



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

JANUARY 2022

East Hartford Senior Center
15 Milbrook Drive
East Hartford, CT 06118

<https://www.easthartfordct.gov>

Please Note: You **MUST** register for ALL programs in advance including drop in program. Please call the Front Desk at 860-291-7460 to register for programs that are free and register in-person for pay programs/classes.

**Live Entertainment!
Music & More! FREE**
*Sponsored by The Friends of East
Hartford Senior Center*

**Come rock with 50's & 60's Music
from the Red & Yellow Band!**



Wednesday, January 5 at 1PM

**Dave Giardina
Jazz Duo**
Wednesday, January 12 at 1PM



Birthday Bash!



*With
Tom
Callinan
Wednesday,
January 19
at 1PM*

Cake sponsored by Riverside

**Sing-a-long with our newly formed
singing group
"The Musical Notes"**
**Friday, January 14 at 1PM
in the Dining Room**



They will be leading the sing-a-long with featured songs from the Beatles.

Special Lunch
**Friday January 14 at
12:00PM**
Cost is \$3.00



Susan and her wonderful kitchen volunteers will be preparing Homemade Turkey Chili served with warm Cornbread and a special dessert with coffee to follow. **Seating is Limited!**

Purchase your ticket now at the front desk!



*Falcon Show with
Dave Stephens
Wednesday,
January 26 at 1PM*



**Cancellations due to Inclement
Weather**

Please know that if the East Hartford Public Schools are canceled due to inclement weather, we are also closed for the day. Please check your local television channels (CBS & NBC) for listings of closings.



Special Events in January

For more information or register for the following please call the Senior Center at 860-291-7460.

Tea Social: New Year, New You!

Friday, January 21 at 1PM

Sponsored by Brookdale

It's the New Year! A fresh start and a time when many of us vow to make changes for the better. For most of us unfortunately, those promises are forgotten a few weeks after they're made. The secret to making resolutions that stick is to keep them simple. This Health Talk presentation will discuss lifestyle changes you can make that are centered on the Optimum Life six dimensions of well-being.

Assorted flavored Tea's and finger foods will be available. **Seating is limited! Call to register!**

Last Will and Testament Seminar

Thursday, January 6 at 11AM

This seminar includes but is not limited to: final arrangement planning, income and mortgage protection, living accidental benefits, and much more. Come and learn about protection benefits for your family.

Sponsored by the Moore Agencies of New England. **Light refreshments will be available. Please call 860-291-7460 to register.**

All Levels Painting Class

Monday, January 31 at 1PM

\$15.00 per person



Come enjoy the fun of painting with acrylics on an 11x14 stretched canvas. Artist Sandy Poirier will instruct a lesson on how to paint this wonderful winter scene. You will create a one-of-a-kind masterpiece to take home with you. All supplies included, you don't have to know how to draw and no experience necessary! **Register soon, seating is limited!**

GROUP ACTIVITIES

For more information, please call the Senior Center at 860-291-7460.

BINGO

EVERY TUESDAY & THURSDAY at 1PM

The Senior Center invites you to play Bingo every Tuesday & Thursday at 1PM. There is no admission fee and any senior citizen from East Hartford is eligible to participate. Money prizes are based on the amount of cards that are purchased.

Bingo cards are \$1.00 per card, max 4 cards.



Wii BOWLING

Mondays 12:30 – 2:30 PM

Come and Join the Wii Team!



MAHJONG – Mondays, 1 – 3:30 PM

Drop in if you would like to play (or learn to play). *Please come if you are interested in teaching beginners how to play Mahjong.*

SETBACK- Wednesdays, 10—12 PM

Come and play Setback. A volunteer will help organize a game and teams. All are welcome!

CHESS & CHECKERS

Wednesdays, 12:30PM—2:30PM

Stop in and play a game of Chess or Checkers, your choice. Learn how to play or Teach others your game. All levels welcome!



CRIBBAGE - Wednesdays, 1 – 4 PM. Are you looking for other seniors who play cribbage? Are you interested in learning how to play? Join the group!

GAME DAY-Fridays, 1:00 PM

Drop in and play your favorite card game or board game. Our current groups are; Dominoes, Rumikub, Skipbo, and Kings in the Corner. Or come in to learn a new game.



CHAIR VOLLEYBALL

Looking for volunteers to set-up and oversee chair volleyball. Lots of Fun!

Free to Play!

Please call Susan at 860-291-7492.



CREATIVE EXPRESSION

For more information, please call the Senior Center at 860-291-7460.

KNITTING/CROCHET - Meets every Tuesday from 1:00 – 3:30 PM in the Senior Center conference room. Please bring your materials, supplies and projects. The knitters and crocheters who are making comfort blankets also can meet during this time.

PAINTING – All levels are welcome! Explore and improve your painting skills, including technique, composition, and color. Participants may work in either water soluble oil paints or acrylic. Please call the Senior Center for a list of supplies to bring.

Fridays. 9:30 - 11:30 AM

December 3 –Jan 28

(no class Dec. 24 & 31)

Cost: \$21 for 7 Classes



THE PLANT GUY

Thursday, January 27 at 2PM
Cost is \$5



Join Jeff Eleveld, the famous Plant Guy for a program on Horticulture Education. This month's presentation is Jeff's spin on the History of the Cannabis Plant. Jeff will explain how to grow and care for this plant. Everyone will take home a Hawaiian Umbrella Plant! A Fun and Interactive Program! **Seating is Limited so sign up soon!**

BOOK TALK

Thursday, January 20 at 1PM

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library.

January's Title: *Killers of the Flower Moon* by David Grann. "In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot. Another was poisoned. As the death toll rose, the newly created FBI took up the case, and put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history."

Seating is Limited!

Please Call to register at 860-291-7460

WELLNESS SERVICES

For more information, or to schedule an appointment, please call the Senior Center at 860-291-7460.

THERAPEUTIC MASSAGE

By appointment from 10 AM

Thursday, January 13 & 27



A licensed massage therapist will provide low-cost massages by appointment. The cost is \$30 for 30 minutes and payment is due at the time of service. Payment accepted in cash or check made out to Melissa Almquist. **Visit the office to make an appointment or call the center.**

HAIRCUTS BY LORI

Tuesday, January 11 & 25

By appointment from 9 AM



A licensed hairdresser/cosmetician will provide low-cost haircuts by appointment. The cost is \$16 and payment is due at the time of service. Payment is accepted in cash only. **Visit the office to make an appointment or call the center.**

FOOTCARE PROGRAM

Friday, January 21

By appointment beginning at 9:00 AM



Low-cost foot care service for senior citizens by Cathy Brennan, RN, including trimming, filing, and cleaning of nails and reduction of thickened toenails. Referrals if necessary. **This service is not offered to diabetics and is not covered by insurance. The cost is \$30 per person, payable at the time of service.**

Senior Wellness Clinic FREE

Thursday, January 6

10AM to 12PM by appointment

Sandy Wood RN from Visiting Nurse and Health Services of Connecticut will be available to check your blood pressure, blood sugar and to talk to you about your general health. Please call the front desk to make you appointment.



ASK THE LAWYER

with Attorney Robert Hale
Monday, January 10 at 10AM



Attorney Robert Hale will be here at the Senior Center for legal advice and information. Please call the front desk to sign up for a 20 minute appointment .

Description of Exercise Classes

Beginner Tai Chi 12-forms short forms

Tai Chi is a traditional Chinese mind-body practice that combines meditation with slow, gentle, fluid movements, deep breathing and relaxation. Studies have shown that tai chi can improve balance, coordination and flexibility; and reduce stress, stiffness and pain.

Chair Tai Chi-Modified version of Beginners Tai Chi performed in Chairs.

Chair Volleyball

Join the fun and laughs while playing volleyball sitting in a chair. The Key is to try to hit the ball over the net without getting out of your seat. Perfect for all levels of fitness and abilities.

Chair Yoga

Enjoy the benefits of Yoga without having to get on the floor. All Yoga poses and gentle stretching is done with the support of a chair. Breath work is combined with slow and controlled movements that can enhance coordination, balance, flexibility and strength.

Dance Rhythms

A dance movement class incorporating multiple styles set to a mix of popular music. The class will begin with a warm up exercise and then progress to learning a new dance combination every week. Dancers will learn proper technique as well as steps and moves focusing on rhythm and sound.

Exercise'n Energize

This class is designed for those who want to improve their strength, muscle tone and endurance through low impact aerobic, balance and resistance exercises. Modifications will be provided for all levels. Fun and exciting!

Gentle Chair Exercise

Great for people of all activity levels. Those who are looking for easier, gentle exercise and those who are a little more fit. The class is designed to stretch, tone, activate and strengthen muscles that aren't regularly used in a typical workout. The class also includes breathing exercise and relaxation techniques.

Gentle Yoga

Enhance coordination, balance, flexibility, and strength with gentle yoga. Class is conducted laying or sitting down on a mat, in a chair and/or standing. Breath work is combined with moderate yoga postures, stretching and slow movement. Modifications are offered. honoring varying abilities. Come calm the mind and move the body.

Intermediate Tai Chi 24-forms long forms

Tai Chi is a traditional Chinese mind-body practice that combines meditation with slow, gentle, fluid movements, deep breathing and relaxation. Tai chi can improve balance, coordination and flexibility; and reduce stress, stiffness and pain.

SS Strength & Balance

This class includes a standing warm up, seated toning exercises, standing balance work, and a seated stretch. Designed for every ability level and any body type, these exercises will include modifications for those with physical limitations. Let's get active and have some fun!

Open Tap 101

Open Tap 101 is for those with years of experience or none at all. Come refine reflexes, balance, exercise memory and improve coordination while also meeting other members of the community. Dancers will participate in warm-up exercise and learn basic rhythms and steps that progress into fun and lively dance combinations!

Zumba Gold -If you enjoy great music and international rhythms, you will love Zumba Gold! This program was developed specifically for young-at-heart, fun-loving people like you. It's a dance fitness class that simultaneously exercises your brain and body. The best part is that no dance experience is required. Come have a blast with us!

Exercise Class Schedule and Cost


Stay Fit, Stay Well!

Class	Day/Time	Session Dates	Cost
SilverSneakers Strength & Balance with Karen	Monday 9:15 AM	On-going 12/6 to 1/31 (no class 1/17)	Free with SS or \$3.00 w/o SS
Beginners Tai Chi with Lorri	Monday 10:30 AM	12/6 to 1/31 (no class 1/17)	8 Classes \$16
Gentle Yoga with Diane	Monday 1:30 PM	12/6 to 1/31 (no class 1/17)	8 Classes \$24
Dance Rhythms with Lexi (No Experience Required)	Tuesday 10:00 AM	12/7 to 1/25	8 Classes \$24
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	12/7 to 1/25	8 Classes \$32
Zumba Gold with Karen (SilverSneakers)	Wednesday 9:15 AM	On-going 12/1 to 1/26	Free with SS or \$3.00 w/o SS
Exercise'n Energize with Moushami	Thursday 9:00 AM	12/2 to 1/27	9 Classes \$27
Chair Yoga with Carleen	Thursday 2:00 PM	12/9 to 1/27	9 Classes \$27
Intermediate Tai Chi with Santa	Friday 10:00 AM	12/3 to 1/28 (no class 12/24 & 12/31)	7 Classes \$14
Chair Tai Chi with Lorri	Friday 11:00 AM	12/3 to 1/28 (no class 12/24 & 12/31)	7 Classes \$14
Walkers Group <i>FREE</i>	Tuesday & Thursday	Meets every Tuesday and Thursday at 10AM	FREE



Please wear proper footwear in both the Group Exercise Room and the Fitness Center at all times. No shoes, boots, slippers, flip flops or sandals of any kind are allowed. Footwear should be dry and clean. We have cubbies for your shoes and you are welcome to change your shoes here. You are **Not Allowed** to exercise in socks. Bare feet is only allowed in Yoga Classes.



MONDAY	TUESDAY	WEDNESDAY
9:15 AM SSneakers Strength & Balance 10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:30 PM Tech Support by appointment 1:30 PM Gentle Yoga	10:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise 2:00 PM Vaccine Clinci	9:15 AM SSneakers 10:00 AM Setback 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Red & Ye (50's & 6
9:15 AM SSneakers Strength & Balance 10:00 AM Ask the lawyer by appointment 10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:30PM Tech Support by appointment 1:30 PM Gentle Yoga	9:00 AM Haircuts by appointment 10:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise	9:15 AM SSneakers 10:00 AM Setback 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Jazz Duo
17 MARTIN LUTHER KING, JR. DAY SENIOR CENTER CLOSED	10:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise 2:00 PM Vaccine Clinic	9:15 AM SSneakers 10:00 AM Setback 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Birthday B
9:15 AM SSneakers Strength & Balance 10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:30 PM Tech Support by appointment 1:30 PM Gentle Yoga	9:00 AM Haircuts by appointment 10:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise	9:15 AM SSneakers 10:00 AM Setback 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Falcon Sho
9:15 AM SSneakers Strength 10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Special Painting Class 1:30 PM Tech Support 1:30 PM Gentle Yoga		Happy N 20.



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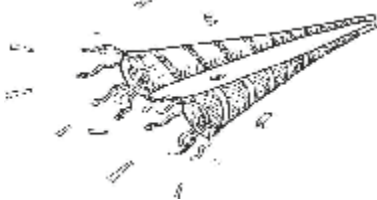
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WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold 5 Checkers Slow Band (60's music)	9:00 AM Exercise/n Energize 6 10:00 AM Walking Group 10:00 AM Senior Wellness by appointment 11:00 AM Last Will & Testament Seminar 1:00 PM Bingo 2:00 PM Chair Yoga	9:30 AM Painting 7 10:00 AM Intermediate Tai Chi 11:00 AM Chair Tai Chi 1:00 PM Game Day 2:00 PM Cooking with Lindsey
Zumba Gold 12 Checkers	9:00 AM Exercise/n Energize 13 10:00 AM Walking Group 10:00 AM Massage by appointment 12:00 PM 1:00 PM Bingo 2:00 PM Chair Yoga	9:30 AM Painting 14 10:00 AM Intermediate Tai Chi 11:00 AM Chair Tai Chi 1:00 PM Game Day 1:00 PM The Musical Notes
Zumba Gold 19 Checkers Cash w/Tom Callinan	9:00 AM Exercise/n Energize 20 10:00AM Walking Group 1:00 PM Bingo 1:00 PM Book Talk 2:00 PM Chair Yoga	9:00 AM Foot Care by appointment 21 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Tai Chi 1:00 PM Tea Social 1:00 PM Game Day
Zumba Gold 26 Checkers Slow w/Dave Stephens	9:00 AM Exercise/n Energize 27 10:00AM Walking Group 10:00 AM Massage by appointment 1:00 PM Bingo 2:00 PM Chair Yoga 2:00 PM The Plant Guy	9:30 AM Painting 28 10:00 AM Intermediate Tai Chi 11:00 AM Chair Tai Chi 1:00 PM Game Day 2:00 PM Cooking with Lindsey
New Year! 22		<h1>JANUARY 2022</h1>

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MONDAY MATINEE

1PM

Come on in and enjoy
an afternoon Movie!



Popcorn will be available for all Movies
Call to register 860-291-7460

Volunteer Opportunities

For more information, please call the Senior Center
at 860-291-7460.

CAFÉ IS NOW OPEN!

Our Café is now Open various
hours throughout the day.



We are still looking for
volunteers so that we can keep the Café open
from 9AM to 3PM each day. If you are inter-
ested in volunteering in the café and can com-
mit to 2 hours per week, please **call Susan at
860-291-7492.**

Looking for Volunteers in the Fitness Center

We currently are looking for volunteers to
monitor the fitness center in the
afternoons.

1:30PM to 4:30PM or 2PM to 4PM
Please call Susan at 860-291-7492

January 3: Bad Grandpa

Johnny Knoxville reprises his jackass role as 86-year-old Irving Zisman in the story of an old man saddled with the care of his grandson. The two hustle their way across America on an outrageous road trip pranking unsuspecting, real-life people.

Running Time: 1hr. 31min. Rated: R

January 10: Respect

Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Running Time: 2hr. 25min. Rated PG-13

January 24: News of the World

Five years after the end of the Civil War, Captain Jefferson Kyle Kidd (Tom Hanks), a widower and veteran of three wars, now moves from town to town as a non-fiction storyteller, sharing the news of presidents and queens, glorious feuds, devastating catastrophes, and gripping adventures from the far reaches of the globe. In the plains of Texas, he crosses with Johanna (Helena Zengel, System Crasher), a 10-year-old taken by the Kiowa tribe six years earlier and raised as one of their own. Kidd agrees to deliver the child where the law says she belongs.

Running Time: 1hr. 58min. Rated PG-13

January 31: Wonder

Julia Roberts, Owen Wilson, and Jacob Tremblay star in an inspiring story of a loving family whose son, born with facial differences, enters a mainstream school for the first time.

Running Time: 1hr. 53min. Rated: PG

Senior Center Advisory Committee

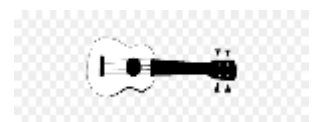
We are currently looking for a group of individuals who would like to serve on an advisory board for our Senior Center.

Please contact **Vicki at 860-291-7493** if you are interested.

Do You Play an Instrument?

Looking for musicians and singers to form a new group here at the senior center. The idea would be for musicians to bring their sing-along instruments, (eg. guitar, mandolin, uke, drum etc.) and singers their voices, for a song circle in which folks take turns selecting favorite songs for the group to sing and/or play. No professional experience required. Please contact Linda Duncan if you are interested.

Lindakduncan@gmail.com



Vaccine Clinics

East Hartford Health Department will be offering both Moderna and Pfizer (first, second, and third/booster doses) for all CT residents. Spaces are limited so appointments are required but walk-ins will not be turned away. If receiving a second or third dose, please bring your COVID-19 vaccination card. No ID or insurance required.

Please call the Health Department at 860-291-7324 to make an appointment.

Tuesday, January 4 from 2PM to 5PM

and

Tuesday, January 18 from 2PM to 5PM

AARP TAX-Aide Program for 2021 Tax Returns

The AARP Tax-Aide program, for 2021 Tax Returns, will begin on Tuesday, February 1, 2022 and run thru Wednesday, April 13, 2022. FREE Federal & State Tax returns will be prepared, at the East Hartford Senior Center at 15 Milbrook Drive. Individual Tax returns will be prepared on Tuesdays, Wednesdays and Fridays, from 8:30 to 11:30AM.

To have your Tax Return prepared, Taxpayers MUST make an appointment ... no exceptions. Appointments can be made beginning January 2, 2022, by contacting the Senior Center at 860-291-7460 between 8:30 AM – 4:30 PM, Monday thru Friday.

Taxpayers must bring a photo ID and their prior year's Tax Return. First time Taxpayers, to the AARP Tax Program, must also bring proof of their Social Security Numbers. A year end 2021 Social Security statement is ample proof.

IMPORTANT:

You MUST file a Tax Return if:

- Any Federal or State Taxes were withheld from any Income, (i.e. Soc Security, Wages, Pension, IRA, gambling winnings)
- Anyone with Self-Employment Income > \$400.
- Single & >65
If ½ of your Social Security + total of all other income is > \$14,250
- Married Filing Jointly & both >65
If ½ of your Social Security + total of all other income is > \$26,450

If you have any questions, please contact the Senior Center and an AARP Tax Aide Representative will contact you! Taxpayers must bring:

Last year's Tax Return

A completed AARP Intake Form

All statements of Income (i.e. Soc Sec; W2, 1099's, Sale of Stocks/Bonds, Interest/Dividend Statements, gambling winnings)

Evidence of deductions (Contributions, mortgage & home equity interest payments, medical, dental, prescription drug expenses) if you normally itemize deduction

IRS letter 6475 indicating the amount of the 2021 Recovery Rebate you received. It should be \$1,400 for each individual claimed on your Tax Return.

In January, if you received advanced Child Tax Credits, the IRS will be mailing you Form 6419 indicating the amount of pre-paid Child Care Credit you received in 2021. Please bring that letter with you.

Also, for Taxpayers who file a Joint Return, it is strongly recommended both taxpayers be present!

COOKING WITH LINDSEY

Friday, January 7 at 2PM

Join Lindsey Kent, Registered Dietitian at ShopRite for a fun filled healthy cooking demo! Lets kick off the New Year with some new cuisine. This week we will be exploring Thai cuisine with a simple and delicious Thai Salad.

Friday, January 28 at 2PM

This week we will be exploring Moroccan flavors with Moroccan Turkey Meatballs.

Free samples after the presentation!
Register soon at 860-291-7460, seating is limited!

Did you know that East Hartford Senior Services has a grocery delivery program for residents age 60 and older? You pay for the cost of your groceries from Geissler's Supermarket in East Windsor and the delivery fee is paid for (every other week) by a grant from the North Central Area Agency on Aging (NCAAA) and Masonic Charity Foundation. Geissler's has made it easy. You call in your groceries and they deliver them to your door. Geissler's delivers to East Hartford on Thursdays and orders should be called in by Monday of that week. Donations are accepted for this program. **For more information or to register please call Lillian at 860-291-7491 or Vicki at 860-291-7493.**

Tech Support

Mondays 1:30PM to 3:30PM by appointment

Bring in your phone, tablet or laptop and our volunteer, Mahesh Shah, will assist you with any issues or concerns that you may be experiencing with your device.

**Foodshare Mobile Pantry
East Hartford**

Mondays, 1/10 & 1/24

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 1/3, 1/17 & 1/31

1:30 - 2:00 PM

Veterans Terrace, 102 Columbus Street

Wednesdays, 1/5 & 1/19

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Mondays, 1/10 & 1/24

12:30 - 1:15 PM

St. Isaac Jogues Lower Church Parking Lot
41 Home Terrace

Mobile Foodshare distributions are held in outdoor venues.
Please bring your own bags.

Elder Justice Hotline

**State of CT Office of the Attorney General
1-860-808-5555**

Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect and exploitation. If you have been the victim of a scam, or neglected, exploited or abused, they are here to help.

Information about the hotline, resources and an online complaint portal can be found at:

<https://portal.ct.gov/ag/elderhotline>

Medicare Savings Program

There are three Medicare Savings Programs in CT that help you pay for your Medicare Part B premium. The Qualified Medicare Beneficiary program, the Special Low Income Medicare Beneficiary program and the Additional Low Income Medicare Beneficiary program. A household's income determines which category they qualify for. All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Monthly gross income limits, effective March 1, 2021, for the program are:

QMB - \$2,265/single and \$3,064/couple

SLMB - \$2,480/single and \$3,354/couple

ALMB - \$2,641/single and \$3,572/couple

Contact Lillian at 860-291-7491 for more information.

TRANSPORTATION

Dial-A-Ride - 860-870-7940

Greater Hartford Transit District - 860-724-5340

Supplemental Nutrition Assistance Program

SNAP (formerly known as the Food Stamp Program) is a nutrition program that helps low-income individuals and families buy food. In order to find out if you are eligible for any type of assistance, you will need to give information about your household, income, assets, and the bills you have to pay each month. You can request the forms be mailed to you by calling 1-855-626-6632 or apply online at connect.ct.gov. You can also call End Hunger CT! SNAP Infoline at 1-866-974-7627.



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MEET and GREET

Tuesday, January 11 at 11:00 AM

Come meet the staff of the Senior Center. Learn about programs our Senior Services Department offers and meet our Case Worker Lillian. Chat with our Program Supervisor, Susan and find out about volunteer opportunities. And meet Vicki who is our Senior Services Coordinator and oversees the daily operations of the Center.

Let us help you age healthy!

East Hartford Senior Center & Senior Services

**Monday - Friday
8:30 AM - 4:30 PM**

860-291-7460*

**Victoria Liberator - Senior Services Coordinator
*Press 1**

vliberator@easthartfordct.gov

**Susan Gouin - Program Supervisor
*Press 2**

sgouin@easthartfordct.gov

**Lillian Miceli - Caseworker
*Press 3**

lmiceli@easthartfordct.gov

**Vincent Sartori - Senior Services Assistant
*Press 0**

vsartori@easthartfordct.gov

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