



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

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

AUGUST 2022

<https://www.easthartfordct.gov>

Please call the Front Desk at 860-291-7460 to register for programs that are free and register in-person for pay programs or classes. Masks are not mandated for the vaccinated, unvaccinated strongly encouraged.

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

Wednesday, August 3 at 1PM
Mike Foley SOLO

Mike will be performing songs from the 60's and 70's through today - pop, country, and Americana. From Bob Dylan and Neil Young to the Allman Brothers and the Eagles. Come and enjoy!

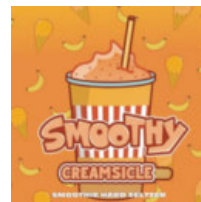


August Special Events

Please register in advance for all special events.

Wednesday, August 10 at 12:45PM

Enjoy a delicious "Creamsicle"
Made with Vanilla ice cream and Orange soda



Please register in advance
Space is Limited!
FREE!

We also have no sugar added ice cream and diet orange soda . (while supplies last)

Wednesday, August 10 at 1PM
The Guinea Pigs

Don't miss this one; Our very own Sandy Johnson on vocals and Dan Thompson on guitar. They are a folk-rock duo playing a fun mix of oldies and originals! Come and Enjoy the Music!



Birthday Bash!

With Tom Callinan
Wednesday, August 17 at 1PM

Cake sponsored by Riverside Rehabilitation



Special Lunch

Tortellini Pasta Salad

Wednesday, August 17 at 12PM

Cost is \$3

Susan and her hard working kitchen volunteers will be offering a delicious Tortellini Pasta Salad with Warm Bread and a Dessert.

Register soon!
Seating is Limited!



Wednesday, August 24 at 12:45PM

Join us for a fun and refreshing afternoon with Rootbeer Floats along with the music of Jose Paulo!

Join us for Wednesday afternoons with Music and Dance.



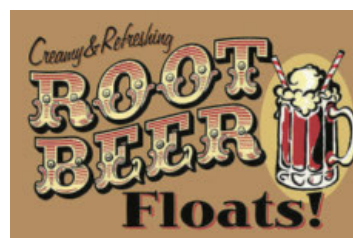
Featuring:

Jose Paulo

Wednesday, August 24 at 1PM

And John Paoillo

Wednesday, August 31 at 1PM



Register in Advance
Space is Limited!
FREE!

We have diet soda too! And no sugar added ice cream! (just ask)

Special Programs in August

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

Joe the History Guy

Join Joe the History Guy for a fun presentation on **The life and times of Humphrey Bogart**



FREE!

FREE!

Monday, August 1 at 1PM
Call 860-291-7460 to register!

Cards & Games

For more information or to register 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 3 cards.**



You MUST register IN ADVANCE for BINGO SEATING IS LIMITED!

COOKING WITH SARABETH

Friday, August 19 at 2PM

Join Sarabeth, our wonderful ShopRite Dietitian, as she demonstrates how to make a few simple and delicious summer salads. Free samples will be available after the presentation!
"A fun and interactive Program"
Call 860-291-7460 to register.

Seating is Limited!



Wii BOWLING

Mondays 12:30 – 2:30 PM

Come and Join the FUN!



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, 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!

Karaoke with "The Musical Notes"

Friday, August 19 at 1PM
Come and sing any song you'd like!



All Levels Painting Class

Monday, August 29 at 1PM

Cost is \$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 serene boat picture. 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! **In-person registration is required.**



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

CREATIVE EXPRESSION

For more information or to register 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: \$12 for 4 Classes
Dates: August 5 to August 26



Creative Writing Group

Do you have a passion for writing? Would you like to share stories & ideas with other avid writers. If so, this group is for you. Join Sue Huggans, facilitator and writer for this unique opportunity.

All our welcome!

Group meets
Fridays at
2:30PM



Music Circle

Thursday, August 11 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

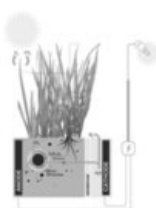
Thursday, August 25 at 1:30 PM
Cost is \$5

Join Jeff Eleveld, the famous Plant Guy for a program on Horticulture Education. This month's presentation is on Plants that generate Electricity.

Everyone will take home a plant!

A fun and interactive program!

Seating is Limited so sign up soon!
In-person registration is required.



WELLNESS SERVICES

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

THERAPEUTIC MASSAGE

Thursday, August 11 and 25
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

Tuesdays, August 9, 16 & 23.
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

Friday, August 19
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, August 17

10AM to 12PM by appointment

Sandy Zuffelato, RN from our Health Department will be available to check your blood pressure, and answer any general questions you might have regarding your health. Please call the front desk to make your appointment.



Alzheimer's Support Group

Thursday, August 4 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*

Special Game Days

Come and Learn a New Game or Play a game you already know.
Friday, August 5 at 1PM

Join Ann Traynor as she teaches how to play the game of **BUNCO**.

This is a fun and easy game to learn.

Call 860-291-7460 to register.

Come on down and enjoy the fun!

The café will be open for soda, chips, and other treats!



Dominoes with Danny Friday, August 12 & 26 at 1PM

Danny Rosario from our social services department will be here to play and teach folks the game of Dominoes.

Call to register and join the fun!

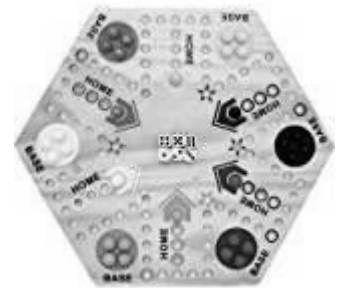
860-291-7460

Super Tock with Vicki Friday, August 19 at 1PM

Join our very Vicki for a Game of Super Tock!

It's okay if you've never played before, Vicki will teach as you play.

Call to register and join the fun!



NEW on Fridays, "Guest Day"

Starting the first Friday in August we will be allowing guests of existing members to sign up and engage in cards, games, etc.

*The senior center member must call the Monday before that Friday and register their guest.

One guest per member and limit of 10 guests total.

Please call 860-291-7460 on Monday to register your guest for Friday.

Exercise Class Schedule and Cost

Stay Fit, Stay Well!

Class	Day/Time	Session Dates	Cost
Beginners Tai Chi with Lorri	Monday 10:30 AM	8/1 to 8/29	5 Classes \$15
Country Line Dancing with Elaine 	Monday 1:00 PM	8/1 to 8/29	5 Classes \$15
Dance Rhythms with Lexi (No Experience Required)	Tuesday 10:00 AM	8/2 to 8/30	5 Classes \$15
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	8/2 to 8/30	5 Classes \$20
SilverSneakers-Zumba Gold with Karen	Wednesday 9:15 AM	On-going (registration is required)	Free with SS or \$3.00 w/o SS
SilverSneakers-Strength & Balance with Karen	Wednesday 10:15 AM	On-going (registration is required)	Free with SS or \$3.00 w/o SS
Chair Exercise to Video All Levels	Wed & Friday 11:00AM	On-going (registration is required)	Free
Exercise'n Energize with Lexi	Thursday 9:15 AM	8/4 to 8/25	4 Classes \$12
Chair Yoga with Carleen	Thursday 10:00 AM	8/4 to 8/25	4 Classes \$12
Gentle Yoga with Carleen	Thursday 11:00 AM	8/4 to 8/25	4 Classes \$12
Intermediate Tai Chi with Santa	Friday 10:00 AM	8/5 to 8/26	4 Classes \$8
Walkers Group <i>FREE</i> 	Tuesday & Thursday 9AM	On-going (registration is required)	FREE
 Corn Hole	Friday 2:00 PM	<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	
10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Joe the History Guy 1:00 PM Country Line Dancing 1:30 PM Tech Support	1	9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 2:00 PM Commission on Aging	2	9:00 AM Setback 9:15 AM SSneakers 10:15 AM SS Strength 11:00 AM Chair Exercise 1:00 PM Cribbage 1:00 PM Entertainment	
10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing	8	9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Home Transitioning 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment	9	9:00 AM Setback 9:15 AM SSneakers 10:15 AM SS Strength 11:00 AM Chair Exercise 12:45 PM Creamsicle 1:00 PM Cribbage 1:00 PM Entertainment The Guin	
10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:30 PM Tech Support	15	9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 10:00 AM Dance Rhythms 10:00AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 PM Gentle Chair Exercise	16	9:00 AM Setback 9:15 AM SSneakers 10:00AM Senior Wel 10:15 AM SS Strength 11:00 AM Chair Exercise 12:00 PM Special Lun 1:00 PM Cribbage 1:00 PM Entertainment	
10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing	22	9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Breathing Better 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support	23	9:00 AM Setback 9:15 AM SSneakers 10:15 AM SS Strength 11:00 AM Chair Exercise 12:45 PM Rootbeer F 1:00 PM Cribbage 1:00 PM Entertainment	
10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:00 PM All levels painting class	29	9:00 AM Walking Group 10:0 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 PM Gentle Chair Exercise	30	9:00 AM Setback 9:15 AM SSneakers 10:15 AM SS Strength 11:00 AM Chair Exercise 1:00 PM Cribbage 1:00 PM Entertainment	



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WEDNESDAY	THURSDAY	FRIDAY
3 Zumba Gold h & Balance rcise to Video ent: Mike Foley	4 9:00 AM Walking Group 9:15 AM Exercise'n Energize 10:00 M Chair Yoga 11:00 M Gentle Yoga 1:00 PM Alzheimer's Support Group 1:00 PM Bingo	5 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day-Bunco 2:00 PM Corn Hole 2;30 PM Creative Writing Group 3:00 PM Advisory Board Meeting
10 Zumba Gold h & Balance rcise to Video Treat ent: ea Pigs	11 9:00 AM Walking Group 9:15 AM Exercise' n Energize 10:00AM Massage 10:00 AM Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Bingo 2:30 PM Music Circle	12 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day –Dominoes 1:00 PM Arts n Crafts 2:00 PM Corn Hole 2:30 PM Creative Writing Group
17 Zumba Gold llness Clinic h & Balance rcise to Video ch ent: Tom Callinan	18 9:00 AM Walking Group 9:15 AM Exercise'n Energize 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:00 PM Book Talk	19 9:00 AM Foot Care Program 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Karaoke 1:00 PM Game Day-Super Tock 2:00 PM Corn Hole 2:00 PM Cooking with Sarabeth 2:30 PM Creative Writing Group
24 Zumba Gold h & Balance rcise to Video Floats ent: Jose Paulo	25 9:00 AM Walking Group 9:15AM Exercise'n Energize 10:00AM Massage 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:30 PM The Plant Guy	26 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day-Dominoes 2:00 PM Corn Hole 2:00 PM Mediterranean Diet 2:30 PM Creative Writing Group
31 Zumba Gold h & Balance rcise to Video ent: John Paoillo	<h1>AUGUST</h1> <h1>2022</h1>	

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Health Education Programs

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

Home Transitioning and Mortgage Opportunities Tuesday, August 9 at 1PM

Come join Patty Martin and Mike Tuley to gain some insight on what opportunities await you in regards to moving from one home to another. Whether you are selling, buying or renting during your transition lets explore together the options you have from a financial perspective and how we can guide your during the process. Refreshments will be available.

Breathing Better Tuesday, August 23 at 1PM

Sandy Zuffelato, RN, from our Health Department is back to discuss how to breath better with COPD. She will explain how regular aerobic exercise and breathing techniques can relieve some symptoms of COPD and overall provide for healthier lungs.

Mediterranean Style Diet Cooking Demonstration with Avery Heights August 26 at 2PM

Join Avery Heights Director of Dining and Chef Tim Barber and learn more about the Mediterranean Diet! Enjoy a delicious Mediterranean- inspired cooking demonstration and sample some delicious treats too. Learn the basics of Mediterranean Diet, how to transform meals into colorful and flavorful ways inspired by Mediterranean style eating. Watch a cooking demonstration - learn shopping tips and cooking techniques. See how your diet compares with Mediterranean Diet. Take home recipes and meal ideas.

Seating is limited.

Call soon to reserve your seat!



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.

Oktoberfest Thursday, October 13 Krucker's in Pomona, NY Cost \$126.pp

*Enjoy a full day of entertainment, food, fun, music
and dancing at Krucker's in Pomona, NY*

Welcome Reception: Coffee, Tea, buttermilk Scones,
Pancakes & Apple cider.

*Lunch: Barley Soup, Applesauce, Choice of:
Sauerbraten with Red cabbage or Sliced Pork
Loin, with Sauerkraut, Mashed Potatoes, Brussel
Sprouts, Carrots, Apple Strudel & Vanilla Ice Cream.

*Beer, Wine & Soft Drinks 12:00PM to 4:30PM
Music, Dancing & Games all throughout the Day!

*Bratwurst Sandwich & Cucumber Salad served at
4:00PM

Depart: 7:30am from the Senior Center
Return: Est. 7:30pm to the Senior Center

***Checks only, payable to Friendship Tours**

Made in Vermont Country shopping in Southern Vermont Thursday, November 3 Cost \$112.pp

Begin at Grafton Village Cheese, makers of artisan cheddar cheeses, in Brattleboro. Lunch will be at The Marina along the river in Brattleboro.

Menu: Choice of New England Baked Haddock OR
Tender 9oz Marinated Steak OR VT Cheddar Half
pound burger OR Marina Mac/n Cheese.
Dessert and Beverage included.

After lunch, we will head out to the Vermont Country Store in Rockingham and the final stop will be to Allen Brother's Farm Market in Westminster, VT.

Depart: 8:45am from the Senior Center
Return: Est. 6:00pm to the Senior Center

***Checks only, payable to Friendship Tours
Proof of Vaccination required by The Marina
Restaurant**

MONDAY MATINEE**Join us for a Movie
and Popcorn!****1PM****August 8: Dog**

In this road-trip comedy, two hard-charging former Army Rangers paired against their will - Briggs (Channing Tatum) and a Belgian Malinois named Lulu - race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, confront the possibility that pet psychics are real, and begin to reckon with the one thing they were trained never to do: surrender.

Running Time: 1hr. 41min (PG-13) 2022**August 15: Just Mercy**

A powerful and thought provoking true story, 'Just Mercy' follows young lawyer Bryan Stevenson and his history-making battle for justice. After graduating from Harvard, Bryan had his pick of lucrative jobs. Instead, he heads to Alabama to defend those wrongly condemned or who were not afforded proper representation.

Running Time: 2hr. 17min (PG-13) 2019**August 22: Father Stu**

Based on a true story, Father Stu is an unflinchingly honest, funny and uplifting story about finding purpose in a most unexpected place. After surviving a terrible motorcycle accident, Stuart Long (Mark Wahlberg) wonders if he can use his second chance to help others find their way - and leads this former amateur boxer to the surprising realization that he is meant to be a priest. Stu pursues his vocation with courage and compassion, inspiring not only those closest to him but countless others along the way.

Running Time: 2hr. 5min (R) 2022**August 29: Downton Abbey**

The worldwide phenomenon, Downton Abbey, returns in a spectacular motion picture, as the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance. Written by series creator Julian Fellowes and starring the original cast, this grand cinematic experience will have you cheering for your favorite characters all over again.

Running Time: 2hr. 2min (PG) 2019**Please call to register in ADVANCE!****Special Groups and Meetings**

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

BOOK TALK**Thursday, August 18 at 1PM**

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. **August's title: "Becoming" by Michelle Obama**

Call 860-291-7460 to register

Veterans Coffee Hour**Tuesday, August 16 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**Technical Support with Josh and Mahesh**

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.

Monday, August 1 and 15 (1:30-3:30) with Josh
Tuesday, August 9 and 23 (1:30-3:30) with Mahesh

Please call the front desk at 860-291-7460
To schedule your appointment

**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: pteach1075@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, August 2 at 2PM

The Advisory Board of EH Senior Center

Friday, August 5 at 3PM

Foodshare Mobile Pantry East Hartford

Mondays, 8/8 & 8/22
9:00 - 9:30 AM
Hockanum Park
75 Hamilton Road



Mondays, 8/1, 8/15 & 8/29
1:30 - 2:00 PM
Veterans Terrace
102 Columbus Street

Wednesdays, 8/3, 8/17 & 8/31
1:15 - 2:00 PM
Summerfield Townhouses
66 Plain Drive

Mondays, 8/8 & 8/22
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

NEW on Fridays, "Guest Day"

Starting the first Friday in August we will be allowing guests of existing members to sign up and engage in cards, games, etc.

*The senior center member must call the Monday before that Friday and register their guest. **One guest per member and limit of 10 guests total.**

Please call 860-291-7460

New Pickleball Hours



The Courts at Hockanum Park will be reserved for members of the EH senior center on Mondays, Wednesdays & Fridays from 8AM to 11AM. If you are a member of the EH Senior Center all you have to do is show up and sign the sign-in sheet at the courts.

We have volunteers running the program. They will navigate the courts to be sure that everyone has a chance to play or learn.

Please call Susan at 860-291-7492 if you have any questions.

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, August 8 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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Arts n Crafts Corner

This months art project is a terracotta vase that you may paint on free hand to make it your own. We also have a variety of flowers that you may choose from to set in your pot.

Friday, August 12 AT 1PM

Cost \$5

**Seating is limited!
Sign up now!**



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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