



# THE EAST HARTFORD SENIOR CENTER NEWSLETTER

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

## OCTOBER 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.

*The Friends of East Hartford Senior Center Fundraiser Event  
55+ Wellness Fair and Flu Clinic, Friday October 21st (see inside flyer for details)*

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

### **Welcome Back Marcy Conway!**

*Enjoy an afternoon with music and song! Marcy will perform popular novelty songs from the mid 20th century, playing guitar & banjo.*



*Wednesday, October 5 at 1PM*

*Come Dance and Sing with Jose Paulo to the Fabulous Music of the 50's!*

*Wednesday, October 12 at 1PM*



### **Birthday Bash!**

*with Tom Sansone  
Wednesday, October 19 at 1PM*

*Cake sponsored  
by Riverside Rehabilitation*



*Enjoy an afternoon with Kathy Gregory as she takes you on an*

*Oktoberfest  
Musical Adventure*

*Wednesday, October 26 at 1PM*



## Special Events

*Please register in advance for all special events.*

**Special Lunches Every Wednesday!  
at 12:00 PM**

**10/5—Creamy Pumpkin Ravioli  
10/12-Beef n Bean Chili  
10/19-Chicken & Rice  
10/26-Rosemary Garlic Beef Stew**

**Beverage and Dessert are Included  
Tickets are \$3 in advance  
Register soon! Seating is Limited!**

### **Halloween Party!**

**Monday, October 31 at 1PM**

**Come dressed in your favorite costume and enjoy an afternoon of fun, music and dancing. Prizes will be awarded for most original, most creative and scariest costumes. Don't miss out on the TREATS!**

**Special Halloween Movie to follow at 1:30pm "Hocus Pocus"**

**Please register separately for the Halloween Party and the Movie.**



## Special Programs in September

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

### Joe the History Guy The Movie Monsters

Boris Karloff  
&  
Bella Lugosi



Monday, October 3 at 1PM **FREE!**

### Recycling Program Tuesday, October 25 at 1PM

Join Cesar Zapata, our public works sanitation officer as he presents a fun and lively workshop on recycling. Learn what to recycle, how to recycle and what should not be recycled. He will have examples with him. Bring any questions that you might have about our town recycling program.  
**FREE** call 860-291-7640 to register

### All Levels Painting Class

Monday, October 24 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 amazing Sunflower. 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.**



### THE PLANT GUY

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

Join Jeff Eleveld, the famous Plant Guy for a program on Horticulture Education. Jeff will present on the plant of the month. "A fun and Interactive Program"  
Everyone will take home a plant!  
**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 Evening Bingo: BIG BUCKS BINGO**

♦ \$2.00 per card, max 5 cards.

**Thursday Afternoon Bingo: Regular Bingo**

♦ \$1.00 per card, max 4 cards.

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

**Thursday, October 20 is Special Bingo sponsored By Juniper Home Care**

**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, October 14 & 28 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:

**Beginners Bridge- 1st Friday of the Month**

**Bunco-1st Friday of the Month**

**Dominos-2nd Friday of the Month**

**CORN HOLE –Fridays @ 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!

**NO GAME DAY ON FRIDAY 10/21**

## CREATIVE EXPRESSION

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

### New Program

**Adult Coloring** will be offered at no charge on **Mondays at 10AM**. No need to bring any supplies. We have plenty of patterns and colored pencils. Come and join this relaxing activity and visit the café while you are here! We have coffee, snacks and other items for a nominal fee.



**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: \$9 for 3 Classes**

**Dates: 10/7-10/28 (no class 10/21)**



### 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**

**2:00PM**

**(no class 10/21)**



## COOKING WITH LINDSEY

**Tuesday, October 25 at 1PM**

Join Lindsey Kent, our wonderful ShopRite Dietitian, as she demonstrates how to prepare easy and healthy fall soups. Free samples will be available after the presentation! A fun and interactive Program. **Call 860-291-7460 to register. Seating is Limited!**



## WELLNESS SERVICES

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

### THERAPEUTIC MASSAGE

**Thursday, October 13 and 27**

**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, October 11, 18 & 25**

**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 October 4**

**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, October 12**

**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, October 6 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*

## Evening Programs

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

### Tuesday Evening Big Bucks Bingo

\$2 per card/ 5 card Max

Bingo Starts at 5:30PM



Come early and visit the café for the Meal Deal or a snack!

### Tuesday Evening Meal Deal

*Hot Dog, chips & a beverage \$5*

*Slice of Pizza, chips & a beverage \$5*

*Purchase your ticket at the front desk.*

*All food is at the Café and is open*

*4:30pm -6:30pm*

*(menu changes every other week.)*

### Thursday Evening Movies @5:30PM

**October 13: The Duke** In 1961 Kempton Bunton stole a portrait from the National Gallery in London. What happened next became the stuff of legend. 50 years later the full story emerges – a revelation of how a good man set out to change the world. (R, 2020, 1h 36min)

**October 27: Beetlejuice** When a couple of nice, young ghosts try to haunt the pretentious humans who have moved into their house, they ask for help from a demonic wraith they cannot control in this comic fantasy that mixes the quick and the dead with a laugh and a fright. (PG, 1988, 1h 32min)

### Thursday Night Trivia!

**Thursday, October 6th & 20th at 5:30PM**

Join us on Thursday nights for some fun and friendly competition! With a wide variety of categories and themes, our trivia night has something for everyone! Please call or stop by to register.

## More Programs

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

### Learn To Sign Class

**Saturdays beginning October 1 at 10AM**

Join us every Saturday morning for an hour-long introductory course in American Sign Language. In this class you will train your brain, improve hand eye coordination, and learn about deaf culture, all while having fun and learning something new! No experience required! **Call to Register 860-291-7460**



### Cooking Demo with Brookdale Tuesday, October 11 at 1PM

Jackie Gordon, Food Service Director from Brookdale in South Windsor will be demonstrating how to make a simple and easy butternut apple bisque. Samples and recipe will be available.

### Baking Group

We are looking for volunteers who would like to bake cookies, cakes, and other desserts for our Wednesday special lunch. If you are interested in helping bake for our seniors please call Susan 860-291-7492.





### Policies and Procedures

Our Policy & Procedure manual will be available for you to review at the front desk.

## Exercise Class Schedule and Cost

### Stay Fit, Stay Well!

<b>Class</b>	<b>Day/Time</b>	<b>Session Dates</b>	<b>Cost</b>
<b>Beginners Tai Chi with Lorri</b>	<b>Monday 10:30 AM</b>	<b>10/3 to 10/31 (no class on 10/10)</b>	<b>5 Classes \$10</b>
<b>Country Line Dancing with Elaine</b>	<b>Monday 1:00 PM</b>	<b>10/3 to 10/31 (no class on 10/10)</b>	<b>5 Classes \$10</b>
<b>Walking Group</b>	<b>Tues &amp; Thurs 9am Meet in the Lobby</b>	<b>On-going (registration is required)</b>	<b>FREE</b>
<b>Dance Rhythms with Lexi (No Experience Required)</b>	<b>Tuesday 9:00 AM *note time change</b>	<b>10/4 to 10/25</b>	<b>4 Classes \$12</b>
<b>Gentle Chair Exercise with Gia</b>	<b>Tuesday 1:30 PM</b>	<b>10/4 to 10/25</b>	<b>4 Classes \$16</b>
 <b>Mat Yoga with Maureen</b>	<b>Tuesday Evenings 5:30 PM</b>	<b>10/4 to 10/25</b>	<b>4 Classes \$12</b>
<b>SilverSneakers-Zumba Gold with Karen</b>	<b>Wednesday 9:15 AM</b>	<b>On-going (registration is required)</b>	<b>SS Card or \$3.00 per class</b>
<b>SilverSneakers-Strength &amp; Balance with Karen</b>	<b>Wednesday 10:15 AM</b>	<b>On-going (registration is required)</b>	<b>SS Card or \$3.00 per class</b>
<b>Chair Exercise to Video All Levels</b>	<b>Wed &amp; Friday 11:00 AM</b>	<b>On-going (no class 10/21) (registration is required)</b>	<b>FREE</b>
<b>Exercise'n Energize with Lexi</b>	<b>Thursday 9:00 AM</b>	<b>10/6 to 10/27</b>	<b>4 Classes \$12</b>
<b>Chair Yoga with Carleen</b>	<b>Thursday 10:00 AM</b>	<b>10/6 to 10/27</b>	<b>4 Classes \$12</b>
<b>Gentle Yoga with Carleen</b>	<b>Thursday 11:00 AM</b>	<b>10/6 to 10/27</b>	<b>4 Classes \$12</b>
<b>Intermediate Tai Chi with Santa</b>	<b>Friday 10:00 AM</b>	<b>10/7 to 10/28 (no class on 10/21)</b>	<b>3 Classes \$6</b>
<b>Exercise'n Energize with Lexi</b>	<b>Saturday 9:15 AM</b>	<b>10/1 to 10/29</b>	<b>5 Classes \$15</b>
 <b>Mat Yoga with Maureen</b>	<b>Saturday 10:30 AM</b>	<b>10/1 to 10/29</b>	<b>5 Classes \$15</b>

We have exercise programs and classes to suit everyone. Please see Susan Gouin 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>OCTOBER 2022</h1>		
<b>3</b> 10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Joe the History Guy Boris Karloff & Bella Lugosi 1:00 PM Country Line Dancing 1:00 PM Tech Support	<b>4</b> 9:00 AM Foot Care by Appointment 9:00 AM Walking Group 9:00AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Myths of Aging 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support 2:00 PM Commission on Aging 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:15 AM SSneakers Zumba Gold 10:15 AM SS Strength & Balance 11:00 AM Chair Exercise to Video 12:00 AM Special Lunch 1:00 PM Cribbage 1:00 PM Entertainment with Marcy Conway
<b>10</b> <b>INDIGENOUS PEOPLES'</b> <b>DAY</b> <b>SENIOR CENTER CLOSED</b>	<b>11</b> 9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 9:00AM Dance Rhythms 1:00 PM Cooking Demo with Brookdale 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:15 AM SSneakers Zumba Gold 10:00AM Senior Wellness Clinic 10:15 AM SS Strength & Balance 11:00 AM Chair Exercise to Video 12:00 PM Special Lunch 1:00 PM Cribbage 1:00 PM Entertainment with Jose Paul 2:00 PM Fall Risk Assessment
<b>17</b> 10:00 AM Adult Coloring 10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Country Line Dancing 1:00 PM Monday Matinee 1:00PM Arts 'n Crafts 1:00PM Tech Support	<b>18</b> 9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 9:00 AM Dance Rhythms 10:00AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:00 PM Hand Washing Workshop 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:15 AM SSneakers Zumba Gold 10:15 AM SS Strength & Balance 11:00 AM Chair Exercise to Video 12:00 AM Special Lunch 1:00 PM Cribbage 1:00 PM Birthday Bash with Entertainment by Tom Sansone
<b>24</b> 10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:00 PM All Levels Painting Class	<b>25</b> 9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 9:00 AM Dance Rhythms 1:00 AM Cooking with Lindsey 1:00 PM Knitting/Crochet 1:00 PM Recycling Program 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:15 AM SSneakers Zumba Gold 10:15 AM SS Strength & Balance 11:00 AM Chair Exercise to Video 12:00 AM Special Lunch 1:00 PM Cribbage 1:00 PM Oktoberfest Adventure with Kathy Gregory
<b>31</b> 10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Country Line Dancing 1:00 PM Halloween Party & Costume Contest 1:30 PM Halloween Monday Matinee		



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	Thursday	Friday	Saturday
			9:15 AM Exercise n'Energize 1 10:00 AM Learn to Sign 10:30 AM Mat Yoga
5	9:00 AM Walking Group 9:00 AM Exercise 'n Energize 6 10:00 AM Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Bingo 1:00 PM Alzheimer's Support Group 5:30 PM Trivia Night	9:30 AM Painting 10:00 AM Intermediate Tai Chi 7 11:00 AM Chair Exercise to Video 1:00 PM Game Day-Beginners Bridge -Bunco 2:00 PM Corn Hole 2:00 PM Creative Writing Group	9:15 AM Exercise n'Energize 8 10:00 AM Learn to Sign 10:30 AM Mat Yoga
12	9:00 AM Walking Group 9:00 AM Exercise 'n Energize 13 10:00AM Chair Yoga 10:00AM Massage by Appointment 11:00AM Gentle Yoga 1:00 PM Bingo 1:00 PM Emotional Wellness Workshop 5:30 PM Movie Night	9:30 AM Painting 10:00 AM Intermediate Tai Chi 14 11:00 AM Chair Exercise to Video 1:00 PM Karaoke 1:00 PM Game Day- Dominoes 2:00 PM Corn Hole 2:00 PM Creative Writing Group	9:15 AM Exercise n'Energize 15 10:00 AM Learn to Sign 10:30 AM Mat Yoga
19	9:00 AM Walking Group 9:00AM Exercise 'n Energize 20 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Special Bingo w/ Juniper Home 1:00 PM Book Talk 2:00 PM The Plant Guy 5:30 PM Trivia Night	9AM-2PM Café 21 10AM-2PM Wellness Fair 10AM-2PM Flu Clinic All programs cancelled for the day	9:15 AM Exercise n'Energize 22 10:00 AM Learn to Sign 10:30 AM Mat Yoga
26	9:00 AM Walking Group 9:00AM Exercise 'n Energize 27 10:00AM Massage by Appointment 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 2:00 PM Plant Guy 5:30 PM Movie Night	9:30 AM Painting 10:00 AM Intermediate Tai Chi 28 11:00 AM Chair Exercise to Video 1:00 PM Game Day- Super Tock 1:00 PM Karaoke 2:00 PM Corn Hole 2:00 PM Creative Writing Group	9:15 AM Exercise n'Energize 29 10:00 AM Learn to Sign 10:30 AM Mat Yoga

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## **Educational Programs**

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

### **Myths of Aging**

**Tuesday, October 4 at 1PM**

Join Sandra Zuffelato, RN to learn about the myths that are associated with aging. She will discuss many things that you might have heard about growing older and help to shed some light on the actual process of aging. She will include a fun and engaging activity for the group!

### **Fall Risk Assessments**

**Wednesday, October 12 at 2pm**

The UConn PT C.A.R.E.S. Pro-Bono Clinic will be offering free fall risk assessments. They are a student-led, faculty-guided program. Students, working with licensed physical therapy faculty, provide a variety of physical therapy services at the clinic site and within the community. Please join us on Wednesday, October 12 from 2pm to 4pm for a free fall risk assessment from the students and learn ways to improve your balance and reduce the risk of falls.

### **Emotional Wellness Workshop**

**Thursday, October 13 at 1PM**

**Presented by Joanne Harrison-Becker, MS**

Emotional wellness is one aspect of mental health. It is an awareness, understanding and acceptance of our feelings and our ability to effectively manage our emotions through challenges and change. It is the ability to successfully handle life's pressures during difficult times. How we feel can affect our ability to carry out everyday activities, our relationships, and our overall mental health. This workshop includes a packet of handouts for each participant.

### **Hand Washing Workshop for Volunteers**

**Tuesday, October 18 at 1PM**

Calling all Volunteers! Anton Trojanowski, Sanitarian from our Health Department will be conducting a hand washing workshop for all our volunteers. Please join us as we learn the proper way to sanitize your hands during food preparation and food service.

**(Open for all Volunteers and mandatory if you work in the café or the kitchen. If you cannot make this workshop please see Susan or Vicki for make-up dates.)**

## **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.**

### **America the beautiful**

**Ray Guillemette, Jr. and his Live Band**

**Grand Oak Villa, Oakville, CT**

**Thursday, November 10**

**Cost \$106.pp**

Join us at Grand Oak Villa for our Annual Patriotic Luncheon Show. Ray Guillemette, Jr., and his live band, King Kountry will be performing some of your favorite patriotic and country hits in a tribute to our Veterans.

Menu: Cheese, Crackers, & Pepperoni upon arrival  
Family Style Meals: Garden Salad, Pasta with Homemade House Sauce, Roast Turkey with Gravy & Sliced roast Beef with Brown Gravy, Roasted Potato, Vegetable, Dessert, Soda & Coffee.

**Carafes of Red & White Wine on every table!**

Depart: 10:30am from the Senior Center

Return: Est. 4:15pm to the Senior Center

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

### **Christmas in Newport**

**Visit 2 of the most magnificent Mans**

**Wednesday, November 30**

**Cost \$120.pp**

The Breakers is the grandest of Newport's cottages and is the sumptuous mansion of Commodore Cornelius Vanderbilt. We will walk through and listen to the story of the mansion.

The Elms, was built as a summer retreat for coal baron Edward Julius Berwind and his wife in 1901. At Christmastime, the house is dressed like a giant jewel box, letting the room inspire color schemes and motifs.

Our lunch will be at the Johnny's Restaurant at the Wyndam a beautiful new hotel on the water in Middletown, RI. Menu: Salad, Choice of: Sautéed Chicken Breast with Tarragon Mustard Cream Sauce OR Baked Stuffed Scrod, Vegetable, Potato, Ice Cream Sundae, Coffee.

Depart: 7:45am from the Senior Center

Return: Est. 7:00pm to the Senior Center

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



## MONDAY MATINEE 1PM



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

### October 17: Cyrano

In this re-imagining of the timeless tale of a heart-breaking love triangle, a man ahead of his time, Cyrano de Bergerac (Peter Dinklage) dazzles, whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxanne (Haley Bennett), Cyrano has yet to declare his feelings for her-and Roxanne has fallen in love, at first sight, with Christian (Kelvin Harrison, Jr.).

Running Time: 2hr. 3min (PG-13) 2021

### October 24: Superintelligence

Nothing extraordinary ever happens to Carol Peters (played by Melissa McCarthy), so when she starts getting snarky backtalk from her TV, phone and microwave, she thinks she's being punked. Or losing her mind. In fact, the world's first superintelligence (voiced by James Corden) has chosen to study and observe Carol's attempt to romantically reconcile with her former boyfriend (played by Bobby Cannavale) to better understand the human condition. Soon, the all-powerful entity takes over her life...with ominous plans to possibly take over the world. Now, Carol is potentially humanity's last chance before this AI-with-an-attitude decides to pull the plug.

Running Time: 1hr. 46min (PG) 2020

### SPECIAL HALLOWEEN MOVIE at 1:30PM

#### October 31: Hocus Pocus

You're in for a devil of a time when three outlandishly wild witches-Bette Midler, Sarah Jessica Parker and Kathy Najimy-return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters! It's a night full of zany fun and comic chaos once the tricky 300-year-old trio sets out to cast a spell on the town and reclaim their youth-but first they must outwit three kids and a talking cat! Loaded with bewitching laughs, Hocus Pocus is an outrageously wild comedy that's sure to entertain everyone!

Running Time: 1hr. 36min (PG) 1993

Happy Halloween

## Special Groups and Meetings

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

### BOOK TALK

Thursday, October 20 at 1PM



Sponsored by the East Hartford Public Library.  
Books are available at the Senior Center and the Library.  
**October's title:** The Paris Library by Janet Skeslien Charles  
Call 860-291-7460 to register

### Veterans Coffee Hour

Tuesday, October 18 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

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

Monday, October 3 and 17  
1:30-3:30

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: 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, October 4 at 2PM

The Advisory Board **will not** meet in October

**Foodshare Mobile Pantry  
East Hartford**

**Mondays, 10/3, 10/17 & 10/31**  
**9:00 - 9:30 AM**  
 Hockanum Park  
 75 Hamilton Road



**Mondays, 10/10 & 10/24**  
**1:30 - 2:00 PM**  
 Veterans Terrace  
 102 Columbus Street

**Wednesdays, 10/12 & 10/26**  
**1:15 - 2:00 PM**  
 Summerfield Townhouses  
 66 Plain Drive

**Monday, 10/3, 10/17 & 10/31**  
**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.**

**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.**

**MEDICARE OPEN ENROLLMENT...**for Medicare Advantage (Part C) AND Medicare Prescription Drug Coverage (Part D) begins on October 15, 2022 and ends on December 7, 2022. Each year, you have a chance to make changes for the following year.

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare Prescription Drug Plan completely.

Do you need help navigating open enrollment? Please call Lillian (CHOICES Counselor) at 860-291-7491.

**ASK THE LAWYER**

**with Attorney Robert Hale  
Monday, October 17 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**

**Medicare Workshops**

Join Sam Moser from Stateline Senior Services for a Medicare workshop at the East Hartford Senior Center this annual enrollment period. We will go over Medicare basics, the donut hole, and specific plans for 2023. Call their office today to reserve your seat, 860-749-0482.

- October 20, 10 AM – United Healthcare Workshop**
- October 27, 10 AM– Connecticutcare Workshop**
- October 27, 1 PM-CarePartners Workshop**
- November 3, 10AM –United Healthcare Workshop**
- November 17, 10AM-Aetna Workshop**

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 Ann Targonski • Carolyn Szymaszek  
 ~Bilingual in Spanish and Polish~

*"If you have questions about your Medicare, I have answers."*

*"Si tiene preguntas sobre su Medicare, tengo respuestas."*



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**Monday October 17 at 1PM**  
**Cost is \$5**

### East Hartford Senior Center & Senior Services

#### Phone & Email Directory 860-291-7460\*

- Vincent Sartori**, [vsartori@easthartfordct.gov](mailto:vsartori@easthartfordct.gov)  
- *Senior Services Assistant \*Press 0*
- Victoria Liberator**, [vliberator@easthartfordct.gov](mailto:vliberator@easthartfordct.gov)  
- *Senior Services Coordinator, \*Press 1*
- Susan Gouin**, [sgouin@easthartfordct.gov](mailto:sgouin@easthartfordct.gov)  
- *Program Supervisor, \*Press 2*
- Lillian Miceli**, [lmiceli@easthartfordct.gov](mailto:lmiceli@easthartfordct.gov)  
- *Caseworker, \*Press 3*
  
- Beky Henderson**, [bhenderson@easthartfordct.gov](mailto:bhenderson@easthartfordct.gov)  
- *Fitness Trainer, 860-291-7481*
- Ruth Reinwald**, [rreinwald@easthartfordct.gov](mailto:rreinwald@easthartfordct.gov)  
- *Program Specialist, 860-291-7498*
- Barbara Knurek**, [bknurek@easthartfordct.gov](mailto:bknurek@easthartfordct.gov)  
- *Day Front Desk Attendant, 860-291-8861*
- Julissa Chaparro**, [jchaparro@easthartfordct.gov](mailto:jchaparro@easthartfordct.gov)  
- *Food Service Manager, 860-291-7488*

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