



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

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

SEPTEMBER 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.

September is National Senior Center Month

We will be having many special events going on this Month to celebrate! Please Join us!

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

Birthday Bash!

With Ashly Cruz
Wednesday, September 7 at 1PM

*Cake sponsored
by Riverside Rehabilitation*



One Year Anniversary!
The East Hartford Senior Center
Wednesday, September 21 at 1PM

Join us for
Hors d'oeuvres and Mocktails
Entertainment with
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.*

Oktoberfest with John Banker
Wednesday, September 28 at 1PM

Join us for authentic German Folk Music combined with traditional Oktoberfest Songs. John performs on Tuba and Accordion with lots of participation from the audience.

Refreshments Available!
REGISTER SOON!



September Special Events

Please register in advance for all special events.

Special Lunch

Celebrating National Senior Center Month
Wednesday, September 14 at 12PM

FREE!

Susan and her wonderful kitchen volunteers will be serving a delicious celebration lunch that includes: BBQ Chicken, Corn Salad, Baked Beans, and Homemade Cornbread.

Register soon!
Seating is Limited!

September Carnival

with Pete and Chris
Wednesday, September 14 at 1PM

Pete and Chris are back for a Carnival!
They will have fun and games set up all over the center.

All other activities are cancelled after 11AM.

NEW HOURS IN SEPTEMBER

We will be extending our hours!

Tuesdays & Thursdays we will be open until 7:30pm & Saturdays 9am to 12pm.
Please see page 4 for more details on what activities will be open and available!
See Flyer for Friends Fundraiser Dinner!

Special Programs in September

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

Joe the History Guy

Gene
Kelly
&
Debbie
Reynolds



Monday, September 19 at 1PM FREE!

Lets Celebrate Grandparents day with a HOT FUDGE SUNDAE!

Monday, September 12 at
12:30 PM

Register in advance!
Seating limited!



All Levels Painting Class

Monday, September 26 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 Lighthouse 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!
In-person registration is required.

Cards & Games

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



TUESDAY at 5:30PM & 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.

*Tuesday 1:00pm bingo has been changed to...

- ◆ Tuesday at 5:30pm **BIG BUCKS BINGO**
- ◆ \$2.00 per card, max 5 cards.
- ◆ Thursday 1:00pm Regular Bingo
- ◆ \$1.00 per card, max 4 cards.

**You MUST register IN ADVANCE for BINGO
SEATING IS LIMITED!**

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

(9/14, 9am to 11am)

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!
No Cribbage on Wednesday 9/14

Karaoke with “The Musical Note”

Friday, September 16 at 1PM
Come and sing any song
you'd like!



GAME DAY-Fridays, 1:00 PM



Drop in and play your favorite card game or board game. Featured Games with instructors to teach:

Bunco– 1st Friday of the Month

Dominos-2nd Friday of the Month

Super Tock-3rd Friday of the Month

CORN HOLE –every Friday @ 2PM

Or play any game you'd like; Rumikub, Skipbo, Uno, Set Back, Cribbage, Scrabble, Kings in the Corner, Chinese Checkers, Chess, Wii and more!

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: 9/2 to 9/23



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



COOKING WITH LINDSEY

Friday, September 9 at 2PM

Join Lindsey Kent, our wonderful ShopRite Dietitian, as she demonstrates how to prepare "Healthy Halloween Treats! Free samples will be available after the presentation!

"A fun and interactive Program"

Call 860-291-7460 to register.

Seating is Limited!



THE PLANT GUY

Thursday, September 22 at 1:30 PM

Cost is \$5

Join Jeff Eleveld, the famous Plant Guy for a program on Horticulture Education. This month's presentation:

"Introduction to Bonsai"

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, September 1, 8 and 22
By appointment from 10 AM to 3:30PM



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, September 13, 20 & 27
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

Tuesday September 6
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, September 14

10 AM to 12 PM 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, September 1 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*

***In Honor of National Senior Center Month:
All exercise classes are Free!
Age Healthy and Join a class on us!***

You must still sign up in advance for each class that you would like to attend. There are limits of participants in each class, accordingly.

All classes on Page 5 are included. The Fitness Center is NOT included.

(medical clearance and appointment with trainer needed in advance for gym)

All participants must adhere to wearing the proper footwear while exercising in the group exercise room.

You may sign up for as many sessions as you would like for that month per class.



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

Take Advantage of this Month and Join a Group Exercise Class! FREE!

WELCOME NEW STAFF MEMBERS

Ashley Nadeau-Fitness Assistant

Ruth Reinwald-Program Specialist

Barbara Knurek-Day Front Desk Attendant

Julissa Chaparro-Echevarria-Food Service Manager

Sue Dellatoni-McKechnie-Front Desk Attendant & Food Service Assistant

New hours in September!

Tuesdays & Thursdays we will be open 8:30AM to 7:30PM

Saturdays we will be open from 9AM to 12PM

See below for the schedule of Activities and Programs

Tuesday & Thursday Programs

4PM to 7:30PM

Fitness Center

Cards and Games

Billiards, Chess & Checkers

Tuesday Evening Big Bucks Bingo

4 card min. for \$10

Hotdog, chips & soda will be available \$5
other snacks & beverages available

Thursday Evening Movies 5:30PM

(see page 9)

Trivia Night!

Thursday, September 15 at 5:30PM

Saturday Programs

The Fitness Center will be open on Saturdays from 9AM to 12PM. Our Fitness Trainer will be here on the 1st, 3rd & 6th to hand out applications and to show you around the fitness center. Stop in and see what its all about!

Fitness Center open from 9AM to 12PM

Exercise'n Energize 10:30AM Starts 9/3

Free for the month of September!

Mat Yoga coming soon!

We are currently seeking volunteers to run the café on Tuesday & Thursday evenings and Saturdays. If you have 2 hours to spare on any of these days and would like to connect with the community please call Susan at 860-291-7492.



Make a Difference, Volunteer!

Exercise Class Schedule

**To Celebrate National Senior Center Month,
ALL EXERCISE CLASSES ARE FREE!
(you still must register, space is limited)**

Free!

Free!

Class	Day/Time	Session Dates	Cost
Beginners Tai Chi with Lorri	Monday 10:30 AM	9/12 to 9/26	FREE
Country Line Dancing with Elaine	Monday 1:00 PM	9/12 to 9/26	FREE
Dance Rhythms with Lexi (No Experience Required)	Tuesday 10:00 AM	9/6 to 9/27	FREE
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	9/6 to 9/27	FREE
 Mat Yoga with Maureen Coming in October!	Tuesday 5:30PM	Coming in October sign up now! 10/4 to 10/25	Look for in our October Newsletter
SilverSneakers-Zumba Gold with Karen	Wednesday 9:15 AM	On-going (registration is required)	SS Card or FREE
SilverSneakers-Strength & Balance with Karen	Wednesday 10:15 AM	On-going (registration is required)	SS Card or FREE
Chair Exercise to Video All Levels	Wed & Friday 11:00AM	On-going (no class 9/14) (registration is required)	FREE
Exercise'n Energize with Lexi	Thursday 9:00 AM	9/1 to 9/29	FREE
Chair Yoga with Carleen	Thursday 10:00 AM	9/1 to 9/29	FREE
Gentle Yoga with Carleen	Thursday 11:00 AM	9/1 to 9/29	FREE
Intermediate Tai Chi with Santa	Friday 10:00 AM	9/2 to 9/30	FREE
 Exercise'n Energize with Lexi	Saturday 10:30 AM	9/3 to 9/24	FREE
Walking Group - meet in the Senior Center lobby	Tuesdays 9:00 AM Thursdays 9:00 AM	9/6 - 9/27 9/1 - 9/29	FREE

We have exercise programs and classes to suit everyone. Please see Susan Guoin 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
<h1>SEPTEMBER</h1> <h1>2022</h1>	<p>*Tuesday & Thursday Senior Center open until 7:30 PM & Saturday Senior Center open 9-12</p> <p>10:30 AM Exercise' n Energize SEE PAGE 4 for more details</p>	<p>New Changes for Starting this month we be offering for All pastries will (looking for volunteer Tues, Thurs. eves 5-7</p>
<p>LABOR DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>5</p> <p>9:00 AM Foot Care by Appointment 6 9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support 2:00 PM Commission on Aging 5:30 PM Big Bucks Bingo</p>	<p>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 Birthday B Refreshme</p>
<p>10:00 AM Ask The Lawyer 12 10:30 AM Beginner Tai Chi 12:30 PM Grandparents Day Sundaes 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:00 PM Arts n Crafts 1:30 PM Tech Support</p>	<p>9:00 AM Hair Cuts by appointment 13 9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Select Physical Therapy 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo</p>	<p>9:00 AM Setback un 9:15 AM SSneakers 10:00AM Senior Wel By Appoin 10:15 AM SS Strength 12:00 PM Special Lun 1:00 PM CARNIVAL With Pete (Cards, Cribbage & Cha</p>
<p>10:30 AM Beginner Tai Chi 19 1:00 PM Mahjong 1:00 PM Joe the History Guy Gene Kelly & Debbie Reynolds 1:00 PM Country Line Dancing 1:00PM Arts n Crafts</p>	<p>9:00 AM Hair Cuts by appointment 20 9:00 AM Walking Group 10:00 AM Dance Rhythms 10:00 AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:00 PM Independence & memory loss 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support 5:30 PM Big Bucks Bingo</p>	<p>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 One Year A Entertainm Refreshme</p>
<p>10:30 AM Beginner Tai Chi 26 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:00 PM All Levels Painting Class 1:30 PM Tech Support</p>	<p>9:00 AM Hair Cuts by appointment 27 9:00 AM Walking Group 10:0 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Healthy Eating & Hydration 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo</p>	<p>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 Oktoberfes With John Refreshme</p>



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WEDNESDAY		THURSDAY		FRIDAY	
for the CAFÉ: with we will NOT free pastries. be \$1.00 each rs to run the café on & Saturdays 9-11)		9:00 AM Walking Group 9:00 AM Exercise'n Energize 10:00AM Chair Yoga 10:00 AM Massage by Appointment 11:00 M Gentle Yoga 1:00 PM Alzheimer's Support Group 1:00 PM Bingo 5:30 PM Movie	1	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day– Featuring Bunco With Instructor Ann Traynor 2:00 PM Corn Hole 2:30 PM Creative Writing Group 3:00 PM Advisory Board Meeting	2
Zumba Gold h & Balance ercise to Video ash with Ashly Cruz ents to be served	7	8:30 AM AARP Safe Driver Course 9:00 AM Walking Group 9:00 AM Exercise' n Energize 10:00AM Massage by Appointment 10:00 AM Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Bingo 5:30 PM Movie	8	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day– Featuring Dominos 1:00 PM Arts n Crafts 2:00 PM Corn Hole 2:00 PM Cooking with Lindsey 2:30 PM Creative Writing Group	9
ntil 11:00 Zumba Gold Illness Clinic tment h & Balance ch L PRIZES & Chris air exercise cancelled)	14	9:00 AM Walking Group 9:00 AM Exercise'n Energize 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:00 PM Book Talk 5:30 PM Trivia Night	15	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– Featuring Tock With Instructor Vicki 2:00 PM Corn Hole 2:30 PM Creative Writing Group	16
Zumba Gold h & Balance ercise to Video Anniversary Party, ment w/ Jim Harkins ents to be served	21	9:00 AM Walking Group 9:00AM Exercise'n Energize 10:00AM Massage by Appointment 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:30 PM The Plant Guy 5:30 PM Movie	22	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:00 PM Corn Hole 2:30 PM Creative Writing Group	23
Zumba Gold h & Balance ercise to Video st Banker ents to be served	28	9:00 AM Walking Group 9:00AM Exercise'n Energize 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 5:00 PM Friends Fundraiser Spaghetti Dinner	29	10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:00 PM Corn Hole 2:30 PM Creative Writing Group	30

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Educational Programs

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

AARP Safe Driver Course

Thursday, September 8 at 8:30AM

Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers and explore local laws and traffic rules for driver. Also included are tips for proper maintenance of your vehicle so it's safe before you drive. **8:30am to 12:30pm. Cost is \$20 for AARP members and \$25 for non-members.**

Select Physical Therapy

Tuesday, September 13 at 1PM

Colleen Malitsky, Doctor of Physical Therapy, will be discussing women's pelvic floor health with a focus on urinary incontinence and pelvic organ prolapse. Learn about common pelvic floor conditions and how exercise and behavioral modifications can help manage symptoms for better pelvic health and improved quality of life.

Independence with Memory Loss

Tuesday, September 20 at 1PM

Join Suzanne Sorensen from Brookdale Buckingham Memory Care Community in Glastonbury. She will be discussing the key signs of memory loss, how safe is it to still be driving, when is it time to look for help and caregiver burn out. Suzanne has personally gone through the memory loss journey with both of her parents and can share suggestions, tools, and ideas to help. Sponsored by Memory Care-Brookdale @ Buckingham

Healthy Eating & Hydration

Tuesday, September 27 at 1PM

Join Brendan Coburn, RDN, CDN from Riverside Health and Rehabilitation as he discusses the importance of good nutrition as it relates to aging well. Brendan will review how older adults can incorporate healthy eating and hydration into their daily routines as well as discuss malnutrition; causes and warning signs and the risks of dehydration. Don't miss this important presentation!

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 1PM



Join us for a Movie
Please call to register in ADVANCE!

September 12: Uncharted

Uncharted follows a treasure hunter named Nate Drake, a descendent of explorer Sir Francis Drake who believes he has learned the whereabouts of El Dorado, the fabled South American golden city from a cursed golden statue. The search becomes competitive when a rival hunter joins the fray, then is ratcheted up several notches when creatures actually mutated descendants of Spaniards and Nazis begin attacking those hoping to learn the treasure's true secrets.

Running Time: 1hr. 56min (PG-13) 2022

September 26: Ghostbusters: Afterlife

From director Jason Reitman and producer Ivan Reitman, comes the next chapter in the original Ghostbusters universe. In Ghostbusters: Afterlife, when a single mom and her two kids arrive in a small town, they begin to discover their connection to the original ghostbusters and the secret legacy their grandfather left behind. The film is written by Jason Reitman & Gil Kenan.

Running Time: 2hr. 04min (PG-13) 2022

Thursdays Evening Movies @ 5:30PM

September 1: The Relic

When Kay learns that her aging and widowed mother, Edna, has vanished, she and her daughter Sam venture to Edna's remote home in search of the truth. The women soon sense an unsettling presence lurking in the house and possessing Edna, threatening to wreak havoc on the lives of Kay's family.

Running Time: 1hr. 20min (R) 2020

September 8: A Tale of Two Guns

In the lawless West, The Cowboys a notorious brotherhood of killers and thieves reigned over the land with brutal fists and fast guns. When a deputized gunslinger takes up the call to hunt down the last Cowboy, the chase is on and the bullets fly and only one of these hardened men can survive.

Running Time: 1hr. 31min (NR) 2022

September 22: Going in Style

Three lifelong buddies Willie, Joe and Al, who decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty.

Running Time: 1hr. 36min (PG-13) 2017

Special Groups and Meetings

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

BOOK TALK

Thursday, September 15 at 1PM



Sponsored by the East Hartford Public Library.
Books are available at the Senior Center and the Library.
September's title: "The Silent Patient" by Alex Michaelides.

Call 860-291-7460 to register

Veterans Coffee Hour

Tuesday, September 20 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, Sept. 12 & 26 (1:30-3:30) with Josh
Tuesday, Sept. 6 & 20 (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, September 6 at 2PM

The Advisory Board of EH Senior Center

Friday, September 2 at 3PM

Foodshare Mobile Pantry East Hartford

Monday, 9/19
9:00 - 9:30 AM
Hockanum Park
75 Hamilton Road



Mondays, 9/12 & 9/26
1:30 - 2:00 PM
Veterans Terrace
102 Columbus Street

Wednesdays, 9/14 & 9/28
1:15 - 2:00 PM
Summerfield Townhouses
66 Plain Drive

Monday, 9/19
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

Fridays, "Guest Day"

Friday is now "Guest Day" at the Center. If you are a current member you may sign up one guest on a Friday and engage in cards, games, billiards, 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 To register your guest for Friday.**

Volunteers Needed for the Cafe

We would like to open up our café on Tuesday and Thursday evenings from 5pm-7pm as well as Saturdays from 9am-11am. If you are available for any of those hours and would like to give back to your community please contact us to learn how you can make a difference and volunteer.

Please call Susan at 860-291-7492



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, September 12 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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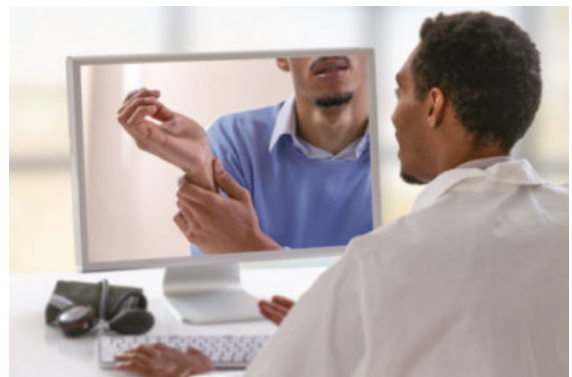
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Arts n Crafts Corner Jewelry Making!

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This month we will be making a woven Football with Jute on a metal frame. Great to hang on the wall or use as a center piece. Football Season is upon us! Kick it off with this unique art piece! This is a 2 class project.

Monday 9/12 & 9/19
1PM Cost is \$10 for both classes.

East Hartford Senior Center & Senior Services

Phone & Email Directory 860-291-7460*

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

- Beky Henderson**, bhenderson@easthartfordct.gov
- *Fitness Trainer, 860-291-7481*
- Ruth Reinwald**, rreinwald@easthartfordct.gov
- *Program Specialist, 860-291-7498*
- Barbara Knurek**, bknured@easthartfordct.gov
- *Day Front Desk Attendant, 860-291-8861*
- Julissa Chaparro**, jchaparro@easthartfordct.gov
- *Food Service Manager, 860-291-7488*

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