury. Following the tour, meet in the Cozy Corner Café for hot chocolate, festive cookies and great holiday tunes.



**Annual Holiday Brunch Sing -A- Long** **Thursday, December 22, 2016**  
**10:30 am Holiday Bingo** **11:00 am Brunch** **11:30 am Sing-A-Long**  
**Cost: \$3.00 Special Ticket Required (Purchase ticket by Tuesday, December 20, 2016 at 1:00 PM!).**  
 Happy Holidays! Happy Chanukah! Felices Fiestas! Join your friends for some seasonal cheer and enjoy a delicious brunch and holiday sing-a-long. Quiche, Sausage, Assorted Danish, Fresh Fruits, Juices, Coffee & Tea.



**New Year Countdown Celebration** **Thursday, December 29, 2016**  
**\$4.00 Special Ticket Required - (Must be purchased by Tuesday, December 27, 2016 at 1:00 PM)**  
**11:30 Countdown to Noon** **12:00 pm Pork Roast Dinner**  
**12:30 pm Musical Entertainment by Bob Giannotti**

Let's celebrate as 2016 winds down and we welcome in 2017. Dress in your favorite party clothes and be prepared to countdown to "twelve o'clock high noon" with horns, hats and a special toast. Following dinner, we will usher in the New Year with the always dynamic Bob Giannotti, as he engages us with songs that will have us laughing, dancing, and singing.

Registration for trips will begin Monday, December 5, 2016 for Glastonbury Residents  
Non-residents can sign up one week later on Monday, December 12, 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.



**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.

**Cracker Barrel - East Windsor** **Wednesday, December 21, 2016**  
**10:30 am Leave RCC** **11:15 am Lunch on own** **Approximate Return to RCC: 2:30 pm**  
**Transportation Fee: Resident: \$7.00 Non-Resident: \$9.00**  
 Have any gifts you need to buy? The country store at the Cracker Barrel has something for everyone!  
 Enjoy a great breakfast or lunch with your friends.

**Classic Film at the Katherine Hepburn Cultural Arts Center: "Little Women" - Old Saybrook**  
**Tuesday, December 20, 2016** **10:30 am Leave RCC** **11:30 am Lunch at Haywire, Westbrook**  
**1:30 pm Arrive at The Kate** **2:00 pm Movie** **Approximate return to RCC: 5:30 pm**  
**Cost includes transportation and movie: Residents: \$17.00 Non-Resident: \$22.00 (Lunch on own)**  
 First we'll begin with lunch at Haywire Burger Bar, a family-owned and operated restaurant that uses only the highest-quality ingredients. Their hand-formed burgers are made from 100% Black Angus Beef, ground in-house daily, and free of any antibiotics or hormones. Haywire Burger Bar is committed to using local produce as often as possible, in support of the local farming community and the environment.  
 After lunch we're off to the Kate for the showing of "Little Women". The endearing saga of the March sisters -- Meg (Frances Dee), Jo (Katharine Hepburn), Amy and Beth -- who come of age in New England during the Civil War, is based on the classic Louisa May Alcott novel.

### Featured Classes and Activities

**Play Reading Group** **Tuesdays, December 6 & 27, 2016** **2:30 pm - 4:00 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.

**Book & Author Discussion Group** **Thursday, December 15, 2016** **10:30 am**  
**Facilitator: Geri Andrew** **No charge or registration needed**  
**"Teatime for the Firefly"** by Shona Patel - My name is Layla and I was born under an unlucky star. For a young girl growing up in India, this is bad news. But everything began to change for me one spring day in 1943, when three unconnected incidents, like tiny droplets on a lily leaf, tipped and rolled into one. It was that tiny shift in the cosmos, I believe, that tipped us together—me and Manik Deb.

**Stormin Seniors** **Fridays, December 2 & 9, 2016** **10:00 am - 11:00 am**  
 Join the fun and sing songs that will be performed at locations in town.

**Social Wii Bowling** **Mondays, December 12 & 19** **9:30 am - 11:00 am**  
 Join your fellow seniors and participate in this fun filled game. Everybody gets a try. No competition - just lots of fun. (Not team bowling). Please sign up in the office.

**Creative Crafters** **Fridays, December 2 & 9** **1:00 pm - 4:00 pm**  
 On December 2 working on VFW items - December 9 working on Salmon Brook items.



**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*.**

## Evening / Weekend Programs and Events

### Holiday Card Making

Thursdays, December 1 & 8

6:00 pm - 8:00 pm

**Cost: Residents: \$5.00 Non-Residents \$7.00 Registration required**

Come and enjoy a night of card making for the holidays and that special someone. This class is for everyone! Come and socialize with friends! Supplies will be provided. Light refreshments served!!

### Coloring for Stress Relief

Thursdays, December 15, 22 & 29

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, December 17, 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 help us get into the Holiday spirit with Yuletide cheer...Santa is coming to town...!

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

### Watercolor Class

Saturdays, December 3 & 10, 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.**

**Registration is required one week prior to class. No one will be able to register the day of .**

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

### Technology

#### Computer Assistance by appointment

**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.

**Tuesdays**  
(Not available on December 6)

**9:00 am - Noon**



#### **It's a Wrap - Holiday Shopping - Manchester**

**9:30 am Leave RCC**

**Transportation cost: Resident: \$5.00 Non-Resident: \$7.00**

All aboard the Dial-A-Ride sleigh to pick up those last minute gifts. Shop at the Christmas Tree Shop, Buckland Mall, Wal-Mart, Target or even Home Depot for those special ones in your lives.

**Wednesday, December 7**

**2:30 pm Return to RCC**

### **Save The Date**

<b>February</b>	<b>14</b>	<b>Valentine Special with Michael Ciulla</b>
	<b>23</b>	<b>CT Flower Show</b>
	<b>28</b>	<b>The KATE - Met in HD "Rusalka"</b>
<b>March</b>	<b>5</b>	<b>GHS Dinner Theater "Into the Woods" (Special Registration on February 7th)</b>
	<b>14</b>	<b>St. Patrick's Day Celebration with Tom Stakus (aka T-Bone)</b>
<b>April</b>	<b>20</b>	<b>Getaway Tours—Westchester Dinner Theater "Mama Mia"</b>

#### **AARP Chapter # 2010 News:**

#### **AARP BOARD MEETING:**

**Tuesday, December 6, 2016 10:00 am**

#### **AARP GENERAL MEETING:**

**Tuesday, December 20, 2016 11:30**

**PROGRAM: Location:**

**The Gallery Restaurant**

#### **UPCOMING TRIPS: 2017 Trips:**

<b>December 7</b>	<b>The Company Men - Aqua Turf - CT</b>
<b>March 15</b>	<b>Venus DeMilo - Swansea, MA</b>
<b>April 29</b>	<b>West Point Dress Parade</b>
<b>May 9-11</b>	<b>Atlantic City &amp; Historic Philadelphia</b>
<b>June 26</b>	<b>Newport Playhouse—RI</b>
<b>September 8 –16</b>	<b>Montreal &amp; Canada New England Cruise</b>

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

#### **AARP Smart Driver**

**Thursday, December 15, 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.

### 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**

### Support Group News

**“EYE OPENERS” LOW VISION SUPPORT GROUP Monday, December 5, 2016**

All persons dealing with low vision are welcome to attend. For more information or to be placed on the mailing list for meeting announcements, please call Janine Fiedler at 860-652-7644.

**Caregiver Support Meeting Tuesday, December 13, 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](mailto:susan.parrotta@glastonbury-ct.gov) or Susan Strayer at (860) 652-7652 or email [susan.strayer@glastonbury-ct.gov](mailto:susan.strayer@glastonbury-ct.gov)

**Bereavement Support Group Wednesdays, December 7 & 21 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 News

### Medicare Annual Open Enrollment ends December 7, 2016

Time is running out 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](http://www.medicare.gov) or make an appointment with one of the CHOICES-trained counselors at the Riverfront Community Center (860-652-7634.)

### Energy Assistance

Glastonbury Social Services continues taking applications for heating assistance. Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the Energy Assistance program. The income limit for an individual is \$2,823 per month, for a couple the income limit is \$3,692 per month. Homeowners have a liquid asset limit of \$15,000 and renters \$12,000, but any assets over those limits may be added to your annual income to see if you still qualify financially. More information and appointments are available by calling Social Services at 860-652-7634.

### Food Share

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:15 to 10:45 on December 7 and December 21. 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 December 17, 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.

### Access Health

Access Health CT Open Enrollment continues through January 31, 2017. Access Health CT is Connecticut's health insurance marketplace; a one stop "shop" with a range of health insurance coverage options for individuals, families and small employers. With implementation of the Affordable Care Act, everyone must have health insurance. Current Medicare beneficiaries already have coverage and do not need to do anything related to Access Health CT. (See note on Medicare Open Enrollment.)

For those needing health insurance, the best way to see if you qualify for financial assistance in obtaining health insurance, to compare plans or complete a single application for any of the plans offered by Access Health CT plans is on the web at <http://www.accesshealthct.com>. Information is also available by calling Access Health CT at 1-855-805-4325.

**Holiday Gift Program** There is still time to be anonymously matched as a donor for the Glastonbury Holiday Gift Program. Donors will be matched with the wish list of Glastonbury children ages infant to age 18. Donors can shop for the items on the Wish List, and then return them to the Riverfront Community Center for distribution. Financial donations and store gift cards are also welcomed and will be used to fill unmatched wish lists. Stocking stuffers, new hats, mittens, scarves are also appreciated. For more information please call Social Services at 860-652-7634.

**Thank you:** Thank you for your support of the Thanksgiving Food Program! Many neighbors had a brighter Thanksgiving thanks to your generous support of this program.

### 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, December 15, 2016 and Tuesday, December 27, 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.

### 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.)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month:**      Shop Rite

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

**Thursdays**      Stop & Shop (Oak Street)

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month:**      Shop Rite

**Mall Shopping Trip:      Holiday Shopping - Manchester      Wednesday, December 7, 2016**  
**9:30 am Depart RCC      2:30 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**

**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**

<b>DECEMBER 1</b>	Meat Loaf, Mashed Potatoes and Rice Krispy Bar
<b>DECEMBER 6</b>	Macaroni & Cheese, Tossed Salad and Chocolate Chip Cookies
<b>DECEMBER 8</b>	Meat Lasagna, Tossed Salad and Macaroons
<b>DECEMBER 13</b>	Meat Loaf, Tossed Salad and Magic Bars
<b>DECEMBER 15</b>	Chicken Noodle Casserole, Tossed Salad and Blondies
<b>DECEMBER 20</b>	<b>NO DINNER</b>
<b>DECEMBER 22</b>	<b>NO DINNER</b>
<b>DECEMBER 27</b>	Chicken Pot Pie, Tossed Salad and Chocolate Peanut Butter Bar
<b>DECEMBER 29</b>	Shepherd's Pie, Tossed Salad and Peppermint Brownies

**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)**

**Lunch Entrée Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Beef Stew in Bread Bowl	<b>2</b> Breaded Fish on Bun
<b>5</b> Chicken Ala King	<b>6</b> Pork Chop	<b>7</b> Turkey Wrap	<b>8 TED Talk</b> Cub Steak	<b>9</b> Stuffed Sole
<b>12 Chanukah Talk</b> Rueben Sandwich	<b>13 Candy Canes &amp; Mistletoes Luncheon</b> Cranberry Glazed Chicken Breast	<b>14</b> Kielbasa & Sauerkraut	<b>15 Stormin Seniors</b> Baked Meatloaf	<b>16</b> All Beef Hot Dog
<b>19 TED Talk</b> <b>B-Day Party</b> Shepherd's Pie	<b>20</b> Spaghetti w/Meat Sauce	<b>21</b> Glazed Ham Mac & Cheese	<b>22 HOLIDAY BRUNCH</b> Quiche, Sausage, Danish & Fresh Fruit	<b>23</b> Chicken Patty on Bun
<b>26</b> <b>CLOSED</b>	<b>27</b> Cheeseburger	<b>28</b> Sausage & Peppers on a Roll	<b>29 NEW YEAR Luncheon</b> Pork Roast	<b>30</b> Chef's Choice

### Special Ticket Luncheons for December

**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**

**Holiday Brunch Sing-A-Long with Jennifer Loscialpo on piano** **Thursday, December 22, 2017**  
**10:30 am Bingo 11:00 am Brunch 11:30 am Sing-A-Long** **Cost: \$4.00 Special Ticket Required**  
**Annual Holiday Brunch Sing -A- Long** **Thursday, December 22, 2016**  
**11:00 am Brunch 11:30 am Sing-A-Long with Jennifer Loscialpo on Piano**  
**Cost: \$3.00 Special Ticket Required (Purchase ticket by Monday, December 19, 2017).**

**New Year Countdown Celebration** **Thursday, December 29, 2015 \$4.00 Special Ticket Required**  
**(Must be purchased by Friday, December 23 at 1:00 pm!)**  
**11:30 Countdown to Noon 12:00 pm Pork Roast Dinner**  
**12:30 pm Musical Entertainment by Bob Giannotti**



### Lunch & Learn

**Ted Talk Video - "Once upon a time my mother..."** **Thursday, December 8, 2016**  
 Storyteller Carmen Agra Deedy spins a funny, wise and luminous tale of parents and kids, starring her Cuban mother. Settle in and enjoy the ride — Mama's driving! 24 minutes

**Chanukah** **Monday, December 12, 2016**  
**Presented by: Yehudis Wolvovsky, Associate Director, Chabad Jewish Center, Glastonbury**  
 Learn about the story of Chanukah; its origins, meaning, and how it is celebrated today throughout the world.

**Glastonbury Stormin Seniors** **Thursday, December 15, 2016**  
 The Stormin Seniors have a whirlwind of fun performing. The group came together as a flash mob and have now become a chorale group. Today they will be singing some holiday tunes for your enjoyment.

**The TED2016 film festival: Conference shorts** **Monday, December 19, 2016**  
**The short: "5 mètres 80."** Giraffes perfect their form during a high-octane, high-diving practice session.  
**"100 Years of Dance."** A supercut of the best moves in film over the last century put to music. 12 minutes



## Keeping you Informed



### Tips on Aging Well

- A U.S. study on 68 older adults revealed that those who joined a choir were in better health, used less medication, were less lonely, and had fewer falls after a year than a similar group of non-singers. This could in part be due to the impact that singing has on breathing, but the emotional benefits of giving voice in a crowd may be just as important. So if you enjoy it, whatever the quality of your voice, try to find the chance to sing communally, whether in a formal choir, at a family singalong, in church or temple, or in a crowd of thousands at a football game. (*Look for our monthly sing-a-long beginning in January 2017*)
- Search the Internet to keep your brain active. In one study people age 55 to 76 who carried out a series of web searches all showed increased activity in regions of the brain that control language, reading, memory, and visual ability. Those who already surfed regularly showed a significant boost in the areas that deal with decision-making and complex reasoning.
- Curry may boost your mental abilities, according to research out of Singapore. They looked at the diet of more than 1,000 Indian villagers aged 60 to 93 and found that those who ate curry even just twice a year scored better on cognitive performance tests than people who didn't. Turmeric, the yellow spice used in most curries, contains the plant chemical curcumin, which has antioxidant, anti-inflammatory, anticancer, and cholesterol-lowering properties.
- Think positively about your life and you'll live longer. One U.S. study asked people 50 and over how they felt about a range of statements designed to assess their outlook on the future. Almost three decades later, follow-up research found that those who viewed aging in a hopeful way had lived an average of 7.5 years longer than those with a more pessimistic outlook. You're more likely to have better coping strategies and be more likely to seek support when you have problems if you try to see your cup as half full, rather than half empty.



### 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.

**December 5-** ***“The Legend of Tarzan” (2016) ★★★★★*** Starring Alexander Skarsgard, Sameul Jackson and Margot Robbie - Fully readapted to London society after his long sojourn in the jungle, Lord Greystoke returns to Africa as a trade emissary. But little does he know that he’s being used to advance the schemes of villainous Capt. Leon Rom. Rated PG-13/Drama/110 minutes.

**December 12*****“The Meddler” (2016) ★★★*** Starring Susan Sarandon, Rose Byrne and J.K. Simmons - With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others – as well as her own – and find a new purpose in life. Rated PG/Comedy/103 minutes.

**December 19-** ***“Mr. Church” (2016) ★★★★★*** Starring Eddie Murphy, Britt Robertson and Xavier Samuel - Hired to lend a hand to a single mother diagnosed with cancer, Henry Joseph Church wins the hearts of mom Marie Brody and daughter Charlie through his cooking, establishing a bond that lasts long beyond Marie’s death and Charlie’s childhood. Rated PG-13/Drama/105 minutes.

**December 26 - NO MOVIE.**

#### Saturday Matinees Movies start promptly at 12:00 pm (except for Big Sing event then it will be 1:00 pm)

**December 3** ***“Free State of Jones” (2016) ★★★★★*** Starring Matthew McConaughey, Keri Russell and Gugu Mbatha-Raw - As the Civil War rages on, Mississippi farmer Newton Knight, his neighbors and a ragtag group of slaves band together and lead Jones County to secede from the Confederacy, establishing a mixed-race free state in the heart of the South. Rated R/Action-Drama/139 minutes.

**December 10*****“The Princess Bride” (1987) ★★★★★*** Starring Cary Elwes, Mandy Patinki and Robin Wright - Blending comedy, adventure, romance and fantasy, this cult classic follows peasant farmhand Westley as he battles three bumbling outlaws and a nefarious prince to win the hand of his one true love, a young woman named Buttercup. Rated PG/Comedy-Romance/98minutes.

**December 17*****“A Christmas Kiss” (2011) ★★★★★*** Starring Elisabeth Rohm, Laura Breckenridge and Brendan Fehr - An aspiring designer is mortified to learn that the mysterious man she kissed in a falling elevator is her callous boss’s boyfriend. Rated PG/Romantic/89 minutes.

**December 24*****“Three Coins in the Fountain” (1954) ★★★*** Starring Clifton Webb, Dorothy McGuire and Jean Peters - Three American working women pin their hopes for love on wishes they make as they toss coins into the famous Trevi Fountain in Rome. Rated PG/Classic Romance/101minutes.

**December 31** ***“Do Not Disturb” (1965) ★★★★★*** Starring Doris Day, Rod Taylor and Hermione Baddeley - When Janet’s businessman husband spends more time with his attractive secretary than with her, she invents a secret admirer. Not Rated/Romantic Comedy/102 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](http://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 **Monday, December 5 at 9:30 am** for Glastonbury Residents only. Non-Residents may register on **Monday, December 12**. 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.