



THE EAST HARTFORD SENIOR CENTER NEWSLETTER JANUARY 2023

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.

FREE Live Entertainment, Music & More!

Sponsored by The Friends of East Hartford Senior Center



Jim Harkins
Wednesday, January 4
at 1:00PM

Jim Harkins offers an exceptional variety of crowd-pleasing music, songs by Willie Nelson, The Beatles, Dean Martin, Michael Buble', Johnny Cash, Neil Diamond, Jim Croce, Fats Waller, Irving Berlin and many others.

Mike Foley
Wednesday, January 11 at 1:00PM

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!



Birthday Bash w/ Brian Gille
Wednesday, January 25 at 1:00PM

Enjoy an afternoon with Brian Gille as he sings and plays piano to a variety of music including; American Songbook, Hollywood and Rock n' Roll!



Join us for a Celebration of all birthdays in January! Everyone is Welcome!
Cake sponsored by Riverside.

Special Events

Please register in advance for all special events



**Chinese New Year
Celebration**
With Kathy Gregory
Wednesday, January
18, 1:00PM

Enjoy the music and storytelling of Kathy Gregory as you visit Chinatown to celebrate the Chinese New Year!

Special Evening Entertainment
Thursday, January 12 from 6PM to 7PM

Enjoy popular Radio Hits from the past 50 years with Chris Marra.
Homemade Chicken Stew with a Roll will be available at 5PM in the Café for \$5. Come on in and enjoy some free music!

**The First Annual Snow Ball
with Airborne Jazz Trio Band**
January 26 at 5:30PM
(See Insert for more Details)

Homemade Lunches
Every Wednesday at 12:00PM
1/4-Vicki's Unstuffed Peppers
1/11-Turkey Day with all the Fixins!
1/18-Sesame Chix with Veggie Fried Rice
1/25-Monteray Chix with a Roll
2/1 Teriyaki Chix and Veggies with Rice
Beverage and dessert are included.
Tickets are \$3 in advance. Register early!
Seating is limited.

Regular Monthly Programs

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

COOKING WITH LINDSEY

Tuesday, January 3 at 2:00PM

January is National Oatmeal Month! Come celebrate with Lindsey Kent, Registered Dietitian at ShopRite. She will be preparing one sweet and one savory oatmeal dish. Featured Recipes: Sweet Baked Oatmeal and Savory Mushroom, Spinach and Parmesan Oatmeal.



Free samples after the presentation!
Register soon at 860-291-7460, seating is limited!

Technical Support Schedule

Monday, January 9 & 23 with Josh
Time: 12pm to 2pm

Tuesday, January 17 & 31 with Mahesh
Time: 1:30pm to 3:30pm

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 Mystery of the Hindenburg Disaster
Monday, January 9 at 1:30PM



On May 6, 1937 the massive Hindenburg German passenger airship set off to fly for the first time. Then suddenly it engulfed in flames and crashed as it attempted to land at the Naval Air Station in Lakehurst, New Jersey. The disaster killed 35 people and now, 80 year later, speculation still swirls about what happened on that fateful evening in May, so what is it that brought down the Hindenburg?

Karaoke w/ "The Musical Notes"
Friday, January 13 & 27 at 1:00PM

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



Veterans Coffee Hour

Tuesday, January 17 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, January 19 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. **December's title:** The Wonder by Emma Donoghue. Call 860-291-7460 to register.

THE PLANT GUY

Thursday, January 26 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 at 1:00PM
Please call to register in **ADVANCE!**

Movie seats will be limited to 45, you must register in advance. We will have a waiting list and play the movie the next day Tuesday at 1PM, if we have enough interest.)

January 23: Top Gun: Maverick

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

Running Time: 2hr. 11min (PG-13) 2022

January 30: Elvis

From his childhood in Tupelo, Mississippi to his rise to stardom starting in Memphis, Tennessee and his conquering of Las Vegas, Nevada, Elvis Presley becomes the first rock 'n roll star and changes the world with his music.

Running Time: 2hr. 39min (PG) 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, January 30 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 lovely and warm festive 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

January 6 to January 27

Cost: \$12 for 4 classes



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.

Sewing Circle craft project Saturday at 10AM

A volunteer will be facilitating a sewing craft. You will make a basket out of clothesline. Please bring the following material; 50ft. of clothesline, 3 bobbins of thread and of course your sewing machine. If we have enough interest, we would like to continue the sewing circle every Saturday at 10am. Bring your sewing ideas for the next week!

Wellness Services

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

Alzheimer's Support Group

Thursday, January 5 at 1PM

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

Senior Wellness Clinic

Thursday, January 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.



Therapeutic Massage

We will not be offering Massage in January



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, January 3

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, January 17, 24 & 31.

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

Super Bowl Throw Down
 Tuesday Jan. 3 to Friday Feb. 10

Get a jump start on your New Year's resolution with this friendly and fun competition! For every 20 minutes of exercise you complete in our fitness center you will earn a chance to throw the ball at the target



for a touchdown! The member with the most touchdowns at the end of the contest will be the Senior Center's MVP. See Beky in the fitness center for more information.

Aroma-Therapy Workshop
 Thursday, January 12 at 1PM



Join Dea Collins, a JAFRA Cosmetic Independent Consultant for over 40 years, as she treats you to a soothing hand treatment, combining music, meditation, gentle massage and aromatherapy.

"We know body care is an essential ingredient to overall wellness, and the power of touch is proven to have a positive effect on the mind, body and spirit. With this in mind, I would like to offer your members a multi-sensory experience that uses JAFRA's aromatherapeutic products, formulated with the purest, natural ingredients. I have been associated with JAFRA Cosmetics as an independent consultant for over 40 years, Members will receive a soothing hand treatment, combining music, meditation, gentle massage and aromatherapy."

Free! Register soon! Seating is limited! Call 860-291-7460

Frauds and Scams
 Tuesday, January 17 at 1PM

The East Hartford Police Department's Financial Crimes Unit will present on trending frauds, signs of fraud to look out for, ways you can protect yourself from fraud, and actions you can take if you are a victim of fraud. They will also conduct reviews of some notable cases and answer questions. **Please call 860-291-7492 to register.**

More Special Programs

Diabetes Prevention Program
 Thursday, January 19 at 11:00 AM
 Sponsored by ECHN

Come and Join this presentation to see learn what Prevent T2 ECHN's Diabetes Prevention Program is all about. Answer a few questions during the presentation to find out if this program would benefit you and if you are eligible. Prevent T2 helps you get healthy and stay healthy by offering classes to help you create and maintain a healthy lifestyle.

Please call 860-291-7460 to register, there is no cost for this program.

Transitioning & Reverse Mortgages
 Tuesday, January 24 at 1PM

Come and Relax with Patty Martin and Mike Tuley for an open discussion on transitioning from your home to another and reverse mortgages. This presentation will be held in the café, all are welcome! Patty & Mike will be offering free coffee, tea and snacks from our café. **Call to register 860-291-7460**



Cards and Games



BINGO: EVERY THURSDAY at 1PM

You must sign up in advance to play Bingo. If you are not on the list to play for that day you will have to wait at the end of the line to see if we have room. ***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:

-Bunco: 1/6

-Super Tock: 1/20

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!

Class	Day/Time	Session Dates	Cost
Beginners Tai Chi with Lorri	Monday 10:30 AM	1/9 to 1/30 (no class 1/16)	3 Classes \$6
Walking Group	Tues /Thurs 10am Meet in the Lobby	Cancelled until Spring	FREE
Dance Rhythms with Lexi (No Experience Required)	Tuesday 9:00 AM	1/3 to 1/31	5 Classes \$15
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	1/3 to 1/31	5 Classes \$20
Mat Yoga with Maureen	Tuesday Evenings 5:30 PM	1/3 to 1/31	5 Classes \$15
SilverSneakers-Zumba Gold with Karen	Wednesday 9:30 AM	On-going (registration is required)	SS Card or \$3.00 per class
SilverSneakers-Strength & Balance with Karen	Wednesday 10:30 AM	On-going (registration is required)	SS Card or \$3.00 per class
Chair Exercise to Video All Levels	Wed & Friday 11:30 AM	On-going (registration is required)	FREE
Exercise'n Energize with Lexi	Thursday 9:00 AM	1/5 to 1/26	4 Classes \$12
Gentle Chair Yoga w/Carleen	Thursday 10:00 AM	1/5 to 1/26	4 Classes \$12
Gentle Yoga with Carleen	Thursday 11:00 AM	1/5 to 1/26	4 Classes \$12
Intermediate Tai Chi with Santa	Friday 10:00 AM	1/6 to 1/27	4 Classes \$8
Exercise'n Energize with Lexi	Saturday 9:15 AM	1/7 to 1/28	4 Classes \$12

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
2 HAPPY HOLIDAYS! SENIOR CENTER CLOSED	9:00 AM Dance Rhythms 9:00 AM Foot Care by appointment 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 2:00 PM Commission on Aging 2:00 PM Cooking with Lindsey 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	3 4
10:00 AM Adult Coloring 10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 12:00 PM Technical Support 1:00 PM Mahjong 1:30 PM Joe the History Guy The Mystery of the Hindenburg Disaster	9 10	9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 AM Entertainment with Mike Foley Duo
16 Martin Luther King Day! SENIOR CENTER CLOSED	9:00 AM Hair Cuts by appointment 9:00 AM Dance Rhythms 10:00 AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:00 PM Frauds & Scams 1:30 PM Technical Support 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	17 18
10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 12:00 PM Technical Support 1:00 PM Mahjong 1:00 PM Monday Matinee	23 24	9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Entertainment: Kathy Gregory's Chinese New Year Celebration
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	30 31	9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Birthday Celebration w/ Brian Gille Cake Sponsored by Riverside

J





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THURSDAY	FRIDAY	SATURDAY
9:00 AM Exercise 'n Energize 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Mat Yoga 1:00 PM Bingo 1:00 PM Alzheimer's Support Group 4:30 PM Shopping Trip 5:00 PM Evening Movie 5:30 PM Trivia Night 5	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Game Day, featuring- Bunco 2:00 PM Corn Hole 3:00 PM Advisory Committee 6	9:15 AM Exercise n' Energize 10:00 AM Learn to Sign 10:00 AM Sewing Circle 7
9:00 AM Exercise 'n Energize 10:00 AM Gentle Chair Yoga 10:00 AM Senior Wellness 11:00 AM Gentle Mat Yoga 1:00 PM Bingo 1:00 PM Aroma-Therapy Workshop 5:00 PM Chicken Stew/Roll (café) \$5 6:00 PM Evening Entertainment with Chris Marra 12	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Karaoke 1:00 PM Game Day 2:00 PM Corn Hole 13	9:15 AM Exercise n' Energize 10:00 AM Learn to Sign 10:00 AM Sewing Circle 14
9:00 AM Exercise 'n Energize 10:00 AM Senior Wellness Clinic 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Mat Yoga 11:00 AM Diabetes Prevention 1:00 PM Book Talk 1:00 PM Bingo 4:30 PM Dinner at Cracker Barrel 5:00 PM Evening Movie 5:30 PM Paint Night 19	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Game Day, featuring-Super Tock 2:00 PM Corn Hole 20	9:15 AM Exercise n' Energize 10:00 AM Learn to Sign 10:00 AM Sewing Circle 21
9:00 AM Exercise 'n Energize 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Mat Yoga 1:00 PM Bingo 2:00 PM The Plant Guy 5:30 PM Snowball Dinner Dance with Airborne Jazz Trio 26	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Karaoke 1:00 PM Game Day 2:00 PM Corn Hole 27	9:15 AM Exercise n' Energize 10:00 AM Learn to Sign 10:00 AM Sewing Circle 28

January 2023

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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

1/3: \$6 Chicken Tenders, Tater Tots, & Drink

1/10: \$6 Sliders, Onion Rings, & Drink

1/17: \$6 Pot Pie & Drink

1/24: \$3 Mozzarella Sticks

1/31: \$6 Pizza, Chips, & Drink

Thursday Evening Trips

Please register for trips no later than the Tuesday
before the trip.

1/5 Shopping Trip to Manchester Savers & Walmart

Meet at the Senior Center at 4:30 pm.

1/19 Dinner at Cracker Barrel

Meet at the Senior Center at 4:30 pm. Bring money
for your meal and to shop at the Country Store.

Learn To Sign Class Saturdays at 10AM

Join us every Saturday morning for an hour-long introductory course in American Sign Language. The last class for this session will be on January 28th. A new session will start on Thursday afternoons beginning February 2nd.

Thursday Night Trivia! Thursday, January 5 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.



Evening Movie

Thursday January 5 & 19 at 5:00PM

January 5: See How They Run

It's the greatest murder ever staged as plans for a movie version of a hit play are halted in 1950s London after a pivotal crew member is murdered. When a world-weary inspector and his eager rookie sidekick take the case, they enter the glamorously sordid theatre underground – investigating at their own peril. (PG-13, 2022, 1h 38 min)

January 19: Ticket to Paradise

A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together. (PG-13, 2022, 1h 45min)

Paint Night

Thursday, January 19 at 5:30PM



Join Ruth as she leads you step by step through this colorful aurora borealis landscape painting. Materials are included and no experience is required. Come enjoy a relaxing evening of painting! This class is \$15 due at registration.

Setback Tournament

Thursday, February 2 at 5:30 PM

\$5 per person to play, please register in advance

Grab a partner and come on down to East Hartford Senior Center's Setback Tournament! Cash prizes will be awarded to the top teams. We will be selling cheese and pepperoni pizza for \$3 per slice or 2 slices for \$5. Beverages and other snacks will be available. Transportation will be available for those who need it. Please sign up for a ride by the Tuesday prior to the tournament.

Setback Tournaments will take place on the first Thursday of the month beginning in February.

Important Announcements

To learn more call 860-291-7492

Scrabble Group

If you are interested in joining a weekly scrabble game we would love to host you! Date and time TBD.

Please call Susan at 860-291-7492 if you are interested.



CRT ANNOUNCEMENT

Please know that if you do not sign up for lunch by 11AM the day before than you will have to wait to see if anyone cancels **BEFORE** you sit down to a set table. Everyone must check in with the dining room volunteer who is collecting the tickets. They will let you know where you can sit to wait.

Registering for Programs and Activities

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

www.easthartfordct.gov

Registration for January programs will begin on December 27

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.

1/6: Chix Stew with Bread & a bag of chips.

1/13: Cabbage Soup w/ Chix Salad Sandwich.

1/20: Lentil & Sausage Stew w/ a Roll.

1/27: Vegetable Beef Soup with Bread

2/3: Vegetable Barley Soup w/ Tuna sandwich

**All meals are served with a Dessert.
Meals must be picked up on
Friday between 11AM-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 at jechevarria@easthartfordct.gov. Please be sure that the servings the recipe provides is listed.

Commission on Aging Meeting

Tuesday, January 3 at 2PM

Advisory Committee

Friday, January 6 at 3PM

Policies and Procedures

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

Save the Date

**Mark you calendar for our upcoming 2023 trips!
See future newsletters for registration dates and information.**

May 18: Ellis Island

July 20: Isles of Shoals Cruise, NH

August 30: Nubble Lighthouse, Maine

September 28: Boston Harbor Cruise

October 25: Isabella Steward Museum

Boston, MA

ASK THE LAWYER
with Attorney Robert Hale
Monday, January 9 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.**

**FOODSHARE MOBILE PANTRY
EAST HARTFORD**



Mondays, 1/9 & 1/23

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Monday, 1/30

1:30 - 2:00 PM

Veterans Terrace, 57 Columbus Street

Wednesdays, 1/4 & 1/18

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Mondays, 1/9 & 1/23

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.

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.

Volunteers Needed

For us to keep the café open all day, we are in need of volunteers. If you have 2 hours a week that you can dedicate to our café it would make a great difference.

We need Monday 9am to 11am and 1pm to 3pm shifts, Wednesday 1pm to 3pm and Saturdays 9:15 am to 11:30. Please call Susan at 860-291-7492

*We are also looking for someone to pick up bread and pastries 2 days a week at local grocery stores.

Homeowners Tax Credit Program

Starting February 1st Marilee for the Assessors' office will be here at the Senior Center on Wednesdays at 9AM to assist with The Elderly & Disabled Homeowner's Tax Credit Program. You can call the Senior Center at 860-291-7460 and select 0 to set up your appointment.

Guidelines are as follows:

Need to be 65 years old by December 31, 2022

Own house as of October 1, 2022

Totally disabled by social security administration

Income level for the state are single \$40,300
Married \$49,100

Income level for the town are single \$55,300
Married \$64,100

Filing period is from February 1st to May 15th 2023

Proof of all income is required for 2022



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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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