

Senior Center Newsletter

▶ **August 2026**

ELEVATE YOUR LIFE: 55+ AND THRIVING

All Event Tickets are available at the Senior Center front desk.

Auntie Augusta's Day

Wednesday, August 5 at 12:00 p.m.

Join us for a cold summer meal to celebrate Auntie Augusta's Day! After lunch stay for live music and Entertainment with Chris Marra.
Menu: Cranberry Chicken Salad Sandwich, Three-Bean Salad, and Strawberry Shortcake for Dessert, courtesy of Riverside Rehab.

Lemon Ice Tea and Water will be available.

Cost: \$3

"A Night in Nashville"

Thursday, August 20 at 5:30 p.m.

Get your cowboy hat and cowboy boots on for "A Night in Nashville". Boot Scoot Boogie to the Cobblestone Band. Garlen Taylor, our bus driver, and Wayne Domina will be cooking for you all! It will be a BBQ Dinner with all the fixins!

Don't miss this one!

Menu: BBQ Chicken, Baked Beans, Macaroni Salad and Corn Bread. Fruit Pie for Dessert

Ice Tea and Water Included

Cost: Members \$8, Guests \$10

Polish Day Lunch

Wednesday, August 19 at 12:00 p.m.
Join us for "Polish Day Lunch" as we enjoy a typical Polish Dish.

Menu:

Kielbasa Lazy Pierogi
Green Beans, Fresh Bread
Polish Cake w/blueberries
Lemon Ice Tea

Cost: \$3



Burgers on the Patio

Friday, August 14 & 28 at 12:00 p.m.

Join us for Burgers on the Patio (if weather prevails). This event is not sponsored, therefore, cost for a Cheeseburger is \$3. Soda and Chips will be available at the cafe for a \$1 cafe ticket each. Due to popular demand, Burger tickets are **limited to one ticket per month, per person.**

Table of Contents

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

featured programs

► Special Programs

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

Medicare Fraud Presentation

Monday, August 3 at 1PM

Join Kisha Hull, the SMP Coordinator with the Agency on Aging of South-Central CT as she prepares you on protecting yourself from misleading marketing by various health insurance companies on Medicare Advantage Plans and Part D plan.

Pet & Sip

Friday, August 7 at 2PM

Stop by the senior center to visit with Krista Moreau from Companions & Homemakers and her Therapy Dog "Odie". Sip sparkling cider while Odie loves you up! Engage in pet themed coloring, word puzzles and more fun activities.

Day Trip to Peabody Museum & Lunch

Friday, August 14 at 9AM

Enjoy an informational day at the famous Peabody Museum in New Haven. After the Museum tour, the bus will stop for lunch at IL Gabbiano's which is on the waterfront in New Haven. Bus leaves the Senior Center at 9AM and should arrive at the Museum by 10am.

Bring a little snack and money for lunch.

"Hydration with a splash of coffee and Tea"

Thursday, August 27 at 12:00 p.m.

Did you know that good hydration habits might slow down the aging process, decreasing risks of chronic disease and death? According to recent 2023 studies from the National Institute of Health- it's true! Learn about the important symptoms of dehydration and the numerous benefits of getting adequate daily fluids. Explore the interesting history of coffee and tea, along with their health advantages.

Please join Lorri Lennon, RD for CRT for this informational Nutritional Talk!

This event will be held in the dining room during lunch time. Please sign up for lunch in advance or sit in the back.

► Creative Expressions

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

Adult Coloring

Mondays at 10:00 a.m.

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

Tuesdays 1:00 p.m. - 3:30 p.m.

Group meets in the 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.

Creative Writing Group

Thursdays at 2:30 p.m. - 4:30 p.m.

This group is for anyone who has an interest in writing and would like to share their stories. Volunteer lead.

Painting Class

Fridays 9:30 a.m. - 11:30 a.m.

(8/7 to 8/28, \$12 for 4 classes)

All levels are welcome? Explore and improve your painting skills, including techniques, composition, and color. Participants may work in either water soluble oil paints or acrylic. Bring your own supplies.

All Levels Painting

Monday, Aug 24 at 1:00 p.m.

Artist Sandy Poirier will instruct a lesson on how to paint with acrylics on an 11 x 14 stretched canvas. All supplies included, you don't have to know how to draw and no experience is needed. Cost: \$20



► Monthly Programs

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

Technical Support

Please call the Raymond Library at 860-290-4329 or the Wickham Library at 860-291-7760 for any technical support needs, concerning your phone or PC. (we ask that you refrain from bringing personal phones and computers to the front desk). Thank you

Ask The Lawyer

Monday, August 3 at 10 a.m.

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.

Sound Healing with Jeremy

Wednesday, August 12 at 11:30 a.m.

Join Jeremy Tucker for a peaceful class of sound healing. This class is for anyone who wants to relax and listen to the sound of the healing bowls. Sign up soon, seated is limited! *Sponsored by the Residence at Glastonbury*

The Silver City Singers of EH

Wednesday, August 19 at 1:00 p.m.

Formerly known as the Senior Center Karaoke group is back to perform, sing and maybe even dance for you! Come sit and enjoy the show!

Veterans Coffee Hour

Tuesday, August 18 at 10:00 a.m.

For Veterans from East Hartford to share conversation, stories and camaraderie. Coffee and Pastries will be available. *Pastries sponsored by ShopRite.*

Book Talk

Thursday, August 20 at 1:00 p.m.

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. August's Read is "Happy Place" by Emily Henry.

The Plant Guy

Wednesday, August 26 at 1:30 p.m.

Jeff Eleveld will be here for another exciting horticultural presentation. Everyone takes home a plant! FREE! *Sponsored by the friends of EHSC*

► Movie Matinee at 1PM

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

August 10: A Madea Family Funeral

A joyous reunion in small-town Georgia turns into an unexpected nightmare when Madea, Joe, Aunt Bam and other family members gather for an anniversary party that turns out to be a sham. Instead of fun and relaxation, Madea and the gang soon find themselves attending an elaborate funeral that doesn't quite go according to plan. 2019 (PG-13) 1hr. 42min (Comedy/Drama)

August 17: The Star

Oscar-winning actress Margaret Elliot is well past her prime but refuses to retire from the acting business. Despite entreaties from both her daughter, Gretchen, and one-time professional colleague Jim Johanssen, Margaret remains convinced that she can regain her former glory. As she sets her sights on a coveted Hollywood role, Johanssen tries doggedly to get his unrequited love to see the folly of her ways. 1952 (NR) 1hr. 30min (Drama)

August 24: The War with Grandpa

Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two. 2020 (PG) 1hr. 38min (Family/Comedy)

► Card and Games

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

Mah-Jong	Mondays	1:00 - 3:00 p.m.
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Set Back	Tuesdays	1:00- 3:30 p.m.
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9/5 Set Back	Wednesdays	9:00-12:00 p.m.
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Cribbage	Wednesdays	1:00-4:00 p.m.
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Pinochle	Fridays	1:00- 3:30 p.m.
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Bingo	Thursdays	1:30-3:00 p.m.
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Game Day	Fridays	1:00-4:00 p.m.
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Karaoke	Fridays	2:00 - 3:30 p.m.
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Corn Hole	Fridays	2:30-4:00 p.m.
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Descriptions of Exercise Classes

Balance with Ballet- Improve your balance & stability using movements of Ballet.

Boxercise - 45-minute exercise class that mimics boxing techniques and plyometric footwork. Great for balance, speed and dynamic power. Modified for the senior population.

Cardio Drumming - A great cardio and upper body workout. Sit and drum to various upbeat music. This class is designed for fun, enjoyment with a cardio fitness benefit that can also improve hand and eye coordination. All levels of fitness are welcome.

Chair Circuit - 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.

Exercise and Energize - 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!

Gentle Chair Exercise - This class is designed to stretch, tone, activate and strengthen muscles for those who are looking for an easier more gentle form of exercise. Class includes breathing exercises 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 - Designed to enhance your core strength by using more advanced yoga positions that incorporate balance, flexibility and muscle endurance. Many exercise are done on the floor with a Mat. Includes a cool down of relaxation and meditation.

Strength & Toning Video - Focuses on upper body strength training and muscle toning. Some exercises are completed in a chair and some movement is in a standing position.

Senior Circuit - 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 - All videos have a warm-up, conditioning and cool down component designed with seniors in mind for 30 to 45 min exercise workouts.

Senior Chair Volleyball - A fun, safe and challenging way to play volleyball. All levels are welcome from beginners and beyond. No volleyball experience needed. Wheelchair accessibility.

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) - A more advanced level of Tai Chi for those who want to improve their form and continue to learn the movements of Tai Chi.

Group Exercise Classes



REGISTRATION IS REQUIRED FOR ALL CLASSES

Day/Time	Day/Time	Day/Time	Day/Time
Monday 9:15 a.m.	Senior Circuit with Carin	8/3 to 8/31 (no class 8/17)	4 Classes/\$12
Monday 10:30 a.m.	Beginners Tai Chi Group	8/3 to 8/31	FREE
Monday 11:30 a.m.	Strength & Toning Video	8/3 to 8/31	FREE
Monday 1:00 p.m.	Chair Yoga with Haley	8/3 to 8/31 (no class 8/17)	4 Classes/\$12
Tuesday 9:00 a.m.	Senior Workout to Video	8/4 to 8/25	FREE
Tuesday 1:30 p.m.	Gentle Chair Exercise w/Gia	8/4 to 8/25	4 Classes/\$16
Tuesday 4:30 p.m.	Balance and Ballet with Lexi	8/4 to 8/25	FREE
Tuesday 5:15 p.m.	Exercise and Energize	8/4 to 8/25	FREE
Tuesday 6:00 p.m.	Boxercise with Lexi	8/4 to 8/25	FREE
Wednesday 9:15 a.m.	Chair Circuit with Carin	8/5 to 8/26 (no class 8/19)	3 Classes/\$9
Wednesday 10:00 a.m.	Chair Volleyball	8/5 to 8/26	FREE
Thursday 9:00 a.m.	Bopping with Beky	8/6 to 8/27	4 Classes/\$12
Thursday 10:00 a.m.	Cardio Drumming with Cindy	8/6 to 8/27	4 Classes/\$12
Thursday 11:00 a.m.	Line Dancing with Elaine	8/6 to 8/27	FREE
Thursday 1:30 a.m.	Gentle Chair Exercise w/Gia	8/6 to 8/27	4 Classes/\$16
Thursday 5:30 p.m.	Chair Volleyball	8/6 to 8/27	FREE
Friday 9:15 a.m.	Senior Circuit with Carin	8/7 to 8/28 (no class 8/21)	3 Classes/\$9
Friday 10:00 a.m.	Intermediate Tai Chi	8/7 to 8/28	FREE
Friday 1:15 p.m.	Mat Yoga with Haley	8/7 to 8/28 (no class 8/21)	3 Classes/\$9

Fitness Center is open during hours of operation Monday - Friday.

► Wellness Services

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

Senior Wellness Clinic

Thursday, August 6 and Wednesday, August 19 by appointment 10am to 1pm.

We have added the third Wednesday of the Month as an extra day for the wellness clinic.

East Hartford Health Department Nurses 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.

Therapeutic Massage

Thursdays, August 13, 20 and 27 by appointment only.

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 front desk to make your appointment.

Haircuts by Lori

Tuesdays, August 11, 18 and 25 by appointment only.

A licensed hairdresser/cosmetician will provide low-cost haircuts. Services include: Wash, Cut & Dry for \$20 or you may have just a Wash & Dry for \$10. Payment is due at the time of service. Payment is accepted in cash only. Please call the office for an appointment.

Haircuts have increased in cost to \$20 starting with all August appointments.

Foundations Foot Care

Wednesday, August 12 and 26 9:30 a.m. - 3:00 p.m.

Services Include:

- Nail and foot assessment
- Diabetic foot health and nail care
- Nail cutting care
- Ingrown nail care
- Callus/corn care

*by appointment only, call (860) 291-7460
Cost: \$40 for 30 minutes

Reiki Sessions

Friday, August 7 and 21 1:00 p.m. - 3:00 p.m.

Reiki is a hands on treatment using energy flow to assist in relaxation and pain relief. Reiki can be done in a chair or table, whatever is best for you. 20 Minute sessions for \$20 by appointment and walk-ins are welcome.

Grief and Loss Support Group

Tuesday, August 4, 4:00 p.m. - 5:00 p.m.

Marva Patterson, from VITAS Healthcare, will be here to facilitate a Grief & Loss support group session. Marva is a LMSW (licensed master social worker) who has been working with VITAS Healthcare since 2016. Call to register (860) 291-7460

Living Your Best Life

Mondays in August

1:00 p.m. to 2:00 p.m.

This group is designed to promote emotional wellness, reduce social isolation, increase coping skill, support grief processing, and enhance a sense of purpose and connection in later life. Facilitated by Community Matters, LLC. Please call (860) 291-7460 to register.

► Special Announcements

Woman's Club Fall Fundraiser

The East Hartford Women's Club will be having their annual fundraiser in September. You can order your Mums in Yellow, Bronze, Red Maroon, White and Purple. \$7 each or 3 for \$20 in 8inch pots.

Pick up on Friday, September 11 from 1pm to 4pm or Saturday, September 12 from 9am to 12pm. Deadline for orders is Tuesday, September 8. Pick up at Leonard's Farm, 264 Forest St. East Hartford, CT. Checks for pre-ordered Mums made out to EHWC and mailed directly to Marge Leonard, 264 Forest St. East Hartford, CT. 06118. East Hartford Woman's Club, Inc/GFWC is a 501c3 organization-Tax deductible. Flyers will be available at theSenior Center or call 860-568-4499

► Special Presentation

The East Hartford Alumni Association and Education Foundation (EHAAEF)

The EHAAEF is a group of alumni, parents, teachers and community members who gather to identify ways that support students and staff in East Hartford Public Schools. Their mission is clear: to promote excellence, innovation, and creativity in education for East Hartford Public School students through networking, mentoring, and fundraising. On Thursday, August 13 at 1PM, Board members for EHAAEF will be at the senior center for a special presentation. Please call the senior center to register. If you are looking to get involved please do not hesitate to reach out to Brittney Cavaliere, Board Chair at 860-402-7612



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AUGUST CALENDAR

Monday	Tuesday	Wednesday
9:15 a.m. Senior Circuit 3 10:00 a.m. Ask the Lawyer 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Medicare Fraud	9:00 a.m. Senior Exercise Video 4 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 2:00 p.m. COA Meeting 4:00 p.m. Grief & Loss Support Group 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise	9:00 a.m. 9/5 Setback 5 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Auntie Augusta's Day Cool Summer Lunch 1:00 p.m. Music w/Chris Marra 1:00 p.m. Cribbage
9:15 a.m. Senior Circuit 10 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Monday Matinee	9:00 a.m. Senior Exercise Video 11 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise	9:00 a.m. 9/5 Setback 12 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 11:30 a.m. Sound Healing 12:00 p.m. Homemade Lunch 1:00 p.m. Cribbage
10:30 a.m. Beginner Tai Chi group 17 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Living Your Best Life 1:00 p.m. Monday Matinee	9:00 a.m. Senior Exercise Video 18 10:00 a.m. Veterans Coffee Hour 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise	9:00 a.m. 9/5 Setback 19 10:00 a.m. Chair Volleyball 10:00 Senior Wellness Clinic 12:00 p.m. Special Polish Day Lunch 1:00 p.m. The Silver City Singers 1:00 p.m. Cribbage
9:15 a.m. Senior Circuit 24 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Monday Matinee 1:00 p.m. All Levels Painting	9:00 a.m. Senior Exercise Video 25 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise	9:00 a.m. 9/5 Setback 26 9:15 a.m. Senior Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Homemade Lunch 1:00 p.m. Cribbage 1:30 p.m. The Plant Guy
9:15 a.m. Senior Circuit 31 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life	 Elevate YOUR Life: 55+ and THRIVING	

Thursday	Friday	Saturday
9:00 a.m. Bopping with Beky 10:00 a.m. Senior Wellness Clinic 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:30 p.m. Setback Tournament 5:30 p.m. Chair Volleyball	6 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 1:00 p.m. Reiki Sessions 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:00 p.m. Pet & Sip 2:30 p.m. Corn Hole	7 8 Senior Center Closed
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 10:00 a.m. Community Artists 11:00 a.m. Line Dancing 1:00 p.m. EH Alumni Assoc. 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:30 p.m. Chair Volleyball 5:30 p.m. Trivia Night	13 14 9:00 a.m. Lunch Bunch Trip 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 12:00 p.m. Burgers on the Patio 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	15 Senior Center Closed
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 1:00 p.m. Book Talk 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:30 p.m. "A Night in Nashville" 5:30 p.m. Chair Volleyball 6:00 p.m. Comedy Show	20 21 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 1:00 p.m. Game Day 1:00 p.m. Reiki Sessions 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	22 Senior Center Closed
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 12:00 p.m. CRT Nutrition Talk 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 4:30 p.m. Dinner Out 5:00 p.m. Evening Movie 5:30 p.m. Chair Volleyball	27 28 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 11:30 a.m. Lunch Bunch 12:00 p.m. Burgers on the Patio 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	29 Senior Center Closed

► Evening Programs

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

Big Bucks Bingo

Tuesdays at 5:30 p.m.

\$2 per card/5 card maximum

Prized up to \$50 per game!

Tuesday Evening Meal Deal

Hot Dogs, Chips and a Drink available

Tuesday evenings \$5

8/4: \$5 Chix Tenders, Tater Tots & Drink

8/11: \$5 2 Slices of Pizza & Drink

8/18: \$5 BBQ Nuggets, Fries & Drink

8/25: \$5 Pulled Pork on a Roll, Chips & Drink

Setback Tournament

Thursday, August 6 at 5:30 p.m.

Thursday, September 3, at 5:30 p.m.

\$5 per person to play, please register in advance. Cash prizes will be awarded to the top teams. We will be selling a hot dog, chips, and a drink for \$5. Beverages and other snacks will be available.

Thursday Night Trivia

Thursday, August 13, at 5:30 p.m.

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

HOUSEMAID

Thursday, August 27, at 5:00 p.m.
(2025, R, 2hr.13min)

Hoping for a fresh start, a young woman becomes a live-in maid for a wealthy couple who harbour sinister secrets. This movie is based on the Best Selling Novel by Frieda McFadden.

The East Hartford Senior Center will be closed on Saturdays due to staff shortages.

Tickets for COA Senior Picnic

The Commission on Aging members will be selling tickets at the senior center.

Tickets will be on sale in the lobby on:

Monday, August 10 from 10am to 1pm

Tuesday, August 11 from 10am to 1pm

Thursday, August 13 from 10am to 1pm

Friday, August 14 from 10am to 1pm

Senior Picnic Information

Where: Goodwin University

Cost: Tickets are \$12 for EH seniors and \$14 for any non resident health aides.

Day: Friday, September 4, 2026

Time: 12:00pm to 3:15pm

CALL FOR COMMUNITY ARTISTS

Thursday, August 13 (10am to 12pm)

The Town of East Hartford invites community artists of all ages and experience levels to submit artwork for a community banner project celebrating the identity of East Hartford. Selected designs will be reproduced (printed) on light pole banners along the Town Green corridor creating a vibrant visual connection throughout the community. Submit your work at the center in the Art Room. See front desk flyer for specific themes.

Evening Dinner Out

Thursday, August 27 at 4:30PM

The Olive Garden, Manchester, CT.

Meet at the Senior Center at 4:30 p.m.

Please register by the Tuesday before the trip. Bring money for your meal. If you are unable to attend please cancel as soon as possible.

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Contact Mary Hoffman
mhoffman@4LPi.com
(800) 950-9952 x6340



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East Hartford Senior Ctr., East Hartford, CT 06-5009

► Trips

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



FRIENDSHIP TOURS
THE SHIP SHOP

**Culinary Institute of America
Caterina de Medici Restaurant
Hyde Park, NY**

**Thursday, September 24, 2026
Cost \$172 per person**

The Culinary Institute of America (CIA) has dedicated itself to providing the finest culinary training in the world for over 80 years. Located in Hyde Park, NY, the CIA has a student body of over 1900 students representing every state and many foreign countries.

Go behind the scenes of the CIA and get an inside look into the world of food. Participate in an interactive demonstration where you'll explore the science of taste. Tour Roth Hall, the building where culinary magic happens. If you love food and want to learn about the mystiques of the world-famous CIA, you'll love this! .

Full course luncheon at their Caterina de Medici Restaurant, with truly authentic regional Italian cuisine, prepared by CIA students under the instruction of world-class faculty. The restaurant has a sophisticated dining room overlooking a stunning herb and rose garden. Time allowed to explore their abundant gift shop and bakery before we head home.

**Menu: Pre-Set Menu will be available in Late July. See front desk flyer for menu.
(no refunds after 8/21)**

**Depart: 8:30am Putnam Park & Ride
Return: Est. 6:45pm to Putnam Park & Ride
Registration opens Monday, July 27.**

To Register for Trips: Must register in-person at the front desk. Submit Check in full payment and fill out a Trip Waiver. *Checks only, payable to Friendship Tours
Please register ASAP as Trips are subject to be canceled for lack of interest.

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.

► 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.

The Town of East Hartford sells ticket books for \$28 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. 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

For CRT Meals call the Meal Reservation Line at
(860) 291-7489 by 11:00 a.m. the weekday before you plan to eat lunch.

Monday CRT	Tuesday CRT	Wednesday Homemade Lunch	Thursday CRT	Friday CRT
3 Hamburger w/Bun Cheese, Gr. Red Peppers Must, Ketc, Sweet Pot Wedges	4 Grande Cheese Ravioli Marinara Sauce Parm Cheese/Bread Stick Broccoli Florets	5 Cranberry Chicken Salad Sandwich, 3-Bean Salad, Stawberry Shortcake for dessert courtesy of Riverside Health & Rehab	6 Beef Stuffed Cabbage Baby Potatoes Carots Wheat Bread	7 Roasted Turkey, Bacon w/Lett, Tom/Plain Wrap. Mayo, Must Macaroni Salad
10 Grilled Cheese Sandwich Potato Salad Coleslaw	11 Beef Hot Dog w/Bun Baked Beans Ket, Must, Rel Vegetables Cookie	12 Unstuffed Peppers w/ground beef Bread Dessert and Beverage	13 Grilled Chcken Brst Parmesan Cheese Fresh Salad Greens	14 Baked Tilapia w/Mango Salsa Rice, Peas & Carrots Wheat Bread
17 Gnococchi w/Alfredo Sce Italian Vegetables Bread Stick	18 Quiche Home-Fried Potatoes Capri Vegetables	19 Polish Day Kielbasa Lazy Pierogi Green Beans, Fresh Bread Polish Cake w/blueberries Lemon Ice Tea & Water	20 BBQ Pulled Pork Potato Wedges Ketchup 3-Bean Salad	21 Breaded Chicken Cutlet Mushroom Gravy Mashed Potatoes Vegetables
24 Spanish Diced Pork Yellow Rice w/Red Beans Prince Wm Vegetables Soft Tortilla	25 Chicken Salad with Lett on Wheat Bread Sweet Potato Fries Carrot Raisin Salad	26 Tuna Noodle Cassarole Fresh Bread Dessert and Beverage	27 Baked Salmon Creamy Lemon Dill sauce Rice and Spinach Wheat Bread	28 Spiral-Cut Baked Ham Baked Beans Normandy Vegetables Dinner Roll
31 Baked Chicken w/Green Salsa Red Potatoes Vegetable Medley Wheat Bread			Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish.	It is your responsibility to read what is on the menu before you register for that meal. We cannot substitute for allergies.

CRT LUNCH is served Mondays, Tuesdays, Thursdays and Fridays 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 11:00 a.m. the business day before the day of the meal by calling (860) 291-7489 or in person in the dining room at lunch time.

You must arrive no later then 12:20 p.m. in order to guarantee your reservation.

Menu is subject to change. The dining room opens at 11:30 a.m.

Homemade Lunch is served on Wednesdays at Noon for \$3 per meal. Beverage and dessert are included with the meal. Lunch reservations must be made no later than the Monday before the meal at 11 a.m. and must be paid at the time you are making the reservation. Register at the front desk.
You must arrive no later then 12:20 p.m. in order to guarantee your reservation.
Menu is subject to change. The dining room opens at 11:30 a.m.

Friday Lunch Bunch

August 14: Trip to Peabody Museum & Lunch, New Haven CT (see pg. 2 for information)

August 28: Water's Edge Resort Westbrook, CT

Meet at the Senior Center at 11:30am. Bring money for your meal. Please call to cancel if you cannot make it so that we can honor the waiting list. **Meet at 9AM for August 14 Trip**

Senior Services

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

Renters Rebate

East Hartford Youth & Social Services will process applications for the State of Connecticut, Office of Policy and Management, Renters Rebate Program. This program may provide senior and disabled renters with a refund check, based on the amount of rent and utilities paid in 2025. The application period runs from 4/1/2026 - 9/30/2026, for town residents who are 65 years of age or older, or disabled, 18 years of age or older by 12/31/2025.

The 2025 qualifying income (including Social Security benefits) must not exceed \$46,300 for a single individual or \$56,500 for a married couple. Please call Youth & Social Services at 860-291-7248 or Lillian at Senior Services at 860-291-7491 or visit easthartfordct.gov/health-and-human-services/youth-and-social-services for more information, including which documents are required to apply.

Farmers' Market Voucher Program

The Town East Hartford is pleased to announce a voucher program for 2026 with Senior Services, utilizing American Rescue Plan Act (ARPA) funds to assist residents in accessing fresh fruits and vegetables at the East Hartford Farmers' Market.

Senior Services, with the assistance of Youth and Social Services, will manage the distribution of the vouchers. Qualified residents will receive a one-time, \$40 voucher to purchase fruits, vegetables, eggs, jams and herbs from our two farm vendors, Handel Family Farm and Killam & Bassette Farmstead, at the EH Farmers' Market, which began 7/7/26 and runs through 10/27/26 at the Town Green, 12-2:30pm.

The voucher program is open to residents 55 and older who meet these criteria:

- Must be a resident of East Hartford (individuals or families), with proof of residency via a utility bill.

- Must have an income at or below 250% of the Federal Poverty Guidelines (see below). Proof of household income is required.

Annual Income

Household of 1- \$39,900, 2 - \$54,100, 3 - \$68,300
4 - \$82,500, 5 - \$96,700, 6 - \$110,900

Residents who wish to apply may reach out to East Hartford Senior Services by calling 860-291-7491 or visiting the East Hartford Senior Center at 15 Milbrook Drive. Residents may also call Youth & Social Services at 860-291-7248, or visiting the YSS office located at 50 Chapman Place. YSS staff will provide assistance in determining eligibility for various programs, such as the Supplemental Nutrition Assistance Program (SNAP) and the Senior Farmers' Market Nutrition Program (SFMNP).

Senior Services

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. The monthly gross income limits effective 3/1/2026 are:

- QMB-\$2,807/single and \$3,806/couple
- SLMB-\$3,073/single and \$4,166/couple
- ALMB-\$3,272/single and \$4,437/couple

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

Foodshare Mobile Pantry East Hartford

Mondays, 8/3, 8/17 & 8/31

9:00am - 9:30am

Hockanum Park, 75 Hamilton Road

Mondays, 8/10 & 8/24

1:30pm - 2:00 pm

Veterans Terrace, 57 Columbus Street

Wednesdays, 8/12 & 8/26

10:30am - 11:15am

Living Word Outreach Ministries, 30 Old Roberts Street

Mondays, 8/3, 8/17 & 8/31

12:30pm - 1:15pm

St. Isaac Jogues Lower Church Parking Lot

41 Home Terrace

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

Quickest way to receive our Monthly Newsletter

You can find the newsletter by using this site: www.mycommunityonline.com/organization/town-of-east-hartford. Cut and paste this address in your search engine, click on subscribe to newsletter. You will automatically be sent the newsletter to your email address as soon as it goes to print. Please share this information with your friends! Thank you!

Commission on Aging Meeting

Tuesday, August 4 at 2pm



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East Hartford Senior Ctr., East Hartford, CT 06-5009

Contacts and Hours of Operation

Front Desk Registration (860) 291-7460 ext. 0

Vincent Sartori, Senior Services Assistant

- (860) 291-7490

Victoria Liberator, Senior Services Coordinator

- (860) 291-7493

Susan M. Gouin, Program Supervisor

- (860) 291-7492

Lillian Miceli, Caseworker

- (860) 291-7491

Fitness Center (860) 291-7481

Meal Reservation Line (860) 291-7489

MONDAY, WEDNESDAY AND FRIDAY 8:30 - 4:30 P.M.

TUESDAY AND THURSDAY 8:30 A.M. - 7:30 P.M.

Coming Attractions

Food & Entertainment @EHSC

Homemade BBQ Lunch

Wednesday, 9/2/26 at 12PM

Dolly Parton Show/w Ashely Cruz

Spanish Heritage Special Lunch

Wednesday, 9/15/26 at 12PM

5th Anniversary Day of EHSC

Grab 'n Go breakfast

Saturday, 9/19/26 at 9AM

10AM to 12PM-Fun Activiites!!

Trips with Friendship Tours

Germanfest, New Hampshire

Wednesday, October 14

Doo-Wop Jukebox45, La Bella Vista

Tuesday, November 10

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Senior Services
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