



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

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

JULY 2022

<https://www.easthartfordct.gov>

Please call the Front Desk at 860-291-7460 to register for programs that are free and register in-person for pay programs or classes. Masks are not mandated for the vaccinated, unvaccinated strongly encouraged.

Live Entertainment! Music & More! FREE
Sponsored by The Friends of East Hartford Senior Center



Chris Marra from The Leaf Jumpers Band
Join Chris for an afternoon of RADIO HITS from the past 50 years!

Wednesday, July 6 at 1PM

Brian Gillie
Wednesday, July 13 at 1PM

Enjoy an afternoon with Brian Gillie as he sings and plays piano to a variety of music including; American Songbook, Hollywood and Rock n' Roll!



Come and celebrate All July Birthdays with music from the Country Duo!
Wednesday, July 20 at 1PM

Birthday Bash!

Cake sponsored by Riverside Rehabilitation



Enjoy a variety of Country Music to sing-a-long to with Dave Giardina!

Wednesday, July 27 at 1PM



Special Event
Celebrating The 4rth of July !

Join us for a picnic lunch to celebrate Independence Day!



Wednesday, July 6 at 12:00PM

Hot dogs & Hamburgers will be grilled and served with a salad, chips and a beverage.



Picnic is free however seating is limited. Please visit the front desk to register and receive a ticket.

Sponsored by:
The East Hartford Rotatory Club
&



The East Hartford Senior Center



Special Programs in July

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

Joe the History Guy

Join Joe the History Guy for a fun presentation on
The life and times of Kathryn Hepburn

FREE!



FREE!

Monday, July 11 at 1PM
Call 860-291-7460 to register!

Cards & Games

For more information or to register 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 you must be a member of the senior center to be eligible to participate. Money prizes are based on the amount of cards that are purchased.
Bingo cards are \$1.00 per card, max 3 cards.



You MUST register IN ADVANCE for BINGO SEATING IS LIMITED!

COOKING WITH SARABETH

Friday, July 22 at 2PM

Join Sarabeth, our wonderful ShopRite Dietitian, as she demonstrates how to make delicious and healthy Turkey Burgers using the Air Fryer as well as the conventional stove top. Free samples after the presentation! "A fun and interactive Program"

Call 860-291-7460 to register.

Seating is Limited!



Wii BOWLING

Mondays 12:30 – 2:30 PM

Come and Join the FUN!



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.

SETBACK- Wednesdays, 9 - 12 PM

Come and play Setback. A volunteer will help organize a game and teams. All are welcome!
Come between 9am to 10am and play until noon.

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!

Karaoke with "The Musical Notes"

Friday, July 15 at 1PM
Come and sing any song you'd like!



All Levels Painting Class

Monday, July 25 at 1PM

Cost is \$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 summer lighthouse 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! **In-person registration is required.**



GAME DAY-Fridays, 1:00 PM



Drop in and play your favorite card game or board game. Our current groups are; Dominoes, Rumikub, Skipbo, Uno, Set Back, and Cribbage or come in to learn a new game. All Levels of Play are Welcome!

CREATIVE EXPRESSION

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

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

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: \$15 for 5 Classes
Dates: July 1 to July 29



Creative Writing Group

Do you have a passion for writing? Would you like to share stories & ideas with other avid writers. If so, this group is for you. Join Sue Huggans, facilitator and writer for a 6-week summer writing group.

Monday June 13 to July 25
2:30PM



Music Circle

Thursday, July 14 at 2:30PM

The Music Circle is composed of a group of folks who play an acoustic instrument and/or sing. Join in if you would like, strum along with them or sing along with them! All are welcome!
 Just Drop on in!

Group meets every second Thursday of the month



THE PLANT GUY

Thursday, July 28 at 1:30 PM
Cost is \$5

Join Jeff Eleveld, the famous Plant Guy for a program on Horticulture Education. This month's presentation is on Black, White, and Red Pepper. Learn the history of these spices and how they are processed.



Everyone will take home a Pepper plant!
 A fun and interactive program!
Seating is Limited so sign up soon!
In-person registration is required.

WELLNESS SERVICES

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

THERAPEUTIC MASSAGE

Thursday, July 14 and July 28

By appointment from 10 AM to 2PM



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

Tuesdays, July 12, 19 & 26

By appointment from 9 AM to 3PM



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.**

***Lori has asked that all clients please wear a mask in the Wellness Room during their hair appointment.**

FOOTCARE PROGRAM

Tuesday, July 5

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.**

Senior Wellness Clinic FREE

Wednesday, July 13

10AM to 12PM by appointment

Sandy Zuffelato, RN from our Health Department will be available to check your blood pressure, and answer any general questions you might have regarding your health. Please call the front desk to make your appointment.



Alzheimer's Support Group

Thursday, July 7 at 1PM

This group provides an opportunity for people who are caring for loved ones who have Alzheimer's Disease and dementia to connect with others within a supportive environment. Facilitated by Scott Ginter, a trained leader through the Alzheimer's Association of CT for many years. *Sponsored by Riverside Rehabilitation*

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 Exercise to Video

This is an exercise class for any level to join. It is safe for folks in Wheelchairs as well. Videos will be shown from professional and certified instructors and participants will exercise in a chair along with the instructor. No supervision is required for this class. A volunteer will be monitoring for safety.

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.

Country Line Dancing

Learn beginner and basic line dance steps to popular country songs. No experience necessary. Come for Fun and Exercise.

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.

Gentle Yoga

Enhance coordination, balance, flexibility and strength with gentle yoga. Classes conducted laying or sitting down on a mat, in a chair and/or standing. Breath work is combined with moderate yoga postures, stretching and slow movement. Modifications are offered, honoring varying abilities. Come calm the mind and move the body.

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
Beginners Tai Chi with Lorri	Monday 10:30 AM	7/11 to 7/25	3 Classes \$6
Country Line Dancing with Elaine 	Monday 1:00 PM	7/11 to 7/25	3 Classes \$6
Dance Rhythms with Lexi (No Experience Required)	Tuesday 10:00 AM	7/5 & 7/12	2 Classes \$6
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	7/5 to 7/26	4 Classes \$16
SilverSneakers-Zumba Gold with Karen	Wednesday 9:15 AM	On-going (registration is required)	Free with SS or \$3.00 w/o SS
SilverSneakers-Strength & Balance with Karen	Wednesday 10:15 AM	On-going (registration is required)	Free with SS or \$3.00 w/o SS
Chair Exercise to Video All Levels	Wed & Friday 11:00AM	On-going (registration is required)	Free
Exercise'n Energize with Moushami	Thursday 9:00 AM	7/7 to 7/28	4 Classes \$12
Chair Yoga with Carleen	Thursday 10:00 AM	7/7 to 7/28	4 Classes \$12
Gentle Yoga with Carleen	Thursday 11:00 AM	7/7 to 7/28	4 Classes \$12
Intermediate Tai Chi with Santa	Friday 10:00 AM	7/1 to 7/29	5 Classes \$10
Walkers Group <i>FREE</i> 	Tuesday & Thursday 9AM	On-going (registration is required)	FREE
 Corn Hole	Friday 2:30 PM	<i>Come Enjoy the Fun! No experience needed!</i>	FREE

We have exercise programs and classes to suit everyone. Please see Susan, your program supervisor if you need assistance in getting into an exercise program or class that fits your needs and abilities. We are here for you!



MONDAY	TUESDAY	WEDNESDAY
<h1>JULY 2022</h1>		
<p style="text-align: right;">4</p> <p style="text-align: center;">FOURTH OF JULY SENIOR CENTER CLOSED</p>	<p style="text-align: right;">5</p> <p>9:00 AM Foot Care by appointment 9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM Transitioning & Mortgage Opportunities for seniors 1:00 PM Bingo 1:30 PM Gentle Chair Exercise</p>	<p>9:00 AM Setback 9:15 AM SSneakers 10:15AM SS Strength 11:00 AM Chair Exercise 12:00 PM Picnic (4th) 1:00 PM Cribbage 1:00 PM Entertainment</p>
<p style="text-align: right;">11</p> <p>10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Joe the History Guy-Life & Times of Kathryn Hepburn 1:00 PM Country Line Dancing 2:30 PM Creative Writing Group</p>	<p style="text-align: right;">12</p> <p>9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 10:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:00 PM CT Home Care Program 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment 2:00 PM Commission on Aging</p>	<p>9:00 AM Setback 9:15 AM SSneakers 10:00 AM Senior Wel 10:15AM SS Strength 11:00 AM Chair Exercise 1:00 PM Cribbage 1:00 PM Entertainment</p>
<p style="text-align: right;">18</p> <p>10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:30PM Tech Support by appointment 2:30 PM Creative Writing Group</p>	<p style="text-align: right;">19</p> <p>9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 10:00 AM Veterans Coffee Hour 1:00 PM Knitting/Crochet 1:00 PM Dealing with Chronic Pain 1:00 PM Bingo 1:30 PM Gentle Chair Exercise</p>	<p>9:00 AM Setback 9:15 AM SSneakers 10:15AM SS Strength 11:00 AM Chair Exercise 1:00 PM Cribbage 1:00 PM Birthday B Country D</p>
<p style="text-align: right;">25</p> <p>10:30 AM Beginner Tai Chi 12:30 PM Wii Bowling 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM Country Line Dancing 1:00 PM All levels painting class 2:30 PM Creative Writing Group</p>	<p style="text-align: right;">26</p> <p>9:00 AM Hair Cuts by appointment 9:00 AM Walking Group 11:00AM Healthy Living & Exercise 1:00 PM Knitting/Crochet 1:00 PM Bingo 1:30 PM Gentle Chair Exercise 1:30 PM Tech Support by appointment</p>	<p>9:00 AM Setback 9:15 AM SSneakers 10:15AM SS Strength 11:00 AM Chair Exercise 1:00 PM Cribbage 1:00 PM Entertainment</p>





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WEDNESDAY	THURSDAY	FRIDAY
		9:30 AM Painting 1 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:30 PM Corn Hole 3:00 PM Advisory Board Meeting
6 Zumba Gold h & Balance ercise to Video (a of July) ent: Chris Marra	7 9:00 AM Exercise/n Energize 9:00 AM Walking Group 10:00 AM Chair Yoga 11:00 AM Gentle Yoga 1:00 PM Alzheimer's Support Group 1:00 PM Bingo	8 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:30 PM Corn Hole
13 Zumba Gold Illness Clinic h & Balance ercise to Video ent: Brian Gillie	14 9:00 AM Exercise/n Energize 9:00 AM Walking Group 10:00 AM Massage by appointment 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 2:30 PM Music Circle	15 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Karaoke 1:00 PM Game Day 2:30 PM Corn Hole
20 Zumba Gold h & Balance ercise to Video ash with the uo	21 9:00 AM Exercise/n Energize 9:00AM Walking Group 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:00 PM Book Talk	22 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:00 PM Cooking with SaraBeth 2:30 PM Corn Hole
27 Zumba Gold h & Balance ercise to Video ent: Dave Giardina	28 9:00 AM Exercise/n Energize 9:00AM Walking Group 10:00 AM Massage by appointment 10:00AM Chair Yoga 11:00AM Gentle Yoga 1:00 PM Bingo 1:30 PM The Plant Guy	29 9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:00 AM Chair Exercise to Video 1:00 PM Game Day 2:30 PM Corn Hole

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Health Education Programs

Please register for ALL programs in Advance.
Call the Senior Center at 860-291-7460.

Home Transitioning and Mortgage Opportunities Tuesday, July 5 at 1PM

Come join Patty Martin and Mike Tuley to gain some insight on what opportunities await you in regards to moving from one home to another. Whether you are selling, buying or renting during your transition lets explore together the options you have from a financial perspective and how we can guide you during the process. Refreshments will be available.

The CT Home Care Program Tuesday, July 12 at 1:00PM

Join William Mendoza, Outreach Manager for A Better Life Homecare, LLC as he discusses the CT Home Care Program for Elders which includes The Adult Family Living/Foster Care program, and how you may benefit from it if you are taking care of or being taken cared for by a family member at home.

How to Deal with Chronic Pain Tuesday, July 19 at 1PM

Sandy Zuffelato, RN, from our Health Department is back to discuss living with chronic pain. Sandy will give you tips & techniques to assist you with pain relief. She will discuss different types of over the counter pain relievers and explain how range of motion exercise and stretching can aid in joint and muscle pain. Don't miss this educational presentation!

Healthy Living and Exercise Tuesday, July 26 at 11AM

Michele Johnson from Brookdale South Windsor will be presenting on aging in place and healthy living. After her presentation Kaitlyn Rice from Powerback Rehabilitation will talk about different exercises and how it helps benefit your daily lifestyle. She will conduct a light workout session. This will take place on Tuesday July 26th at 11:00 AM. Refreshments & snacks!

**All programs are free, just call to register!
860-291-7460**

TOURS AND TRAVEL

Join us for a day away! Sign up in the Senior Center office. Call Susan at 860-291-7492 with any questions. **Payment or deposit (if applicable) is due at sign up, please make checks payable to the tour company.**

The Jersey Tenors

A Tribute to Frankie Valli & the Four Seasons
Aqua Turf Club, Wednesday, August 10

Cost \$109.pp

The show consists of four young Broadway veterans recreating the music and stories of the era. Songs like Sherry, Big Girls Don't Cry, Candy Girl, and more!
Family Style Menu: Garden Salad, Pasta, Chicken Parmesan & Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage.

Depart: 10:45am Senior Center Est. Return: 4:15pm

Checks payable to Friendship Tours

***payable by check only.**

The Turkey Train Winnepesaukee Railroad Wednesday, September 28

Cost: \$135.pp

Relax on board the train as we watch the boats on the lake and enjoy the scenery as we travel roundtrip from Meredith, NH. Enjoy Hart's Turkey Farm Dinner on board the Train. Menu: Turkey, Potato, Gravy, Stuffing, Cranberry Sauce, Rolls, Vegetable, Dessert & Beverage. YUM! Following our train ride visit Mill Falls, a

collection of shops along with Ben & Jerry's



Jerry's cream!



Depart: 8:00am Senior Center Est. Return: 8:30pm

Checks payable to Friendship Tours

***payable by check only.**

Did you know that we have a Café?

We offer a variety of beverages; coffee and tea, (regular and decaf) hot chocolate, bottles of water, cans of soda (coke, diet coke and sprite).

We also have a variety of snacks; assorted chips, granola bars, protein bars, pastries and bagels.

Items are \$1.00 each

Free pastry with a purchase of a coffee!

The café is open from 9AM to 3PM.

Stop by for a refreshment!



MONDAY MATINEE 1PM



Join us for a Movie and Popcorn!

July 18: Free Guy

Ryan Reynolds stars in this action-packed comedy as a mild-mannered bank teller named Guy who learns he's really a background character in an open-world video game. Every day Guy is under assault by players and objects within the game where he's robbed hit by cars and otherwise mistreated as a "non-playing character" (NPC). To make matters worse the game's owner has decided to end the game. Teaming with a woman (Jodie Comer) who's both a human and a character in the game Guy decides to become the hero of his own story.

Running Time: 1hr. 51min (PG-13) 2021

July 25: The Kings Daughter

Known as The Sun King, Louis XIV (Pierce Brosnan) is the most powerful and influential monarch on the planet. Obsessed with his own mortality and the future of France, Louis turns to his spiritual advisor, Père La Chaise (William Hurt), and the royal physician to help him obtain the key to immortality. Believing a mermaid (Fan Bingbing) contains a force that grants everlasting life, Louis commissions a young sea captain to search the seas and capture the mystical creature. Further complicating his plans is his orphaned daughter, Marie-Josèphe (Kaya Scodelario), who returns to court with an abundance of elegance and an inherent defiance of authority. With a rare solar eclipse approaching, Louis will discover where his daughter's true loyalties lie as he races against time to extract the mermaid's life-giving force.

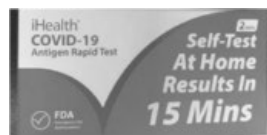
Running Time: 1hr. 38min (2022)

Call 860-291-7460 to reserve your seat and your popcorn!



FREE Covid Test Kits

We currently have a supply of Covid Test Kits. If you would like a Kit, please stop at the front desk. There is no charge for these kits. Limit is 2 per person until supplies last.



Special Groups and Meetings

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

BOOK TALK

Thursday, July 21 at 1PM



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

July's title: The Road to Little Dribbling by Bill Bryson

Call 860-291-7460 to register

Veterans Coffee Hour

July 19 at 10AM



Facilitated by Dan Lareau This group is for Veterans from East Hartford to share conversation, stories and camaraderie. Coffee and Pastries will be available.

Group meets the 3rd Tuesday of the Month

Technical Support with Josh and Mahesh

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

Monday, July 18 (1:30-3:30) with Josh
Tuesday, July 12 and 26 (1:30-3:30) with Mahesh

Please call the front desk at 860-291-7460
To schedule your appointment



Senior Center Advisory Board Members

Michael MacDonald, Chair Person

Email : mmichael216@gmail.com

Maryann Larson, Vice Chair Person,

Email: mary_ann_larson@sbcglobal.net

Leslie Davis, Recording Secretary,

Email: Lad11154@comcast.net

Theresa Beaulieu, Email: StrongTB15@gmail.com

Ellen Weiss, Email: pteach1075@gmail.com

Cathy Galaska, Email: c.galaska@comcast.net

Victoria Liberator, Senior Services Coordinator

Email: vliberator@easthartfordct.gov

Susan Gouin, Program Supervisor

Email: sgouin@easthartfordct.gov

Lillian Miceli, Case Worker, lmiceli@easthartfordct.org

Please feel free to reach out and send a member a message if you have a suggestion, question or concern about your senior center.

Meetings open to Senior Center Members

The Commission on Aging

Tuesday, July 12 at 2PM

The Advisory Board of EH Senior Center

Friday, July 1 at 3PM

Foodshare Mobile Pantry East Hartford

Mondays, 7/11 & 7/25

9:00 - 9:30 AM

Hockanum Park
75 Hamilton Road



Monday, 7/18

1:30 - 2:00 PM

Veterans Terrace
102 Columbus Street

Wednesdays, 7/6 & 7/20

1:15 - 2:00 PM

Summerfield Townhouses
66 Plain Drive

Mondays, 7/11 & 7/25

12:30 - 1:15 PM

St. Isaac Jogues Church
7 High View Street

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

TRANSPORTATION

Dial-A-Ride - 860-870-7940

Greater Hartford Transit District - 860-724-5340

New Pickleball Group

We are now offering Pickleball lessons for beginners on Mondays & Wednesdays from 9AM to 11AM at Hockanum Park on 356 High St. We have courts reserved for lessons and for play. If you are a member of the EH Senior Center all you have to do is show up and sign the sign-in sheet at the courts.

We have volunteers running the program. They will navigate the courts to be sure that everyone has a chance to play or learn.

This is an East Hartford Senior Center program that is offered off-site at no charge. We have Paddles that you may use while you are playing. Please stop in and register if you are not yet a member of the EH Senior Center.

Please call Susan at 860-291-7492 if you have any questions.

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.**

ASK THE LAWYER

with Attorney Robert Hale

Monday, July 11 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. **FREE**

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>

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, 2022, for the program are:

QMB - \$2,390/single and \$3,220/couple

SLMB - \$2,617/single and \$3,525/couple

ALMB - \$2,786/single and \$3,754/couple

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



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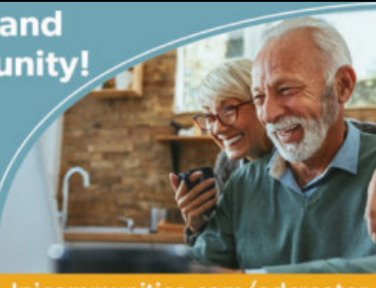
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**Please call Susan at 860-291-7492 if you have any questions or concerns*

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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