



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

January 2017

Newsletter Online: www.glastonbury-ct.gov




May every day of the new year glow with good cheer and happiness for you and your family.

The Knights of Columbus Museum - New Haven **Wednesday, January 18, 2017**

10:00 am Leave RCC **1:30 pm Modern Apizza** **Approximate Return RCC: 3:30 pm**

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



The 12th annual Christmas exhibition, *Crèches of Germany: Tradition & Faith*, showcases the German celebration of Christmas. Germany is a country of picturesque landscapes and charming villages, but also of deeply-rooted ancestral culture. Christmas is a significant holiday in Christianity, and it is lived and celebrated in Germany with a solemnity that finds few parallels. Germans cherish customs, rituals and beliefs and faithfully pass them from generation to generation. Christmas folklore is a part of the country's popular heritage. Following the museum enjoy lunch at Modern Apizza for brick-oven, thin-crust pizzas or a few Italian classics served in a roomy, unadorned space.

Valentine Day Special Luncheon with Entertainment **Tuesday, February 14, 2017 12 pm**

Cost: \$4.00 Special Ticket Required (Must be purchased by Friday, February 10, 2017)



Join the fun at our annual Valentine's Day celebration! Menu includes cranberry glazed chicken breast, wild rice, mixed vegetables, croissants, and red velvet cake topped with a dab of whipped cream and a valentine heart. Following lunch enjoy the musical entertainment of Michael Ciulla, a NYC-trained professional singer, actor and voiceover talent. Michael's performances include musical standards, lively swing tunes and classic pop and rock tunes as well as Italian favorites.

CT Flower Show - Hartford **Thursday, February 23, 2017**

10:00 am Leave RCC **Approximate Return to RCC 2:00 pm**

Fee: \$5/Resident; \$7/Non-Resident - Admission & Lunch on Own (many food vendors to choose from).

The Hartford Convention Center will be transformed into a breathtaking event with over 300 booths for floral and garden enthusiasts!



The Met in HD at the Kate **Tuesday, February 28, 2017**

10:00 am Leave RCC **11:00 am Lunch at Mystic Market (on own)**

12:30 pm Arrive at the Kate **1:00 pm -5:00 pm "Rusalka"** **Approximate Return to RCC: 6:00 pm**

Cost includes transportation and Admission: Resident: \$32.00 Non-Resident: \$39.00.

Before the opera enjoy lunch at Mystic Market in Old Saybrook which features a spacious dining area. When it comes to food, they carefully select nothing but the freshest local ingredients to serve to the community. Following lunch head over to The Kate for the encore presentation of *"Rusalka"*. Kristine Opolais stars in the role that helped launch her international career, the mythical Rusalka, who sings the haunting "Song to the Moon." Mary Zimmerman brings her wondrous theatrical imagination to Dvořák's fairytale of love and longing, rejection and redemption. Brandon Jovanovich, Jamie Barton, Katarina Dalayman, and Eric Owens complete the all-star cast, and Mark Elder conducts.



Joey Garlic's - Newington**Wednesday, January 25, 2017****11:00 am Leave RCC****Approximate Return to RCC: 2:00 pm****Cost: Resident: \$7.00 Non-Resident: \$9.00 (Lunch on own)**

Joey Garlic's extensive menu features salads, starters, pastas, real sandwiches, old-fashioned hamburgers, giant milkshakes, ice cream, and a kid's menu that is simple and appetizing. At Joey Garlic's, it's all about the food, offering generous portions at reasonable prices. The quantity and quality will absolutely amaze you.

Featured Classes and Activities**NEW - Chess****Tuesdays, January 17 & 31****1:00 pm- 3:00 pm****Group Leader David**

A wonderful activity to exercise the brain! Men and women of all skill levels who know the fundamentals of the game are welcome. Instruction is available when the group has a participant comfortable with this role.

Please 860-652-7638 or stop by the office to register.

Play Reading Group**Tuesdays, January 10 & 24, 2017****2:30 pm - 4:00 pm (Please note new time)****Facilitator: Martha Drummond**

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 or stop by the office to register.**

Book & Author Discussion Group**Thursday, January 19, 2017****10:30 am****Facilitator: Geri Andrew No charge or registration needed**

"The Wright Brothers" by David McCullough - The Wright Brothers is a 2015 non-fiction book written by the popular historian David McCullough and published by Simon & Schuster. It is a history of the American inventors and aviation pioneers Orville and Wilbur Wright.

Stormin Seniors**Fridays, January 6 & 13, 2017****10:00 am - 11:00 am**

Join the fun and sing songs that will be performed at locations in town.

Social Wii Bowling**Mondays, January 9, 23 & 30, 2017****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 860-652-7638 or stop by the office to register.**

GHS Senior Lunch Theater *presents: "Into the Woods"* Sunday, March 5, 2017**12 pm Doors Open 12:30 pm Lunch 1:30 pm Performance in Auditorium****Fee: \$15.00 All Inclusive. Tickets must be purchased in advance at the Senior Center.****Please note: This afternoon is limited to Glastonbury senior residents only with 185 tickets for sale.****Special Registration on February 7, 2017 (snow date of Thursday, February 9, 2017) at the RCC.**

Individuals will be able to choose their seats this date only with the Drama Club from 9:00 am – 10:30 am. at the RCC. Tickets purchased after this time will **not** include a reserved seat. Lunch will be served by the GHS culinary students.

Into the Woods is a musical with music and lyrics by Stephen Sondheim and book by James Lapine. The musical intertwines the plots of several Brothers Grimm and Charles Perrault fairy tales, exploring the consequences of the characters' wishes and quests.

AARP Smart Driver**Thursday, January 19, 2017****8:30 am - 12:30 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.

Technology**AARP Tax Assistance Training** Monday, January 9 - Friday, January 13, 2017 9:00 am - 3:30 pm**Open Computer** - Open computer time will be Monday - Friday 1/3/17- 1/6/17 9 am - 4 pm

Monday - Friday 1/17/17 - 1/31/17 9 am - 4 pm

Computer Assistance by appointment Tuesdays 9:00 am - Noon**Facilitator: Ron Massimino** (Not available on January 10)

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.

Evening / Weekend Programs and Events**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.

Pickleball**Indoor play** Riverfront Community Center Tuesday Evenings 5:00 pm - 8:00 pm**Watercolor Class** Saturdays, January 14 & 28, 2017 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 at least (2) two days prior to class. No same day registration or walk-ins.**

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

Ukulele Big Sing Saturday, January 28, 2017 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!

OPEN COMPUTER Tuesdays & Thursdays 5:00 pm—8:00 pm Saturdays 9:00 am—3:00 pm**Please sign in at the office.****Lifelong Learning** Tuesdays, January 17 - April 4 (12 weeks) 5:30 pm—7:00 pm***“Practicing Mindfulness: An Introduction to Meditation”***

What is meditation? For thousands of years, human beings have practiced refined techniques of mental focusing, designed to change the habitual conditioning of the mind. Central to many spiritual and philosophical traditions and known in English as "meditation," these practices are considered a major means for enhanced awareness and self-mastery. In 24 detailed lectures, using numerous guided exercises, Professor Muesse teaches you the principles and techniques of sitting meditation, the related practice of walking meditation, and the highly beneficial use of meditative awareness in many important activities, including eating and driving. Light refreshments will be served! No Fee, however registration is required by calling 860-652-7645 or stop by the office and register.

CHARTERED BUS TRIPSChecks Only - payable to Getaway Tours

Flyers available at the Riverfront Community Center/Senior Services

April 20, 2017 MAMA MIA! at Westchester Broadway Theatre— Elmsford, NY**Cost: \$104.00/pp: includes transportation by Chartered Bus, Driver Gratuity, Meal and Performance****\$50.00 - 1st Payment: February 20, 2017****\$54.00 - 2nd Payment: April 2, 2017****Departure and Return time TBD**

Enjoy a wonderful day at the theater! Westchester Theatre

is beautifully set up where there is no bad seat! Dine and then watch the performance from your table.

May 23, 2017 FOOD & FLOWERS - New York Botanical Gardens - NY**Cost: \$109.00 /pp: includes transportation by Chartered Bus, tour of Enid A. Haupt Conservatory and a TRAM, narrated tour of the gardens; Lunch at Ann & Tony's, a fifth generation Bronx landmark; their cooking is fresh and unencumbered. Meal choices of: A). Eggplant Parmigiana, B). Chicken Marsala or C). Veal Parmigiana. Following Lunch time to shop on Arthur Ave. The real Little Italy of *New York*, the best place for bread, pasta, meat, pastries, espresso machines; the only place to buy Italian sausage, and more.****7:00 am Depart RCC****Approximate Return to RCC: 7:00 pm****\$50.00 - 1st Payment: March 23, 2017****\$59.00 - 2nd Payment: May 1, 2017****SAVE THE DATE**

March	4	Hartford Wolf Pack Hockey Game
	5	GHS Dinner Theater "<i>Into the Woods</i>" (Special Registration on February 7th)
June	14	St. Patrick's Day Celebration with Tom Stankus (aka T-Bone)
	20	TALL SHIPS—SAIL BOSTON 2017 - Boston (Charter Bus)

AARP Tax-Aide Program**Mondays, Wednesdays and Thursdays****Begins Wednesday, February 1, 2017****Morning Appointments Only****Please call 860-652-7638 to schedule your required appointment. No walk-ins will be accepted.**

AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals, with special attention to people 60 plus years of age. For filing of your 2016 federal and state tax forms, if married, both husband and wife should be present during the session. Taxpayers must have available all information and documents that apply to their 2016 income taxes including:

- 1. A copy of last year's tax returns (Federal & State)**
- 2. ID information for taxpayers and all dependents (photo ID and Social Security cards)**
- 3. A current check so refunds can be directly deposited and your checkbook listing payments during 2016**
- 4. All W2, 1099 forms, etc. showing wages, pensions, interest, dividends, stock sales, etc.
Also original cost basis for any stocks or other assets sold during the year.**
- 5. If itemizing deductions: proof of charitable contributions, mortgage interest, property taxes, etc.**
- 6. Any other documentation you think might be relevant.**

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

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

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

Programs/Activities

BILLIARDS - MEN	Mondays, Wednesdays & Fridays 9:00 am -12:30 pm	
BILLIARDS – CO-ED	Tuesday & Thursday 5:00 pm - 8:00 pm	Saturdays 9:00 am - 12:00 pm
BINGO	Fridays 12:45 pm – 3:00 pm	
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month – check Sharing Tree for Book 10:30 am	
BRIDGE	Wednesdays 1:00 pm – 3:30 pm	
COLORING FOR STRESS RELIEF	Thursdays (Evening) 5:30 pm - 7:00 pm	
COMPUTER 1:1 ASSISTANCE BY APPOINTMENT	Tuesdays 9:00 am – Noon (Half hour interval appointments)	
CREATIVE CRAFTERS	Mondays & Thursdays 1:00 pm - 3:30 pm	
CRIBBAGE	Mondays 12:45 – 3:00 pm	
CURRENT ISSUES	First and Third Fridays each month 10:00 am	
DUPLICATE BRIDGE	Mondays 1:00 -4:00 pm	
INDOOR WALKING	Wednesdays 12:15 – 12:45 pm	
KNIT/CROCHET GROUP	Mondays 9:30 am – 11:30 am	
MAC, iPad, OR SMART PHONE 1:1 ASSISTANCE BY APPT.	Thursdays 1:30 pm – 3:00 pm (Half hour interval appointments)	
MAHJONGG AFTERNOON	Wednesdays 1:00 – 3:00 pm	
MONDAY MOVIE MADNESS	Mondays – (Check Sharing Tree for information) 1:00 pm – 3:00 pm	
PLAY READING GROUP	See Sharing Tree for dates 2:30 pm – 4:00 pm Please 860-652-7638 or stop by the office to register.	
PICKLEBALL	Tuesdays (Evening) 5:30 pm – 8:00 pm	
PINOCHLE	Tuesdays 1:00 – 3:00 pm	
RUMMIKUB	Tuesdays 10:00 - Noon	
SATURDAY MATINEES	Saturdays (Check Sharing Tree for information)	
SOCIAL Wii BOWLING	Mondays (check dates in Sharing Tree) 9:30 am - 11:00 am Please 860-652-7638 or stop by the office to register.	
Wii BOWLING	Thursdays 2:00 pm – 4:00 pm	

Social Services News

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

SPEAK with a member of the Social Work staff

FIND out what programs you may qualify for

MAKE an APPOINTMENT for any financial assistance applications

Get REFERRALS to appropriate programs and services

Learn about and/or apply for MEDICARE

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

Theresa Buckson: 860-652-7640 Susan Parrotta: 860-652-7636 Susan Strayer: 860-652-7652

Medicare

Between January 1 and February 14, if you are in a Medicare Advantage Plan, you can leave the plan and switch to Original Medicare. If you do this, you also have until February 14 to join a Medicare Prescription Drug Plan to add drug coverage. This is the *only* type of change you can make at this time. 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

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 January 4 and January 18. 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.

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.

Carol's Closet

A paper pantry providing paper and personal products to Glastonbury residents, it is open the third Saturday of each month, which will be January 21, 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.

Thank you:

Thank you for your support of the Holiday Gift Program! Many Glastonbury children had a brighter holiday thanks to your generous support of this program. A special thank you for your ongoing support of the Glastonbury Food Bank. This support enabled the Food Bank to provide more holiday grocery gift cards than in the past. We wish you all a happy, healthy 2017!

For the past 23 years I have had the privilege of working for Glastonbury's Senior Services and later, Human Services Department. I have met so many very special people who have inspired and taught me much about life and the human spirit! Glastonbury is an incredibly generous town, which has made my time working with Social Services very gratifying!

By the time you read this I will have moved to SC to begin the next "Encore" chapter of my life, pursuing my dream of living near my young grandchildren, my daughter and my mother. The sale of my house went quicker than anticipated, and it was not possible to connect with each of you to say goodbye before I left on Dec.

16. Thank you for allowing me to know you, care about you and serve you! I leave you in good and capable hands, with Susan Strayer, Theresa Buckson, Susan Parrotta at the RCC and Jackie Arnista at the Clark House. May you be blessed in the New Year!

Janine Fiedler, Social Services Coordinator

Support Group News

Caregiver Support Meeting **Tuesday, January 10, 2017** **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

Bereavement Support Group **Wednesdays, January 4 & 18** **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.

Keeping You Informed

Important Information in the New Year!!

Emergency Contact Information Updates:

Please check in the office to update your emergency contact information that you provided to us last year. If nothing has changed we just ask that you let us know. If it has, please provide us with the new information.

Changes to Registration Process:

Beginning in January, you (Glastonbury residents only) will be able to register by mail. Here's how it will work: After our on-site registration here at the center we will accept checks for all activities (except lunch tickets) through the mail. So if you are unable to get here for registration on the day that it occurs, you can mail in your registration form and check (no cash) and we will process your registration. If a registration list has been filled we will put you on the waitlist. Registration forms are available each month on-line and in the office.

Health and Wellness News

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

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

Healthy Foot Clinic

Thursday, January 19 and Monday, January 30, 2017 RCC 8:40 am – 4:20 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, January 10, 2017 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: Westfarms Mall
10:00 am Depart RCC**

**Wednesday, January 11, 2017
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



Cost: \$5.00

Please check in the office for information on the days that the Evening Cozy Corner Café will be open in January as well as menu items. Thank-you for your cooperation.

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 hot entrée, vegetable, dessert & beverage.

\$5.00 per Guest (does not live in town and/or not a senior citizen).

\$4.00 Special Ticket includes Meal & Program (Registration Required)

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

January Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 All Beef Hot Dog	4 Tuna Salad on Roll	5 Beef Stew in Bread Bowl	6 Swedish Meatballs on buttered noodles
9 Baked Cube Steak	10 TED TALK Glazed Baked Ham	11 Baked Chicken Breast	12 Sing A Long Spaghetti w/ Meat Sauce	13 Stuffed Sole
16 CLOSED	17 TED TALK Baked Pork Chops	18 Meat Loaf	19 Sing A Long Sausage & Peppers on Roll	20 Cheeseburger
23 Birthday Luncheon Baked Lasagna	24 Baked Chicken Leg/w stuffing	25 Name That Tune Kielbasa & Sauerkraut	26 Welles Turner Library Talk Chicken Patty on Bun	27 Chef's Choice
30 Ziti w/meat sauce	31 Glastonbury History Stuffed Peppers			

Valentine Day Special Luncheon with Entertainment

Tuesday, February 14, 2017 12 pm

Cost: \$4.00 Special Ticket Required (*Must be purchased by Friday, February 10, 2017*)

Join the fun at our annual Valentine's Day celebration! Menu includes cranberry glazed chicken breast, wild rice, mixed vegetables, croissants, and red velvet cake topped with a dab of whipped cream and a valentine heart. Following lunch enjoy the musical entertainment of Michael Ciulla, a NYC-trained professional singer, actor and voiceover talent. Michael's performances include musical standards, lively swing tunes and classic pop and rock tunes as well as Italian favorites.

Lunch & Learn

Begin at 12:15 unless otherwise noted

TED TALK video - The Enchanting Music of Sign Language

Tuesday, January 10, 2017

Artist and TED Fellow Christine Sun Kim was born deaf, and she was taught to believe that sound wasn't a part of her life, that it was a hearing person's thing. Through her art, she discovered similarities between American Sign Language and music, and she realized that sound doesn't have to be known solely through the ears — it can be felt, seen and experienced as an idea. In this endearing talk, she invites us to open our eyes and ears and participate in the rich treasure of visual language. 18 minutes.

SING A LONG

Thursday, January 12, 2017

Join in on the fun! Sing along to all the great songs from the 60's, 70's and 80's. Don't know the words? No worries the lyrics will be on the large screen for all to follow. So sing, hum or tap your hands and feet. There is nothing like music to bring a smile to your face. *

TED TALK video - "St. James Infirmary Blues"

Tuesday, January 17, 2017

Singer Rhiannon Giddens joins international music collective Silk Road Ensemble to perform "St. James Infirmary Blues," spiking the American folk song that Louis Armstrong popularized in the 1920s with Romani influence and mischievous energy. 8:45 minutes.

SING A LONG

Thursday, January 19, 2017

Join in on the fun! Sing along to a mix of country songs. *

Welles-Turner Memorial Library

Thursday, January 26, 2017

Presented by: Barbara Bailey, M.L.S., Director

Don't miss your opportunity to learn first-hand from the experts about all of the wonderful interior changes being made at the town's library.

Glastonbury History as seen through the eyes of Susannah Welles

Tuesday, January 31, 2017

Susannah will share stories with us about preparation for the winter season in the early 1800's.

*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.

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

January 2—Senior Center Closed

January 9 ***“Flower Drum Song” (1961) ★★☆☆*** Starring Nancy Kwan, James Shigeta, Benson Fong - Chinese beauty Mei Li (Miyoshi Umeki) arrives in San Francisco to meet her fiancé, wealthy nightclub owner Sammy Fong (Jack Soo), in an arranged marriage, but the groom has his eye on his star singer Linda Low (Nancy Kwan). in this film version of the Rodgers and Hammerstein musical. Filled with stunning song-and-dance numbers, the film showcases the contrast between Mei Li's traditional family and her growing fascination with American culture. NR - /Musical/ 132 minutes.

January 16 - Senior Center Closed

January 23 ***“Mame” (1974) ★★☆☆*** Starring Lucille Ball, Bea Arthur, Robert Preston - Lucille Ball delivers a larger-than-life, Golden Globe-nominated performance as Mame Dennis, a zesty, eyebrow-raising eccentric who suddenly finds herself guardian to her orphaned nephew. But while her parenting credentials may be dubious, she has plenty to teach the lad about living life to the hilt. Bea Arthur also earned a Golden Globe nod for her turn as Mame's boozy best friend, Vera Charles. Rated PG/Musical Comedy/130minutes.

January 30 ***“Gypsy” (1993) ★★☆☆*** Starring Bette Midler, Peter Riegert, Cynthia Gibb - Bette Midler shines as driven stage mother Mama Rose Hovick, who tries to live out her thwarted dream of vaudeville fame through her daughters, June (Jennifer Rae Beck) and Louise (Cynthia Gibb). After June escapes Mama's grip by eloping, Louise hits it big as stripper Gypsy Rose Lee. This 1993 small-screen production of the Broadway musical also stars Ed Asner, Tony Shalhoub and Peter Riegert as steadfast agent Herbie Sommers. NR/Musical/150 minutes.

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

January 7 ***“The Finest Hours” (2016) ★★☆☆*** Starring Chris Pine, Casey Affleck, and Ben Foster - When a furious Atlantic storm rips apart two oil tankers, a Coast Guard Team performs a daring and heroic rescue to save the lives of the crew. Rated PG-13/Action Drama/ 120 minutes.

January 14 ***“Glory Road” (2006) ★★☆☆*** Starring Josh Lucas, Derek Luke and Austin Nichols - In 1965, Coach Don Haskins inherits a losing basketball team at Texas Western University and brings on seven black players, resulting in threats. Rated PG/Drama/120 minutes.

January 21 ***“Under the Tuscan Sun” (2003) ★★☆☆*** Starring Diane Lane, Sandra Oh and Lindsay Duncan - After divorcing her cheating husband, Frances Mayes tries to overcome her depression and writer's block by taking a vacation to Tuscany. Rated PG-13/Comedy-Feel good/120 minutes.

January 28 ***“After the Ball” (2015) ★★☆☆*** Starring Portia Doubleday, Marc-Andre Grondin and Chris Noth - When a young fashion designer's stepmother and stepsisters try to push her out of the family business, she dons a disguise to expose their evil plan. Rated PG/Family, Feel Good/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

Winter Weather Alert

Senior programs and Dial-A-Ride will be canceled when road and sidewalk conditions are, or may become too hazardous for safe operation of a vehicle. If Glastonbury schools are closed, senior center programs will also be canceled. Additionally, schools may be open, but if sidewalks are judged to be unsafe for seniors, programs will be canceled. Look for cancellation notices on WFSB Channel 3 or NBC Channel 30. On days that the service is canceled, reservations for the next day's transportation can still be made in the usual manner.

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

This newsletter is published monthly for Glastonbury seniors. You may access it online through the town website: www.glastonbury-ct.gov-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, January 4 at 9:30 am** for Glastonbury Residents only. Non-Residents may register on **Wednesday, January 11**. 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.