

Senior Center Newsletter

▶ **November 2026**

ELEVATE YOUR LIFE: 55+ AND THRIVING

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

Veterans Day Lunch followed by Music from Country Duo!

Wednesday, November 4 at 12PM

Join us for a special meal to honor and celebrate Veterans Day. Veterans may sign up starting 10/26, all others may register starting 10/30.

Menu: Cheeseburger, Baked Beans, and Potato Salad. *Special dessert sponsored by Riverside Rehab. Lunch is sponsored by The East Hartford Rotary Club.*

Music is Sponsored by the Friends of the EH Senior Center

CRT Holiday Lunch

Thursday, November 19, at 12PM

Join us for a Special Lunch to celebrate all your friends at the senior center.

Menu: Roast Turkey, Mashed Potatoes, Stuffing, Cranberry Sauce, and Cornbread. Apple Pie for Dessert *sponsored by the EH Woman's Club*

\$3 Suggested Donation to CRT



Stand-Up Comedy Night

Thursday, November 12 at 6PM

Join us for a night of laughter with Paula Duetz and her Comedy gang. Before the Show, enjoy a Bowl of Chili with Bread in the Dining Room. Water will be available.

Meal is at 5PM, Cost is \$5
Comedy Show is FREE, starts at 6PM
Tickets for the meal are available at the front desk.

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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.

AARP Smart Drivers Course

Monday, November 2, 9AM to 1PM

Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers and explore local laws and traffic rules for driving. Also included are tips for proper maintenance of your vehicle, so it's safe before you drive. Cost is \$20 for AARP members and \$25 for non members.

Seating is limited so sign up soon!

10 Things to Know about Cremation *sponsored by D'Esopo Funeral Chapel*

Tuesday, November 10 at 1PM

Explore cremation options, personalization ideas, costs, eco-friendly choices, and common questions about scattering ashes. A free basket raffle will be held after the presentation for all who attend.

Medicare 101

Tuesday, November 17 at 1PM

Join American Senior Benefits for an informative Medicare 101 presentation! Learn about important Medicare changes for 2027 and how they may affect your coverage, costs, and benefits. As Local health and life insurance brokers, Mike, Marli and Blanca will simplify Medicare and explain some of the key changes to be aware of for the year ahead. Come with your questions and leave with a better understanding of your Medicare coverage! *Refreshments will be available.*

Italian Presentation/Olive Oil

Tuesday, November 24 at 1PM

Join Anna Oliva as she takes you through the journey of how Olive Oil is produced and enjoyed across Italy. Learn what a good olive oil is, what to notice when choosing one, and some simple ways Italians use it in everyday cooking. Free 1.5 hour presentation.

► 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.

(11/6 to 11/27, \$9 for 3 classes)

No Class 11/20

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, November 23 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, November 9 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, November 17 at 2:00p.m.

Holiday Sides! Join Lindsey Kent, RD for ShopRite and learn about easy, nutritious and delicious holiday sides to make this year. Samples and Recipes will be available! Program is sponsored by ShopRite of East Hartford.

Book Talk

Thursday, November 19 at 1:00 p.m.

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. November's Read is "Normal Rules Don't Apply" by Kate Atkinson

Technical Support with Mahesh

Tuesday, November 24 (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.

Veterans Coffee Hour

Tuesday, November 17 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, November 25 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.

November 9: Practical Magic

Sally and Gillian Owens, born into a magical family, have mostly avoided witchcraft themselves. But when Gillian's vicious boyfriend, Jimmy Angelov, dies unexpectedly, the Owens sisters give themselves a crash course in hard magic. With policeman Gary Hallet growing suspicious, the girls struggle to resurrect Angelov -- and unwittingly inject his corpse with an evil spirit that threatens to end their family line. 1998 (PG-13) 1hr. 46min (Fantasy/Romance)

November 16: The Family Stone

Everett Stone wants to bring his girlfriend, Meredith Morton (Sarah Jessica Parker), to meet his bohemian Connecticut family at Christmas. Straitlaced Meredith, feeling she needs backup, asks her sister Julie (Claire Danes), to come along. Hoping to win the approval of her boyfriend's parents Sybil (Diane Keaton) and Kelly (Craig T. Nelson) and the rest of the family, instead Meredith succeeds only in highlighting her uptight personality and making Everett doubt his intentions. 2005 (PG-13) 1 hr. 46 min (Comedy/Romance)

November 23: Home for the Holidays

When her teenage daughter opts out of Thanksgiving, single mother Claudia Larson (Holly Hunter) travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family. Claudia quickly tires of her parents, her long-suffering sister, her snobby brother-in-law (Steve Guttenberg) and her nutty aunt. But the evening gets interesting when sparks fly between Claudia and her brother's handsome friend. 1995 (PG-13) 1 hr. 44 min (Comedy/Romance)

► 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 \$1 per card	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.

Bopping with Beky-Join our Personal Trainer for a high intensity Aerobic workout using a variety of modalities. This workout includes strength training, toning, and balance.

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.

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	11/2 to 11/30	5 Classes/\$15
Monday 10:30 a.m.	Beginners Tai Chi	11/2 to 11/30	FREE
Monday 11:30 a.m.	Senior Exercise to Video	11/2 to 11/30	FREE
Monday 1:00 p.m.	Chair Yoga with Haley	11/2 to 11/30	5 lasses/\$15
Tuesday 9:00 a.m.	Senior Exercise to Video	11/5 to 11/24	FREE
Tuesday 1:30 p.m.	Gentle Chair Exercise w/Gia	11/5 to 11/24	4 Classes/\$16
Tuesday 4:30 p.m.	Balance and Ballet with Lexi	11/5 to 11/24	FREE
Tuesday 5:15 p.m.	Exercise and Energize	11/5 to 11/24	FREE
Tuesday 6:00 p.m.	Boxercise with Lexi	11/5 to 11/24	FREE
Wednesday 9:15 a.m.	Chair Circuit with Carin	11/4 to 11/25 (no class 11/11)	3 Classes/\$9
Wednesday 10:00 a.m	Chair Volleyball	11/4 to 11/25 (no class 11/11)	FREE
Wednesday 12:00 p.m	Senior Exercise to Video	11/4 to 11/28 (no class 11/11)	FREE
Thursday 9:00 a.m.	Bopping with Beky	11/5 to 11/19	3 Classes/\$9
Thursday 10:00 a.m.	Cardio Drumming with Cindy	11/5 to 11/19	3 Classes/\$9
Thursday 1:30 a.m.	Gentle Chair Exercise w/Gia	11/5 to 11/19	3 Classes/\$12
Thursday 5:30 p.m.	Chair Volleyball	11/5 to 11/19	FREE
Friday 9:15 a.m.	Senior Circuit with Carin	11/6 to 11/27	4 Classes/\$12
Friday 10:00 a.m.	Intermediate Tai Chi	11/6 to 11/27	FREE
Friday 1:15 p.m.	Mat Yoga with Haley	11/6 to 11/27	4 Classes/\$12

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, November 5 and Wednesday, Nov. 18 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, November 12 & 19
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, November 10, 17, and 24
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: 2 Sessions, 1:00 p.m. to 2:00 p.m. and 2:00 p.m. to 3:00 p.m.
(register for 1 session per week)**

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

The New Food Pyramid

Tuesday, November 24 at 12PM

Join Lorri Lennon, RD for CRT as she explains The New Food Pyramid. Why is the New Food Pyramid upside down? What are the latest scientific-based nutritional recommendations for Older Adults? How does the New Food Pyramid differ from the former one? These are a few of the questions that we will explore and answer. The theme of the 2025-2030 guidelines emphasizes "Eat Real Food" and individual choice. Learn tips on how you can prioritize protein at meals and limit highly processed foods and added sugars in your diet. Please join us!

Reiki Sessions

**Friday, November 13 and 27
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, November 3, 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

Flu Shot Clinic

**Thursday, November 12,
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. Call 860-291-7325 to register.

► Other Programs

Tech Time - November 17

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 - November 17

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.

► Announcements!

Wednesdays Lunch

Starting in November, Wednesdays Lunch will be coming from CRT. We will reserve the first Wednesday of the Month for our Homemade Special Meal with Entertainment. That meal will be \$3.

HOLIDAY PIES

Maggie from Riverside Rehab will be here to hand out holiday pies on Thursday, November 19th at 11am. Choice of Apple or Pumpkin, (while supplies lasts). You must sign up IN-PERSON at the front desk for a pie and receive a ticket to be redeemed on Thursday, November 19th.

NO PHONE CALLS please. The front desk cannot hold tickets, need to come to the front desk and receive a ticket. *COURTESY OF RIVERSIDE HEALTH AND REHABILITATION CENTER.*



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NOVEMBER CALENDAR

Monday	Tuesday	Wednesday
2 9:00 a.m. AARP Smart Drivers Course 9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi 11:30 a.m. Senior Exercise to Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living your Best Life (group 1) 2:00 p.m. Living your Best Life (group 2)	3 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 2:00 p.m. Commision on Aging 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	4 9:00 a.m. 9/5 Setback 9:15 a.m. Senior Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Veterans Day Lunch 12:00 p.m. Senior Exercise to Video 1:00 p.m. Live Music by Country Duo 1:00 p.m. Cribbage
9 9:15 a.m. Senior Circuit 10:00 a.m. Ask the Lawyer 10:30 a.m. Beginner Tai Chi 11:30 a.m. Senior Exercise to 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)	10 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 1:00 p.m. Facts about Cremation 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	11 Senior Center Closed Veterans Day
16 9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi 11:30 a.m. Senior Exercise to 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)	17 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. Setback 1:00 p.m. Tech Time (one on one) 1:00 p.m. Medicare 101 1:30 p.m. Gentle Chair Exercise 2:00 p.m. Cooking with Lindsey 2:30 p.m. Group Tech Time 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	18 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. Senior Exercise to Video 1:00 p.m. Silver City Singers 1:00 p.m. Cribbage
23 9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi 11:30 a.m. Senior Exercise to 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)	24 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Olive Oil from Italy 1:00 p.m. Technical Support 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	25 9:00 a.m. 9/5 Setback 9:15 a.m. Senior Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Senior Exercise to Video 1:00 p.m. Cribbage 1:30 p.m. The Plant Guy
30 9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi 11:30 a.m. Senior Exercise to Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living your Best Life (group 1) 2:00 p.m. Living your Best Life (group 2)	 East Hartford 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 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 4:30 p.m. Eve Dinner out 5:30 p.m. Chair Volleyball 5:30 p.m. Trivia 6:00 p.m. Medicare 101	9:15 a.m. Senior Circuit 9:30 a.m. Fascia's & Lunch 9:30 a.m. Painting 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 Open 8:30am to 12pm
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11am to 2pm Vaccine Clinic 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 4:30 p.m. Connection & Creativity 5:00 p.m. \$5 Dinner (Chili w/bread) 5:30 p.m. Chair Volleyball 6:00 p.m. Stand-up Comedy Night	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 8:30am to 12pm
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 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. Chair Volleyball 5:00 p.m. Coffee & Dessert 6:00 p.m. Indian Culture & Dance	9:15 a.m. Senior Circuit 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 8:30am to 12pm
Senior Center Closed (Thanksgiving)	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 1:00 p.m. Reiki Sessions 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Closed (Thanksgiving Weekend)
  HAPPY  THANKSGIVING		

▶ 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

11/3: \$5 Chix Tenders, Tater Tots & Drink

11/10: \$5 2 Slices of Pizza & Drink

11/17: \$5 BBQ Nuggets, Fries & Drink

11/21: \$5 Pulled Pork on a Roll, Chips & Drink

Thursday Night Trivia

Thursday, November 5 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.

Setback Tournament

(No Setback in November)

Thursday, December 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.

Connection & Creativity

Thursdays, November 12

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

Creative Arts Room

Student 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.

▶ Special Evening Events

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

Medicare 101

Thursday, November 5 at 6PM

Join American Senior Benefits for an informative Medicare 101 presentation! Learn about important Medicare changes for 2027 and how they may affect your coverage, costs, and benefits. As Local health and life insurance brokers, Mike, Marli and Blanca will simplify Medicare and explain some of the key changes to be aware of for the year ahead. Come with your questions and leave with a better understanding of your Medicare coverage! *Refreshments will be available.*

Indian Dance & Lecture

Thursday, November 19 at 6PM

Founded in 2010 by Sarada Nori, an exponent of Kuchipudi dance and Carnatic music, Layavinyasa is a woman-led organization that builds bridges between people of different cultures and forges new paradigms using Indian art forms. Join us for an evening of Indian Culture with live Dance and Music. Free Coffee & Dessert will be available at 5PM

Evening Dinner Out

Thursday, November 5

ICHIBAN, Hartford, CT

Japanese Korean Restaurant

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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► Trips

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



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THE SHIP SHOP
Christmas Concert
"A Tribute to the Platters"
Aqua Turf Club, Plantsville, CT
Wednesday, December 9, 2026
Cost \$134 per person

A Tribute to the Platters honors one of the greatest vocal groups of all time. This outstanding group of singers performs all of the Platters greatest hits and then some with stunning accuracy. The four incredible singers are backed by an amazing live band and the performance is packed with million-selling hits, including Only You, The Great Pretender, Smoke Gets In Your Eyes, Twilight Time and many more.

Family Style Meal: Garden Salad, Pasta, Roast Turkey & Baked Ham, Vegetable, Potato, Rolls, Dessert & Coffee
(no refunds after 11/6/26)

Depart: 10:45am Putnam Park & Ride
Return: Est. 4:45pm to Putnam Park & Ride
Registration opens Monday, October 26

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, November 6 **Fascia's Chocolates, Waterbury, CT**

Take a tour of the factory, learn the history of this family-owned business and with the art, learn the history, enjoy chocolate sampling and create your own chocolate bar with your choice of toppings. Cost is \$12 per person, payable at the front desk (cash only) during registration.

After your time at Fascia's the bus will stop for lunch at a local diner. Bus leaves the senior center at 9:30 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
2 Beef Hamburger w/Cheese Wheat Hamburger Bun Potato Salad Fresh Fruit	3 Turkey Stew w/ Boiled Potatoes & Root Vegetables Cornbread Fresh Fruit	4 Veterans Day Lunch Cheeseburger, Baked Beans Potato Salad and Special Dessert Sponsored by Riverside Rehab -\$3	5 Chicken w/ Alfredo Sauce Penne Pasta Broccoli Florets Apple Fritter Doughnut	6 Spanish Style Beef Meatballs Yellow Rice Lentil Soup 4-Way Vegetables
9 Salisbury Steak w/ Mushroom & Onion Gravy Diced Potatoes Prince Will Vegetables	10 BBQ Pulled Chicken on Brioche Potato Wedges Coleslaw Fresh Fruit	11 Senior Center Closed Veterans Day	12 Battered Fish Mashed Potatoes Green/Yellow Wax Beans Wheat Bread Fresh Fruit	13 Ricotta Stuffed Shells Marinara Sauce Italian Vegetables Wheat Bread Fresh Fruit
16 Chicken & Ziti w/ Pesto Sauce Capri Vegetables Wheat Dinner Roll Fresh Fruit	17 Asian-Style Orange Diced Pork Vegetable Fried Rice Asian Style Veggies Wheat Bread Fresh Fruit	18 Beefaroni Chuckwagon Veggies Wheat Bread Fresh Fruit	19 CRT Holiday Meal Roast Turkey w/ Gravy Cornbread Stuffing Peas & Carrots Cranberry Sauce Wheat Dinner Roll Pumpkin Pie w/ Topping	20 Vegetarian Bean Chili Elbows Vegetable Medley Bread Stick Fresh Fruit
23 Sweet & Sour Turkey Meatballs Baby Potatoes Spinach Wheat Bread Fresh Fruit	24 Baked Ziti w/ Ground Beef Broccoli Florets Dinner Roll Cookie Juice	25 Baked Salmon w/ Mango Salsa Brown & White Rice Caribbean Vegetables Wheat Bread Fresh Fruit	26 Senior Center Closed Thanksgiving Day	27 <u>NO CRT LUNCH</u> Lasagna \$3 Ticket Purchase Required in Advance
30 Beef Hot Dog w/Baked Beans 5-Way Veggies Pudding Cup	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 than 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 than 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

November 6: Lunch Bunch Trip to Fascia's Chocoloates (see page 12)-Bus leaves at 9:30AM
November 20: Buona Vita, Enfield, 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) began on October 15 and ends on December 7. Each year, you have the opportunity to make changes for the following year.

- Switch from Original Medicare to Medicare Advantage
- Switch from Medicare Advantage back to Original Medicare
- Switch from on 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
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Switch from a Medicare Prescription Drug Plan to a Medicare Advantage Plan with Drug Coverage

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

You can also find Beneficiary Self-Help Resources at

<https://portal.ct.gov/ads-choices>

ADA Ticket Books

East Hartford Senior Center sells ADA bus ticket books at the front desk, for \$28 each, cash or check only. Please have your ADA ID card available at the time of purchase. Please call Lillian at 860-291-7491 with any questions or concerns.

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, November 9 & 23
9:00am - 9:30am
Hockanum Park, 75 Hamilton Road

Mondays, November 2, 16 & 30
1:30pm - 2:00 pm
Veterans Terrace, 57 Columbus Street

Wednesdays, November 4 & 18
10:30am - 11:15am
Living Word Outreach Ministries, 30 Old Roberts Street

Mondays, November 9 & 23
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.

Commission on Aging Meeting

Tuesday, November 3 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.

Important Announcement

SATURDAYS

Our last Saturday that we will be open is on **December 19th**. On that Saturday we will be having an intergenerational breakfast with Santa. We will continue to have Intergenerational programs three Saturdays a year; Breakfast with the Easter Bunny, Anniversary Celebration in September and Breakfast with Santa in December. Other than those 3 events the Senior Center will be closed on Saturdays.

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Senior Services
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