



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

MAY 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. Call the Front Desk at 860-291-7460 to register for programs that are free and register in-person for pay programs or classes. *Call Dial-a-Ride at time of Registration.

FREE Live Entertainment, Music & More!

Sponsored by The Friends of East Hartford Senior Center

Live Music with Joseph Lavarriere Wednesday, May 1 at 1PM

Join Joseph as he performs old time and Québécois fiddle music.

Live Music with Tom Sansone Wednesday, May 8 at 1PM

Come and listen to Tom Sansone and his wonderful saxophone! Tom will perform a variety of favorites from classical to popular music.

Birthday Bash with the Guinea Pigs Wednesday, May 15 at 1PM

Featuring Sandy Johnson on vocals and Dan Thompson on guitar, the Guinea Pigs will play a mix of older folk/rock songs with some originals.



Cake sponsored by Riverside Health & Rehabilitation

Everyone is Welcome!

Live Music with Tom "T-Bone" Stankus

Wednesday, May 22 at 1PM

Following our Memorial Day Picnic, enjoy an energetic patriotic set from musician T-Bone Stankus!

Live Music with John Paolillo Wednesday, May 29 at 1PM

John will be performing popular hits from the 1940's to the 1970s.

Intergenerational Puzzle Challenge

Saturday, May 18 at 9:00 AM

Bring the family for a delicious breakfast and some friendly competition! Teams of up to 5 will compete to see who can build a 100 piece puzzle the fastest.

Prizes will be awarded to the quickest team.



See Page 10 for more details.

Memorial Day Picnic

Wednesday, May 22 at 12:00 PM

Enjoy a fun picnic lunch that includes a hot dog and a cheeseburger, macaroni salad, baked beans, and a dessert.

Lemonade & Water will be available.

Lunch will be served at 12PM, followed by entertainment with

Tom "T-Bone" Stankus at 1PM.

Cost: \$3.00

Tickets available at the front desk.



Table of Contents

Cover:	Live Music & Special Events
Page 2:	Special Monthly Programs
Page 3:	Regular Monthly Programs
Page 4 & 5:	Fitness Classes
Page 6:	Creative & Wellness Programs
Page 7:	Important Announcements
Page 8 & 9:	Monthly Calendar
Page 10:	Weekend & Evening Programs
Page 12:	Trips & Transportation
Page 13:	Meals
Page 14:	Social Service Information
Page 16:	Staff Contacts

Special Programs for May

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

Solar Energy Presentation

Friday, May 3 at 1PM

Join Gerry Moreau from Sunrun for a presentation on Solar Energy. He will discuss how Solar Energy works to provide efficient energy at a lower cost and why so many homeowners are using it. Light refreshments will be served.

Please call 860-291-7460 to register

Ladies Breakfast & Hat Party

Friday, May 10 at 9AM

Ladies, wear your special hat and celebrate Mother's Day with Riverside Rehabilitation. Maggie & Amy will have a prize for the best HAT, so don't be shy, put it on! Breakfast will be served in the dining room. *Sponsored d by Riverside Health and Rehabilitation*



Advanced Planning

Tuesday, May 14 at 1PM

Wayne Mohrlein, Advanced Planning Specialist and Licensed Funeral Director with D'Esopo Memorial Chapel, along with Cheryl Guertin of Newkirk & Whitney Funeral Home, will offer a brief presentation regarding the many benefits of planning ahead.

Bring any questions and/or curiosities along with you, as we explore together the advantages of pre-planning. Light refreshments will be served.

Please call 860-291-7460 to register

SNAP-ED Nutrition Education Program

Wednesday, May 15 at 2PM

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 for May is family meal times, mindful eating and emphasize incorporating all food groups (more like a summary of all of our topics thus far).

Cooking Demo: Bread Pudding

Sign up soon, seating is limited!

Please call 860-291-7460 to register.

“What is Dementia?”

Tuesday, May 21 at 1PM

Sponsored by Hartford Healthcare Center for Healthy Aging

Join Patty O'Brian, CDP, Dementia Specialist for a conversation and an overview of the different types of dementia. You will learn the signs and symptoms of dementia and what to expect as the disease progresses.

Please call 860-291-7460 to register

“Circle of Life?”

Tuesday, May 28 at 1PM

Intergenerational Conversation

Students from the Sunset Ridge Schools' 8th grade Student Ambassadors Program will be here to have a chat with Seniors. The students want your story on what it was like when you were 13 & 14 years old growing up and what advice you can give them from your life experiences about how to ensure a happy healthy life. The students in turn will discuss what they find is important at this stage in their lives, along with what's of value to them for the future.

Light refreshments will be available.

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

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

KARAOKE: Friday, 2:30PM-4PM

Regular Monthly Programs

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

COOKING WITH LINDSEY

Monday, May 20 at 2PM



With warmer weather and summer entertaining around the corner, come join Lindsey Kent, ShopRite Dietitian, for a summer sides cooking demonstration. Samples will be available!
Register soon, seating is limited!

Technical Support Schedule

Tuesday, May 14 & 28 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, May 16 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. May's title is "A Farewell to Arms" by Hemingway.

Veterans Coffee Hour

Tuesday, May 21 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.

Pastries sponsored by ShopRite of East Hartford
Group meets the 3rd Tuesday of the Month.

THE PLANT GUY

Thursday, May 23 at 2 PM

This Month Jeff Eleveld, the famous Plant Guy, will be discussing how to Garden using Raised Beds. Everyone takes home a plant!
Cost is \$5

Living Room Conversations

Thursday, May 9 at 1PM

May Topic: Communication

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

"Useful Arts" with Sylvia

Monday, May 6 at 10AM

Come and join us to make Faux Leather Coin Purses Cost is \$3

Monday Matinee @ 1PM

Please call to register in ADVANCE!

May: 6 Godzilla

The story follows the heroic efforts of the crypto-zoological agency Monarch as its members face off against a battery of god-sized monsters, including the mighty Godzilla, who collides with Mothra, Rodan, and his ultimate nemesis, the three-headed King Ghidorah. When these ancient super-species - thought to be mere myths - rise again, they all vie for supremacy, leaving humanity's very existence hanging in the balance.

(PG-13) 2019 2hr. 11min. (Action,/Sic-Fi)

May 13: Fantasy Island

In Blumhouse's Fantasy Island, the enigmatic Mr. Roarke (Michael Pena) makes the secret dreams of his lucky guests come true at a luxurious but remote tropical resort. But when the fantasies turn into nightmares, the guests have to solve the island's mystery in order to escape with their lives. Also starring Maggie Q, Lucy Hale, Austin Stowell, Jimmy O. Yang and Ryan Hansen.

(PG-13) 2020 1hr. 49min. (Thriller/Suspense)

May 20: Jumanji: The Next Level

The Next Level, the gang is back but the game has changed. As they return to Jumanji to rescue one of their own, they discover that nothing is as they expect. The players will have to brave parts unknown and unexplored, from the arid deserts to the snowy mountains, in order to escape the world's most dangerous game.

(PG-13) 2019 2hr. 3min. (Comedy/Adventure)

Please note that we do show rated R movies as well as PG and G. It is in your best interest to read the movie description before you attend. Rated R movies tend to contain graphic language and/or violence.

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 Exercise to Videos- These are shorter 15 to 30 min videos designed for folks who need the assistance of sitting in a chair when they exercise. Gentle moving, stretching and strength training for low level exercise.

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.

Exercise and 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!

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.

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

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.

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.

Senior Workout to Videos- These Videos are done by fitness professionals and have been selected for use for group exercise. All videos have a warm-up, conditioning and cool down component designed with seniors in mind for 30 to 45 min exercise workouts. Videos include; Dance Aerobics, Cardio & Conditioning and Boot Camp.

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. Tai chi can improve balance, coordination and flexibility; 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	5/13 & 5/20	2 Classes \$6
Monday 10:30 AM	Beginners Tai Chi with Lori	5/6 to 5/20	3 Classes \$6
Monday 11:30 AM	Senior Circuit with Carin	5/6 to 5/20	3 Classes \$15
Monday 1:00 PM	Line Dancing with Elaine	5/6 to 5/20	3 Classes \$6
Tuesday 9:00 AM	Senior Workout to Video	5/7 to 5/28	FREE
Tuesday 1:30 PM	Gentle Chair Exercise with Gia	5/7 to 5/28	4 Classes \$16
Tuesday 5:30 PM	Mat Yoga with Maureen	5/7 to 5/28	4 Classes \$12
Wednesday 9:30 AM	Zumba Gold with Karen SilverSneakers	5/1 to 5/29-no class 5/8 (registration is required)	SS Card or \$3 per class
Wednesday 10:30 AM	Strength & Balance w/Karen SilverSneakers	5/1 to 5/29-no class 5/8 (registration is required)	SS Card or \$3 per class
Wednesday 11:30 AM	Chair Circuit with Carin	5/1 to 5/29	5 Classes \$15
Wed & Friday 1:00PM	Chair Exercise to Video All Levels	On-going (registration is required)	FREE
Thursday 9:00 AM	Exercise & Energize	5/9 to 5/30	4 Classes \$12
Thursday 10:00 AM	Gentle Chair Yoga w/Carleen	5/2 to 5/30	5 Classes \$15
Thursday 1:30 PM	Gentle Chair Exercise w/Gia	5/2 to 5/30	5 Classes \$20
Friday 10:00 AM	Intermediate Tai Chi w/Santa	5/3 to 5/31	5 Classes \$10
Friday 11:30 AM	Senior Circuit with Carin	5/3 to 5/31	5 Classes \$15
Saturday 9:00 AM	Exercise and Energize II	5/4 to 5/18	FREE
Saturday 10:30AM	Yoga for Core, Balance, & Strength with Maureen	5/4 to 5/18	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. *Fitness Center is open during hours of operation.

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 Creative Arts Room. Please bring your materials, supplies and projects. The knitters and crocheters who are making comfort blankets also can meet during this time.

All Levels Painting Class

Thursday, May 30 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 lovely vase portrait. 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
May 3 to May 31
Cost: \$15 for 5 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 Huggans

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, May 9 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, May 16
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.

**Call the front desk to make your appointment
860-291-7460.**

Walk-ins Welcome!

Therapeutic Massage

By appointment from 9 AM
Thursday, May 9 & 23



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, May 14, 21 & 28
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. For an Exercise class, register for the entire series or you may register for one day if you are here and the class is not full. However, you cannot sign up early for any given days of the month. It is the entire series or that one day. If we do not have enough folks registered that program runs the risk of being canceled. You will only be notified of a cancellation if you are registered.

In an effort to use less paper products, we ask that you use a coffee mug if you are enjoying your coffee in the café or art room. However, if you are leaving those areas please ask for a paper cup with a lid to prevent spills. ***Folks who use a mug may have their coffee warmed up at no charge.** (free refill)

Important Announcements

To learn more call 860-291-7492

Breakfast with the Mayor Tuesday, May 28 at 9AM

Enjoy a nice breakfast and listen to the Mayor discuss his vision for the future of East Hartford.

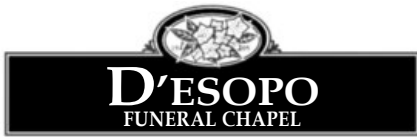
Breakfast includes; eggs, sausage, hash browns & fresh fruit. Coffee, Tea, water & assorted juices will be available.

**Sponsored by the Commission on Aging
Tickets are free, must register in-person.**

*Note: There are only a limited number of tickets, however this event will be held again in the fall. You can only attend one. Register In-person at the front desk. Tickets cannot be held by phone calls.

Commission on Aging Meeting Tuesday, May 7 at 2PM

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



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MONDAY	TUESDAY	WEDNESDAY
<h1>May 2024</h1>		<p style="text-align: right;">1</p> <p>9:00 AM 9/5 Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & 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 Live Music w/ Joseph Lavariere</p>
<p style="text-align: right;">6</p> <p>10:00AM Adult Coloring 10:00AM Ask the Lawyer 10:00AM "Useful Art" with Sylvia 10:30 AM Beginner Tai Chi 11:30 AM Senior Circuit 1:00 PM Mahjong 1:00 PM Line Dancing w/Elaine 1:00 PM Monday Matinee</p>	<p style="text-align: right;">7</p> <p>9:00 AM Senior Exercise to Video 1:00 PM Knitting/Crochet 1:00 PM Setback 1:30 PM Gentle Chair Exercise 2:00 PM Commission on Aging Meeting 5:00 PM Learn to Crochet 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga</p>	<p style="text-align: right;">8</p> <p>9:00 AM 9/5 Setback 11:30 AM Chair Circuit 12:00 PM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Chair Exercise to Video 1:00 PM Live Music with Tom Sansone</p>
<p style="text-align: right;">13</p> <p>9:30 AM Functional Fun Aerobics 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 Line Dancing w/Elaine 1:00 PM Monday Matinee</p>	<p style="text-align: right;">14</p> <p>9:00 AM Hair Cuts by appointment 9:00 AM Senior Exercise to Video 1:00 PM Knitting/Crochet 1:00 PM Setback 1:00 PM Advanced Planning 1:30 PM Technical Support 1:30 PM Gentle Chair Exercise 5:00 PM Learn to Crochet 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga</p>	<p style="text-align: right;">15</p> <p>9:00 AM 9/5 Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & 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 w/ the Guinea Pigs 2:00 PM SNAP-ED Nutrition Program</p>
<p style="text-align: right;">20</p> <p>9:30 AM Functional Fun Aerobics 10:00AM Adult Coloring 10:30 AM Beginner Tai Chi 11:30 AM Senior Circuit 1:00 PM Mahjong 1:00 PM Line Dancing w/Elain 1:00 PM Monday Matinee 2:00 PM Cooking with Lindsey</p>	<p style="text-align: right;">21</p> <p>9:00 AM Hair Cuts by appointment 9:00 AM Senior Exercise to Video 10:00 AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:00 PM Setback 1:00 PM "What is Dementia?" 1:30 PM Gentle Chair Exercise 5:00 PM Learn to Crochet 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga</p>	<p style="text-align: right;">22</p> <p>9:00 AM 9/5 Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Circuit 12:00 PM Memorial Day Picnic 1:00 PM Cribbage 1:00 PM Chair Exercise to Video 1:00 PM Live Music with Tom "T-Bone" Stankus</p>
<p style="text-align: right;">27</p> <p style="text-align: center; font-size: 2em;">Senior Center Closed</p>	<p style="text-align: right;">28</p> <p>9:00 AM Hair Cuts by appointment 9:00 AM Breakfast with the Mayor 9:00 AM Senior Exercise to Video 1:00 PM Knitting/Crochet 1:00 PM Setback 1:00 PM Circle of Life Conversation 1:30 PM Gentle Chair Exercise 1:30 PM Technical Support 5:00 PM Learn to Crochet 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga</p>	<p style="text-align: right;">29</p> <p>9:00 AM 9/5 Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & 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 Live Music with John Paolillo</p>

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">2</p> <p>10:00 AM Gentle Chair Yoga 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:30 PM Creative Writing Group 5:30 PM Trivia Night</p>	<p style="text-align: right;">3</p> <p>9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Solar Energy Presentation 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 style="text-align: right;">4</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">9</p> <p>9:00 AM Therapeutic Massage 9:00AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:00 PM Alzheimer's Support Group 1:00 PM Living Room Conversations 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:30 PM Creative Writing Group 5:30 PM Setback Tournament</p>	<p style="text-align: right;">10</p> <p>9:00 AM Ladies Breakfast & Hat Party 9:30 AM Painting 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 style="text-align: right;">11</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">16</p> <p>9:00 AM Senior Wellness Clinic 9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:00 PM Book Talk 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:30 PM Creative Writing Group 4:30 PM Evening Out Dinner 5:00 PM Evening Movie</p>	<p style="text-align: right;">17</p> <p>9:30 AM Painting 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 style="text-align: right;">18</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 9:00 AM Intergenerational Breakfast 10:00 AM Intergenerational Puzzle Challenge 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">23</p> <p>9:00 AM Therapeutic Massage 9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:00 PM Plant Guy 2:30 PM Creative Writing Group 5:30 PM Trivia Night</p>	<p style="text-align: right;">24</p> <p>9:30 AM Painting 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 style="text-align: right;">25</p> <p style="text-align: center;">Senior Center Closed</p>
<p style="text-align: right;">30</p> <p>9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:00 PM All Levels Painting 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:30 PM Creative Writing Group 4:30 PM Evening Out Dinner 5:00 PM Evening Movie 5:30 PM Summer Wreath Making</p>	<p style="text-align: right;">31</p> <p>9:30 AM Painting 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>	

Weekend & Evening Programs

Please register for ALL programs in advance.

Call the Senior Center at 860-291-7460.

Setback Tournament

Thursday, May 9 at 5:30 PM

Thursday, June 6 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 chicken tender, fries, and a drink for \$5 or a hot dog, chips, and a drink for \$5. Beverages and other snacks will be available.

Thursday Evening Dinner Trip

May 16, Sakura Garden, South Windsor

May 30, Maine Fish Market, East Windsor

Meet at the Senior Center at 4:30 PM

Please register by the Tuesday before the trip. Bring money for your meal. If you are unable to attend please cancel as early as possible so we can let someone else attend in your place. **No bus deposit required.**

Learn to Crochet

Tuesdays at 5:00 PM



This is a free series designed for absolute beginners to learn basic crochet stitches. Beginning supplies will be provided. Please register in advance.



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.

Intergenerational Breakfast & Puzzle Challenge

Saturday, May 18 at 9:00 AM

Bring the family for a delicious breakfast and some friendly competition! Teams of up to 5 will compete to see who can build a 100 piece puzzle the fastest.

Prizes will be awarded to the quickest team.

Choice of: Ham, Egg and Cheese on a Roll

Egg and Cheese on a Roll

with a side of hash browns

Orange Juice, Coffee, and Tea

Cost: \$3 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.

Thursday Night Trivia

May 2 & 23 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.

Evening Movie

Thursday, May 16 & 30 at 5:00 PM

May 16: American Fiction

A frustrated novelist, fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes, uses a pen name to write his own outlandish "Black" book and is suddenly swept up in the madness he claims to disdain.

(Rated R) 2023 1hr. 56min

May 30: Book Club: The Next Chapter

The highly anticipated sequel follows our four best friends as they take their book club to Italy for the fun girls trip they never had.

(Rated PG-13) 2023 1h 47min.

Summer Wreath Making

Thursday, May 30 at 5:30

Join us for a night of creativity and fun as we get ready for summer! 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

5/7: \$5 2 Slices of Pizza & a Drink

5/14: \$5 Honey BBQ Boneless Wings, French Fries and a Drink

5/21: \$3 Taquitos w/ Salsa & Sour Cream

5/28: \$Chicken Tenders, Tater Tots, & a Drink

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TOURS AND TRAVEL

Join us for a day away! Sign up in the Senior Center office. **Full Payment is due at sign up.**

Discover Central Massachusetts

New England Botanic Garden

Thursday, June 6/ Cost \$144pp

Visit **New England Botanic Garden** at Tower Hill in Boylston, MA. Voted Top Botanic Garden in the U.S. by Travel Awaits, this magnificent garden includes breathtaking views of Mt. Wachusett, 18 distinct gardens.

Lunch at historic Longfellow's Wayside Inn

Enjoy a lovely lunch at historic Longfellow's Wayside Inn, a charming Inn and Tavern in Sudbury which has served hungry travelers for over 300 years! Menu includes Tossed Salad, Roast Prime Rib of Beef or Boneless Breast of Chicken with Cranberry Walnut Dressing, Warm Deep Dish Apple Pie with fresh whipped cream-YUM!

Depart: 9:15am from the Senior Center

Return: Est. 5:45pm to the Senior Center

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

Departure Time Subject to Change (Trips have a 30day notice refund policy) *lease call Susan at 860-291-7492 with any questions or concerns.*

Lighthouse Cruise & Buffet Brunch

Narragansett Bay, Rhode Island

Wednesday, July 24, 2024 / Cost \$138pp

Enjoy a 90 minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown RI & offers breathtaking sightseeing; **10 Famous Lighthouses** along the coastline, **10 Incredible Islands**, sail under the Jamestown and Newport Bridges, view the **Newport Naval Base** & see the **Aircraft Carriers**, experience Newport Harbor and fascination waterfront.

Prior to our 2PM Cruise, enjoy a wonder brunch at Quonset'O' Club, **Menu:** orange juice, scrambled eggs, hickory smoked bacon, cottage fried potatoes, Texas style French toast, chicken marsala, wild rice, sautéed green beans, pastries, sliced fresh fruit and coffee/tea ***Menu Subject to Change**

Following the cruise visit Olde Mistick Village, a delightful shopping experience with lots of options including a General Sotro for Fudge, and Ice Cream Shoppe and more....

Depart: 9:00am from the Senior Center

Return: Est. 5:00pm to the Senior Center

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

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. **Let them know when you call if you need to be somewhere at a specific time.**

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. 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. 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.

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish.	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.	1 Taco Bar Bowl Beverage & Dessert Free to celebrate Cinco-de-mayo	2 Roast Beef w/ Gravy Parslied Boiled Potatoes Monaco Blend Veggies Dinner Roll	3 Orange Juice Beef Taco Spanish-Style Rice / Lett, Tom, Cheese / Sour Cr / Salsa
6 Kielbasa / Mustard w/ Carmelized Onions Baked Beans Prince Edward Veggies Wheat Bread	7 Hearty Beef Stew w/ Potatoes & Root Vegetables hole Wheat Bread	8 Cheeseburger Pasta With Broccoli Beverage & Dessert Cost is \$3	9 Grape Juice Chicken Cordon Bleu Twice Baked Potato Grilled Asparagus Garlic Knot <u>CRT Mothers Day</u>	10 Meat Lasagna / Marinara Sae Italian Vegetable Blend Wholegrain Bread
13 Grape Juice Salisbury Steak /Gravy Cornbread Stuffing Normandy Veg Blend Wheat Dinner Roll	14 American Chop Suey w/ Elbow Pasta Zucchini Squash Wheat Bread	15 Ham, Mashed Potatoes and Peas Beverage & Dessert Cost is \$3	16 Sweet Italian Sausage with Sauce Baked Ziti with Parmesan Cheese Spinach Bread Stick	17 Fruit Punch Jce Oven-Fried Chicken Garlic Smashed Potatoes Vegetable Blend Wheat Bread
20 Sloppy Joes on Hamburger Bun Waffle Fries/Ketchup Capri Vegetable Blend Fresh Fruit	21 Orange Juice Smoked Turkey & Swiss/ Lett & Tom / Horseradish / Must Multigrain Hero Strawberry Biscuit	22 Hot Dog, cheese burger, macaroni salad, baked beans, and a dessert. Cost is \$3	23 Swedish Meatballs Garlic Pappardelle Brussel Sprouts Whole Wh Bread	24 BBQ Grilled Boneless Chicken Potato Salad Buttered Corn Dinner Roll <u>CRT Memorial Day</u>
27 Memorial Day Closed	28 Fruit Punch Juice Beef Hot Dog/Hot Dog Bun Baked Beans Sauerkraut Must, Rel, Ketch Pudding	29 Teriyaki Chicken with White Rice Beverage & Dessert Cost is \$3	30 Minestrone Soup Chicken Caesar Salad w/Roma Blend Grilled Chicken Brst Seasoned Croutons Shaved Parmesan Caesar Dressing Saltines/Cookie	31 Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Bread

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 in person at the front desk. You must arrive no later than 12:20pm in order to guarantee your reservation. Menu is subject to change. The dining room opens at 11:30am.

Homemade Lunches are served Wednesdays at 12 noon for \$3 per meal. A drink and a dessert is included with the meal. Lunch reservations must be made no later than the Monday before the meal at 11:00AM and must be paid at the time you are making the reservation. You must arrive no later than 12:20pm in order to guarantee your reservation. Menu is subject to change. The dining room opens at 11:30am.

ASK THE LAWYER
with Attorney Robert Hale
Monday, May 13 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**.

RENTERS REBATE PROGRAM

East Hartford Social Services will process applications for the State of Connecticut, Office of Policy and Management, Renters Rebate Program. This program may provide elderly and disabled renters with a refund check, based on the amount of rent and utilities they paid in 2023. The application period runs from April 1 through October 1, 2024 for East Hartford residents who are 65 years of age or older or disabled, who are 18 years of age or older by 12/31/2023. The 2023 qualifying income (including Social Security benefits) must not exceed \$43,800 for a single individual or \$53,400 for a married couple. Please call East Hartford Social Services at 860-291-7248 to make an appointment or for more information, including which supporting documents are required to apply. Social Services will visit some of the housing complexes to complete applications, please see dates & times below. Lillian at the Senior Center is also available to complete Renters Rebate applications. Please call her at 860-291-7491 to make an appointment.

- ◆ Wednesday, 5/8 - St. Mary's, 1-3 PM
- ◆ Wednesday, 5/15 - Willow Arms, 1-3 PM
- ◆ Monday, 5/20 - St. Elizabeth's, 9-11 AM
- ◆ Wednesday, 5/22 - Hutt Heights, 1-3 PM
- ◆ Wednesday, 5/29 - Meadow Hill, 9-11 AM
- ◆ Wednesday, 6/5 - Heritage Gardens, 1-3 PM
- ◆ Wednesday, 6/12 - Shea Gardens, 1-3 PM
- ◆ Monday, 6/17 - Rochambeau, 9-11 AM
- ◆ Monday, 6/24 - Miller Gardens, 9-11 AM
- ◆ Wednesday, 6/26 - Elms Village, 9-11 AM
- ◆ Wednesday, 7/10 - Highlands, 9-11 AM
- ◆ Wednesday, 7/17 - Hartford East, 9-11 AM

HOMEOWNERS TAX RELIEF PROGRAM

Marilee from the Town of East Hartford Assessor's Office will be here on Wednesdays from 8:30 AM to 4:30 PM through May 15th, to complete Homeowners Tax Relief applications. Please call the Assessor's Office at 860-291-7261 or the Senior Center at 860-291-7460 to make an appointment.

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, 2024 are:

QMB - \$2,649/single and \$3,595/couple

SLMB - \$2,900/single and \$3,935/couple

ALMB - \$3,088/single and \$4,191/couple

Contact Lillian at 860-291-7491 for more information or to apply for the program.

**FOODSHARE MOBILE PANTRY
EAST HARTFORD**



Monday, 5/13

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 5/6 & 5/20

1:30 - 2:00 PM

Veterans Terrace, 57 Columbus Street

Wednesdays, 5/8 & 5/22

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Monday, 5/13

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.

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.**



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East Hartford Senior Center & Senior Services

Phone & Email Directory 860-291-7460*

Vincent Sartori, vsartori@easthartfordct.gov

- Senior Services Assistant *Press 0

Victoria Liberator, vliberator@easthartfordct.gov

- Senior Services Coordinator, *Press 1

Susan Gouin, sgouin@easthartfordct.gov

- Program Supervisor, *Press 2

Lillian Miceli, lmiceli@easthartfordct.gov

- Caseworker, *Press 3

Direct Line:

Ruth Reinwald, rreinwald@easthartfordct.gov

-Program Specialist, 860-291-7498

Beky Henderson, bhenderson@easthartfordct.gov

- Fitness Trainer, 860-291-7481

Julissa Echevarria, jechevarria@easthartfordct.gov

-Food Service Manager, 860-291-7489



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