



THE EAST HARTFORD SENIOR CENTER NEWSLETTER FEBRUARY 2023

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

<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.

FREE Live Entertainment, Music & More!

Sponsored by The Friends of East Hartford Senior Center

Marcy Conway

Wednesday, February 1 at 1PM

Join Marcy as she sings songs to celebrate Chinese New Year as well as Valentines Day. Easy listening music!



Red & Yellow

Wednesday, February 8
at 1PM



Join Danny Reilert & Debra Argosy for a fun-filled afternoon that entertains and brings back best times with Red & Yellow's selections from the 30s to the 60s!

Birthday Bash w/ John Banker

Wednesday, February 22 at 1PM

The program will include music by Don Ho, Harry Belafonte, Bob Marley and Jimmy Buffett. Audience can clap, dance & sing along with exciting rhythms & simple melodies.



Join us for a Celebration of all birthdays in February! Cake sponsored by Riverside.

Special Events

Please register in advance for all special events

Dave Giardina & Colleen Mullaney

Wednesday, February 15 at 1PM

Join Dave and Colleen as they play and sing love ballads and other songs to celebrate Valentine's Day!

Sign up for Cupids
Lunch at noon!

We will be serving a

Broccoli, chicken and rice casserole!



Evening Dancing and Desserts

Thursday, February 9
at 6PM



Come enjoy a FREE swinging evening with entertainment provided by Dave Colucci. Special Dessert and Coffee will be available in the dining room at 5PM.

Homemade Lunches

Every Wednesday at 12:00PM

2/1 Teriyaki Chix and Veggies with Rice

2/8 Susan's Lazyman's Pierogi's

2/15 Broccoli Chix & Rice Casserole

2/22 Spinach Tortellini

3/1 Roasted Sausage with Peppers & Potato

Beverage and dessert are included.

Tickets are \$3 in advance. Register early!

Seating is limited.

Regular Monthly Programs

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

COOKING WITH LINDSEY

Tuesday, February 28 at 2PM

February is Heart Health month and the month most known for chocolate!

Come learn about the benefits of chocolate and watch Lindsey make two

chocolatey, delicious and nutritious recipe!

Featured recipes: Chocolate Zucchini Muffins & a Chocolate Avocado Shake.



Free samples after the presentation!

Register soon at 860-291-7460, seating is limited!

Technical Support Schedule

Tuesday, February 14 & 21 with Mahesh
Time: 1:30pm to 3:30pm

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.

Joe the History Guy

The History of Saint Valentine's Day
Monday, February 6 at 1:00PM

This is the month of St. Valentine's Day and a time to reflect on that special someone. How did it all get started? The evolution of the Valentine begins with a beautiful story and then in time... love notes, the introduction of cards, flowers and chocolates and the heart shaped boxes. Let's not forget about the poets that helped things along. We'll even have a little quiz game for fun.

Come and Join us!

**Please call the front desk to register
860-291-7460**

Karaoke w/ "The Musical Notes"

Friday, February 10 & 24 at 3:00PM

Come and sing any song you'd like or stay to hear your talented friends sing a tune!



Veterans Coffee Hour

Tuesday, February 21 at 10:00AM



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.

BOOK TALK

Thursday, February 16 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. **February's title:** The Lincoln Highway by Amor Towles. Call 860-291-7460 to register.

THE PLANT GUY

Thursday, February 23 at 2:00PM

This Month Jeff Eleveld, the famous Plant Guy will be discussing how to plant and care for Roses. What better flower to learn about

in February! Everyone takes home a plant!

Cost is \$5 Sign up soon, seating is limited!



Friday Afternoon Movie at 1PM

February 3: The Whale

A reclusive English teacher suffering from severe obesity attempts to reconnect with his estranged teenage daughter for one last chance at redemption.

Running Time: 2hr. 11min (PG-13) 2022

Monday Matinee

Join us for a FREE movie at 1:00PM

Please call to register in ADVANCE!

(Movie seats will be limited to 45)

February 27: Angry Neighbors

When his ultra-wealthy neighbor in the Hamptons builds an obnoxious mega-mansion next door, grumpy retired novelist Harry March concocts an elaborate scheme for revenge that is destined to go hilariously awry. Based on the bestselling novel Lapham Rising, this outrageous comedy features a dream-team cast Frank Langella (Frost/Nixon), Stockard Channing (Practical Magic), Cheech Marin (Born in East LA), Bobby Cannavale (The Station Agent), and Ashley Benson ('Pretty Little Liars').

Running Time: 1hr. 29min (PG) 2022

Creative Expressions

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

Adult Coloring Mondays at 10AM.

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

Tuesday from 1:00 – 3:30 PM

Group meets in the Senior Center art room. Please bring your materials, supplies and projects. The knitters and crocheters who are making comfort blankets also can meet during this time.

All Levels Painting Class

Monday, February 27 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 Red Robin in the snow! All supplies included, you don't have to know how to draw and no experience necessary!

In-person registration is required.



PAINTING

Fridays from 9:30 - 11:30 AM

February 3 to February 24

Cost: \$12 for 4 classes



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.

Sewing Circle

Saturday at 10AM

Do you sew? Do you own a compact sewing machine? If you answered yes to both questions you might want to join this fun, free-lance sewing circle. Feel free to bring any project ideas to the group. Bring your sewing machine or come in a sew free hand!

Wellness Services

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

Alzheimer's Support Group

Thursday, February 2 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*

Senior Wellness Clinic

Thursday, February 16

10 AM to 12 PM 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.



Therapeutic Massage

We will not be offering Massage in February



Massages will resume soon!

Foot Care Program

Tuesday, February 7

By appointment beginning at 9:00 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.



Haircuts by Lori

Tuesdays, February 14, 21 & 28.

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.**

Special Programs for February

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

Heart Health Presentation

Thursday, February 9 at 1PM

Join Katelyn Lebreton OT and Kimberly Quinn from Fox Rehabilitation as they discuss cardiovascular disease. Learn the risk factors as well as prevention and recommended activity.



Sponsored by Fox Rehab

Learn To Sign Class

Thursdays at 3:00 PM

February 2nd to April 27th

Join us every Thursday for an introductory course in American Sign Language. A new session will start on Thursday afternoons beginning February 2nd. The last class for this session will be on April 13th.

AARP TAX-Aide Program for 2022 Tax Returns

The AARP Tax-Aide program, for 2022 Tax Returns, will begin on Tuesday, February 7, 2023 and run thru Friday, April 14, 2023. 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, starting at 8:30AM.

To have your Tax Return prepared, Taxpayers **MUST** make an appointment ... no exceptions. Appointments can be made beginning January 16, 2023, by contacting the Senior Center at 860-291-7460 between 8:30 AM and 4:30 PM, Monday thru Friday. Before your appointment you **MUST** pick up an Intake Form and fill it out completely, and have it ready and in hand before your tax appointment. If you do not have it filled out in advance your appointment will be cancelled.

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 2022 Social Security statement is ample proof.

Special Programs in March

Save the date!

Setback Tournament

Thursday March 2 at 5:30PM

\$5 per person must have a partner

Evening Entertainment

Irish Music with Pierce Campbell

Thursday March 9

-Food will be available for purchase in the café at 5PM

-Music is from 6PM to 7PM

Irish Breakfast/Brunch

Saturday March 18 at 10AM

\$5 Members/ \$8 Guests

Menu: Irish Soda Bread, Corned Beef Hash, Scrambled Eggs, Coffee & Tea



Cards and Games



BINGO: EVERY THURSDAY at 1PM

You must sign up in advance to play Bingo. If you are not on the list to play for that day you will have to wait at the end of the line to see if we have room.

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

MAHJONG: Mondays, 1 – 3:30 PM



SETBACK: Wednesdays, 9—12 PM

CRIBBAGE: Wednesdays, 1 – 4 PM



GAME DAY: Fridays, 1-4PM

Games featured with Instructor:

-Bunco: 2/3

-Super Tock: 2/17

We have many games to choose from, come and play your favorite!

CORN HOLE: Fridays, 2PM-4PM



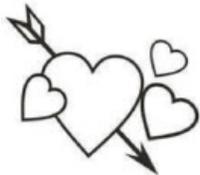
Exercise Class Schedule and Cost Stay Fit, Stay Well!



February is Heart Health Month!

To celebrate, we want to give you the gift of exercise. For the entire Month of February all exercise classes will be Free, that's **NO CHARGE** to you. However, you must sign-up for each class that you would like to participate in.

Class	Day/Time	Session Dates	Cost
Beginners Tai Chi with Lorri	Monday 10:30 AM	2/6 & 2/27	FREE
Walking Group	Tues /Thurs 10am Meet in the Lobby	Cancelled until Spring	FREE
Dance Rhythms with Lexi (No Experience Required)	Tuesday 9:00 AM	2/7 and 2/28 (no class 2/14 & 2/21)	FREE
Gentle Chair Exercise with Gia	Tuesday 1:30 PM	2/7 to 2/28	FREE
Mat Yoga with Maureen	Tuesday Evenings 5:30 PM	2/14 to 2/28	FREE
SilverSneakers-Zumba Gold with Karen	Wednesday 9:30 AM	On-going (registration is required)	FREE
SilverSneakers-Strength & Balance with Karen	Wednesday 10:30 AM	On-going (registration is required)	FREE
Chair Exercise to Video All Levels	Wed & Friday 11:30 AM	On-going (registration is required)	FREE
Exercise'n Energize with Lexi	Thursday 9:00 AM	2/2 to 2/23 (no class 2/16)	FREE
Gentle Chair Yoga w/Carleen	Thursday 10:00 AM	2/2 to 2/23	FREE
Gentle Mat Yoga with Carleen (you must be able to get down and up from the floor for this class with NO assistance)	Thursday 11:00 AM	2/2 to 2/23	FREE
Gentle Chair Exercise with Gia	Thursday 12:30 PM	2/2 to 2/23	FREE
Intermediate Tai Chi with Santa	Friday 10:00 AM	2/3 to 2/24	FREE
Exercise'n Energize with Lexi	Saturday 9:15 AM	2/4 to 2/25 (no class 2/18)	FREE

MONDAY	TUESDAY	WEDNESDAY
		9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 AM Entertainment with Marcy Conway
10:00 AM Adult Coloring 10:00 AM Ask the Lawyer 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:30 PM Joe the History Guy The History of Saint Valentine's Day	9:00 AM Foot Care Program 9:00AM Dance Rhythms 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 1:30 PM Scrabble Group 2:00 PM Commission on Aging 5:30 PM Big Bucks Bingo	9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 AM Entertainment with Red & Yellow
Lincoln's Birthday SENIOR CENTER CLOSED	9:00 AM Hair Cuts by appointment 1:00 PM Knitting/Crochet 1:30 PM Technical Support 1:30 PM Scrabble Group 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Valentine's day celebration with Dave Giardano & Colleen
Washington's Birthday SENIOR CENTER CLOSED	9:00 AM Hair Cuts by appointment 10:00 AM Veterans Coffee hour 1:00 PM Knitting/Crochet 1:30 PM Technical Support 1:30 PM Scrabble Group 1:30 PM Gentle Chair Exercise 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	9:00 AM Setback 9:30 AM Zumba Gold SS 10:30 AM Strength & Balance SS 11:30 AM Chair Exercise to Video 12:00 AM "Homemade" Lunch 1:00 PM Cribbage 1:00 PM Birthday Celebration w/ John Banker Cake Sponsored by Riverside
10:00 AM Adult Coloring 10:30 AM Beginner Tai Chi 1:00 PM Mahjong 1:00 PM Monday Matinee 1:00 PM All Levels Painting Class	9:00 AM Hair Cuts by appointment 9:00 AM Dance Rhythms 1:00 PM Knitting/Crochet 1:30 PM Gentle Chair Exercise 1:30 PM Scrabble Group 2:00 PM Cooking with Lindsey 5:30 PM Big Bucks Bingo 5:30 PM Mat Yoga	


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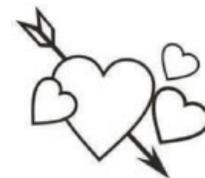




833-287-3502

THURSDAY	FRIDAY	SATURDAY
9:00 AM Exercise 'n Energize 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Mat Yoga 12:30 PM Gentle Chair Exercise 1:00 PM Bingo 1:00 PM Alzheimer's Support Group 3:00 PM Learn to Sign 5:30 PM Setback Tournament	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Friday afternoon Movie 1:00 PM Game Day, featuring- Bunco 2:00 PM Corn Hole 3:00 PM Advisory Committee	9:15 AM Exercise n' Energize 10:00 AM ASL Practice Group 10:00 AM Sewing Circle
9:00 AM Exercise 'n Energize 10:00 AM Gentle Chair Yoga 10:00 AM Senior Wellness 11:00 AM Gentle Mat Yoga 12:30 PM Gentle Chair Exercise 1:00 PM Bingo 1:00 PM Heart Health Presentation 3:00 PM Learn to Sign 6:00 PM Evening Dancing and Desserts With Dave Colucci	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Game Day 2:00 PM Corn Hole 3:00 PM Karaoke	9:15 AM Exercise n' Energize 10:00 AM ASL Practice Group 10:00 AM Sewing Circle
10:00 AM Senior Wellness Clinic 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Mat Yoga 11:00 AM Diabetes Prevention 12:30 PM Gentle Chair Exercise 1:00 PM Book Talk 1:00 PM Bingo 3:00 PM Learn to Sign 4:30 PM Shopping trip to Target 5:30 PM Trivia Night	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Game Day, featuring-Super Tock 2:00 PM Corn Hole	10:00 AM ASL Practice Group 10:00 AM Sewing Circle
9:00 AM Exercise 'n Energize 10:00 AM Gentle Chair Yoga 11:00 AM Gentle Mat Yoga 12:30 PM Gentle Chair Exercise 1:00 PM Bingo 2:00 PM The Plant Guy 3:00 PM Learn to Sign 4:30 PM Dinner trip to Main Fish Market 5:00 PM Paint Night 5:30 PM Evening Movie	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Chair Exercise to Video 1:00 PM Game Day 2:00 PM Corn Hole 3:00 PM Karaoke	9:15 AM Exercise n' Energize 10:00 AM ASL Practice Group 10:00 AM Sewing Circle

February 2023



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Weekend & Evening Programs

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

Big Bucks Bingo

Tuesdays at 5:30PM

\$2 per card/ 5 card Max

Prizes up to \$50 per game!

Tuesday Evening Meal Deal

Hot dogs, Chips and a Drink available every
Tuesday evening for \$5

2/7: \$6 Boneless Wings, Fries, & Drink

2/14: \$3 Mozzarella Sticks

2/21: \$6 Pot Pie & Drink

2/28: \$6 Pizza, Chips, & Drink

Thursday Evening Trips

Please register for trips no later than the Tuesday
before the trip.

2/16 Shopping Trip to Target

Meet at the Senior Center at 4:30 pm.

2/23 Dinner at Maine Fish Market Restaurant in East Windsor

Meet at the Senior Center at 4:30 pm. \$2 deposit is
required and will be returned when you board the bus.
Cancellations will be accepted until 2/22. Bring mon-
ey for your meal.

ASL Practice Group

Saturdays at 10:00 AM

If you are interested in practicing your Sign Lan-
guage skills come meet on Saturday mornings to prac-
tice with your peers. Ruth will be here to facilitate the
group and answer any of your
questions.



Thursday Night Trivia!

Thursday, February 16 at 5:30PM

Join us on Thursday nights for some fun and friendly
competition! With a wide variety of categories and
themes, our trivia night has something for everyone.

Evening Movie

Thursday, February 23 at 5:30 PM

February 23: Mack & Rita

A 30-year-old writer spends a wild weekend in Palm
Springs and wakes up to find she has magically trans-
formed into her 70-year-old self in this delightful com-
edy starring Oscar®-winner Diane Keaton. (PG-13,
2022, 1h 38 min)

Paint Night

Key Hook Signs

Thursday, February 23 at 5:30 PM



Join Ruth as she leads you
step by step through these
personalized key holders. Ma-
terials are included and no
experience is required. Come
enjoy a relaxing evening of
painting! This class is \$15
due at registration.

Setback Tournament

Thursday, February 2 at 5:30 PM

Thursday, March 2 at 5:30 PM

\$5 per person to play, please register in advance

Grab a partner and come on down to East Hartford
Senior Center's Setback Tournament! Cash prizes will
be awarded to the top teams. We will be selling cheese
and pepperoni pizza for \$3 per slice or 2 slices for \$5.
Beverages and other snacks will be available. Trans-
portation will be available for those who need it.
Please sign up for a ride by the Tuesday prior to the
tournament.

Setback Tournaments will take
place on the first Thursday of the
month
beginning in February.



Important Announcements

To learn more call 860-291-7492

Scrabble Group

**NEW! We are starting a
scrabble group on
Tuesdays at 1:30PM.**

If you are interested in playing
please call the front desk and sign up!
860-291-7460



CRT ANNOUNCEMENT

Please know that if you do not sign up for lunch by 11AM the day before than you will have to wait to see if anyone cancels **BEFORE** you sit down to a set table. Everyone must check in with the dining room volunteer who is collecting the tickets. They will let you know where you can sit to wait.

Registering for Programs and Activities

You may register for programs and activities starting on the first day of the last full week before the new month. If the newsletter is not out by that day we will at least have a copy at the front desk and you can always access it online.

www.easthartfordct.gov

**Registration for February programs will begin
on January 23**

Please note: When paying for a program or activity in cash, exact amount would be appreciated. We do not always have enough change. If we are not able to make change, the remainder will go into your wallet.

EHSC Virtual Wallet

Did you know that you can pre-load funds into your virtual wallet? Simply give cash or a check to the front desk and use the money for future programs and meals. Adding money to your wallet will enable you to sign up for paid programs over the phone. As always, leaving a voicemail does not guarantee that you will be registered for that program. You must speak with a person to confirm your registration.

**Senior Center Wallet money makes a great
gift for the holidays!**

Meals To-Go Menu

We are now offering weekend meals to-go. There is no cost to this program, however you must sign up by noon the Monday prior to the Friday meal pickup. To register please call 860-291-7460 and press 0.

2/3: Vegetable Barley Soup w/ Tuna sandwich

2/10: Roasted Vegetable Soup and a PB&J

2/17: Vegetable Chili and Bread

2/24: Taco Soup and a Chicken Salad Sandwich

**3/3: Chicken and Rice Soup and a Roll
All meals are served with a Dessert.
Meals must be picked up on
Friday between 11AM-2:30PM.**

Calling for Recipes

Julissa, our Food Service Manager is looking for recipes for her Home Cooked Meals. If you have a favorite recipe that you would like to share please send it via email to Julissa at jechevarria@easthartfordct.gov. Please be sure that the servings the recipe provides is listed.

**Commission on Aging Meeting
Tuesday, February 7 at 2PM**

Advisory Committee

Policies and Procedures

Our Policy & Procedure manual will be available for you to review at the front desk.

Save the Date

*Mark you calendar for our upcoming 2023 trips!
See future newsletters for registration dates and information.*

May 18: Ellis Island

July 20: Isles of Shoals Cruise, NH

August 30: Nubble Lighthouse, Maine

September 28: Boston Harbor Cruise

October 25: Isabella Steward Museum
Boston, MA

ASK THE LAWYER
with Attorney Robert Hale
Monday, February 6 at 10 AM



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.**

GROCERY DELIVERY PROGRAM

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 CDBG Program 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.**

**FOODSHARE MOBILE PANTRY
EAST HARTFORD**



Monday, 2/6

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Monday, 2/27

1:30 - 2:00 PM

Veterans Terrace, 57 Columbus Street

Wednesdays, 2/1 & 2/15

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Monday, 2/6

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.

TRANSPORTATION

Dial-A-Ride - 860-870-7940

Greater Hartford Transit District - 860-724-5340

For information about purchasing ADA Ticket books from the Town please call 860-291-7460.

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.

Volunteers Needed

For us to keep the café open all day, we are in need of volunteers. If you have 2 hours a week that you can dedicate to our café it would make a great difference.

Time slots available vary from mornings 9am to 11am, or afternoons 11am to 1pm and 1pm to 3pm. Please call Susan at 860-291-7460 and we can discuss what would work for you if you would like to invest in your Senior Center and become a Volunteer.

Homeowners Tax Credit Program

Starting February 1st Marilee for the Assessors' office will be here at the Senior Center on Wednesdays at 9AM to assist with The Elderly & Disabled Homeowner's Tax Credit Program. You can call the Senior Center at 860-291-7460 and select 0 to set up your appointment.

Guidelines are as follows:

Need to be 65 years old by December 31, 2022

Own house as of October 1, 2022

Totally disabled by social security administration

Income level for the state are single \$40,300
Married \$49,100

Income level for the town are single \$55,300
Married \$64,100

Filing period is from February 1st to May 15th 2023

Proof of all income is required for 2022



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Senior Center Programs & Activities

Even though we offer a wide variety of programs and activities, we are always looking for new ideas and volunteers who would like to facilitate special groups or activities.



Please contact Susan at 860-291-7492 or Ruth at 860-291-7481 if you have ideas, suggestions and/or would like to facilitate an activity or a special group.

East Hartford Senior Center & Senior Services

**Phone & Email Directory
860-291-7460***

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

Direct Line:

- Ruth Reinwald, rreinwald@easthartfordct.gov
-Program Specialist, 860-291-7498
- Beky Henderson, bhenderson@easthartfordct.gov
- Fitness Trainer, 860-291-7481
- Julissa Echevarria, jechevarria@easthartfordct.gov
-Food Service Manager, 860-291-7489

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