

Senior Center Newsletter

► **October 2026**

ELEVATE YOUR LIFE: 55+ AND THRIVING

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

Fall Fest Special Lunch followed by Music from Red & Yellow!

Wednesday, October 7 at 12PM

Join us for a special meal along with entertainment to celebrate the Fall Season.

Menu: Apple Chicken Stew served with Fresh Baked Bread and special dessert sponsored by Riverside Rehab.

Meal Cost: \$3 Per Person

Music: Free by Red & Yellow

Sponsored by the Friends of the EH Senior Center

East Hartford Senior Center Health & Wellness Fair and Flu Clinic

**Wednesday, October 14
10AM to 1PM**

Join us for a day of Health & Wellness information from a wide variety of Homecare, Assisted Living, Physical Therapy, and Investment & Insurance companies. Blood Pressure Screenings will be available! Giveaways & Door Prizes!

The Flu Clinic will be in the Art room from 10am to 1pm. Please have your ID and Insurance card with you. Register for vaccine in advance at the Health Department 860-291-7325

German Day Lunch

Wednesday, October 21 at 12PM

Join us for a Special Lunch to celebrate German Cuisine

Menu: German Beef Goulash, served with Peas and Rye Bread.

Special Dessert

Ice Tea

Cost: \$3



After lunch stay for musical entertainment by the Silver City Singers. Free Candy, and Pizza Raffle!

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featured programs

▶ Special Programs

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

Smart Energy

Thursday, October 1

10:00 a.m. to 3:00 p.m.

Energize CT will be here again to share information about the Energize CT program, which offers no-cost Home Energy Assessments to eligible Connecticut renters and homeowners. Some benefits are based on income eligibility, while others are open to everyone. Stop by their table by the lobby and check it out!

Goodwin University Dental Hygiene Presentation/Program

Tuesday, October 6 at 10:00 a.m.

Join us for an engaging and educational oral health presentation led by dental hygiene students from Goodwin University. This session will focus on proper brushing and flossing techniques, the importance of routine dental visits, and tips for maintaining oral health as we age. Attendees will receive dental care giveaways and have the opportunity to ask questions and interact with future dental professionals in a relaxed and friendly environment.

Fall Risk Prevention Program

Friday, October 9 at 10:00 a.m.

This screening is designed for older adults who are concerned about their risk of falling or want to learn more about their balance and mobility. During the screening, participants will complete a series of simple assessments to evaluate balance, strength, and mobility. Afterward, the results will be reviewed with the participant in real time, allowing them to discuss their risk of falling and ask questions. Our goal is to help older adults better understand their risk of falling and provide practical strategies to improve safety, confidence, and reduce their risk of future falls. *Sponsored by UConn DPT*

▶ 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/Sewing

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. Sessions end at 4PM on 10/8 & 10/22

Painting Class

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

(10/2 to 10/30, \$15 for 5 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, October 26 at 1PM

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.

Ask The Lawyer

Monday, October 5 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.

Cooking with Lindsay

Tuesday, October 6 at 2:00 p.m.

Everything Pumpkin! Join Lindsey Kent, RD for ShopRite and learn about pumpkin: the good, the bad and the tasty! And sample a delicious pumpkin forward recipe. Program is sponsored by ShopRite of East Hartford.

Book Talk

Thursday, October 15 at 1:00 p.m.

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. October's Read is "Run, Rose, Run" by Dolly Parton & James Patterson.

Sound Healing with Jeremy

Friday, October 23 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, seating is limited! Sponsored by the Residence at Glastonbury

Veterans Coffee Hour

Tuesday, October 20 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.

The Plant Guy

Wednesday, October 28 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.

October 5: THUNDERBOLTS

Ensnared in a death trap, an unconventional team of antiheroes -- Yelena Belova, Bucky Barnes, Red Guardian, Ghost, Taskmaster and John Walker -- embarks on a dangerous mission that forces them to confront the darkest corners of their pasts. 2025 (PG-13) 2hr. 6min (Action/Si-fi)

October 19: Elizabeth The Golden Age

Elizabeth might have her royal rival Mary Queen of Scots in custody, but a far greater threat lies to the east: the Spanish Armada. Despite her reign of 30 years, Elizabeth's hold on the English throne remains uncertain. Her kingdom lies in the shadow of mighty Spain, Philip II's vast army and the Inquisition, but Elizabeth is undaunted. 2007 (PG-13) 1hr. 54min (War/Drama)

October 26: Alice Through the Looking Glass

After slipping through a mirror, Alice (Mia Wasikowska) finds herself back in Underland with the White Queen (Anne Hathaway), the Cheshire Cat, the White Rabbit, Tweedledee and Tweedledum. Her friends tell her that the Mad Hatter (Johnny Depp) is in a funk over the loss of his family. Hoping to save his loved ones, Alice steals the Chronosphere from Time (Sacha Baron Cohen) to travel into the past. While there, she encounters the younger Hatter and the evil Red Queen (Helena Bonham Carter).. 2016 (PG) 1hr. 53min (Fantasy/Adventure)

► 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.
Set Back	Tuesdays	1:00- 3:30 p.m.
9/5 Set Back	Wednesdays	9:00-12:00 p.m.
Cribbage	Wednesdays	1:00-4:00 p.m.
Pinochle	Fridays	1:00- 3:30 p.m.
Bingo \$1 per card	Thursdays	1:30-3:00 p.m.
Game Day	Fridays	1:00-4:00 p.m.
Karaoke	Fridays	2:00 - 3:30 p.m. (NO Karaoke on 10/23)
Corn Hole	Fridays	2:30-4:00 p.m.

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	10/5 to 10/26 (no class 10/12)	3 Classes/\$9
Monday 10:30 a.m.	Beginners Tai Chi	10/5 to 10/26 (no class 10/12)	FREE
Monday 11:30 a.m.	Strength & Toning Video	10/5 to 10/26 (no class 10/12)	FREE
Monday 1:00 p.m.	Chair Yoga with Haley	10/5 to 10/26 (no class 10/12)	3 Classes/\$9
Tuesday 9:00 a.m.	Senior Workout to Video	10/6 to 10/27	FREE
Tuesday 1:30 p.m.	Gentle Chair Exercise w/Gia	10/6 to 10/20	3 Classes/\$26
Tuesday 4:30 p.m.	Balance and Ballet with Lexi	10/6 to 10/27	FREE
Tuesday 5:15 p.m.	Exercise and Energize	10/6 to 10/27	FREE
Tuesday 6:00 p.m.	Boxercise with Lexi	10/6 to 10/27	FREE
Wednesday 9:15 a.m.	Chair Circuit with Carin	10/7 to 10/28	4 Classes/\$12
Wednesday 10:00 a.m.	Chair Volleyball	10/7 to 10/28	FREE
Thursday 9:00 a.m.	Bopping with Beky	10/1 to 10/29	5 Classes/\$15
Thursday 10:00 a.m.	Cardio Drumming with Cindy	10/1 to 10/29	5 Classes/\$15
Thursday 11:00 a.m.	Line Dancing with Elaine	10/1 to 10/29	FREE
Thursday 1:30 a.m.	Gentle Chair Exercise w/Gia	10/1 to 10/22	4 Classes/\$16
Thursday 5:30 p.m.	Chair Volleyball	10/1 to 10/29	FREE
Friday 9:15 a.m.	Senior Circuit with Carin	10/2 to 10/30	5 Classes/\$15
Friday 10:00 a.m.	Intermediate Tai Chi	10/2 to 10/30	FREE
Friday 1:15 p.m.	Mat Yoga with Haley	10/2 to 10/30	5 Classes/\$15

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

► Wellness Services

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

Senior Wellness Clinic

Thursday, October 1 and Wednesday, Oct. 21 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

**30-minute \$40 & 60-minute \$80
Thursdays, October 8, 15 and 22
by appointment only.**

A licensed massage therapist will provide low-cost massages by appointment. The cost is \$40 for 30 minutes and \$80 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, October 13, 20, and 27
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.

Living Your Best Life

Mondays 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 Dorothea Martin

Foundations Foot Care

Unfortunately, Kylie Putis had to resign from foot care with us. Please be patient as we search for a new Foot Care Service Nurse. Kylie will be missed by all and she sends her best wishes to all.

From Kylie: *"Please accept my apology and pass on my sentiments to all." "East Hartford is one my very favorite senior centers and I will sincerely miss everyone of you!!!!"*

Reiki Sessions

**Friday, October 2 and 16
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 & Loss Support

Tuesday, October 6, 4:00 p.m. - 5:00 p.m. Debra Gardner, 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

Technical Support with Mahesh

Wednesday, October 14 & 28 (1pm-3pm)

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.

Flu Shot Clinic

**Thursday, October 29,
11:00 a.m. 2:00 p.m.**

Don't have your Flu Vaccine yet? Stop by the Senior Center with your ID and Medical card. Stop n Shop will be sponsoring a Flu Vaccine Clinic

► Other Programs

Tech Time - October 20

Free technology support and learning. Participants can receive a one-on-one 30 minute session in the Computer Room. Call the front desk to sign up. (1 to 2:30pm)

Group Tech Time - October 20

This Group class is for anyone who wants to learn more about technology. This workshop in the Media Room from 2:30 - 4:00 p.m. Learn in a friendly, supportive setting. Call the front desk to sign up.

Mayor's Breakfast

Join the Commission on Aging as they welcome you to Breakfast with the Mayor. The Mayor will speak after breakfast and update you on Town Matters. **Tuesday, October 20 at 9:00 a.m.**

Menu: Scrambled Eggs, Bacon, Sausage, Fresh Fruit and Coffee. **Free**

Italian Cultural Workshops

by Anna Oliva Italian Fashion

Friday, October 23 at 1:00 p.m.

Join Anna Oliva for a lively and visually engaging look at Italian fashion, craftsmanship, and the traditions behind Italy's reputation for style. In this workshop you will explore clothing, shoes, leather, textiles, skilled artisans, family workshops, and the influence of Italian fashion, on everyday life.

Come for the stories, the images, the culture, and a fun afternoon discovering another side of Italy.

sponsored by the Friends of East Hartford
(No Karaoke on this day)



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

OCTOBER CALENDAR

Monday	Tuesday	Wednesday
 ELEVATE YOUR LIFE: 55+ AND THRIVING		
9:15 a.m. Senior Circuit 10:00 a.m. Adult Coloring 10:00 a.m. Ask the Lawyer 10:30 a.m. Beginner Tai Chi 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Monday Matinee 1:00 p.m. Living your Best Life (group 1) 2:00 p.m. Living your Best Life (group 2)	9:00 a.m. Senior Exercise Video 10:00 a.m. Dental Program 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 2:00 p.m. Cooking with Lindsey 4:00 p.m. Grief & Loss Support 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 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Fall Fest Special Lunch 1:00 p.m. Live Music w/Red & Yellow 1:00 p.m. Cribbage
12 Senior Center Closed Columbus Day	13 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 1:30 p.m. Big Bucks Bingo (time change) 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 6:00 p.m. Boxercise	14 9:00 a.m. 9/5 Setback 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 10am to 1pm Health & Wellness Fair & Flu Vaccine Clinic 12:00 p.m. Special Cafe Lunch \$5 1:00 p.m. Cribbage
19 9:15 a.m. Senior Circuit 10:00 a.m. Adult Coloring 10:30 a.m. Beginner Tai Chi 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Monday Matinee 1:00 p.m. Living your Best Life (group 1) 2:00 p.m. Living your Best Life (group 2)	20 9:00 a.m. Senior Exercise Video 10:00 a.m. Veterans Coffee Hour 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Tech Time 2:30 p.m. Group Tech Time 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	21 9:00 a.m. 9/5 Setback 9:15 a.m. Senior Circuit 10:00 a.m. Senior Wellness Clinic 10:00 a.m. Chair Volleyball 12:00 p.m. German Day Lunch 1:00 p.m. Silver City Singers 1:00 p.m. Cribbag
26 9:15 a.m. Senior Circuit 10:00 a.m. Adult Coloring 10:30 a.m. Beginner Tai Chi 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Monday Matinee 1:00 p.m. All Levels Painting 1:00 p.m. Living your Best Life (group 1) 2:00 p.m. Living your Best Life (group 2)	27 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 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	28 9:00 a.m. 9/5 Setback 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

Thursday	Friday	Saturday
9:00 a.m. Bopping with Beky 10:00 a.m. Senior Wellness Clinic 10 to 3pm Smart Energy (Lobby) 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	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 1:00 p.m. Reiki Sessions 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Open 9am to 12pm
9:00 a.m. Bopping with Beky 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 4:30 p.m. Connection & Creativity 5:30 p.m. Chair Volleyball 5:30 p.m. Trivia Night	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Fall Risk Prevention 10:00 a.m. Intermed Tai Chi 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Closed (Columbus day Weekend)
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 4:30 p.m. Dinner Out 5:30 p.m. Chair Volleyball	9:00 a.m. Lunch Bunch Trip 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 1:00 p.m. Game Day 1:00 p.m. Reiki Sessions 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Open 9am to 12pm
9:00 a.m. Bopping with Beky 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 4:30 p.m. Connection & Creativity 5:30 p.m. Chair Volleyball 5:30 p.m. Halloween Dinner Dance	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 11:30 a.m. Sound Healing w/Jeremy 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 1:00 p.m. Italian Fashion (no karaoke this week) 2:30 p.m. Corn Hole	Senior Center Open 9am to 12pm
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11 to 2pm Flu Vaccine Clinic 11:00 a.m. Line Dancing 1:30 p.m. Bingo 2:30 p.m. Creative Writing 4:30 p.m. Evening Movie 5:30 p.m. Chair Volleyball	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 11:30 a.m. Lunch Bunch 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Open 9am to 12pm

▶ 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!

IMPORTANT MESSAGE:

Tuesday, 10/13 Bingo will be at 1:30PM due to set-up in the evening for Wednesdays Health & Wellness Fair.

Tuesday Evening Meal Deal

Hot Dogs, Chips and a Drink available

Tuesday evenings \$5

10/6: \$5 Chix Tenders, Tater Tots & Drink

10/13: \$5 2 Slices of Pizza & Drink

10/20: \$5 BBQ Nuggets, Fries & Drink

10/27: \$5 Pulled Pork on a Roll, Chips & Drink

Setback Tournament

**Thursday, October 1 at 5:30 p.m.
(No Setback in November)**

\$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.

Evening Movie

Halloween (The Classic)

Thursday, October 29 at 5:00 p.m.

1978 (R) 1hr. 31min (Horror/Crime)

On a cold Halloween night in 1963, six-year-old Michael Myers brutally murdered his 17-year-old sister, Judith. He was sentenced and locked away for 15 years. But on October 30, 1978, while being transferred for a court date, a 21-year-old Michael Myers steals a car and escapes Smith's Grove. He returns to his quiet hometown of Haddonfield, Illinois, where he looks for his next victims.

▶ Special Evening Events

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

Halloween Dinner Dance Party!

Thursday, October 22 at 5:30pm

Join us for a spooktacular Halloween Dinner Dance filled with fun, food, and festive flar! Enjoy a delicious dinner, then hit the dance floor for an evening of lively music from JCDC Band. Don't miss our Costume Runway Show, where you can strut your spooky or silly style, followed by a Costume Contest with prizes for the most creative, funniest, and scariest outfits.

Menu: Ziti with Meat Sauce, Tomato and Cucumber Salad, Garlic Bread, Dessert

Cost: \$10 Members, \$12 Guests

Member registration starts, Monday, Sept. 24

Guest registration starts Monday, Oct. 5

Connection & Creativity

Thursdays, October 8 and 22

4:30 p.m. to 5:30 p.m.

Creative Arts Room

Student lead art program that provides a fun, relaxing, and engaging creative experience for seniors while encouraging social connection through simple watercolor activities that are accessible to participants of all artistic abilities.

Thursday Night Trivia

Thursday, October 8, 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 Dinner Out

Thursday, October 15

Maine Fish Market, East Windsor

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.

Advertise in Our Newsletter!

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



Each year nearly, 2.8 million Elderly Adults are treated for FALL-RELATED INJURIES, over 800,000 required hospitalization.

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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

Jukebox 45 Show Band
La Bella Vista, Waterbury, CT

Tuesday, November 10, 2026

Cost \$139 per person

Listen to some of the most memorable songs from the great artists of the era such as : Paul Anka, Fred Parris & The Five Satins, The Dupress, Larry Chance & The Earls, and more, celebrating decades of legendary music.

Included: Welcome Antipasto Platters at your table along with Carafes of Red & White Wine.

Family Style Meal: Italian Salad, Penne Marinara, Stuffed Filet of Sole, Chicken Fresca, Roasted Potatoes, Mixed Vegetables, Deluxe Pastries, Soda & Coffee.

(no refunds after 10/9/26)

Depart: 10:30am Putnam Park & Ride

Return: Est. 4:30pm to Putnam Park & Ride

Registration opens Monday, September 21.

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.

Day Trip and Lunch

Friday, October 16

The Carousel Museum, Bristol, CT

View the art, learn the history, and feel the magic of carousels through the exhibitions and programs at The Carousel Museum. Tickets are \$10 per senior, payable at the Museum on that day. Please bring your ID and money for lunch. After your time at the Museum, the bus will stop for lunch at Bell City Diner, a local restaurant near the museum. Bus leaves the senior center at 9:00 a.m.

► 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
	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.	1 Vegetarian Lasagna w/Marinara Sauce Broccoli Florests Dinner Roll	2 Creamed Chicken Diced Potatoes Peas & Carrots Buttermilk Biscuit
5 Beef Stuffed Cabbage Marinara Sauce Rosemary Potatos Mixed Veges	6 Pulled Pork Carnita Spanich Rice Californai Veges Cornbread Loaf	7 <u>Fall Festival Lunch</u> Apple Chicken Stew Fresh Baked Bread Special Dessert	8 Breaded Veal Patty Marinara Sauce/Roll Parmesan Cheese Italian Veges	9 Meatloaf w/Gravy Sweet Potatoe Wedges Green Beans Dinner Roll
12 Senior Center Closed Columbus Day	13 Beef Vegetable Soup Ham & Cheese Croissant Potatoe Salad Cookie	14 <u>Special Cafe Lunch \$5</u> Turkey, Ham or Tuna sandwich w/cheese, Chips and a Beverage	15 Roast Beef w/Gravy Cut-up Sweet Potatoes Spinach, Dinner Roll Yogurt Cup	16 Oven-Fried Chicken Garlic Mashed Potatoes Mixed Veges
19 Slice of Quiche Potatoe Wedges Capri Veges	20 Smothered Chicken Baby Potatoes Carrots	21 <u>German Day Lunch</u> German Beef Goulash w/Egg Noodles & Peas Served with Rye Bread Special Dessert	22 Turkey Pot Pie Potatoes Mixed Veges Carrot Raisin Salad	23 Salisbury Steak w/ Marinara Sauce Peppers & Onions Bowties, Wax Beans Dinner Roll Pudding
26 White Chicken Chili w/Beans and Rice Veg Medley Cornbread Loaf	27 Salmon w/Dill Sauce Red Potatoes Peas & Diced Carrots	28 Spaghetti Torte Garlic Bread Dessert	29 Beef Hot Dog Hot Dog Bun Baked Beans 4 Way Vegetables	30 Diced Pork w/Mango Salsa Yellow Rice w/Black Beans Carribean Veges

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

October 16: Lunch Bunch Trip to The Carousel Museum (see page 12)

October 30: Olive Garden, Manchester, 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.

Senior Services

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

Medicare Open Enrollment

...for Medicare Advantage (Part C) AND Medicare Prescription Drug Coverage (Part D) begins on October 15 and ends on December 7. Each year, you have the opportunity to make changes for the following year.

- Change from Original Medicare to Medicare Advantage
- Change from Medicare Advantage back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that does offer drug coverage
- Join a Medicare Prescription Drug Plan
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare Prescription Drug Plan completely

Do you need help navigating open enrollment? Please call Lillian, CHOICES Counselor at 860-291-7491 to make an appointment.

Farmers' Market Voucher Program

The Town of 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 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

Monday, October 26

9:00am - 9:30am

Hockanum Park, 75 Hamilton Road

Mondays, October 5 & 19

1:30pm - 2:00 pm

Veterans Terrace, 57 Columbus Street

Wednesdays, October 7 & 21

10:30am - 11:15am

Living Word Outreach Ministries, 30 Old Roberts Street

Mondays, October 12 & 26

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.

Medicare Workshop

Thursday, October 29 at 10:00 a.m.

Come join Sam Moser from Stateline Senior Services for an Aetna Medicare workshop. We will go over Medicare basics, enrollment periods, MSP program and one of Aetna's 2027 Medicare Advantage Plans.

Commission on Aging Meeting

Tuesday, October 6 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.

SATURDAYS 8:30 A.M. - 12:00 P.M.

Picture Days

We will be taking new pictures to update your senior center membership. No need to register, just look your best and come on down on one of the days/times listed below and Barb will snap a new Pic!

When: October 15, 16 and 19, 20

Where: Senior Center Front Desk

Time: 9:00 a.m. to 2:00 p.m.



*Let's
Take
Photos*

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