



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

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

FEBRUARY 2022

<https://www.easthartfordct.gov>

Please register for ALL programs in advance including drop in programs. Call 860-291-7460.
Masks must be worn at all times at the center, except when you are sitting down and eating.
Please change into your sneakers after you arrive at the center if you are exercising. Street shoes or shoes that you walk in with are not allowed in the exercise rooms because of salt, sand, mud, snow, water, etc.

Live Entertainment! Music & More! FREE

Sponsored by The Friends of East Hartford

The Amazing Gene

Wednesday, February 2 at 1PM



*“Let the
magic unfold
before your
eyes”*

Important Reminder: Please always use your SCAN card when you come to the senior center. Whether you are here for an exercise class, an art class, bingo, games, knitting or a drop-in visit. All visits count in helping us maintain and add a variety of activities and service to you!

SCAN IN! It's a WIN-WIN!

Special Valentine's Day Lunch

Wednesday, February 9 at 12:00PM

Cost is \$3.00

Susan and her wonderful kitchen volunteers will be preparing a special valentines day lunch.



Menu: Pasta with Italian Sausage &
Butternut Squash
Dessert: Banana Cream Pie

All participants will receive a small gift box sponsored by Brookdale Senior Living.

Seating is limited!

Purchase your ticket now at the front desk!

Special entertainment featuring Trina Vargas will follow at 1PM.

Chinese New Year Celebration

Friday, February 4 at 12PM

Enjoy a plate of Chinese Food and find out what Chinese New year is all about !

*Co-Sponsored by the
Commission on Aging
and The Residence of
South Windsor Farms.*



*Seating is Limited so sign up now! Cost is \$4.00
Tickets are on sale now!*

Welcome back Trina Vargas
for a special
Valentine's Day Celebration!
Wednesday, February 9 at
1PM



*Come and celebrate all Birthdays in
February featuring "Tom T-Bone"
Wednesday, February 16 at 1PM*

Cake sponsored by Riverside

Birthday Bash!



Join us for a special Luau!
Featuring John Banker
Wednesday, February 23 at 1PM



Special Events in February

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

Love Your Heart! Friday, February 18 at 1PM



Sponsored by Brookdale Senior Living
Although getting older increases the risk of heart disease, there are lifestyle choices you can make that can reduce or delay problems with your heart as you age such as exercising regularly and maintaining a healthy diet. Join us for some helpful tips and ideas on Heart Health. Please call 860-291-7460 to register.

Cooking with Lindsey Friday, February 25 at 2PM

Join Lindsey Kent, our friendly Registered Dietitian from ShopRite for a fun filled healthy cooking demo! To celebrate Heart Health Month, Lindsey will show you how to use an Air Fryer to make healthy meals for you and your family. Come join the fun! Sign up soon! Seating is Limited! Call 860-291-7460 to register!



All Levels Painting Class Monday, February 28 at 1PM \$15.00 per person



Come enjoy the fun of painting with acrylics on an 11x14 stretched canvas. Artist Sandy Poirier will instruct a lesson on how to paint this wonderful winter scene. You will create a one-of-a-kind masterpiece to take home with you. All supplies included, you don't have to know how to draw and no experience necessary! **Register soon, seating is limited!**

GROUP ACTIVITIES

For more information, please call the Senior Center at 860-291-7460.

BINGO

EVERY TUESDAY & THURSDAY at 1PM

The Senior Center invites you to play Bingo every Tuesday & Thursday at 1PM. There is no admission fee and any senior citizen from East Hartford is eligible to participate. Money prizes are based on the amount of cards that are purchased.

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



Wii BOWLING

Mondays 12:30 – 2:30 PM

Come and Join the Wii Team!



MAHJONG – Mondays, 1 – 3:30 PM

Drop in if you would like to play (or learn to play).
Please come if you are interested in teaching beginners how to play Mahjong.

CHESS & CHECKERS

Wednesdays, 12:30PM—2:30PM

Stop in and play a game of Chess or Checkers, your choice. Learn how to play or Teach others your game. All levels welcome!



SETBACK- Wednesdays, 10—12 PM

Come and play Setback. A volunteer will help organize a game and teams. All are welcome!

CRIBBAGE - Wednesdays, 1 – 4 PM. Are you looking for other seniors who play cribbage? Are you interested in learning how to play? Join the group!

GAME DAY-Fridays, 1:00 PM

Drop in and play your favorite card game or board game. Our current groups are; Dominoes, Rumikub, Skipbo, and Kings in the Corner. Or come in to learn a new game.



CHAIR VOLLEYBALL

Looking for volunteers to set-up and oversee chair volleyball. Lots of Fun! Free to Play!
Please call Susan at 860-291-7492.

CREATIVE EXPRESSION

For more information, please call the Senior Center at 860-291-7460.

KNITTING/CROCHET - Meets every Tuesday from 1:00 – 3:30 PM in the Senior Center conference room. Please bring your materials, supplies and projects. The knitters and crocheters who are making comfort blankets also can meet during this time.

PAINTING – All levels are welcome! Explore and improve your painting skills, including technique, composition, and color. Participants may work in either water soluble oil paints or acrylic. Please call the Senior Center for a list of supplies to bring.

Fridays. 9:30 - 11:30 AM
Cost: \$18 for 6 Classes
Dates: 2/18/22 - 3/25/22



Government & Politics Tuesdays at 11AM

Join Gary D. LeBeau, retired teacher and former state senator for a lively discussion on Government and Politics. The underlying goal is to reach a better understanding of how the system works (or doesn't) and to bridge the gap between individuals in understanding each other's views. Meets every Tuesdays for 5 weeks.

First meeting is Tuesday, February 8 at 11AM
Please call 860-291-7460 to Register.

BOOK TALK

Thursday, February 17 at 1PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library.

February's Title: Sula by Toni Morrison.

“From the acclaimed Nobel Prize winner: Two girls who grow up to become women. Two friends who become something worse than enemies. This brilliantly imagined novel brings us the story of Nel Wright and Sula Peace, who meet as children in the small town of Medallion, Ohio. Nel and Sula's devotion is fierce enough to withstand bullies and the burden of a dreadful secret. It endures even after Nel has grown up to be a pillar of the black community and Sula has become a pariah. But their friendship ends in an unforgivable betrayal—or does it end? Terrifying, comic, ribald and tragic, *Sula* is a work that overflows with life.”

Seating is Limited!
Please Call to register at 860-291-7460

WELLNESS SERVICES

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

THERAPEUTIC MASSAGE

Thursday, February 10 & 24

By appointment from 10 AM



A licensed massage therapist will provide low-cost massages by appointment. The cost is \$30 for 30 minutes and payment is due at the time of service. Payment accepted in cash or check made out to Melissa Almquist. **Visit the office to make an appointment or call the center.**

HAIRCUTS BY LORI

Tuesday, February 8 & 22

By appointment from 9 AM



A licensed hairdresser/cosmetician will provide low-cost haircuts by appointment. The cost is \$16 and payment is due at the time of service. Payment is accepted in cash only. **Visit the office to make an appointment or call the center.**

FOOTCARE PROGRAM

Friday, February 18

By appointment beginning at 9 AM



Low-cost foot care service for senior citizens including trimming, filing, and cleaning of nails and reduction of thickened toenails. Referrals if necessary. **This service is not offered to diabetics and is not covered by insurance. The cost is \$30 per person, payable at the time of service.**

ASK THE LAWYER

with Attorney Robert Hale

Monday, February 14 at 10AM



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 appointment .

Friendly Reminder:

Please sign up for new groups, classes, activities, etc. on the last full week of the month for the previous month.

Example: On February 22 you may sign up for March activities, and exercise classes.

Exception: March 1st Mardi Gras Lunch
Tickets are on Sale now!

Description of Exercise Classes

Beginner Tai Chi 12-forms short forms

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

Chair Tai Chi

This class is a Modified version of Beginners Tai Chi performed in Chairs. You will follow the Chinese mind-body practice that combines meditation with slow, gentle, fluid movements, deep breathing and relaxation. This class can assist and improve flexibility and range of motion.

Chair Volleyball

Join the fun and laughs while playing volleyball sitting in a chair. The Key is to try to hit the ball over the net without getting out of your seat. Perfect for all levels of fitness and abilities.

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.

Dance Rhythms

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

Exercise'n Energize

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

Gentle Chair Exercise

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

Intermediate Tai Chi 24-forms long forms

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

Strength & Balance (SilverSneakers)

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

Zumba Gold (SilverSneakers)


If you enjoy great music and international rhythms, you will love Zumba Gold! This program was developed specifically for young-at-heart, fun-loving people like you. It's a dance fitness class that simultaneously exercises your brain and body. The best part is that no dance experience is required.

Come have a blast with us!



Exercise Class Schedule and Cost

Stay Fit, Stay Well!

Class	Day/Time	Session Dates	Cost
SilverSneakers Strength & Balance with Karen	Monday 9:15 AM	On-going Drop-In (no class 2/21)	Free with SS or \$3.00 w/o SS
Beginners Tai Chi with Lorri	Monday 10:30 AM	2/7 to 3/28 (no class 2/21)	7 Classes \$14
Dance Rhythms with Lexi (No Experience Required)	Tuesday 10:00 AM	2/1 to 3/29	9 Classes \$27
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	2/8 to 3/29	8 Classes \$32
Zumba Gold with Karen (SilverSneakers)	Wednesday 9:15 AM	On-going Drop-In	Free with SS or \$3.00 w/o SS
Exercise'n Energize with Moushami	Thursday 9:00 AM	2/10 to 3/31	9 Classes \$27
Chair Yoga with Carleen	Thursday 2:00 PM	2/3 to 3/24	9 Classes \$27
Intermediate Tai Chi with Santa	Friday 10:00 AM	2/18 to 3/25	6 Classes \$12
Chair Tai Chi with Lorri	Friday 11:00 AM	2/4 to 3/25 (no class 2/11)	7 Classes \$14
Walkers Group <i>FREE</i>	 Tuesday & Thursday	Meets every Tuesday and Thursday at 10AM	FREE

Please bring your sneakers with you and change your footwear **after** you enter the senior center. Due to snow, salt, sand, dirt, water, etc., you must change into dry, clean sneakers **before** you enter the fitness rooms, which include the cardio exercise room and the group exercise room. No shoes, boots, slippers, flip flops or sandals of any kind are allowed. We have Lockers in the restrooms by the dining room and/or cubbies in the exercise rooms for your street shoes, boots, coats, bags, etc. You are **Not Allowed** to exercise in socks. Bare feet is only allowed in Yoga Classes.



Please see the front desk attendant if you would like to use a locker for the day.

MONDAY	TUESDAY	WEDNESDAY
FEBRUARY 2022	10:00 AM Walking Group 10:00 AM Dance Rhythms 12:00 PM CRT Lunch 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 2:00 PM Commission on Aging	9:15 AM SSneakers 10:00 AM Setback 12:00 PM CRT Lunch 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM The Amaz
9:15 AM SSneakers Strength & Balance 10:30 AM Beginner Tai Chi 12:00 PM CRT Lunch 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:30 PM Tech Support by appointment	9:00 AM Hair Cuts by appointment 10:00 AM Walking Group 10:00 AM Dance Rhythms 11:00 AM Government & Politics 12:00 PM CRT Lunch 12:00 PM Friends of EH meeting 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise	9:15 AM SSneakers 10:00 AM Setback 12:00 PM Special Lu 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Trina Var
9:15 AM SSneakers Strength & Balance 10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 12:00 PM CRT Lunch 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:30 PM Tech Support by appointment	10:00 AM Walking Group 10:00 AM Dance Rhythms 11:00 AM Government & Politics 12:00 PM CRT Lunch 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise	9:15 AM SSneakers 10:00 AM Setback 12:00 PM CRT Lunch 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Tom T-Bo
WASHINGTON'S BIRTHDAY SENIOR CENTER CLOSED	9:00 AM Hair Cuts by appointment 10:00 AM Walking Group 10:00 AM Dance Rhythms 11:00 AM Government & Politics 12:00 PM CRT Lunch 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 AM Gentle Chair Exercise	9:15 AM SSneakers 10:00 AM Setback 12:00 PM CRT Lunch 12:30 PM Chess & C 1:00 PM Cribbage 1:00 PM Luau with
9:15 AM SSneakers Strength 10:30 AM Beginner Tai Chi 12:00 PM CRT Lunch 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Special Painting Class 1:30 PM Tech Support by appointment		<i>Happy Valentine</i>


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WEDNESDAY	THURSDAY		FRIDAY
Zumba Gold h checkers ing Gene	2	9:00 AM Exercise/n Energize 10:00AM Walking Group 12:00 PM CRT Lunch 1:00 PM Bingo 2:00 PM Chair Yoga	3 4 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Tai Chi 12:00 PM Chinese New Year (lunch) 1:00 PM Game Day 3:00 PM Advisory Board Meeting
Zumba Gold unch (V-Day) checkers gas	9	9:00 AM Exercise/n Energize 10:00 AM Massage by appointment 10:00 AM Walking Group 12:00 PM CRT Lunch 1:00 PM Bingo 2:00 PM Chair Yoga	10 11 LINCOLN'S BIRTHDAY SENIOR CENTER CLOSED
Zumba Gold h checkers ne	16	9:00 AM Exercise/n Energize 10:00AM Walking Group 12:00 PM CRT Lunch 1:00 PM Bingo 1:00 PM Book Talk 2:00 PM Chair Yoga	17 18 9:00AM Foot Care 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00AM Chair Tai Chi 12:00 PM CRT Lunch 1:00 PM Game Day 1:00 PM Love Your Heart
Zumba Gold h checkers John Banker	23	9:00 AM Exercise/n Energize 10:00 AM Massage by appointment 10:00AM Walking Group 12:00 PM CRT Lunch 1:00 PM Bingo 2:00 PM Chair Yoga	24 25 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Tai Chi 12:00 PM CRT Lunch 1:00 PM Game Day 2:00 PM Cooking with Lindsey
entine's Day			

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in Admissions for more information


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MONDAY MATINEE

1PM

Come on in and enjoy
an afternoon Movie!



Popcorn will be available for all Movies
Call to register 860-291-7460

Volunteer Opportunities

For more information, please call the Senior Center
at 860-291-7460.

Expanding the CAFÉ ??



Our Café is now open from 9AM to 3PM thanks to the steady volunteers who commit their time to the community. We are looking to expand our offerings in the café to provide freshly made sandwiches. Please call Susan at 860-291-7492 if you are interested in volunteering in the café this Spring.



February 7: Jungle Cruise

Join fan favorites Dwayne Johnson and Emily Blunt for the adventure of a lifetime on Disney's Jungle Cruise, a rollicking thrill-ride down the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton. Lily travels from London, England to the Amazon jungle and enlists Frank's questionable services to guide her downriver on La Quila-his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities-possessing the power to change the future of medicine.

Running Time: 2hr. 13min. Rated PG-13

February 14: Reminiscence

Nick Bannister (Hugh Jackman), a private investigator of the mind, navigates the darkly alluring world of the past by helping his clients access lost memories. Living on the fringes of the sunken Miami coast, his life is forever changed when he takes on a new client, Mae (Rebecca Ferguson). A simple matter of lost and found becomes a dangerous obsession. As Bannister fights to find the truth about Mae's disappearance, he uncovers a violent conspiracy, and must ultimately answer the question: how far would you go to hold on to the ones you love?

Running Time: 1hr. 56min. Rated PG-13

February 28: The Colony

In this riveting sci-fi thriller from executive producer Roland Emmerich, Earth has been decimated by climate change, pandemics, and war. Years after the ruling elite escaped to another planet, a mission was launched to find out if a return to an uninhabitable Earth were possible. That mission was lost. Now, a lone astronaut in search of answers struggles to survive the hostile planet, and she must ultimately make a choice that will seal the fate of the wasteland's remaining populace.

Running Time: 1hr. 45min. NR

Do You Play an Instrument?

Looking for musicians and singers to form a new group here at the senior center. The idea would be for musicians to bring their sing-along instruments, (eg. guitar, mandolin, uke, drum etc.) and singers their voices, for a song circle in which folks take turns selecting favorite songs for the group to sing and/or play. No professional experience required. Please contact Linda Duncan if you are interested. Lindakduncan@gmail.com



Committee Needed

Looking for anyone who is interested in representing the East Hartford Senior Center at our East Hartford Memorial Day Parade on Monday May 30th. Let's honor our Veterans, those who have fallen and those who returned. We would like to decorate a few cars and have our seniors ride in the cars. It is a ½ mile route that starts on Willow Street at 10 am and ends with a ceremony at the Fallen Star Memorial at Goodwin University. For more information and or to join the Committee please call Vicki at 860-291-7493

Happenings in March!

Mardi Gras Celebration

To celebrate Mardi Gras we will be offering a special lunch on

Tuesday March 1st at 12PM, Cost is \$3.00

Menu: Sausage Cajun Jambalaya

Dessert: Paczki (Jelly-Donut)

Special Entertainment at 1PM

Come and Join the Fun!

Please purchase your ticket in advance.

Seating is limited!

Tickets are on sale at the front desk.

Better Breathers Group

Thursday, March 3 at 2PM

Join Laura Falt, from Riverside Health & Rehabilitation, a National Health Care Associates' skilled nursing facility for an introduction to the American Lung Association's Better Breathers (BB) Club Support Group. The group is for anyone with a chronic pulmonary diagnosis, such as asthma, COPD, pulmonary fibrosis, lung cancer or any chronic breathing from COVID-19. Learn how Better Breathers Support Groups can provide educational programs to help cope with chronic lung disease. Caregivers are also welcomed to attend. **Call 860-291-7460 to register.**

AARP TAX-Aide Program for 2021 Tax Returns

The AARP Tax-Aide program, for 2021 Tax Returns, will begin on Tuesday, February 1, 2022 and run thru Wednesday, April 13, 2022. FREE Federal & State Tax returns will be prepared, at the East Hartford Senior Center at 15 Milbrook Drive. Individual Tax returns will be prepared on Tuesdays, Wednesdays and Fridays, from 8:30 to 11:30AM.

To have your Tax Return prepared, Taxpayers MUST make an appointment ... no exceptions. Appointments can be made beginning January 2, 2022, by contacting the Senior Center at 860-291-7460 between 8:30 AM – 4:30 PM, Monday thru Friday.

Taxpayers must bring a photo ID and their prior year's Tax Return. First time Taxpayers, to the AARP Tax Program, must also bring proof of their Social Security Numbers. A year end 2021 Social Security statement is ample proof.

IMPORTANT:

You MUST file a Tax Return if:

- Any Federal or State Taxes were withheld from any Income, (i.e. Soc Security, Wages, Pension, IRA, gambling winnings)

- Anyone with Self-Employment Income > \$400.

- Single & >65

If ½ of your Social Security + total of all other income is > \$14,250

- Married Filing Jointly & both >65

If ½ of your Social Security + total of all other income is > \$26,450

If you have any questions, please contact the Senior Center and an AARP Tax Aide Representative will contact you! Taxpayers must bring:

Last year's Tax Return

A completed AARP Intake Form

All statements of Income (i.e. Soc Sec; W2, 1099's, Sale of Stocks/Bonds, Interest/Dividend Statements, gambling winnings)

Evidence of deductions (Contributions, mortgage & home equity interest payments, medical, dental, prescription drug expenses) if you normally itemize deduction

IRS letter 6475 indicating the amount of the 2021 Recovery Rebate you received. It should be \$1,400 for each individual claimed on your Tax Return.

In January, if you received advanced Child Tax Credits, the IRS will be mailing you Form 6419 indicating the amount of pre-paid Child Care Credit you received in 2021. Please bring that letter with you.

Also, for Taxpayers who file a Joint Return, it is strongly recommended both taxpayers be present!

Special Notice: The Historical Society of East Hartford is seeking information from anyone who attended Hockanum Elementary School (next to the Brewer House).....personal stories or tales from relatives or friends who went there, photographs of the building (interior and exterior), class pictures, etc. If you would like to share these with the HSEH, please contact Steven Strange, President, at 860-528-4989 or email him at micom-icoma1605@yahoo.com. The plan is to restore the building for public use... meetings, research, exhibits, etc. We will keep you posted of the progress of the plan.

**Senior Center Advisory
Committee Meeting
Friday, February 4th at 3PM**



**Foodshare Mobile Pantry
East Hartford**

Mondays, 2/7 & 2/21

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 2/14 & 2/28

1:30 - 2:00 PM

Veterans Terrace, 102 Columbus Street

Wednesdays, 2/2 & 2/16

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Mondays, 2/7 & 2/21

12:30 - 1:15 PM

St. Isaac Jogues Lower Church Parking Lot
41 Home Terrace

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

Medicare Savings Program

There are three Medicare Savings Programs in CT that help you pay for your Medicare Part B premium. The Qualified Medicare Beneficiary program, the Special Low Income Medicare Beneficiary program and the Additional Low Income Medicare Beneficiary program. A household's income determines which category they qualify for. All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Monthly gross income limits, effective March 1, 2021, for the program are:

QMB - \$2,265/single and \$3,064/couple

SLMB - \$2,480/single and \$3,354/couple

ALMB - \$2,641/single and \$3,572/couple

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

Did you know that East Hartford Senior Services has a grocery delivery program for residents age 60 and older? You pay for the cost of your groceries from Geissler's Supermarket in East Windsor and the delivery fee is paid for (every other week) by a grant from the North Central Area Agency on Aging (NCAAA) and Masonic Charity Foundation. Geissler's has made it easy. You call in your groceries and they deliver them to your door. Geissler's delivers to East Hartford on Thursdays and orders should be called in by Monday of that week. Donations are accepted for this program. **For more information or to register please call Lillian at 860-291-7491 or Vicki at 860-291-7493.**

Tech Support

Mondays 1:30 PM to 3:30 PM by appointment

Bring in your phone, tablet or laptop and our volunteer, Mahesh Shah, will assist you with any issues or concerns that you may be experiencing with your device.

Elder Justice Hotline

**State of CT Office of the Attorney General
1-860-808-5555**

Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect and exploitation. If you have been the victim of a scam, or neglected, exploited or abused, they are here to help.

Information about the hotline, resources and an online complaint portal can be found at:

<https://portal.ct.gov/ag/elderhotline>

TRANSPORTATION

Dial-A-Ride - 860-870-7940

Greater Hartford Transit District - 860-724-5340

Supplemental Nutrition Assistance Program

SNAP (formerly known as the Food Stamp Program) is a nutrition program that helps low-income individuals and families buy food. In order to find out if you are eligible for any type of assistance, you will need to give information about your household, income, assets, and the bills you have to pay each month. You can request the forms be mailed to you by calling 1-855-626-6632 or apply online at connect.ct.gov. You can also call End Hunger CT! SNAP Infoline at 1-866-974-7627.



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 Manchester



Cancellations due to Inclement Weather

Please know that if the East Hartford Public Schools are canceled due to inclement weather, we are also closed for the day. Please check your local television channels (CBS & NBC) for listings of closings.



East Hartford Senior Center & Senior Services

Monday - Friday (8:30 AM - 4:30 PM)
860-291-7460*

Victoria Liberator, vliberator@easthartfordct.gov
- Senior Services Coordinator, *Press 1

Susan Gouin, sgouin@easthartfordct.gov
- Program Supervisor, *Press 2

Lillian Miceli, lmiceli@easthartfordct.gov
- Caseworker, *Press 3

Vincent Sartori, vsartori@easthartfordct.gov
- Senior Services Assistant *Press 0

Beky Henderson, bhenderson@easthartfordct.gov
- Fitness Trainer, 860-291-7481

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Senior Services
Town of East Hartford
740 Main Street
East Hartford, CT 06108
www.easthartfordct.gov