



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

MAY 2022

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

<https://www.easthartfordct.gov>

Please register for all programs in advance. Call the front desk at 860-291-7460. Masks are no longer mandated but strongly encouraged for the unvaccinated.

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

Wednesday, May 11 at 1PM
Jim Harkins

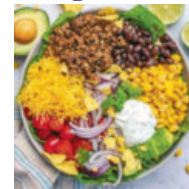
Featuring music of familiar songs made famous by Willie Nelson, The Beatles, Dean Martin, Jim Croce, Michael Buble, Johnny Cash, and many others.



May Special Events!
Please register in advance for all events.
860-291-7460

May Special Lunch
Enjoy a Delicious and Healthy Taco Salad and a special dessert!

Wednesday,
May 4 at
12PM



Tickets are \$3
at the front
desk!

Seating is limited!

Birthday Bash!

Come and celebrate All May Birthdays!
Wednesday, May 18 at 1PM
Music by Jim Sheehan

Sing-a-long to well know popular songs recorded by Frank Sinatra, Elvis, Neil Diamond, John Denver and more!



Cake sponsored by Riverside

Cinco DeMayo Celebration!

Wednesday, May 4 at 1PM
Sponsored by the Commission on Aging

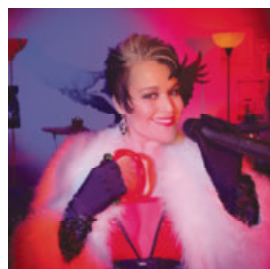
Featuring;
Dave Giardina and his
Mariachi Band-Trio



Mocktails, Chips and Salsa will be available during the entertainment! Call 860-291-7460 to register!

Wednesday, May 25 at 1PM
Ashly Cruz

Ashly Cruz is an exciting and fun entertainer. Her new "Party Cabaret Show" is packed with dance tunes from the 50's and 60's as well as beautiful ballads. Everyone will be singing and clapping along to their favorite music.



Call 860-291-7460 to register!

Memorial Day Picnic!
Wednesday, May 25 at 12PM
Cost \$5

Enjoy a fun picnic lunch that includes hot dogs, hamburgers, macaroni salad, baked beans and cookies.



Coffee, Tea and Water will be available.
Tickets are \$5.00 at the front desk.

Special Programs in May

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

Special Bingo

Tuesday, May 24 at 1PM

Jasna from Juniper Home Care will be here to call Bingo and hand out a small prize with each game (in addition to the regular cash prize). Overall winner will win a nice Gift Basket too!

Call 860-291-7460 to register!

Sponsored by Juniper Home Care



Cards & Games

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 you must be a member of the senior center to be 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.



You MUST register IN ADVANCE for BINGO SEATING IS LIMITED!

Joe the History Guy

Join Joe the History Guy for a fun presentation on the Life and Times of Dolly Parton

FREE!



FREE!

**Monday, May 2 at 1PM
Call 860-291-7460 to register!**

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.

All Levels Painting Class

Monday, May 23 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 a vase of lilacs. 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!**

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!



SETBACK- Wednesdays, 9—12 PM

Come and play Setback. A volunteer will help organize a game and teams. All are welcome! Come between 9am to 10am and play until noon.

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, Uno and Set Back, Cribbage or come in to learn a new game. All Levels of Play are Welcome!

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 Creative Arts 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
Cost: \$21 for 7 Classes
Dates: April 1 to May 27



COOKING WITH LINDSEY

Friday, May 6 at 2PM

Join Lindsey Kent, your friendly neighborhood ShopRite Dietitian, for a hands-on demonstration on a few recipes from the Mediterranean Diet; No Bake Hemp Seed and Peanut Butter Bars and Tuna and White Bean salad. Free samples after the presentation!

“A fun and interactive Program”

Call 860-291-7460 to register.



Music Circle

Thursday, May 12 at 2:30PM

The Music Circle is composed of a group of folks who play an acoustic instrument and/or sing. Join in if you would like, strum along with them or sing along with them! All are welcome!

Just Drop on in!

Group meets every second Thursday of the month



THE PLANT GUY

Friday, May 27 at 1:30 PM

Cost is \$5

Join Jeff Eleveld, the famous Plant Guy for a program on Horticulture Education. This month's presentation is on Tulips Bulbs and the Keukenhof gardens of the Netherlands. And a short stroll through Amsterdam.

Everyone will take home a plant! A fun and interactive program!

Seating is Limited so sign up soon!



WELLNESS SERVICES

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

THERAPEUTIC MASSAGE

Thursday, May 12 and Monday, May 16

By appointment from 10 AM to 2PM



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, May 10 and May 24

By appointment from 9 AM to 3PM



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.**

***Lori has asked that all clients please wear a mask in the Wellness Room during their hair appointment.**

FOOTCARE PROGRAM

Wednesday, May 11

By appointment beginning at 9 AM



Low-cost foot care service for senior citizens 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

Wednesday, May 18

11AM 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 your appointment.



Alzheimer's support group

Thursday, May 5 at 1PM

This group provides an opportunity for people who are caring for loved ones who have Alzheimer's Disease and dementia to connect with others within a supportive environment. Facilitated by Scott Ginter, a trained leader through the Alzheimer's Association of CT for many years. *Sponsored by Riverside Rehabilitation*

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 Exercise to Video

This is an exercise class for any level to join. It is safe for folks in Wheel Chairs as well. Videos will be shown from professional and certified instructors and participants will exercise in a chair along with the instructor. No supervision is required for this class. A volunteer will be monitoring for safety.

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 youga. Classis 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.

Strength & Balance (SilverSneakers)

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!

Zumba Gold (SilverSneakers)

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, Drop-In (no class 5/30)	Free with SS or \$3.00 w/o SS
Beginners Tai Chi with Lorri	Monday 10:30 AM	4/4 to 5/23 (no class 5/30)	8 Classes \$16
Dance Rhythms with Lexi (No Experience Required)	Tuesday 10:00 AM	4/5 to 5/31	9 Classes \$27
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	4/5 to 5/31	9 Classes \$36
Zumba Gold with Karen (SilverSneakers)	Wednesday 9:15 AM	On-going Drop-In	Free with SS or \$3.00 w/o SS
Chair Exercise to Video All Levels	Wednesday 11:00AM	On-going Drop-In	Free
Exercise'n Energize with Moushami	Thursday 9:00 AM	4/7 to 5/26	8 Classes \$24
Chair Yoga with Carleen	Thursday 10:00 AM	5/5 to 5/26	4 Classes \$12
Gentle Yoga with Carleen	Thursday 11:00 AM	5/5 to 5/26	4 Classes \$12
Intermediate Tai Chi with Santa	Friday 10:00 AM	4/1 to 5/27 (no class 4/15 & 4/22)	7 Classes \$14
Chair Exercise to Video All Levels	Friday 11:00 AM	On-going Drop-In	FREE
Walkers Group FREE	Tuesday & Thursday	Meets every Tuesday and Thursday at 10AM	FREE
Corn Hole	Friday 2:30 PM Starts May 13th	<i>Come Enjoy the Fun! No experience needed!</i>	FREE




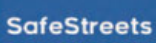
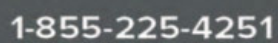
We have exercise programs and classes to suit everyone. Please see Susan, your program supervisor if you need assistance in getting into an exercise program or class that fits your needs and abilities. We are here for you!

MONDAY	TUESDAY	WEDNESDAY
9:15 AM SSneakers Strength & Balance 10:30 AM Beginner Tai Chi 2 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Joe the History Guy 1:30PM Tech Support by appointment	10:00AM Walking Group 10:00 AM Dance Rhythms 3 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:00 PM Downsizing 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment 2:00 PM Comission on Aging	9:00 AM Setback 9:15 AM SSneakers 11:00 AM Chair Exe 12:00PM Special Lu 12:30 PM Chess & C 1:00 PM Cinco De 1:00 PM Cribbage
9:15 AM SSneakers Strength & Balance 10:00 AM Ask the Lawyer 9 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	9:00 AM Hair Cuts by Lori 10:00 AM Walking Group 10 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:00 PM What is a Geriatrician? 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment	9:00 AM Foot Care 9:00 AM Setback 9:15 AM SSneakers 11:00 AM Chair Exe 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Jim Harki
9:15 AM SSneakers Strength & Balance 10:00AM Massage by appointment 16 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	10:00 AM Veterans Coffee Hour 10:00 AM Walking Group 17 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:00 PM Funeral Planning 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment	9:00 AM Setback 9:15 AM SSneakers 11:00 AM Senior Wel 11:00 AM Chair Exer 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 23 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM All levels painting class 1:30PM Tech Support by appointment	9:00 AM Hair Cuts by Lori 10:00 AM Walking Group 24 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Special Bingo 1:00 PM Caption Call 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment	9:00 AM Setback 9:15 AM SSneakers 11:00 AM Chair Exe 12:00 PM Memorial 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Ashly Cru
<p align="center">MEMORIAL DAY SENIOR CENTER CLOSED</p>	10:00 AM Walking Group 10:00 AM Dance Rhythms 31 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment	


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- Carbon Monoxide

WEDNESDAY	THURSDAY	FRIDAY
<p>Zumba Gold 4 Exercise to Video Lunch Checkers Mayo Celebration</p>	<p>9:00 AM Exercise/n Energize 10:00AM Walking Group 5 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:00 PM Alzheimer's support group</p>	<p>9:30 AM Painting 6 10:00 AM Intermediate Tai Chi 10:30 AM Government & Politics 11:00 AM Chair Exercise to Video 1:00 PM Game Day 1:00 PM PickleBall Meeting 2:00 PM Cooking w/Lindsey 3:00 PM Advisory Board Meeting</p>
<p>Program 11 Zumba Gold Exercise to Video Checkers ns</p>	<p>9:00 AM Exercise/n Energize 10:00 AM Massage by appointment 12 10:00 AM Walking Group 10:00 AM Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Bingo 1:00 PM De-Clutter Program 1:00 PM Alzheimer's support group 2:30 PM Music Circle</p>	<p>9:30 AM Painting 13 10:00 AM Intermediate Tai Chi 10:30 AM Government & Politics 11:00 AM Chair to Video 1:00 PM Game Day 2:30 PM Corn Hole</p>
<p>Zumba Gold 18 Illness Clinic Exercise to Video Checkers Bash w/Jim Sheehan</p>	<p>9:00 AM Exercise/n Energize 10:00AM Walking Group 19 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:00 PM Book Talk</p>	<p>9:30 AM Painting 20 10:00 AM Intermediate Tai Chi 10:30 AM Government & Politics 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:30 PM Corn Hole</p>
<p>Zumba Gold 25 Exercise to Video Day Picnic Checkers z</p>	<p>9:00 AM Exercise/n Energize 10:00AM Chair Yoga 26 10:00AM Walking Group 11:00AM Gentle Yoga 1:00 PM Bingo</p>	<p>9:30 AM Painting 10:00 AM Intermediate Tai Chi 27 10:30 AM Government & Politics 11:00 AM Chair Exercise to Video 1:00 PM Game Day 1:30 PM The Plant Guy 2:30 PM Corn Hole</p>
		<h1>MAY 2022</h1>

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in Admissions for more information

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Health Education Programs

Please register for ALL programs in Advance.
Call the Senior Center at 860-291-7460.

Downsizing Presentation by Amston Home Care Tuesday, May 3 at 1PM

At Amston Home Care we help seniors transition into independent living, assisted living and memory care communities. Part of what we do is help them decide which memories are worth keeping and which memories they can let go of and not be bogged down. Come and join us for this informative presentation.

Refreshments will be available.

What is a Geriatrician? Tuesday, May 10 at 1PM

Meet Dr. Singh, a Geriatrician Doctor who specializes in working with older adults focusing on wellness, chronic disease management and cognitive and functional issues or concerns. In this presentation Dr. Singh will discuss how a geriatric doctor can help older adults and what services a geriatrician provides.

Sponsored by ECHN Medical Group.

De-Cutter Program Thursday, May 12 at 1PM

Want to declutter your home, your workspace or your life? Come to our upcoming presentation featuring Donna Finocchiaro, owner of Lotus Transitions, LLC. Donna has been in the Estate Organizing business for 18 years and is the author of 30 Days to Better Organization, a take action journal and a contributing author in Embrace Your Space.

Funeral Planning Tuesday, May 17 at 1PM

Join us for a conversation about Pre-Planning your final wishes. Learn how to: Lock in today's prices, Gain peace of mind for yourself & loved ones and make your final wishes known. A Special dessert will be served. *Sponsored by Newkirk & Whitney Funeral Home*

Caption Call Tuesday, May 24 at 1PM

CaptionCall provides those with hearing loss a visual text display on their phones at no cost. As America's leading phone captioning service, we convey messages in real time to ensure clarity, understanding and confidence. If you have hearing loss and need captions to use the phone, you are eligible for this service at no cost. Connect with your grandkids, friends, co-workers, or your favorite takeout place, with Confidence! *Sponsored by CaptionCall*

TOURS AND TRAVEL

Join us for a day away! Sign up in the Senior Center office. Call Susan at 860-291-7492 with any questions. **Payment or deposit (if applicable) is due at sign up, please make checks payable to the tour company.**

Saint Clements Castle Luncheon and Show The Music of Barry Manilow Wednesday, June 15 Cost \$106



The 'Castle' is set amidst 82 scenic acres alongside a beautiful, one mile stretch of the meandering Connecticut River in Portland, CT. Saint Clement's Castle is designed like a French chateau with two Norman Towers and French Tudor ambience. You'll enjoy a beautifully prepared and presented lunch in the Prince Edward Ballroom. Dine on Salad, and Choice of: Sauteed Chicken Breast with Cremini Mushroom Demi Glace OR Broiled Scrod with Crumb Topping, both served with Vegetable, Potato, Delicious Dessert and Coffee.

Depart: 11:00am Senior Center Est. Return: 4:00pm

Checks payable to Friendship Tours

Lobster & a Great Show Wednesday, July 20 Cost \$120

The Log Cabin in Holyoke Ma will be serving up an Excellent Menu including; a welcome tray with cheese, vegetable platter and shrimp cocktail. Main meal will be a choice of Lobster OR Prime Rib, Potato Salad & Cole Slaw, Lobster & Crab Cakes BBQ Chicken and Strawberry Sundae Dessert with Coffee. Relax and Enjoy this wonderful food as Lou Villano presents The Best of Paul Anka! He will amaze you with his resemblance and vocal stylings as Paul Anka in this memorable show.

Depart: 10:30am Senior Center

Est. Return: 4:30pm

Checks payable to Friendship Tours



The Jersey Tenors

A Tribute to Frankie Valli & the Four Seasons
Aqua Turf Club, Wednesday, August 10
Cost \$109

The show consists of four young Broadway veterans recreating the music and stories of the era. Songs like Sherry, Big Girls Don't Cry, Candy Girl, and more!
Family Style Menu: Garden Salad, Pasta, Chicken Parmesan & Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage.

Depart: 10:45am Senior Center Est. Return: 4:15pm

Checks payable to Friendship Tours

MONDAY MATINEE 1PM



Join us for a Movie and Popcorn!

May 9: King Richard

Based on the true story that will inspire the world, King Richard follows the journey of Richard Williams, an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time, who will end up changing the sport of tennis forever. Driven by a clear vision of their future and using unconventional methods, Richard has a plan that will take Venus and Serena Williams from the streets of Compton, California to the global stage as legendary icons. King Richard is a profoundly moving film that shows the power of family, perseverance and unwavering belief as a means to achieve the impossible and impact the world.

Running Time: 2hr. 25min (PG-13) 2021

May 16: Belfast

Academy Award winner Judi Dench, Jamie Dornan, Caitriona Balfe and Ciaran Hinds star in this British-Irish drama centered on a glamorous working-class family and their young's son childhood, as they get caught in the mayhem of Belfast's troublesome times. This semi-autobiographical film is director's Kenneth Branagh (Murder on the Orient Express) most personal film, filled with excitement, emotion and humor.

Running Time: 1hr. 38min (PG-13) 2021

May 23: Harriet

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet (Cynthia Erivo) ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still (Leslie Odom, Jr.) and the entrepreneurial Marie Buchanon (Janelle Monae), Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Witness the story of a woman who defied impossible odds to change the course of her life and the fate of the nation.

Running Time: 2hr. 5min (PG-13) 2019

Call 860-291-7460 to reserve
your seat and your popcorn!



Special Groups and Meetings

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

BOOK TALK

Thursday, May 19 at 1PM



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

May's Title: "Mrs. Everything" by Jennifer Weiner

Call 860-291-7460 to register

Veterans Coffee Hour

May 17 at 10AM



Facilitated by Dan Lareau This group is for Veterans from East Hartford to share conversation, stories and camaraderie. Coffee and Pastries will be available.

Group meets the 3rd Tuesday of the Month

Government & Politics Fridays at 10:30am

session starts April 8 to May 27

Please call 860-291-7460 to Register.

Tech Support

Monday & Tuesday 1:30 PM to 3:30PM
by appointment

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

Senior Center Advisory Board Members

Michael MacDonald, Chair Person

Email : mmichael216@gmail.com

Maryann Larson, Vice Chair Person,

Email: mary_ann_larson@sbcglobal.net

Leslie Davis, Recording Secretary,

Email: Lad11154@comcast.net

Theresa Beaulieu, Email: StrongTB15@gmail.com

Ellen Weiss, Email: pcteach1075@gmail.com

Cathy Galaska, Email: c.galaska@comcast.net

Victoria Liberator, Senior Services Coordinator

Email: vliberator@easthartfordct.gov

Susan Gouin, Program Supervisor

Email: sgouin@easthartfordct.gov

Lillian Miceli, Case Worker, lmiceli@easthartfordct.org

Please feel free to reach out and send a member a message if you have a suggestion, question or concern about your senior center.

Meetings open to Senior Center Members

The Commission on Aging

Tuesday, 3 at 2PM

The Advisory Board of EH Senior Center

Friday, May 6 at 3PM

Foodshare Mobile Pantry East Hartford

Mondays, 5/2 & 5/16
9:00 - 9:30 AM
Hockanum Park
75 Hamilton Road



Mondays, 5/9 & 5/23
1:30 - 2:00 PM
Veterans Terrace
102 Columbus Street

Wednesdays, 5/11 & 5/25
1:15 - 2:00 PM
Summerfield Townhouses
66 Plain Drive

Mondays, 5/2 & 5/16
12:30 - 1:15 PM
St. Isaac Jogues Church
7 High View Street

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

TRANSPORTATION

Dial-A-Ride - 860-870-7940

Greater Hartford Transit District - 860-724-5340

Connecticut law provides for annual tax relief payments for certain homeowners. Additionally, property tax exemptions are available to qualified individuals such as veterans and spouses of veterans. The East Hartford Assessor's Office began taking applications for the Elderly and Totally Disabled Homeowners and the State Ad Vet's programs on February 1, 2022. Both programs have specific eligibility requirements. Residents currently on either program who need to reapply have been mailed letters and applications. New applicants are welcome to call the Assessor's Office at 860-291-7260 for more information.

Special Notice: The Historical Society of East Hartford is seeking information from anyone who attended Hockanum Elementary School (next to the Brewer House).....personal stories or tales from relatives or friends who went there, photographs of the building (interior and exterior), class pictures, etc. If you would like to share these with the HSEH, please contact Steven Strange, President, at 860-528-4989 or email him at micomiconal605@yahoo.com The plan is to restore the building for public use... meetings, research, exhibits, etc. We will keep you posted of the progress of the plan.

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.**

ASK THE LAWYER

with Attorney Robert Hale
Monday, May 9th 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 . **FREE**

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, 2022, for the program are:

QMB - \$2,390/single and \$3,220/couple
SLMB - \$2,617/single and \$3,525/couple
ALMB - \$2,786/single and \$3,754/couple

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



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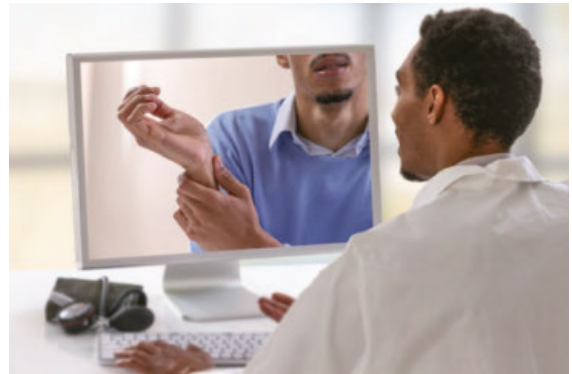


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Lets Play Corn Hole!

We are looking to start a corn hole league at the center. We will play on Fridays at 2:30PM. Sign up and lets get the party started!

Call 860-291-7460 to register for Fridays!



Lets Play Pickleball!

Pickleball is one of the fastest growing sport activities for active older adults.



We are currently looking for volunteers to teach lessons or to play on teams. We have equipment here at the center. All you need to do is sign up. **Please call 860-291-7460 to register** to attend a meeting on **Friday, May 6 at 1PM** where we will be discussing times/days to reserve the courts.

East Hartford Senior Center & Senior Services

Monday - Friday (8:30 AM - 4:30 PM)
860-291-7460*

Victoria Liberator, vliberator@easthartfordct.gov
 - **Senior Services Coordinator, *Press 1**

Susan Gouin, sgouin@easthartfordct.gov
 - **Program Supervisor, *Press 2**

Lillian Miceli, lmiceli@easthartfordct.gov
 - **Caseworker, *Press 3**

Vincent Sartori, vsartori@easthartfordct.gov
 - **Senior Services Assistant *Press 0**

Beky Henderson, bhenderson@easthartfordct.gov
 - **Fitness Trainer, 860-291-7481**

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