



# THE EAST HARTFORD SENIOR CENTER NEWSLETTER NOVEMBER 2022

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

<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.

## Special Events

*Please register in advance for all special events*

### Veterans Day Picnic

**Wednesday, November 9 at 12:00PM**

Featuring Live Music by **The Country Duo**.  
Sponsored by the East Hartford Rotary Club.  
See insert for more details.



## FREE Live Entertainment, Music & More!

*Sponsored by The Friends of East Hartford Senior Center*

### Red & Yellow Band

**Wednesday, November 2 at 1:00PM**

Come rock to the music of the 50's and 60's!



### Birthday Bash w/ Dave Giardina

**Wednesday, November 16 at 1:00PM**

Join us for a Celebration of all birthdays in November! Cake sponsored by Riverside.



### Friendsgiving Celebration Lunch

**Wednesday, November 30 at 12:00PM**

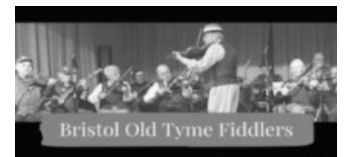
Join us for a special Thanksgiving feast with your friends at the East Hartford Senior Center. We will be serving a delicious homemade meal of Turkey, Stuffing, Mashed Potatoes, Gravy, Dessert and a Drink for just \$3.

**Seating is limited so register early!**

### Bristol Old Tyme Fiddlers

**Wednesday, November 23 at 1:00PM**

Enjoy Old Tyme Fiddling that has been passed on for generations!



### Homemade Lunches

**Every Wednesday at 12:00PM**

**11/2 Pizza Pasta Salad**

**11/16-Shepherd's Pie**

**11/23-Toscana Soup**

**11/30-Friendsgiving Lunch**

(turkey, mashed potatoes, stuffing & cranberry sauce)

**Beverage and dessert are included.**

**Tickets are \$3 in advance. Register early!**

**Seating is limited.**

### Chris Marra

**Wednesday, November 30 at 1:00PM**

Join Chris for an afternoon of radio hits from the past 50 years!



### Christmas Show with Trina Vargas

**Friday, December 2 at 1:00PM**

Get in the holiday spirit with us and listen to some classic Christmas favorites!

## Regular Monthly Programs

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

### Karaoke w/ "The Musical Notes" Friday, November 4 & 18 at 1:00PM

Come and sing any song you'd like or stay to hear your talented friends sing a tune!



### Technical Support with Josh Monday, November 7 & 21 at 2:00PM

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



### Joe the History Guy "The Wright Brothers"

Monday, November 7 at 1:00PM

The Wright brothers, Orville Wright and Wilbur Wright, were American aviation pioneers generally credited with inventing, building, and flying the world's first successful motor-operated airplane. Lots of twists in the story. Join the rest of the "History for Fun Gang" for a true adventure in early flight.



### COOKING WITH LINDSEY

Tuesday, November 15 at 2:00PM

Join Lindsey Kent, Registered Dietitian at ShopRite as she introduces you to some wonderful Fall Flavors. She will show you how to prepare fall comfort food with a health twist! This month's recipes will feature: Pumpkin Mac & Cheese and Honey Roasted Sweet Potatoes. Free samples after the presentation! Register soon at 860-291-7460, seating is limited!



### Veterans Coffee Hour

Tuesday, November 15 at 10:00AM

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.**



### BOOK TALK

Thursday, November 17 at 1:00PM

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. **November's title: "One by One"** by Ruth Ware. Call 860-291-7460 to register.



### THE PLANT GUY

Wednesday, November 30 at 2:00PM



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! Seating is Limited so sign up soon! Cost is \$5

### Monday Matinee

Join us for a **FREE** movie  
beginning at 1:00PM  
Please call to register in **ADVANCE!**

#### November 14: Where the Crawdads Sing

Abandoned by her family, Kya raises herself all alone in the marshes outside of her small town. When her former boyfriend is found dead, Kya is instantly branded by the local townspeople and law enforcement as the prime suspect for his murder.

**Running Time: 2hr. 05min (PG-13) 2022**

#### November 21: Sing 2

Buster Moon and his all-star cast of performers prepare to launch their most dazzling stage extravaganza yet ...all in the glittering entertainment capital of the world. There's just one hitch: They first have to persuade the world's most reclusive rock star Clay Callaway—played by global music icon Bono, in his animated film debut—to join them.

**Running Time: 1hr. 15min (PG) 2022**

#### November 28: Bandit

After prison, a charming criminal assumes a new identity and robs 59 banks and jewelry stores while being hunted by police. Based on a true story.

**Running Time: 1hr. 59min (R) 2022**

## Creative Expressions

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

### Adult Coloring 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!

### KNITTING/CROCHET

Tuesday from 1:00 – 3:30 PM

Group meets in the Senior Center art room. Please bring your materials, supplies and projects. The knitters and crocheters who are making comfort blankets also can meet during this time.

### All Levels Painting Class

Monday, November 21 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 pumpkin portrait. 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.**



### PAINTING

Fridays from 9:30 - 11:30 AM

November 4 to November 25

Cost: \$9 for 3 (no class 11/11)



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.

### Creative Writing Group

Thursdays at 2:30PM

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!



## Wellness Services

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

### Alzheimer's Support Group

Thursday, November 3 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*

### Senior Wellness Clinic

Thursday, November 17

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.



### Therapeutic Massage

By appointment from 10 AM

Thursday, 11/3 & 11/10



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.**

### Footcare Program

Tuesday, November 1

By appointment beginning at 9:00 AM

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



### Haircuts by Lori

Tuesdays, November 8, 15 & 22

By appointment from 9 AM



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

## Special Programs for November

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

### Anti -Technology Fraud Seminar Tuesday, November 8 at 1PM

Join Josh Shapiro, our tech support volunteer, for a **FREE** presentation on technology fraud. He will show you how to recognize engineering hacks and scams so that you do not fall victim to these attacks. Don't miss this one!

### Flu Shot Clinic

Thursday, November 10 from 1PM to 4PM

The Nurses from our Health Department will be here to administer Flu Shot for those who are in need. Please call the Health Department at 860-291-7324 to make your appointment.

### Arts 'n Crafts Corner Monday, November 14 at 1PM

Join Lori Fierro as she guides you to create a festive colorful vase with flowers. Cost is \$5.



### Special Bingo

Thursday, November 17 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



### Holiday Crafting W/ Nicole Matson

Monday, November 28 at 1PM

Join Nicole for a **FREE** holiday crafting session.

Space is limited.

Sponsored by

Home Helpers®

## TOURS AND TRAVEL

Join us for a day away! Sign up in the Senior Center office. Call Susan at 860-291-7492 with any question.

### In The Christmas MOOD With the Glenn Miller Orchestra Aqua Turf Club, Plantsville, CT Wednesday, December 7 Cost \$114.pp

This world famous orchestra is the most popular and sought after swing band in the world.

"A Fun & Lively Holiday Show"

Enjoy a delicious lunch at the elegant Aqua Turf in Plantsville, CT.

FAMILY STYLE

MENU: Garden Salad, Pasta, Roast Turkey & Baked Ham, Vegetable, Potato, Rolls, Dessert and Beverage. d roast Beef with Brown Gravy, Roasted Potato, Vegetable, Dessert, Soda & Coffee.



Depart: 10:30am from the Senior Center

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

\*Checks only, payable to Friendship Tours

## Cards and Games

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

**BINGO: EVERY THURSDAY at 1PM**

The Senior Center invites you to play Bingo every Thursday at 1PM for \$1.00 per card. **Money prizes are based on the amount of cards that are purchased.** \*Bingo Cards are \$1.00 per card, max 4 cards.

**MAHJONG: Mondays, 1 – 3:30 PM**



**SETBACK: Wednesdays, 9—12 PM**

**CRIBBAGE: Wednesdays, 1 – 4 PM**



**GAME DAY: Fridays, 1-4PM**

Games featured with Instructor:

-Beginners Bridge: 11/4 & 11/18

-Bunco: 11/4

-Super Tock: 11/25



We have many games to choose from, come and play your favorite!

**CORN HOLE: Fridays, 2PM-4PM**

## 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>11/7 to 11/28</b>	<b>4 Classes \$8</b>
<b>Walking Group</b>	<b>Tues /Thurs 10am 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</b>	<b>11/1 to 11/29</b>	<b>5 Classes \$15</b>
<b>Gentle Chair Exercise with Gia</b>	<b>Tuesday 1:30 PM</b>	<b>11/1 to 11/29</b>	<b>5 Classes \$20</b>
<b>Mat Yoga with Maureen</b>	<b>Tuesday Evenings 5:30 PM</b>	<b>11/1 to 11/29</b>	<b>5 Classes \$15</b>
<b>SilverSneakers-Zumba Gold with Karen</b>	<b>Wednesday 9:30 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 10:30 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 11:30 AM</b>	<b>On-going (registration is required)</b>	<b>FREE</b>
<b>Exercise'n Energize with Lexi</b>	<b>Thursday 9:00 AM</b>	<b>11/3 to 11/17</b>	<b>3 Classes \$9</b>
<b>Gentle Chair Yoga w/Carleen</b>	<b>Thursday 10:00 AM</b>	<b>11/3 to 11/17</b>	<b>3 Classes \$9</b>
<b>Gentle Yoga with Carleen</b>	<b>Thursday 11:00 AM</b>	<b>11/3 to 11/17</b>	<b>3 Classes \$9</b>
<b>Intermediate Tai Chi with Santa</b>	<b>Friday 10:00 AM</b>	<b>11/4 to 11/25 (no class on 11/11)</b>	<b>3 Classes \$6</b>
<b>Exercise'n Energize with Lexi</b>	<b>Saturday 9:15 AM</b>	<b>11/5 to 11/26</b>	<b>4 Classes \$12</b>

The Fitness Center is open Mon & Wed 8:30am to 4:30pm and Tues & Thurs 8:30am to 7:30pm and Saturdays 9am to 12pm. Please call Beky at 860-291-7481 if you are interested in joining the Fitness Center. A Medical Clearance form and an Orientation with Beky, our fitness trainer is mandatory BEFORE you use the fitness center. There is NO COST to Join.








MONDAY	TUESDAY	WEDNESDAY
	9:00 AM Foot Care 9:00AM Dance Rhythms 10:00AM Walking Group 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 2:00 PM Commission on Aging 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:30 AM SSneakers Zumba Gold 10:30 AM SS Strength & Balance 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Entertainment with Red & Yellow
10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Joe the History Guy The Wright Bothers 2:00 PM Technical Support	9:00 AM Hair Cuts by appointment 9:00AM Dance Rhythms 10:00AM Walking Group 1:00 PM Anti-Tech Fraud Seminar 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 9:30 AM SSneakers Zumba Gold 10:30 AM SS Strength & Balance 11:30 AM Chair Exercise to Video 12:00 AM Veterans Day Picnic Entertainment with The Country Duo 1:00 PM Cribbage
10:00 AM Adult Coloring 10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00PM Arts 'n Crafts Corner	9:00 AM Hair Cuts by appointment 9:00 AM Dance Rhythms 10:00AM Walking Group 10:00AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 2:00PM Cooking with Lindsey 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:30 AM SSneakers Zumba Gold 10:30 AM SS Strength & Balance 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Birthday Celebration w/ Dave Giardina Cake Sponsored by Riverside
10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM All Levels Painting Class 2:00PM Technical Support	9:00 AM Hair Cuts by appointment 9:00 AM Dance Rhythms 10:00AM Walking Group 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 9:30 AM SSneakers Zumba Gold 10:30 AM SS Strength & Balance 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Entertainment with Bristol Old Tyme Fiddlers
10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Holiday Crafting	9:00 AM Dance Rhythms 10:00AM Walking Group 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 9:30 AM SSneakers Zumba Gold 10:30 AM SS Strength & Balance 11:30 AM Chair Exercise to Video 12:00 AM Friendsgiving Lunch 1:00 PM Cribbage 1:00 PM Entertainment with Chris Marra 2:00PM The Plant Guy

  
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THURSDAY	FRIDAY	SATURDAY
9:00 AM Walking Group <b>3</b> 9:00 AM Exercise 'n Energize 10:00AM Therapeutic Massage 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Bingo 1:00 PM Alzheimer's Support Group 2:30 PM Creative Writing Group 5:30 PM Evening Movie 5:30 PM Trivia Night	9:30 AM Painting <b>4</b> 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day, featuring –Beginners Bridge & Bunco 1:00 PM Karaoke 2:00 PM Corn Hole 3:00 PM Advisory Board Meeting	9:15 AM Exercise n' Energize <b>5</b> 10:00 AM Learn to Sign
9:00 AM Walking Group <b>10</b> 9:00 AM Exercise 'n Energize 10:00AM Therapeutic Massage 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Bingo 1:00 PM Flu Shot Clinic 2:30 PM Creative Writing Group 5:30 PM Paint Night	<b>VETERAN'S DAY</b> <b>11</b>  <b>SENIOR CENTER</b> <b>CLOSED</b>	9:15 AM Exercise n' Energize <b>12</b> 10:00 AM Learn to Sign
9:00 AM Walking Group <b>17</b> 9:00 AM Exercise 'n Energize 10:00 AM Senior Wellness Clinic 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Book Talk 1:00 PM Special Bingo 2:30 PM Creative Writing Group 5:30 PM Evening Movie 5:30 PM Trivia Night	9:30 AM Painting <b>18</b> 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day, featuring –Beginners Bridge 1:00 PM Karaoke 2:00 PM Corn Hole	9:15 AM Exercise n' Energize <b>19</b> 10:00 AM Learn to Sign
<b>HAPPY THANKSGIVING!</b> <b>24</b>  <b>SENIOR CENTER CLOSED</b>	9:30 AM Painting <b>25</b> 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day, featuring – Super Tock 2:00 PM Corn Hole	9:15 AM Exercise n' Energize <b>26</b> 10:00 AM Learn to Sign

# November 2022

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## Weekend & Evening Programs

Please register for ALL programs in advance.

Call the Senior Center at 860-291-7460.

### Big Bucks Bingo

Tuesdays at 5:30PM

\$2 per card/ 5 card Max  
Prizes up to \$50 per game!

### Tuesday Evening Meal Deal

Hot dogs, Chips and a Drink available every  
Tuesday evening for \$5

11/1: \$6 Chicken Tenders, Fries, & Drink

11/8: \$6 Sliders, Fries, & Drink

11/15: \$6 Pot Pie & Drink

11/22: \$6 Pizza, Chips, & Drink

11/29: \$6 Chili Dogs or Sauerkraut Dogs

### Setback Tournament

Thursday, December 1st at 5:30PM

\$5 per person to play



Grab a partner and come on down to East Hartford Senior Center's first Setback Tournament! Teams must register and pay in advance. Cash prizes will be awarded to the top teams. You are permitted to bring an out of town partner. We will be selling cheese and pepperoni pizza for \$2 per slice or \$5 for 2 slices. Beverages and other snacks will be available. Come hungry and have fun!

### Thursday Night Trivia!

Thursday, November 3 & 17 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.

### Evening Movies

Thursday Nov. 3 & 17 at 5:30PM

**November 3: Stan & Ollie** A biographical comedy-drama based on the later years of the lives of the comedy double act Laurel and Hardy. (PG, 2018, 1h 37min)

**November 17: The Sapphires** In 1968, four young, talented girls learn about love, friendship and war as their all-girl group The Sapphires travels to Vietnam to entertain the US troops. (PG-13, 2012, 1h 38min)

### Paint Night

Thursday, November 10 at 5:00PM



Join Ruth as she leads you step by step through this beautiful fall birch tree painting. Materials are included and no experience is required. Come enjoy a relaxing evening of painting with your pals! This class is \$15 due at registration.

### Learn To Sign Class

Saturdays 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.





## Important Announcements

To learn more call 860-291-7492

### Volunteers Wanted

If you are interested in volunteering please call Susan at (860) 291-7492. We are seeking volunteers for the following positions:

**Baking Group:** Meets on Tuesday afternoons to prepare a dessert for Wednesday's Homemade Lunch

**Café:** Multiple shifts available. Greet customers with a coffee, baked good, and a smile.

**Kitchen Helpers:** Seeking individuals to help prepare and serve lunches

**BINGO Helper:** Assists with Tuesday Evening Bingo from 5:30-7:00PM

### Registering for Programs and Activities

You may register for programs and activities starting on the Monday of the last full week before the new month.

**Example:** Monday, October 24 is the last full week in **October** which means you are eligible to register for any programs, exercise classes or other activities that are happening in **November**. If the newsletter is not out by that day we will at least have a copy at the front desk and you can always access it online.

**Please note:** When paying for a program or activity in cash, exact amount would be appreciated. We do not always have enough change. If we are not able to make change, the remainder will go into your wallet.

### EHSC Virtual Wallet

Did you know that you can pre-load funds into your virtual wallet? Simply give cash or a check to the front desk and use the money for future programs and meals. Adding money to your wallet will enable you to sign up for paid programs over the phone. As always, leaving a voicemail does not guarantee that you will be registered for that program. You must speak with a person to confirm your registration.

**Senior Center Wallet money makes a great gift for the holidays!**

## Meals To-Go Menu

We are now offering weekend meals to-go. There is no cost to this program, however you must sign up by noon the Monday prior to the Friday meal pickup. To register please call 860-291-7460 and press 0.

**November 4th: Mac & Cheese and a bag of chips.**

**November 10th: Lentil Soup with a Tuna sandwich.**



**November 18th: Sloppy Joe and a Roll**

**November 25th: Chicken & Rice Soup and a Roll.**

**All meals are served with a Dessert  
Meals must be picked up on  
Friday between 9AM-11:30AM or  
12:30PM –2:30PM.**

### Calling for Recipes

Julissa, our Food Service Manager is looking for recipes for her Home Cooked Meals. If you have a favorite recipe that you would like to share please send it via email to Julissa. Please be sure that the servings the recipe provides is listed.

Commission on Aging Meeting  
Tuesday, November 1 at 2PM

Advisory Committee Meeting  
Friday, November 4 at 3PM

### Policies and Procedures

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

### Save the Date

*Registration beginning November 21st*

**Holiday Party w/Kathy Gregory  
December 21st**

Christmas Cookies & Hot Cocoa will be available

**New Years Eve Celebration  
December 28th**

Bubbles and Hors D'oeuvres

**MEDICARE OPEN ENROLLMENT...**for Medicare Advantage (Part C) AND Medicare Prescription Drug Coverage (Part D) began 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.

### FOODSHARE MOBILE PANTRY EAST HARTFORD



**Mondays, 11/14, 11/28 & 12/12**

**9:00 - 9:30 AM**

Hockanum Park, 75 Hamilton Road

**Mondays, 11/7, 11/21, 12/5 & 12/19**

**1:30 - 2:00 PM**

Veterans Terrace, 102 Columbus Street

**Wednesdays, 11/9, 11/23, 12/7 & 12/21**

**1:15 - 2:00 PM**

Summerfield Townhouses, 66 Plain Drive

**Mondays, 11/14, 11/28 & 12/12**

**12:30 - 1:15 PM**

St. Isaac Jogues Lower Church Parking Lot  
41 Home Terrace

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

### TRANSPORTATION

**Dial-A-Ride - 860-870-7940**

**Greater Hartford Transit District - 860-724-5340**

*For information about purchasing ADA Ticket books from the Town please call 860-291-7460.*

### ASK THE LAWYER

with Attorney Robert Hale

**Monday, November 14 at 10 AM**



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 **FREE consultation visit.**

### GROCERY DELIVERY PROGRAM

**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 CDBG Program 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 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.

### MEDICARE WORKSHOPS

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

**November 3rd 10:00 AM – United Healthcare**

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*Please contact a member via email if you have a question or concern about your senior center.*

### East Hartford Senior Center & Senior Services

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