



# THE EAST HARTFORD SENIOR CENTER NEWSLETTER FEBRUARY 2024

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

<https://www.easthartfordct.gov>

Senior Center Hours of Operation: Monday, Wed, & Friday 8:30am to 4:30pm, Tues & Thurs, 8:30am to 7:30pm and Saturdays 8:30am to 12:00. Please call the Front Desk at 860-291-7460 to register for programs

## FREE Live Entertainment, Music & More!

*Sponsored by The Friends of East Hartford Senior Center*

### Mardi Gras Celebration w/Jose Paulo

Wednesday, February 7 at 1PM

Join Jose Paulo as we celebrate the music of New Orleans!

### Valentines Day Show w/Paul Shlien

Wednesday, February 14 at 1PM

Paul will be serenading us on his piano for this special Valentine's Day show, featuring hits from Elton John, Billy Joel and more!



### Birthday Bash w/ Red and Yellow

Wednesday, February 21 at 1PM

*Cake sponsored by Riverside Rehabilitation  
Come and celebrate with us!*



**Happy February Birthdays!**

### The Bristol Fiddlers

Wednesday, February 28 at 1PM

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



## New Layout! New Look, Same Great Programming

We've made a few changes to our Newsletter which we hope you'll enjoy! Take your time reading through to see all that your Senior Center has to offer.



## Table of Contents

<b>Cover:</b>	Live Music & Special Events
<b>Page 2:</b>	Special Monthly Programs
<b>Page 3:</b>	Regular Monthly Programs
<b>Page 4 &amp; 5:</b>	Fitness Classes
<b>Page 6:</b>	Creative & Wellness Programs
<b>Page 7:</b>	Important Announcements
<b>Page 8 &amp; 9:</b>	Monthly Calendar
<b>Page 10:</b>	Weekend & Evening Programs
<b>Page 11:</b>	Social Service Information
<b>Page 12:</b>	Meals
<b>Page 13:</b>	Trips, Transportation & Upcoming Events
<b>Page 14:</b>	Staff Contacts

## Special Programs for February

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

### Don't Forget to Scan IN! EVERYDAY

Please scan-In using your membership scan card every visit you make to the Senior Center. Ask the front desk if you need assistance. It is important that we have an account of who is here each day as this can make a difference in the programs that we can offer. Remember to click ALL activities that you are participating in on that day. Please call 860-291-7460 to register.

### Intergenerational Breakfast Saturday, February 10 at 9 AM

Bring the grandkids for a delicious breakfast followed by a presentation on the **Story of Harriet Tubman** (see pg. 8).

Menu: Waffles & Sausages

*OJ, Coffee and Tea will be available.*

**Cost: \$3.00 for members \$5 for guests and children under 12 are free.**

**Tickets are available at the front desk**

**You must be seated no later than 9:20 for the 9AM breakfast to ensure that you will be served.**

### Happy Valentine's Day Free Homemade Lunch Wednesday, February 14 at 12 PM

Valentine's Day is a time to show someone special how much they mean to you. We would like to offer our Wednesday homemade lunch free of charge on Valentines Day as a gift to our very special members!

*Menu: Spinach Tortellini with Bread,  
Beverage and Dessert*

**Tickets must be picked up in person at the front desk. Seating is limited.**

## Importance of Sleep for Brain Health

**Tuesday, February 13 at 1 PM**

Presented by Michelle Wyman, LSW, CDP  
Hartford HealthCare Center for Healthy Aging

Sleep is an important component of human life, yet many people do not understand the relationship between the brain and the process of sleeping. Come learn the important work your brain does while you sleep.

**Please call 860-291-7460 to register.**

## SNAP-ED Nutrition Education Program

**Thursday, February 15 at 10 AM**

*Sponsored by the CT Department of Public Health (DPH) and the University of Saint Joseph.*

*This workshop includes a cooking demonstration along with an educational presentation.*

### Topic: Whole Grains

In this educational workshop you will learn:

- The importance of whole grains in the diet
  - How much you need
  - Good sources of Whole Grains
  - How to prepare an Apple Skillet Granola
- Free tasty samples will be available!

**Sign up soon, seating is limited!**  
**Please call 860-291-7460 to register.**

## Supplemental Nutrition Assistance Program

SNAP is a nutrition program that helps low-income individuals and families buy food. In order to find out if you are eligible for any type of assistance, you will need to give information about your household, income, assets, and the bills you have to pay each month. Please contact Lillian at 860-291-7491 if you are interest in completing a SNAP application.

**Special Thanks to D'Esopo Funeral Chapel for the beautiful flower arrangements for our tables during the Senior Prom Event that was held January 25. We appreciate our Sponsors!**

## Regular Monthly Programs

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

### COOKING WITH LINDSEY

Tuesday, February 13 at 2PM

February is all about the heart! Join Lindsey Kent, ShopRite Registered Dietitian, for a heart healthy cooking demo. The focus of this class will be chocolate! It doesn't just make your heart happy, it can also make it healthy! Free tasty samples will be available!

**Register soon, seating is limited!**



### Technical Support Schedule

Tuesday, February 13 & 27 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.

### BOOK TALK

Thursday, February 15 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. January's title is "Wild" by Cheryl Strayed. Call 860-291-7460 to register.

### Veterans Coffee Hour

Tuesday, February 20 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.**

### THE PLANT GUY

Thursday, February 22 at 2 PM

This Month Jeff Eleveld, the famous Plant Guy will be showing you how to care for roses.

Everyone takes home a plant!

Cost is \$5



### Living Room Conversations

Thursday, February 8 at 1PM

Register early, seating is limited  
**Now Meets in the Creative Arts Studio**

### Karaoke w/ "The Musical Notes"

Friday, February 9 & 23 at 2:30PM

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



### Monday Matinee @ 1PM

Please call to register in **ADVANCE!**

#### February 5: Indiana Jones: Dial of Destiny

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Volter, a former Nazi who works for NASA.

**(PG-13) 2hr. 34min. (Action)**

#### February 26: Ocean Deep

Mara (Connie Nielsen) continues searching for her husband after he goes missing during a routine research dive in the Atlantic. Haunted by his memories and grieving his absence, Mara must find a way to uncover what really happened. **(Thriller & Suspense) (R) 2023 1hr. 26min.**

Please note that we show a variety of genres as well as new releases. We are not limited to G-Rated movies. It is in your best interest to read the movie description before you attend. Rated R and/or PG can contain graphic language. Movies are subject to change. You will be notified by the center if you have registered on that day.



### Cards and Games



**MAHJONG: Mondays, 1 – 3:30 PM**

**SETBACK: Tuesdays, 1-3:30 PM**

**9/5 SETBACK: Wednesdays, 9 AM -12 PM**

**CRIBBAGE: Wednesdays, 1–4PM**

**DOMINOS: Thursdays, 1-4PM**

**PINOCHLE: Fridays, 1-3:30PM**

(Pinochle lessons are still available)

**BINGO: Thursdays, 1:30-3:00 PM**

You must sign up in advance to play

Bingo. Seating is limited.

*\*Bingo Cards are \$1.00 per card, max 4 cards.*

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

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

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

## Description of Exercise Classes

**Chair Circuit-** This is a 45-minute exercise class designed for strength and muscle tone while delivering a calorie burn in a short amount of time. Exercises are done while seated in a chair. Ideal for all levels of fitness.

**Chair Yoga-** Enjoy the benefits of Yoga without having to get on the floor. All Yoga poses and gentle stretching is done with the support of a chair. Breath work is combined with slow and controlled movements that can enhance coordination, balance, flexibility and strength.

**Country Line Dancing-** Learn beginner and basic line dance steps to popular country songs. No experience necessary. Come for Fun and Exercise. (offered May-October)

**Dance Rhythms-** A dance movement class incorporating multiple styles set to a mix of popular music. The class will begin with a warm up exercise and then progress to learning a new dance combination every week. Dancers will learn proper technique as well as steps and moves focusing on rhythm and sound.

**Exercise'n Energize-** This class is designed for those who want to improve their strength, muscle tone and endurance through low impact aerobics, balance and resistance exercises. Modifications will be provided for all levels. Fun and exciting!

**Exercise'n Energize Level II-** This class is designed for folks who are at a more advanced fitness level. Low impact aerobics combined with the use of other modalities for a higher calorie burn along with a strength and conditioning component.

**Functional Fun Aerobics-** This is a class full of movement along with music and strength training. Designed for a high calorie burn along with functional muscle toning.

**Gentle Chair Exercise-** Great for people of all activity levels. Those who are looking for easier, gentle exercise and those who are a little more fit. The class is designed to stretch, tone, activate and strengthen muscles that aren't regularly used in a typical workout. The class also includes breathing exercise and relaxation techniques.

**Senior Circuit-** This is a 45-minute exercise class developed to give you a great calorie burn while toning numerous muscle groups, in a short amount of time. Light hand weights and resistance bands will be used during this class.

**Mat Yoga-** Using a Mat on the floor and some standing exercises for balance, flexibility and strength. This class also includes a cool down of relaxation and meditation.

**Strength & Balance (SilverSneakers)-** This class includes a standing warm up, seated toning exercises, standing balance work, and a seated stretch. Designed for every ability level and any body type, these exercises will include modifications for those with physical limitations. Let's get active and have some fun!

**Tai Chi (Beginner) -** Tai Chi is a traditional Chinese mind-body practice that combines meditation with slow, gentle, fluid movements, deep breathing and relaxation. Studies have shown that tai chi can improve balance, coordination and flexibility; and reduce stress, stiffness and pain.

**Tai Chi (Intermediate)-** Tai Chi is a traditional Chinese mind-body practice that combines meditation with slow, gentle, fluid movements, deep breathing and relaxation. Tai chi can improve balance, coordination and flexibility; and reduce stress, stiffness and pain.

**Yoga Core-** This yoga class is designed to enhance your core strength by using your own muscles. Mat work is required.

**Zumba Gold (SilverSneakers)-** This class is designed as a dance fitness class that simultaneously exercise your brain by using music and international rhythms.



## Exercise Class Schedule and Cost

Day/Time	Class	Session Dates	Cost
Monday 9:30 AM	Functional Fun Aerobics with Karen	2/5 & 2/26 (closed 2/12 & 2/19)	2 Classes \$6
Monday 10:30 AM	Beginners Tai Chi with Lori	2/5 & 2/26 (closed 2/12 & 2/19)	2 Classes \$4
Monday 11:30 AM	Senior Circuit with Carin	2/5 & 2/26 (closed 2/12 & 2/19)	2 Classes \$6
Tuesday 9:00 AM	Dance Rhythms with Lexi (No Experience Required)	2/6 to 2/27	4 Classes \$12
Tuesday 1:30 PM	Gentle Chair Exercise with Gia	2/6 to 2/27	4 Classes \$16
Tuesday Evenings 5:30 PM	Mat Yoga with Maureen	2/6 to 2/27	4 Classes \$12
Wednesday 9:30 AM	SilverSneakers Zumba Gold with Karen	2/7 to 2/28 (registration is required)	SS Card or \$3.00 per class
Wednesday 10:30 AM	SilverSneakers Strength & Balance with Karen	2/7 to 2/28 (registration is required)	SS Card or \$3.00 per class
Wednesday 11:30 AM	Chair Circuit	2/7 to 2/28	4 Classes \$12
Wed & Friday 1:00PM	Chair Exercise to Video All Levels	On-going (registration is required)	FREE
Thursday 9:00 AM	Exercise'n Energize with Lexi	2/1 to /29	5 Classes \$15
Thursday 10:00 AM	Gentle Chair Yoga with Carleen	2/7 to 2/28	5 Classes \$15
Friday 10:00 AM	Intermediate Tai Chi with Santa	2/2 to 2/23	4 Classes \$8
Friday 11:30 AM	Senior Circuit with Carin	2/2 to 2/23	4 Classes \$12
Saturday 9:00 AM	Exercise'n Energize with Lexi <u>level 2</u>	2/3 to 2/24	FREE
Saturday 10:30AM	Yoga for Core, Balance, & Strength with Maureen	2/3 to 2/24	FREE

Please be at least 5 minutes early for class and prepared to exercise. Only athletic footwear is allowed in the group exercise room. Please change your shoes when you come in to prevent the floor from getting dirty, wet and slippery, especially in the winter months.

## 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, February 26 at 1PM Cost is \$20.00 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 Beautiful Winter Scene, called, "Shadows in the Snow". 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  
February 2 to February 23  
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.

### 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. All are welcome!

Facilitators: Kathy LaBranche and Sue Huagans

**Now Meets in the Creative Arts Studio**

## Wellness Services

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

### Alzheimer's Support Group Thursday, February 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*

### Senior Wellness Clinic Thursday, February 15 9AM to 12 PM by appointment



Our very own Health Department Nurse, Sandra Zuffaleto will be available to check your blood pressure, A1C and Cholesterol levels and also answer any general questions you might have regarding your health.

**Please call the front desk to make your appointment 860-291-7460.  
Walk-ins Welcome!**

### Therapeutic Massage By appointment from 9 AM Thursday, February 8 & 22



A licensed massage therapist will provide low-cost massages by appointment. The cost is \$35 for 30 minutes and \$70 for 1 hour. Payment is due at the time of service. Payment accepted in cash or check made out to Melissa Almquist.  
**Call the office for an appointment.  
(Please Note Cost Increase) \$35=30min \$70=1hr**

### Haircuts by Lori Tuesdays, February 13, 20 & 27 By appointment from 9 AM

*\*please note that cost for haircuts have increased but a wash and dry is now included.*



A licensed hairdresser/cosmetician will provide low-cost haircuts. Services include: Wash, Cut & Dry for \$18 or you may have just a Wash & Dry for \$10. 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 at 860-291-7460.**

### Important Announcements

To learn more call 860-291-7492

Please register in advance for all programs. If we do not have enough folks register that program is subject to be canceled. You will be only be notified of the cancellation if you are registered.

Please sign up for fitness class per session. You will not be notified if there is a cancellation if you are not registered. You cannot pay per single class unless it is your first one and you need to see what it is like until you commit to the entire monthly session.

### Commission on Aging Meeting Tuesday, February 6 at 2PM

Please know that the public is welcome to attend these meetings. They will be held in the Media Room.

### 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 any occasion!**

### Policies and Procedures

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

**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.



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### Questions about Medicare?

I'm here to help. Call me to learn more about your Medicare options.

Mark Pacheco  
Field Sales Executive  
1-860-576-2858 (TTY: 711)  
8AM-8PM, Monday-Friday  
A licensed agent will answer your call.  
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ADVERTISERS!

MONDAY

TUESDAY

WEDNESDAY

# February 2024

## Happy Valentines Day!



<p>9:30 AM Functional Fun Aerobics <b>5</b>  10:00AM Adult Coloring  10:00 AM Ask the Lawyer  10:30 AM Beginner Tai Chi  11:30 AM Senior Circuit  1:00 PM Mahjong  1:00 PM Monday Matinee</p>	<p>9:00 AM Dance Rhythms <b>6</b>  1:00 PM Knitting/Crochet  1:30 PM Gentle Chair Exercise  1:00 PM Setback  2:00 PM Commission on Aging  5:30 PM Big Bucks Bingo  5:30 PM Mat Yoga</p>	<p>8:30-4:30 Tax Relief Program <b>7</b>  9:00 AM 9 to 5  9:30 AM Zumba Gold SS  10:30 AM Strength &amp; Balance SS  11:30 AM Chair Circuit  12:00 PM "Homemade" Lunch  1:00 PM Cribbage  1:00 PM Chair Exercise to Video  1:00 PM Mardi Gras Celebration with Jose Paulo</p>
<p><b>12</b>   <i>Closed</i>  <i>Lincoln's Birthday</i></p>	<p>9:00 AM Hair Cuts by appointment <b>13</b>  9:00 AM Dance Rhythms  1:00 PM Knitting/Crochet  1:00 PM Setback  1:00 PM Sleep for Brain Health  1:30 PM Technical Support  1:30 PM Gentle Chair Exercise  2:00 PM Cooking with Lindsey  5:30 PM Big Bucks Bingo  5:30 PM Mat Yoga</p>	<p>8:30-4:30 Tax Relief Program <b>14</b>  9:00 AM 9 to 5  9:30 AM Zumba Gold SS  10:30 AM Strength &amp; Balance SS  11:30 AM Chair Circuit  12:00 PM "Homemade" Lunch  1:00 PM Cribbage  1:00 PM Chair Exercise to Video  1:00 PM Valentines Day Show with Paul Shlien</p>
<p><b>19</b>   <i>Closed</i>  <i>Washington's Birthday</i></p>	<p>9:00 AM Hair Cuts by appointment <b>20</b>  9:00 AM Dance Rhythms  10:00AM Veterans Coffee Hour  1:00 PM Knitting/Crochet  1:00 PM Setback  1:30 PM Gentle Chair Exercise  5:30 PM Big Bucks Bingo  5:30 PM Mat Yoga</p>	<p>8:30-4:30 Tax Relief Program <b>21</b>  9:00 AM 9 to 5  9:30 AM Zumba Gold SS  10:30 AM Strength &amp; Balance SS  11:30 AM Chair Circuit  12:00 PM "Homemade" Lunch  1:00 PM Cribbage  1:00 PM Chair Exercise to Video  1:00 PM Birthday Bash with Red and Yellow</p>
<p>9:30 AM Functional Fun Aerobics <b>26</b>  10:00 AM Adult Coloring  10:30 AM Beginner Tai Chi  11:30 AM Senior Circuit  1:00 PM Mahjong  1:00 PM Monday Matinee  1:00 PM All Levels Painting</p>	<p>9:00 AM Hair Cuts by appointment <b>27</b>  9:00 AM Dance Rhythms  1:00 PM Knitting/Crochet  1:00 PM Setback  1:30 PM Gentle Chair Exercise  1:30 PM Technical Support  5:30 PM Big Bucks Bingo  5:30 PM Mat Yoga</p>	<p>8:30-4:30 Tax Relief Program <b>28</b>  9:00 AM 9 to 5  9:30 AM Zumba Gold SS  10:30 AM Strength &amp; Balance SS  11:30 AM Chair Circuit  12:00 PM "Homemade" Lunch  1:00 PM Cribbage  1:00 PM Chair Exercise to Video  1:00 PM Entertainment with The Bristol Fiddlers</p>



THURSDAY	FRIDAY	SATURDAY
<p>9:00 AM Exercise 'n Energize <b>1</b>  10:00 AM Gentle Chair Yoga  1:00 PM Alzheimer's Support Group  1:00 PM Dominos  1:30 PM Bingo  2:30 PM Creative Writing Group  5:30 PM Set Back Tournament</p>	<p>9:30 AM Painting <b>2</b>  10:00 AM Intermediate Tai Chi  11:30 AM Senior Circuit  1:00 PM Chair Exercise to Video  1:00 PM Game Day  1:00 PM Pinochle Lessons  1:00 PM Pinochle  2:00 PM Corn Hole</p>	<p><b>3</b>  9:00 AM Exercise n' Energize  9:00 AM Coffee &amp; Conversation  10:00 AM Sewing Circle  10:30 AM Yoga for Core &amp; Balance</p>
<p>9:00 AM Therapeutic Massage <b>8</b>  9:00 AM Exercise 'n Energize  10:00 AM Gentle Chair Yoga  1:00 PM Living Room Conversations  1:00 PM Dominos  1:30 PM Bingo  2:30 PM Creative Writing Group  5:30 PM Trivia Night</p>	<p>9:30 AM Painting <b>9</b>  10:00 AM Intermediate Tai Chi  11:30 AM Senior Circuit  1:00 PM Chair Exercise to Video  1:00 PM Game Day  1:00 PM Pinochle Lessons  1:00 PM Pinochle  2:00 PM Corn Hole  2:30 PM Karaoke</p>	<p><b>10</b>  9:00 AM Exercise n' Energize  9:00 AM Coffee &amp; Conversation  9:00 AM Intergenerational Breakfast  10:00 AM The Story of Harriet Tubman  10:00 AM Sewing Circle  10:30 AM Yoga for Core &amp; Balance</p>
<p>9:00 AM Exercise 'n Energize <b>15</b>  9:00 AM Senior Wellness Clinic  10:00 AM SNAP-ED Nutrition Education  10:00 AM Gentle Chair Yoga  1:00 PM Book Talk  1:00 PM Dominos  1:30 PM Bingo  2:30 PM Creative Writing Group  5:00 PM Evening Movie  5:30 PM Book Swap and Just Desserts</p>	<p>9:30 AM Painting <b>16</b>  10:00 AM Intermediate Tai Chi  11:30 AM Senior Circuit  1:00 PM Chair Exercise to Video  1:00 PM Game Day  1:00 PM Pinochle Lessons  1:00 PM Pinochle  2:00 PM Corn Hole</p>	<p><b>17</b>  9:00 AM Exercise n' Energize  9:00 AM Coffee &amp; Conversation  10:00 AM Sewing Circle  10:30 AM Yoga for Core &amp; Balance  11:00 AM Lunch Bunch</p>
<p>9:00 AM Therapeutic Massage <b>22</b>  9:00 AM Exercise 'n Energize  10:00 AM Gentle Chair Yoga  1:00 PM Dominos  1:30 PM Bingo  2:00 PM The Plant Guy  2:30 PM Creative Writing Group  5:30 PM Trivia Night</p>	<p>9:30 AM Painting <b>23</b>  10:00 AM Intermediate Tai Chi  11:30 AM Senior Circuit  1:00 PM Chair Exercise to Video  1:00 PM Game Day  1:00 PM Pinochle Lessons  1:00 PM Pinochle  2:00 PM Corn Hole  2:30 PM Karaoke</p>	<p><b>24</b>  9:00 AM Exercise n' Energize  9:00 AM Coffee &amp; Conversation  10:00 AM Sewing Circle  10:30 AM Yoga for Core &amp; Balance  11:00 AM Lunch Bunch</p>
<p>9:00 AM Exercise 'n Energize <b>29</b>  10:00 AM Gentle Chair Yoga  1:00 PM Dominos  1:30 PM Bingo  2:30 PM Creative Writing Group  5:00 PM Evening Movie  5:30 PM Wreath Making Workshop</p>		

## Weekend & Evening Programs

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

### Setback Tournament



Thursday, February 1 at 5:30 PM

Thursday, March 14 at 5:30 PM

**\$5 per person to play, please register in advance**  
Cash prizes will be awarded to the top teams. We will be selling cheese and pepperoni pizza for \$3 per slice or 2 slices and a drink for \$5 or a hot dog, chips, and a drink for \$5. Beverages and other snacks will be available.

### Thursday Night Trivia

February 8 & 22 at 5:30 PM

Join us for some fun and friendly competition! With a wide variety of categories and themes, our trivia night has something for everyone.

### Intergenerational Breakfast & Harriet Tubman's Story Presentation

Saturday, February 10 at 10AM

In acknowledgment of Black History Month, we will be having a historical presentation on Harriet Tubman presented by Historian Gwendolyn Quezaire-Presutti. Harriet Tubman was a woman of unique qualities and abilities who kept an unblemished record of vigilance and a legacy of sacrifice and struggle. Learn about how she serviced her country by recruiting freemen and formerly enslaved Black people as scouts and spies.

**Please call to register or sign up at the front desk.**  
The presentation is a free event.

### Evening Movie

Thursday, February 15 & 29 at 5:00 PM

#### February 15: Jules

Milton finds his quiet life upended when a UFO and its extra-terrestrial passenger crash land in his backyard. Things become even more complicated when two neighbors discover his secret and the government closes in. **(Rated PG-13) 2023 1hr. 27min**

#### February 29: Freelance

An ex-special forces operative is stuck in a dead-end desk job when he's reluctantly recruited on a freelance gig to provide private security for a washed-up journalist as she interviews a ruthless dictator **(Rated R) 2023 1hr. 48min**

### Book Swap and Just Desserts

Thursday, February 15 5:30 PM

Come join us for a fun evening of books, desserts, and great company! Bring some gently used books that you no longer want and shop around for some new ones provided by your fellow EHSC members. The café will be open for beverages and we will have free desserts available.

**This is a free event, please register at the front desk.**

### St. Patrick's Day Wreath Making

Thursday, February 29 5:30 PM

Join us for a night of creativity and fun as we get ready for St. Patrick's Day! Everyone will go home with a beautiful handmade wreath that you will be proud to display.

**\$5 per person, please register in advance.**

### 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 \$5*

2/6: \$5 Honey BBQ Boneless Wings,  
French Fries & a Drink

2/13: \$3 Taquitos w/ Salsa & Sour Cream

2/20: \$5 2 Slices of Pizza & a Drink

2/27: \$5 Chicken Strips, Onion Rings & a Drink

### Free Pastries on Saturday

February only beginning at 9:00 AM



Join us for some light conversation and a free pastry with the purchase of a coffee (while supplies last). Pastries are sponsored by ShopRite.



### Sewing Circle

Saturdays at 10:00 AM

Bring your sewing machine and your project to our Saturday morning sewing circle. Participants can share ideas and techniques, and learn from others.

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**Chapter**  
Starts *Here* at  
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Registration  
Required



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**ASK THE LAWYER**  
with Attorney Robert Hale  
Monday, February 5 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 55 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**



**Monday, 2/5**

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

Hockanum Park, 75 Hamilton Road

**Monday, 2/26**

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

Veterans Terrace, 57 Columbus Street

**Wednesdays, 2/14 & 2/28**

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

Summerfield Townhouses, 66 Plain Drive

**Monday, 2/5**

**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 860-291-7491.



**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, 2023, for the program are:

**QMB - \$2,564 single and \$3,468/couple**  
**SLMB - \$2,807/single and \$3,797/couple**  
**ALMB - \$2,989/single and \$4,403/couple**

Contact Lillian at 860-291-7491 for more information.

**MEDICARE ADVANTAGE  
OPEN ENROLLMENT PERIOD**

**January 1 - March 31**

If you already have a Medicare Advantage Plan, you may change your coverage one time during the Medicare Advantage Open Enrollment Period. The MA-OEP is from January 1st to March 31st of each year.

*You can only use this enrollment window if you already have a Medicare Advantage plan. You can't use this period to get into a plan for the first time.*

Do you need help navigating this special Medicare Advantage Open Enrollment Period? Please call Lillian (CHOICES Counselor) at 860-291-7491.

**Tax relief program**

Marilee from the tax assessors office will be here on Wednesdays from 8:30am to 4:30pm starting February 7. Please call to make an appointment . (860)291-7261 or the Senior Center at (860)291-7460.

**The elderly & disabled tax relief program for 2023  
Grand list requirements:**

**Own property In East Hartford as of October 1, 2023**

**Be 65 years old by December 31, 2023 or Social Security Disabled.**

**Application period is from February 1, 2024 to May 15, 2024.**

**The income for 2023 is as follows:**

**The state program for Single \$43,800 & married is \$53,400  
The town program for Single \$58,800 & married \$68,400**



### Homemade Lunches

Every Wednesday at 12:00PM

2/7-Roasted Sausage & Potatoes w/peppers

Free Valentines Day Lunch

Sign up soon as seating is limited!

2/14-Spinach Tortellini with Bread (Free)

12/21-Chicken a la King w/Rice

2/28-Corn Chowder with Crackers

Beverage and dessert are included.

Tickets are \$3 in advance. Register early!

Seating is limited.

### Lunch & CRT ANNOUNCEMENT

Please know that Lunch is served at 12PM. You must be seated by 12:20 as the Kitchen closes at 12:30pm. Reservation should be made by 11AM the day before. If you are not on the list that day, you can wait to see if there is a cancellation. Please always stop at the front desk for your lunch ticket.

### Food Allergies

We cannot substitute our meals for individual food allergies. It is your responsibility to read what is on the menu before you register for that meal. Please ask the Kitchen Manager if you are unsure.

## CRT Lunch Menu

*CRT Lunch is served Monday, Tuesday, Thursday, and Friday to persons 60 years of age or older at 12 noon for a \$3 suggested donation (or whatever you can afford). Lunch reservations must be made no later than 11:00AM the business day before the day of the meal by calling 860-291-7460 or 860-291-7491 OR in person at the front desk. Please see above for Wednesday's "Homemade Lunch" menu.*

MONDAY	TUESDAY	THURSDAY	FRIDAY
		1 Orange Marmalade Pork Rosemary Potatoes Mixed Vegetables	2 Spaghetti w/Beef Meatballs Marinara Sauce Parm Cheese Broccoli Florets
5 Smothered Pork Chop w/Gravy Mashed Potatoes Peas & Carrots	6 Italian Sausage w/peppers on a roll Capri blend veges Potato Wedges	8 Orange Chicken w/ Broccoli/Fried Rice Asian-Style Veges Cornbread Loaf	9 Glazed Baked Ham Cut-Up Sweet Potatoes Mixed Vegetables
12 Senior Center Closed	13 Mild Beef & Bean Chili Baked Potato/Sour Cr Green Beans	15 Minestrone Soup Grilled Chicken Breast w/Lettuce/Tom/Ham Cheese/Hard Egg	16 Battered Fish Tartar Sce Potato Wedges Parslied Carrots
19 Senior Center Closed	20 All-Beef Hot Dog / Bun Baked Beans Coleslaw Fruit Yogurt Cup	22 Chicken Scampi Mashed Potatoes Green Beans Wheat Bread	23 Cheesy Veggie Lasagna w/ Vodka Sauce Broccoli Bread Stick
26 Stuffed Cabbage w/Sce Rice/Veg Blend Dinner Roll	27 Chicken Stew w/Pots, Peas & Carrots Biscuit	29 Roast Turkey w/Gravy Cornbread Stuffing Mix Veges/Cranberry Sce	

## TOURS AND TRAVEL

Join us for a day away! Sign up in the Senior Center office. Full Payment is due at sign up. Day trips will start again in the Spring!

### Trip Cancellation Refund Policy

As a courtesy, we are able to hold trip checks until 30 days before the trip. Therefore our cancellation policy for refund is 30 days before the trip date. Any cancellations later than that will NOT be refunded. Your seat will already be reserved and paid for. You may try to sell your seat on your own, but you must let us know who is filling your seat before the day of the trip. All money exchanges must be made privately outside of the senior center's administration.

### Saturday Lunch Bunch

February 17, Rudy's Little Italy, Rocky Hill  
February 24, Texas Roadhouse, Manchester

#### Meet at the Senior Center at 11:00 AM

\$2 deposit is required and will be returned when you board the bus. Cancellations will be accepted until the day before the lunch trip. Bring money for your meal. *(please register the Thursday before)*

### Save the Date

Registration information will be available in the March and April Newsletters

**Easter Bunny Breakfast**  
Saturday, March 16 at 9AM

**Irish Show and Dinner**  
Thursday, March 7 at 5PM

**Intergenerational Breakfast  
w/ Interactive Drumming**  
Saturday, April 20 at 9AM

**Disco Dinner Dance**  
Thursday, April 25 at 5:30PM

## TRANSPORTATION SERVICES

Transportation is important to the well-being of our older citizens, and is a vital link between home and the community. The Town of East Hartford has the following transportation services available.

**Dial- A-Ride** is available Monday – Friday, 8:30 AM – 4:00 PM, for rides within East Hartford as well as medical transportation ONLY to Manchester, South Windsor and Glastonbury. There is no charge for this service. Call 860-870-7940 to register. It will only take a few minutes to answer the questions and learn the process for making a reservation for a ride.

A gentle reminder for Dial-A-Ride passengers, if you are unable to ride or need to cancel your ride for any reason, you must call 860-870-7940 at least one hour prior to your pick up time. If you do not cancel, this results in the Town being charged for the cost of the ride and is considered a no-show. With the understanding that sometimes emergencies arise and you may be unable to call to cancel, please note the following: you may have one no-show in a 30-day period, a second no-show in a 30-day period may result in suspending your privileges from Dial-A-Ride for 30 days from that date.

**The Greater Hartford Transit District (GHTD)** provides ADA Paratransit transportation that runs on the same days and times as CT Transit. GHTD provides transportation services for individuals, who, because of their disability, are unable to travel on CT Transit buses. ADA Paratransit provides service within a ¾-mile radius surrounding the Hartford fixed route public bus system. Riders have the option of paying the exact fare of \$3.50 for each one-way trip or purchasing a reduced rate ADA 10-ride ticket book to use instead of cash for \$28. The Town of East Hartford sells ticket books at a discounted price of \$24 at the Senior Center and Social Services. Call 860-724-5340 (ext. 4) for an application or apply online at [www.hartfordtransit.org](http://www.hartfordtransit.org). Please note: an interview is required as part of the registration process.

**The Senior Center Bus** is available for rides to and from Big Bucks Bingo on Tuesday nights, to and from special events on Thursday evenings (as scheduled), to and from the Senior Center for Breakfast (as scheduled) on Saturday mornings and from the Senior Center for Lunch Bunch (as scheduled) on Saturday mornings. There is no charge for the bus ride. Please make a reservation for a ride when signing up for the event. To cancel a ride please call the Senior Center at 860-291-7460 (Press 0).

**For more information about transportation, or help with the ADA Paratransit application, please call Lillian at 860-291-7491.**



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and services by location:

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## 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

### Direct Line:

**Ruth Reinwald**, [rreinwald@easthartfordct.gov](mailto:rreinwald@easthartfordct.gov)

-Program Specialist, 860-291-7498

**Beky Henderson**, [bhenderson@easthartfordct.gov](mailto:bhenderson@easthartfordct.gov)

- Fitness Trainer, 860-291-7481

**Julissa Echevarria**, [jechevarria@easthartfordct.gov](mailto:jechevarria@easthartfordct.gov)

-Food Service Manager, 860-291-7489

### Please note the Inclement Weather Policy

The East Hartford Senior Center follows the East Hartford Board of Education closure policies for inclement weather. If East Hartford public schools are closed due to inclement weather all Senior Center activities will be cancelled. This includes the fitness center (gym). There will be no lunch and no transportation. The Senior Center will remain open to seniors as a warming center and charging station. In the event of inclement weather, please tune to WFSB Channel 3, NBC Channel 30, or Fox 61 to view announced closures, please look for the posting "East Hartford Senior Center – No Activities". Closing information will also be on our town website, social media and using the Senior Center communications system. If the East Hartford schools are delayed, all of our programs are still on schedule.

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