

THE EAST HARTFORD SENIOR CENTER NEWSLETTER DECEMBER 2023

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

<https://www.easthartfordct.gov>

Senior Center Hours of Operation: Monday, Wed, & Friday 8:30am to 4:30pm, Tues & Thurs, 8:30am to 7:30pm and Saturdays 8:30am to 12:00. Please call the Front Desk at 860-291-7460 to register for programs

FREE Live Entertainment, Music & More!

Sponsored by The Friends of East Hartford Senior Center

Entertainment with Mike Foley Wednesday, December 6 at 1PM

Mike will be performing songs from the 60's and 70's through today - pop, country, and Americana. From Bob Dylan, Neil Young to the Allman Brothers and the Eagles.

Entertainment with Jim Harkins Wednesday, December 13 at 1PM

Jim Harkins offers an exceptional variety of crowd-pleasing music, songs by Willie Nelson, The Beatles, Dean Martin, Michael Buble, Johnny Cash, Neil Diamond, Jim Croce, Fats Waller, Irving Berlin and many others.

Birthday Bash w/ Dave Giardina Wednesday, December 20 at 1PM



Cake sponsored by Riverside Rehabilitation

New Years Celebration Wednesday, December 27 at 1:00PM



Join us for music, dancing and bubbly to toast the New Year coming in 2024.
(light refreshments will be available)

Music is sponsored by the Friends of East Hartford.

Special Events

*Please register in advance for all special events.
Registration for December Events start on 11/20*

Holiday Fest Entertainment with Kathy Gregory

Friday, December 1 at 1PM

Come and enjoy Christmas Cookies and Hot Cocoa as Kathy Gregory entertains us with some Holiday Music and Song! This Event is a part of East Hartford's Holiday Festival.



Pancake Breakfast with Santa Saturday, December 16 at 9:00 AM

Bring the grandkids for a delicious breakfast followed by picture taking with Santa.

Please sign up each child for a Picture with Santa.
(See page 8 for more details)



Homemade Lunches

Every Wednesday at 12:00PM

12/6-Sausage, peppers & onions w/rice

12/20- Bowl of Chix Noodle Soup with
Cranberry Chix Salad on a croissant

12/27-Pierogies & Kielbasa

1/3-Beef Barley Soup w/Bread

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, December 12 at 2PM

Join Lindsey Kent, Registered Dietitian at ShopRite for a cooking demonstration on Healthy Holiday Appetizers.



Free tasty samples will be available! **Register soon, seating is limited!**

Technical Support Schedule

Tuesday, December 12 & 26 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.

Living Room Conversations

Thursday, December 14 1PM

Topic: Climate Change
Register early, seating is limited

Joe the History Guy

Monday, December 11 at 1:00PM

Christmas as we know it today is a Victorian invention of the 1860s. Probably the most celebrated holiday in the world. Our modern Christmas is a product of hundreds of years of both secular and religious traditions from around the globe.

Discover the origins of this great time.

Joe is retiring this is his last presentation. Please wish him well..



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

Veterans Coffee Hour

Tuesday, December 19a 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, December 21 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. December's title is "Beartown" by Fredrik Backman. Call 860-291-7460 to register.

THE PLANT GUY

Thursday, December 28 at 2:00PM

This Month Jeff Eleveld, the famous Plant Guy will be discussing how to work with Bulbs and The History of the Holiday.



Everyone takes home a plant!

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

Karaoke w/ "The Musical Notes"

Friday, 12/8 & 12/29 at 2:30PM



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

Monday Matinee @ 1PM

Please call to register in ADVANCE!

December 11: The Grinch

Discover the magic of the Mean One this holiday season! Producer Brian Grazer brings Christmas' best-loved grump to life with the help of the irrepressible Jim Carrey as The Grinch. Why is The Grinch (Jim Carrey) such a grouch? No one seems to know, until little Cindy Lou Who (Taylor Momsen) takes matters into her own hands and turns both Whoville and The Grinch's world upside down. (PG) 2000 1hr. 44min.

December 18: A Christmas Carol

Charles Dickens's classic story of the Christmas spirit that still lives within embittered Ebenezer Scrooge is magically transformed into a musical event featuring a visitation of spirits from past, present, and future. (G) 2004 1hr 28min

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, December 18 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 Beautiful Winter Scene! 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

December 1 to December 29

Cost: \$15 for 5 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.



Creative Writing Group

Thursdays at 2:30PM

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. All are welcome!

Facilitator: Kathy LaBranche

Wellness Services

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

Alzheimer's Support Group

Thursday, December 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*

Senior Wellness Clinic

Thursday, December 7

10 AM to 12 PM by appointment



Our very own Health Department Nurses will be available to check your blood pressure, A1C and Glucose Levels and also answer any general questions you might have regarding your health. Walk-ins Welcome!

Please call the front desk to make your appointment 860-291-7460.

Therapeutic Massage

By appointment from 9 AM

Thursday, December 14, 21 & 28



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, December 5, 12 & 19

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 at 860-291-7460.**

Special Programs for December

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



Coffee with a Cop

Monday, December 4 at 10AM



Join East Hartford's finest for a cup of coffee and some conversation! Officer Jon Young, our Community Service Officer and other officers will be at the center to talk to residents about things that are happening in East Hartford that you should be aware of, and ways to stay safe. **Call to register 860-291-7460**

Solar Energy Presentation

Tuesday, December 5 at 1PM

Join Cathy Dionne, Solar Energy Consultant with Panel Professional CT as she aims to educate you about Solar Energy.

You will learn:

- How solar works
- Understanding your current energy bill
- The differences between leasing and financing (benefits of both)
- Federal tax incentives with Solar Energy
- What renewable energy credits are about
- What 0\$ out of pocket cost means

Don't Miss this One!

Food Safety Smarts with Lorri Lennon, CRT RD

Tuesday, December 19 at 12PM

Did you know in a recent study, 65 % of consumers did not wash their hands before starting meal preparation ? Food-borne illness affects 48 million individuals per year with 3,000 dying from the illness in the U.S.A. Older adults are more susceptible to death from food-borne illness. Learn the four principles of food safety and how to safely thaw frozen food. A new recipe will also be provided for you to try.

This presentation is during lunch. Please sign up for CRT lunch on that day if you plan to attend.

TOURS AND TRAVEL

Trips with Friendship Tours will resume in the Spring of 2024.

Trip Cancellation Refund Policy

PLEASE READ

As a courtesy, we are able to hold trip checks until 30 days before the trip. Therefore our cancellation policy for refund is 30 days before the trip date. Any cancellations later than that will NOT be refunded. Your seat will already be reserved and paid for. You may try to sell your seat on your own, but you must let us know who is filling your seat before the day of the trip. All money exchanges must be made privately outside of the center's administration. Call Susan 860-291-7492 with any questions.

Group Exercise Class Policy

PLEASE READ

Please be prepared for your exercise class at least 5minutes before your class time. If you are not prepared, you risk the chance of losing your spot if there is a waiting list.



Cards and Games



MAHJONG: Mondays, 1 – 3:30 PM

SETBACK: Tuesdays, 1-3:30 PM



9 to 5 : Wednesdays, 9 AM -12 PM

CRIBBAGE: Wednesdays, 1-4PM



PINOCHLE LESSONS: Fridays, 1-3:30PM

BINGO: Thursdays, 1:30-3:00 PM

You must sign up in advance to play Bingo.
***Bingo Cards are \$1.00 per card, max 4 cards.**



GAME DAY: Fridays, 1-4PM

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

CORN HOLE: Fridays, 2PM-4PM



Exercise Class Schedule and Cost

Day/Time	Class	Session Dates	Cost
Monday 9:30 AM	Functional Fun Aerobics with Karen	12/4 to 12/18	3 Classes \$9
Monday 10:30 AM	Beginners Tai Chi with Lori	12/4 to 12/18	3 Classes \$6
Tuesday 9:00 AM	Dance Rhythms with Lexi (No Experience Required)	12/5 to 12/26	4 Classes \$12
Tuesday 1:30 PM	Gentle Chair Exercise with Gia	12/5 to 12/26	4 Classes \$16
Tuesday Evenings 5:30 PM	Mat Yoga with Maureen	12/5 to 12/19	3 Classes \$9
Wednesday 9:30 AM	SilverSneakers Zumba Gold with Karen	12/6 to 12/20 (registration is required) <i>No class 12/27</i>	SS Card or \$3.00 per class
Wednesday 10:30 AM	SilverSneakers Strength & Balance with Karen	12/6 to 12/20 (registration is required) <i>No class 12/27</i>	SS Card or \$3.00 per class
Wed & Friday 11:30 AM	Chair Exercise to Video All Levels	On-going	FREE
Thursday 9:00 AM	Exercise'n Energize with Lexi	12/7 to 12/28	4 Classes \$12
Thursday 10:00 AM	Gentle Chair Yoga with Carleen	12/7 to 12/28	4 Classes \$12
Thursday 11:00 AM	Gentle Yoga with Carleen	12/7 to 12/28	4 Classes \$12
Friday 10:00 AM	Intermediate Tai Chi with Santa	12/1 to 12/29	5 Classes \$10
Saturday 9:00 AM	Exercise'n Energize with Lexi <u>level 2</u>	12/2 to 12/30	FREE
Saturday 10:00AM	Yoga for Core, Balance, & Strength with Maureen	12/2 to 12/30	FREE

Be at least 5 minutes early for class or you will risk the chance of losing your spot if there is a waiting list.

MONDAY**TUESDAY****WEDNESDAY**

December 202

9:30 AM Functional Fun Aerobics
 10:00 AM Adult Coloring
 10:00AM Coffee with a Cop
 10:30 AM Beginner Tai Chi
 1:00 PM Line Dancing
 1:00 PM Mahjong
 1:00 PM Monday Matinee

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9:00 AM Hair Cuts by appointment
 9:00 AM Dance Rhythms
 1:00 PM Knitting/Crochet
 1:30 PM Gentle Chair Exercise
 1:00 PM Setback
 1:00 PM Solar Energy presentation
 5:30 PM Big Bucks Bingo
 5:30 PM Mat Yoga

5

9:00 AM 9 to 5
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Exercise to Video
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM Entertainment with Mike Foley

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9:30 AM Functional Fun Aerobics
 10:00 AM Adult Coloring
 10:00 AM Ask the Lawyer
 10:30 AM Beginner Tai Chi
 1:00 PM Line Dancing
 1:00 PM Mahjong
 1:00 PM Joe the History Guy

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9:00 AM Hair Cuts by appointment
 9:00 AM Dance Rhythms
 1:00 PM Knitting/Crochet
 1:00 PM Setback
 1:30 PM Gentle Chair Exercise
 1:30 PM Technical Support
 2:00 PM Cooking with Lindsey
 5:30 PM Big Bucks Bingo
 5:30 PM Mat Yoga

12

9:00 AM 9 to 5
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Exercise to Video
 12:00 PM CRT Holiday Meal
 1:00 PM Cribbage
 1:00 PM Entertainment with Jim Harkins

13

9:30 AM Functional Fun Aerobics
 10:00 AM Adult Coloring
 10:30 AM Beginner Tai Chi
 1:00 PM Line Dancing
 1:00 PM Mahjong
 1:00 PM Monday Matinee
 1:00 PM All Levels Painting

18

9:00 AM Hair Cuts by appointment
 9:00 AM Dance Rhythms
 10:00AM Veterans Coffee Hour
 12:00 PM Food Safety Smarts (CRT)
 1:00 PM Knitting/Crochet
 1:00 PM Setback
 1:30 PM Gentle Chair Exercise
 5:30 PM Big Bucks Bingo
 5:30 PM Mat Yoga

19

9:00 AM 9 to 5
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Exercise to Video
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM Birthday Bash w/Entertainment by Dave Giardina

20

25

Closed

9:00 AM Dance Rhythms
 1:00 PM Knitting/Crochet
 1:00 PM Setback
 1:30 PM Gentle Chair Exercise
 1:30 PM Technical Support
 5:30 PM Big Bucks Bingo

26

9:00 AM 9 to 5
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Exercise to Video
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM New Years Celebration

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THURSDAY		FRIDAY		SATURDAY	
3		9:30 AM Painting	1		2
		10:00 AM Intermediate Tai Chi		9:00 The Breakfast Club	
		11:30 AM Chair Exercise to Video		9:00 AM Exercise n' Energize	
		1:00 PM Game Day		10:00 AM Sewing Circle	
		1:00 PM Holiday Fest w/Kathy Gregory		10:30 AM Yoga for Core & Balance	
		1:00 PM Game Day		11:00 AM Lunch Bunch	
		1:00 PM Pinochle Lessons			
		2:00 PM Corn Hole			
9:00 AM Exercise 'n Energize	7	9:30 AM Painting	8	9:00 The Breakfast Club	9
10:00 AM Senior Wellness Clinic		10:00 AM Intermediate Tai Chi		9:00 AM Exercise n' Energize	
10:00 AM Gentle Chair Yoga		11:30 AM Chair Exercise to Video		10:00 AM Sewing Circle	
11:00 AM Gentle Mat Yoga		1:00 PM Game Day		10:30 AM Yoga for Core & Balance	
1:00 PM Bingo		1:00 PM Pinochle Lessons		11:00 AM Lunch Bunch	
1:00 PM Alzheimer's Support Group		2:00 PM Corn Hole			
2:30 PM Creative Writing Group		2:30 PM Karaoke			
5:30 PM Set Back Tournament					
9:00 AM Therapeutic Massage	14	9:30 AM Painting	15	9:00 AM Pancakes w/Santa	16
9:00 AM Exercise 'n Energize		10:00 AM Intermediate Tai Chi		9:00 AM Exercise n' Energize	
10:00 AM Gentle Chair Yoga		11:30 AM Chair Exercise to Video		10:00 AM Sewing Circle	
11:00 AM Gentle Mat Yoga		1:00 PM Game Day		10:30 AM Yoga for Core & Balance	
1:00 PM Bingo		1:00 PM Pinochle Lessons			
2:30 PM Creative Writing Group		2:00 PM Corn Hole			
5:00 PM Evening Movie					
5:30 PM Trivia Night					
9:00 AM Therapeutic Massage	21	9:30 AM Painting	22	9:00 The Breakfast Club	23
9:00 AM Exercise 'n Energize		10:00 AM Intermediate Tai Chi		9:00 AM Exercise n' Energize	
10:00 AM Gentle Chair Yoga		11:30 AM Chair Exercise to Video		10:00 AM Sewing Circle	
11:00 AM Gentle Mat Yoga		1:00 PM Special Christmas Karaoke		10:30 AM Yoga for Core & Balance	
1:00 PM Book Talk		1:00 PM Game Day			
1:00 PM Bingo		1:00 PM Pinochle Lessons			
2:30 PM Creative Writing Group		2:00 PM Corn Hole			
5:00 PM Christmas Carols w/Clyde					
9:00 AM Therapeutic Massage	28	9:30 AM Painting	29	9:00 The Breakfast Club	30
9:00 AM Exercise 'n Energize		10:00 AM Intermediate Tai Chi		9:00 AM Exercise n' Energize	
10:00 AM Gentle Chair Yoga		11:30 AM Chair Exercise to Video		10:00 AM Sewing Circle	
11:00 AM Gentle Mat Yoga		1:00 PM Game Day		10:30 AM Yoga for Core & Balance	
1:00 PM Bingo		1:00 PM Pinochle Lessons			
2:00 PM The Plant Guy		2:00 PM Corn Hole			
2:30 PM Creative Writing Group					
5:00 PM Evening Movie					
5:30 PM Trivia Night					

Weekend & Evening Programs

Please register for ALL programs in advance.

Call the Senior Center at 860-291-7460.

Interactive Breakfast with Santa December 16 at 9:00 AM

Bring the grandkids for a delicious breakfast followed by picture taking with Santa. Please sign up each child for Picture with Santa.

Menu: French Toast Casserole & Bacon
OJ, Coffee and Tea will be available.

Cost: \$3.00 for members \$5 for guests and children under 12 are free.

Tickets are available at the front desk

Christmas Carols with Clyde Thursday, December 21 at 5:00PM

Come sing along with our very own Piano player Clyde Proch. He will have booklets of Christmas songs for everyone to use during the program. Hot Cocoa and Popcorn will be available. To register call 860-291-7560

Thursday Night Trivia! December 14 & 28 at 5:30PM

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

Evening Movie

Thursday, December 14 & 28 at 5:00 PM

December 14: A Bad Moms Christmas

A Bad Moms Christmas follows three under-appreciated women as they rebel against the challenges of the Super Bowl for moms: Christmas.

(R) 2017, 1h 44 min)

December 28: My Big Fat Greek Wedding 3

From writer and director Nia Vardalos, the worldwide phenomenon My Big Fat Greek Wedding is back with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heart-warming and hilarious trip full of love, twists and turns. Opa!

(PG-13) 2023, 1h 32 min)

The Breakfast Club, Saturdays at 9AM

(\$3 members \$5 Guests)

12/2-Waffles & Sausage

12/9-Hash Brown Ham & Cheese Casserole

12/16-Interactive Breakfast w/Santa

Saturday Lunch Bunch

12/2-Shady Glenn

12/9-Artisanal Burger Company

Meet at the Senior Center at 11:00 AM

\$2 deposit is required and will be returned when you board the bus. Cancellations will be accepted until the day before the lunch trip. Bring money for your meal. *(please register the Thursday before)*

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

12/5: \$5 Honey BBQ Boneless Wings, French Fries & a Drink

12/12: \$3 Mozzarella Sticks & Marinara Sauce

12/19: \$5 2 Slices of Pizza & a Drink

12/26: \$5 Chicken Strips, Onion Rings & a Drink

Sewing Circle

Saturdays at 10:00 AM

Bring your sewing machine and your project to our Saturday morning sewing circle. Participants can share ideas and techniques, and learn from others.

Setback Tournament

Thursday, December 7 at 5:30 PM

Thursday, January 4 at 5:30 PM

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

Cash prizes will be awarded to the top teams. We will be selling cheese and pepperoni pizza for \$3 per slice or 2 slices and a drink for \$5 or a hot dog, chips, and a drink for \$5. Beverages and other snacks will be available.

Important Announcements

To learn more call 860-291-7492

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.

CRT ANNOUNCEMENT

Please know that if you do not sign up for lunch by 11AM the day before then 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.

Policies and Procedures

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

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.

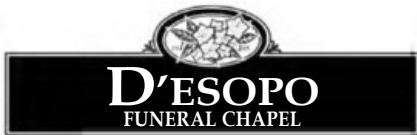
Senior Center Wallet money makes a great gift for any occasion!

Commission on Aging Meeting

Tuesday, December 5 at 2PM

Food Allergies

We cannot substitute our meals for individual food allergies. It is your responsibility to read what is on the menu before you register for that meal. Ask us if you are unsure.



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ASK THE LAWYER
with Attorney Robert Hale
Monday, December 11 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 55 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, 12/11

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 12/4 & 12/18

1:30 - 2:00 PM

Veterans Terrace, 57 Columbus Street

Wednesdays, 12/6 & 12/20

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Monday, 12/11

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, 2023, for the program are:

QMB - \$2,564 single and \$3,468/couple

SLMB - \$2,807/single and \$3,797/couple

ALMB - \$2,989/single and \$4,403/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. Available time slots vary from mornings 9am to 11am, or afternoons 11am to 1pm and 1pm to 3pm. Please call Susan at 860-291-7460 to discuss what would work for you if you would like to invest in your Senior Center and become a Volunteer.

MEDICARE OPEN ENROLLMENT...for

Medicare Advantage (Part C) AND Medicare Prescription Drug Coverage (Part D) began on **October 15, 2023** and ends on **December 7, 2023**. Each year, you have a chance to make changes for the following year.

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

Do you need help navigating open enrollment? Please call Lillian (CHOICES Counselor) at 860-291-7491



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Christmas Karaoke & Cocoa



Mike MacDonald and his Karaoke Krew would like to invite everyone to join them in some holiday fun. You can come and sing your favorite holiday song

or sit in the audience and relax.

We will have refreshments available for everyone. Stop by and check it out!

Friday, December 22 at 1PM
Please sign up at the front desk
or call 860-291-7460

East Hartford Senior Center & Senior Services

Phone & Email Directory 860-291-7460*

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