



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

MARCH 2024

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

Live Music w/ Chris Marra Wednesday, March 6 at 1PM

Join Chris for an afternoon
of Radio hits from the past
50 years!



Irish Show with John Banker and Birthday Bash.

Wednesday, March 13 at 1PM

Join us for authentic Irish Folk Music
combined with traditional St. Patrick's Day Songs.
John's engaging show features lots of participation
from the audience.

Happy March Birthdays!

Come and celebrate with us!

*Cake sponsored by Riverside Health
& Rehabilitation*



Join Kathy Gregory for a Musical Trip to Ireland!

**Wednesday, March 20 at
1PM**

Everyone is Welcome!



Live Music with Dave Giardina

Wednesday, March 27 at 1PM

Join Dave Giardina for an afternoon of
Irish music and Classic folk!

Breakfast with the Easter Bunny Saturday, March 16 at 9AM

Bring the grandkids or a guest for a delicious
breakfast followed by pictures and visits with
the Easter Bunny!

Menu: Scrambled Eggs and Ham with
Home Fries.

OJ, Coffee, and Tea will be available

Cost: \$3 for members \$5 for guests and
children under 12 are free.

Tickets are available at the front desk.

**You must be seated no later than 9:20 for the 9AM
breakfast to ensure that you are served.**



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Special Programs for March

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

Police Department Open Forum

Monday, March 4 at 10AM

The East Hartford Police Department will be holding an Open Forum at the Senior Center. The goal is to provide a platform where community members can gain insight into laws, town ordinances, and personal safety. Some things that will be discussed include; town ordinances and quality of life issues, personal and home safety and steps you should take in case of an emergency.

Please call to register at 860-291-7460

Life Insurance and Supplemental Medical

Monday, March 4 at 1PM

Hosted by Ernest Colon & Linda Joyce

They will be discussing the state regulated final expense benefits, the rising costs of funeral expenses and the benefits of whole life insurance. There will also be an open Q&A period at the end of the presentation.

This presentation is brought to you by Accendo Insurance Company part of the CVS Health family of companies and Aetna affiliate. Refreshments and raffle prizes for attendees. Each attendee gets a free raffle ticket.

Raffle draws at 2pm (multiple winners)

Please call 860-291-7460 to register

SNAP-ED Nutrition Education Program

Monday, March 11 at 1PM

Sponsored by the CT Department of Public Health (DPH) and the University of Saint Joseph.

This workshop includes a cooking demonstration along with an educational presentation.

Topic for March is Lean Protein

- Good sources of lean protein
- How much protein needed in daily diet
- Good sources of Whole Grains
- How to prepare an “egg in a pocket”

Free tasty samples will be available!

Sign up soon, seating is limited!

Please call 860-291-7460 to register.

The Blue Zones: Lessons for Living Longer

Tuesday, March 12 at 1 PM

Presented by Michelle Wyman, LSW, CDP

Hartford HealthCare Center for Healthy Aging

Learn lessons for living longer from people who lived the longest. Those who live in what has been coined the “blue zones” live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Join us for a discussion on the 9 common sense healthy habits practice by these communities.

Please call 860-291-7460 to register.

Your Life Your Legacy

Monday, March 18 at 11AM

Most of us plan for important life events such as weddings, our children’s education, and retirement. However, few of us prepare for the inevitable. This presentation presented by Cheryl Guertin of Dignity Memorial/Newkirk & Whitney Funeral Home addresses the importance of making your final arrangements in advance and the steps to take. Light refreshments will be served. **Please call 860-291-7460 to register**

Happy St. Patrick’s Day Free Homemade Lunch

Wednesday, March 20 at 12 PM

Celebrate St. Patrick’s Day with us and enjoy a free lunch and a Trip to Ireland presented by Kathy Gregory.

*Menu: Cabbage & Sausage
with Soda Bread
Beverage and Dessert*

**Tickets must be picked up in person at the front desk.
Seating is limited.**



Brain Health: What can I do?

Tuesday, March 26 at 1 PM

Presented by Patty O’Brian, Dementia Specialist.

Hartford HealthCare Center for Healthy Aging

Brain health is a critical piece of overall health. The Brain controls so much of our daily function which makes it the most valuable organ in the human body. Join this presentation to learn tips and tricks to brain health. **Please call 860-291-7460 to register.**

Regular Monthly Programs

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

COOKING WITH LINDSEY

Tuesday, March 19 at 2PM



March is National Frozen Foods Month! Join Lindsey Kent, Registered Dietitian at ShopRite for a class all about frozen foods. Learn about how to select healthy, frozen convenient foods as well as tips on freezing foods for later. Enjoy a cooking demo and sampling. Free tasty samples will be available! Register soon, seating is limited!

Technical Support Schedule

Tuesday, March 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.

BOOK TALK

Thursday, March 21 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. March's title is "The Midnight Library" by Matt Haig. Call 860-291-7460 to register.

Veterans Coffee Hour

Tuesday, March 19 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. Pastries sponsored by ShopRite of East Hartford Group meets the 3rd Tuesday of the Month.

THE PLANT GUY

Thursday, March 28 at 2 PM

This Month Jeff Eleveld, the famous Plant Guy will be showing you how to care for Dracaena Sanderiana or Lucky Bamboo. This plant brings good-luck to people around the world. Everyone takes home a plant! Cost is \$5 Sign up Soon! Seating is limited!

Living Room Conversations

Thursday, March 14 at 1PM

March Theme: Humor

Register early, seating is limited
Now Meets in the Creative Arts Studio

Karaoke w/ "The Musical Notes"

Friday, March 8 & 22 at 2:30PM

Come and sing any song you'd like or stay to



Monday Matinee @ 1PM

Please call to register in ADVANCE!

March 18: Bandit

After prison, a charming criminal assumes a new identity and robs 59 banks and jewelry stores while being hunted by police. Based on a true story.
(R) 2022 1hr. 59min. (Action/Suspense)

March 25: Peter Rabbit

Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers, now takes on the starring role of his own cheeky, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door.
(NR) 2018 1hr. 34min. (Animated/Comedy)

Please note that we show a variety of genres as well as new releases. We are not limited to G-Rated movies. It is in your best interest to read the movie description before you attend. Rated R and/or PG can contain graphic language. Movies are subject to change. You will be notified by the center if you have registered on that day.



Cards and Games



MAHJONG: Mondays, 1 – 3:30 PM

SETBACK: Tuesdays, 1-3:30 PM

9/5 SETBACK: Wednesdays, 9 AM -12 PM

CRIBBAGE: Wednesdays, 1-4PM

DOMINOS: Mondays, 1-3:30PM

PINOCHLE: Fridays, 1-3:30PM

(Pinochle lessons are still available)

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

You must sign up in advance to play Bingo. Seating is limited.

***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

Description of Exercise Classes

Chair Circuit- This is a 45-minute exercise class designed for strength and muscle tone while delivering a calorie burn in a short amount of time. Exercises are done while seated in a chair. Ideal for all levels of fitness.

Chair Exercise to Videos- These are shorter 15 to 30 min videos designed for folks who need the assistance of sitting in a chair when they exercise. Gentle moving, stretching and strength training for low level exercise.

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. (offered May-October)

Functional Fun Aerobics- This is a class full of movement along with music and strength training. Designed for a high calorie burn along with functional muscle toning.

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.

Mat Yoga- Using a Mat on the floor and some standing exercises for balance, flexibility and strength. This class also includes a cool down of relaxation and meditation.

Senior Circuit- This is a 45-minute exercise class developed to give you a great calorie burn while toning numerous muscle groups, in a short amount of time. Light hand weights and resistance bands will be used during this class.

Senior Workout to Videos- These Videos are done by fitness professionals and have been selected for use for group exercise. All videos have a warm-up, conditioning and cool down component designed with seniors in mind for 30 to 45 min exercise workouts. Videos include; Dance Aerobics, Cardio & Conditioning and Boot Camp.

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!

Tai Chi (Beginner) - 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.

Tai Chi (Intermediate)- 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.

Yoga Core- This yoga class is designed to enhance your core strength by using your own muscles. Mat work is required.

Zumba Gold (SilverSneakers)- This class is designed as a dance fitness class that simultaneously exercise your brain by using music and international rhythms.

Exercise Class Schedule and Cost

Day/Time	Class	Session Dates	Cost
Monday 9:30 AM	Functional Fun Aerobics with Karen	3/4 to 3/25	4 Classes \$12
Monday 10:30 AM	Beginners Tai Chi with Lori	3/4 to 3/25	4 Classes \$8
Monday 11:30 AM	Senior Circuit with Carin	3/4 to 3/25	4 Classes \$12
Tuesday 9:00 AM	Dance Aerobics (workout to Video)	3/5 to 3/26	FREE
Tuesday 1:30 PM	Gentle Chair Exercise with Gia	3/5 to 3/26	4 Classes \$16
Tuesday Evenings 5:30 PM	Mat Yoga with Maureen	3/5 to 3/26	4 Classes \$12
Wednesday 9:30 AM	SilverSneakers Zumba Gold with Karen	3/6 to 3/27 (registration is required)	SS Card or \$3 per class
Wednesday 10:30 AM	SilverSneakers Strength & Balance with Karen	3/6 to 3/27 (registration is required)	SS Card or \$3 per class
Wednesday 11:30 AM	Chair Circuit	3/6 to 3/27	4 Classes \$12
Wed & Friday 1:00PM	Chair Exercise to Video All Levels	On-going (registration is required)	FREE
Thursday 9:00 AM	Cardio & Conditioning (workout to Video)	3/7 to 3/28	FREE
Thursday 10:00 AM	Gentle Chair Yoga with Carleen	3/7 to 3/28	4 Classes \$12
Friday 10:00 AM	Intermediate Tai Chi with Santa	3/1 to 3/22	4 Classes \$8
Friday 11:30 AM	Senior Circuit with Carin	3/1 to 3/22	4 Classes \$12
Saturday 9:00 AM	Senior Boot Camp (workout to video)	3/2 to 3/23	FREE
Saturday 10:30AM	Yoga for Core, Balance, & Strength with Maureen	3/2 to 3/23	FREE

Please be at least 5 minutes early for class and prepared to exercise. Only athletic footwear is allowed in the group exercise room. Please change your shoes when you come in to prevent the floor from getting dirty, wet and slippery, especially in the winter months. *Fitness Center is open during hours of operation.

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 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.

All Levels Painting Class

Monday, March 25 at 1PM

Cost is \$20.00 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 colorful stack of Tea Cups. 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

March 1 to March 22

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.

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.

Facilitators: Kathy LaBranche and Sue Huggans

Now Meets in the Creative Arts Studio

Wellness Services

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

Alzheimer's Support Group

Thursday, March 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, March 7

9AM to 12 PM by appointment



Our very own Health Department Nurse, Sandra Zuffaleto, will be available to check your blood pressure, A1C and Cholesterol levels and also answer any general questions you might have regarding your health.

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

Walk-ins Welcome!

Therapeutic Massage

By appointment from 9 AM

Thursday, March 14, 21 & 28



A licensed massage therapist will provide low-cost massages by appointment. The cost is \$35 for 30 minutes and \$70 for 1 hour. Payment is due at the time of service. Payment accepted in cash or check made out to Melissa Almquist.

Call the office for an appointment.

(Please Note Cost Increase) \$35=30min \$70=1hr

Haircuts by Lori

Tuesdays, March 12, 19 & 26

By appointment from 9 AM

**please note that cost for haircuts have increased but a wash and dry is now included.*



A licensed hairdresser/cosmetician will provide low-cost haircuts. Services include: Wash, Cut & Dry for \$18 or you may have just a Wash & Dry for \$10. 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.**

Creative Expressions (continued)

“Useful Art” with Sylvia

Mondays at 10AM

March 4 to March 25

A series of Art classes lead by Sylvia

Come and see what it is all about. First class is free. All other classes are \$3 each. Sign-up soon, seating is limited!

March 4: Rope Mod Podge
Trinket Tray (Free)
Limit per class is 15 people

March 11: Magnetic Bookmarks

March 18: Glass Clings

March 25: Hydro Dipping Mugs

Important Announcements

To learn more call 860-291-7492

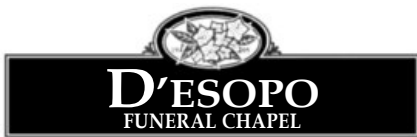
Please register in advance for all programs. If we do not have enough folks registered that program may be canceled. You will only be notified of the cancellation if you are registered.

Please sign up for fitness class per session. You will not be notified if there is a cancellation if you are not registered. You cannot pay per single class unless it is your first one and you need to see what it is like until you commit to the entire monthly session.

Commission on Aging Meeting

Tuesday, March 5 at 2PM

Please know that the public is welcome to attend these meetings. They will be held in the Media Room.



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MONDAY	TUESDAY	WEDNESDAY
<h1>March 2024</h1> <h2><i>Happy St. Patrick's Day!</i></h2> <h2><i>Happy Easter!</i></h2>		
<p>4</p> <p>9:30 AM Functional Fun Aerobics</p> <p>10:00AM Adult Coloring</p> <p>10:00AM "Useful Art" with Sylvia</p> <p>10:00 AM Police Dept. Open Forum</p> <p>10:30 AM Beginner Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Dominos with Sylvia</p> <p>1:00 PM Mahjong</p> <p>1:00 PM Life Insurance (CVS)</p>	<p>5</p> <p>9:00 AM Dance Aerobics to Video</p> <p>1:00 PM Knitting/Crochet</p> <p>1:00 PM Setback</p> <p>1:30 PM Gentle Chair Exercise</p> <p>2:00 PM Commission on Aging</p> <p>5:30 PM Learn to Crochet</p> <p>5:30 PM Big Bucks Bingo</p> <p>5:30 PM Mat Yoga</p>	<p>6</p> <p>8:30-4:30 Tax Relief Program</p> <p>9:00 AM 9/5 Setback</p> <p>9:30 AM Zumba Gold SS</p> <p>10:30 AM Strength & Balance SS</p> <p>11:30 AM Chair Circuit</p> <p>12:00 PM "Homemade" Lunch</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Entertainment with Chris Marra</p>
<p>11</p> <p>9:30 AM Functional Fun Aerobics</p> <p>10:00AM Adult Coloring</p> <p>10:00 AM "Useful Art" with Sylvia</p> <p>10:00 AM Ask the Lawyer</p> <p>10:30 AM Beginner Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Dominos with Sylvia</p> <p>1:00 PM Mahjong</p> <p>1:00 PM SNAP-ED Nutrition Program</p>	<p>12</p> <p>9:00 AM Hair Cuts by appointment</p> <p>9:00 AM Dance Aerobics to Video</p> <p>1:00 PM Knitting/Crochet</p> <p>1:00 PM Setback</p> <p>1:00 PM The Blue Zones</p> <p>1:30 PM Technical Support</p> <p>1:30 PM Gentle Chair Exercise</p> <p>5:30 PM Learn to Crochet</p> <p>5:30 PM Big Bucks Bingo</p> <p>5:30 PM Mat Yoga</p>	<p>13</p> <p>8:30-4:30 Tax Relief Program</p> <p>9:00 AM 9/5 Setback</p> <p>9:30 AM Zumba Gold SS</p> <p>10:30 AM Strength & Balance SS</p> <p>11:30 AM Chair Circuit</p> <p>12:00 PM "Homemade" Lunch</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Irish Show & Birthday Bash with John Banker</p>
<p>18</p> <p>9:30 AM Functional Fun Aerobics</p> <p>10:00AM Adult Coloring</p> <p>10:00 AM "Useful Art" with Sylvia</p> <p>10:30 AM Beginner Tai Chi</p> <p>11:00 AM Your Life Your Legacy</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Dominos with Sylvia</p> <p>1:00 PM Mahjong</p> <p>1:00 PM Monday Matinee</p>	<p>19</p> <p>9:00 AM Hair Cuts by appointment</p> <p>9:00 AM Dance Aerobics to Video</p> <p>10:00AM Veterans Coffee Hour</p> <p>1:00 PM Knitting/Crochet</p> <p>1:00 PM Setback</p> <p>1:30 PM Gentle Chair Exercise</p> <p>5:30 PM Learn to Crochet</p> <p>5:30 PM Big Bucks Bingo</p> <p>5:30 PM Mat Yoga</p>	<p>20</p> <p>8:30-4:30 Tax Relief Program</p> <p>9:00 AM 9/5 Setback</p> <p>9:30 AM Zumba Gold SS</p> <p>10:30 AM Strength & Balance SS</p> <p>11:30 AM Chair Circuit</p> <p>12:00 PM "Homemade" Lunch</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM A Musical Trip to Ireland with Kathy Gregory</p>
<p>25</p> <p>9:30 AM Functional Fun Aerobics</p> <p>10:00 AM Adult Coloring</p> <p>10:00 AM "Useful Art" with Sylvia</p> <p>10:30 AM Beginner Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Dominos with Sylvia</p> <p>1:00 PM Mahjong</p> <p>1:00 PM Monday Matinee</p> <p>1:00 PM All Levels Painting</p>	<p>26</p> <p>9:00 AM Hair Cuts by appointment</p> <p>9:00 AM Dance Aerobics to Video</p> <p>1:00 PM Knitting/Crochet</p> <p>1:00 PM Setback</p> <p>1:00 PM Brain Health</p> <p>1:30 PM Gentle Chair Exercise</p> <p>1:30 PM Technical Support</p> <p>5:30 PM Learn to Crochet</p> <p>5:30 PM Big Bucks Bingo</p> <p>5:30 PM Mat Yoga</p>	<p>27</p> <p>8:30-4:30 Tax Relief Program</p> <p>9:00 AM 9/5 Setback</p> <p>9:30 AM Zumba Gold SS</p> <p>10:30 AM Strength & Balance SS</p> <p>11:30 AM Chair Circuit</p> <p>12:00 PM "Homemade" Lunch</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Entertainment with Dave Giardina</p>

THURSDAY	FRIDAY	SATURDAY
	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Chair Exercise to Video 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole	9:00 AM Boot Camp to Video 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance
9:00 AM Senior Wellness Clinic 9:00 AM Alzheimer's Support 9:00 AM Cardio & Conditioning(Video) 10:00 AM Gentle Chair Yoga 1:30 PM Bingo 2:30 PM Creative Writing Group 4:30 PM Irish Stew in the Café 5:30 PM Irish Show w/ Pierce Campbell	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Chair Exercise to Video 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole 2:30 PM Karaoke	9:00 AM Boot Camp to Video 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance 11:00 AM Lunch Bunch
9:00 AM Therapeutic Massage 9:00 AM Cardio & Conditioning(Video) 10:00 AM Gentle Chair Yoga 1:00 PM Living Room Conversations 1:30 PM Bingo 2:30 PM Creative Writing Group 5:30 PM Set Back Tournament	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Chair Exercise to Video 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole	9:00 AM Boot Camp to Video 9:00 AM Coffee & Conversation 9:00 AM Intergenerational Breakfast with the Easter Bunny 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance
9:00 AM Therapeutic Massage 9:00 AM Cardio & Conditioning(Video) 10:00 AM Gentle Chair Yoga 1:00 PM Book Talk 1:30 PM Bingo 2:30 PM Creative Writing Group 5:00 PM Evening Movie 5:30 PM Trivia Night	9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Chair Exercise to Video 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole 2:30 PM Karaoke	9:00 AM Boot Camp to Video 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance 11:00 AM Lunch Bunch
9:00 AM Therapeutic Massage 9:00 AM Cardio & Conditioning(Video) 10:00 AM Gentle Chair Yoga 1:00 PM Dominos 1:30 PM Bingo 2:00 PM The Plant Guy 2:30 PM Creative Writing Group 5:00 PM Evening Movie 5:30 PM Trivia Night	Senior Center Closed	Senior Center Closed

Weekend & Evening Programs

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

Setback Tournament

Thursday, March 14 at 5:30 PM

Thursday, April 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.

Coffee & Conversation

Beginning at 9:00 AM



Join us for some light conversation and a free pastry with the purchase of a coffee (while supplies last). Pastries are sponsored by ShopRite.

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.

St. Patrick's Day Show with Pierce Campbell

Thursday, March 7

Dinner in the Café at 4:30 PM

Music at 5:30 PM



Come enjoy an evening of St. Patrick's Day fun with Pierce Campbell. Pierce's high-energy show will have you clapping and singing along in no time, engaging you from start to finish with his wide collection of traditional and original Irish/Celtic songs.

Join us before the music for a delicious meal of Irish Stew, bread, and a beverage in the café.

Music with Pierce Campbell is free. Dinner tickets must be purchased in advance by March 5th.

Thursday Night Trivia

March 21 & 28 at 5:30 PM

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

Learn to Crochet

New Program

Tuesdays at 5:30 PM

March 5 to April 9



This is a free series designed for absolute beginners to learn basic crochet stitches. Silvia Garcia will be facilitating this fun and informative class. Beginning supplies will be provided. Please register in advance.



Special Oscars Series Evening Movie

Thursday, March 21 & 28

at 5:00 PM



March 21: Poor Things

Two childhood sweethearts, after decades apart, are reunited for one fateful week in New York as they confront notions of destiny, love, and the choices that make a life in this heartrending modern romance. **Nominated For Best Picture And Best Original Screenplay. (Rated PG-13) 2023 1hr. 45min**

March 28: The Holdovers

The Holdovers follows a curmudgeonly instructor at a prep school who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go.

Nominated for Best Picture, Best Actor, Best Supporting Actress, Best Original Screenplay, and Best Film Editing (Rated R) 2023 2h 13min.

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 \$5

3/5: \$5 Honey BBQ Boneless Wings, French Fries & a Drink

3/12: \$3 Taquitos w/ Salsa & Sour Cream

3/19: \$5 2 Slices of Pizza & a Drink

3/26: \$5 Chicken Strips, Onion Rings & a Drink

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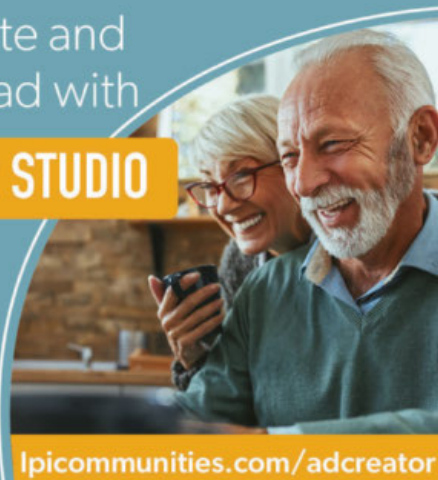
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TOURS AND TRAVEL

Join us for a day away! Sign up in the Senior Center office. Full Payment is due at sign up.

A Taste of Italian new York!

Saturday, May 18

Cost \$139pp

Visit Zabar's Upper West Side Gourmet Market.

They have cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas, and New York bagels.

Lunch at Carmine's Upper West Side:

Sit and indulge in an Italian lunch served family-style at this famous restaurant with enormous portions!

Menu: Bread Basket, Mixed Green Salad, Zucchini Fries, Rigatoni, Broccoli & Sausage Marinara, Ravioli Marinara, Chicken in Lemon Butter, and Chocolate Cannoli with Pistachios for Dessert.

Visit Arthur Avenue in the Bronx for all Italian Food Specialties; bread, pasta, sausage, and pastries. This trip will require a moderate level of walking.

Depart: 8:00am from the Senior Center

Return: Est. 7:45pm to the Senior Center

***Checks only, payable to Friendship Tours**

Departure Time Subject to Change

(Trips have a 30day notice refund policy)

Saturday Lunch Bunch

March 9, Roma Restaurant and Pizzeria

March 23, Vernon Diner

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)*

Special Thanks to Riverside Health & Rehabilitation for sponsoring our Valentines Day Dessert. We appreciate our Sponsors!

Save the Date

Registration information will be available in the April Newsletter

**Intergenerational Breakfast
and Interactive Drumming
Saturday, April 20 at 9AM**

**Disco Dinner Dance
Thursday, April 25 at 5:30PM**

TRANSPORTATION SERVICES

Transportation is important to the well-being of our older citizens, and is a vital link between home and the community. The Town of East Hartford has the following transportation services available.

Dial- A-Ride is available Monday – Friday, 8:30 AM – 4:00 PM, for rides within East Hartford as well as medical transportation ONLY to Manchester, South Windsor and Glastonbury. There is no charge for this service. Call 860-870-7940 to register. It will only take a few minutes to answer the questions and learn the process for making a reservation for a ride.

A gentle reminder for Dial-A-Ride passengers, if you are unable to ride or need to cancel your ride for any reason, you must call 860-870-7940 at least one hour prior to your pick up time. If you do not cancel, this results in the Town being charged for the cost of the ride and is considered a no-show. With the understanding that sometimes emergencies arise and you may be unable to call to cancel, please note the following: you may have one no-show in a 30-day period, a second no-show in a 30-day period may result in suspending your privileges from Dial-A-Ride for 30 days from that date.

The Greater Hartford Transit District (GHTD) provides ADA Paratransit transportation that runs on the same days and times as CT Transit. GHTD provides transportation services for individuals, who, because of their disability, are unable to travel on CT Transit buses. ADA Paratransit provides service within a ¾-mile radius surrounding the Hartford fixed route public bus system. Riders have the option of paying the exact fare of \$3.50 for each one-way trip or purchasing a reduced rate ADA 10-ride ticket book to use instead of cash for \$28. The Town of East Hartford sells ticket books at a discounted price of \$24 at the Senior Center and Social Services. Call 860-724-5340 (ext. 4) for an application or apply online at www.hartfordtransit.org. Please note: an interview is required as part of the registration process.

The Senior Center Bus is available for rides to and from Big Bucks Bingo on Tuesday nights, to and from special events on Thursday evenings (as scheduled), to and from the Senior Center for Breakfast (as scheduled) on Saturday mornings and from the Senior Center for Lunch Bunch (as scheduled) on Saturday mornings. There is no charge for the bus ride. Please make a reservation for a ride when signing up for the event. To cancel a ride please call the Senior Center at 860-291-7460 (Press 0).

For more information about transportation, or help with the ADA Paratransit application, please call Lillian at 860-291-7491.

ASK THE LAWYER

with Attorney Robert Hale
Monday, March 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



Mondays, 3/4 & 3/18

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 3/11 & 3/25

1:30 - 2:00 PM

Veterans Terrace, 57 Columbus Street

Wednesdays, 3/13 & 3/27

1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Mondays, 3/4 & 3/18

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 860-291-7491.*



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 - February 29, 2024 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. The new gross income limits for March 1, 2024 - February 28, 2025 were not available at press time. *Call for the updated income limits..

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

January 1 - March 31

If you already have a Medicare Advantage Plan, you may change your coverage one time during the Medicare Advantage Open Enrollment Period. The MA-OEP is from January 1st to March 31st of each year. ***You can only use this enrollment window if you already have a Medicare Advantage plan. You can't use this period to get into a plan for the first time.***

Do you need help navigating this special Medicare Advantage Open Enrollment Period? Please call Lillian (CHOICES Counselor) at 860-291-7491.

Homeowners Tax Relief Program

Marilee from the tax assessors office will be here on Wednesdays from 8:30am to 4:30pm starting February 7. Please call to make an appointment . (860)291-7261 or the Senior Center at (860)291-7460.

The elderly & disabled tax relief program for 2023
Grand list requirements:

-Own property in East Hartford as of October 1, 2023

-Be 65 years old by December 31, 2023 or Social Security Disabled.

Application period is from February 1, 2024 to May 15, 2024.

The income for 2023 is as follows:

The state program for Single \$43,800 & married is \$53,400
The town program for Single \$58,800 & married \$68,400

Homemade Lunches

Every Wednesday at 12:00PM

(tickets must be purchased by the Tuesday before, no later than 11AM)

3/6-Creamy Pesto Chicken Pasta

3/13-Cottage Pie (Shepherd's Pie)

Free St. Patty's Day Lunch

Sign up soon as seating is limited!

**3/20-Cabbage & Sausage
w/Soda Bread**

3/27-American Goulash with Garlic Bread

Beverage and dessert are included.

Tickets are \$3 in advance. Register early!

Seating is limited.

***All meals are subject to change**

Lunch & CRT ANNOUNCEMENT

Please know that Lunch is served at 12PM. You must be seated by 12:20 as the Kitchen closes at 12:30pm. Reservation should be made by 11AM the day before. If you are not on the list that day, you can wait to see if there is a cancellation. Please always stop at the front desk for your lunch ticket.

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. Please ask the Kitchen Manager if you are unsure.

CRT Lunch Menu

CRT Lunch is served Monday, Tuesday, Thursday, and Friday to persons 60 years of age or older at 12 noon for a \$3 suggested donation (or whatever you can afford). Lunch reservations must be made no later than 11:00AM the business day before the day of the meal by calling 860-291-7460 or 860-291-7491 OR in person at the front desk. Please see above for Wednesday's "Homemade Lunch" menu. Menu is subject to change.

MONDAY	TUESDAY	THURSDAY	FRIDAY
Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of any food allergies.	Zinc is an essential trace mineral that may reduce stress in older adults. Scientific research suggests that zinc may improve the body's balance of good and bad cholesterol.	Zinc plays a role in vision health. Dietary sources of zinc include oysters, beef patties, canned baked beans, cereal and yogurt.	1 Eggplant Rotinni with Sauce Italian Blend Vegetables Bead Stick
4 All-Beef Hot Dog / Bun Baked Beans Coleslaw Tapioca Pudding	5 Baked Cheese & Beef Ziti Zucchini Squash Garlic Knot	7 Roast Turkey w/Gravy Cornbread Stuffing Mix Veggies/Cranberry Sauce	8 Battered Fish & Chips Blend Veggies Wheat Dinner Roll
11 Stuffed Cabbage w/Sauce Garlic mashed potatoes Blend veggies Wheat Bread	12 Chicken Caesar Wrap Grilled Chicken Green Leaf Lettuce Potato salad Fresh Fruit	14 Corned Beef/Mustard Parslied Boiled Potatoes Cabbage & Carrots Rye Bread	15 Battered Fish Tartar Sauce Potato Wedges Parslied Carrots
18 Chicken Stir-Fry Vegetable fried rice Asian veggies blend Dinner roll	19 Mini-Beef Meatballs w/Sauce/Pasta Brussel Sprouts Garlic Knot	21 Oven Fried Chicken Sweet Potato wedges Collard Greens Wheat Bread	22 Tuna Noodle Casserole with Peas Wheat Bread Fresh Fruit
25 Boneless Chicken Marsala Parslied Pasta Italian Mix Veggies White Bread	26 Kielbasa/Mustard Caramelized Onions Diced Potatoes Capri Blend Veggies	28 Chicken Rice Soup Salad Greens w/ham/hard cooked egg/red onions	29 Senior Center Closed



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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

NEW PROGRAMS

“Useful Art”..... Mondays at 10AM
(See page 7 for more details)

Dominos.....Mondays at 1PM

Learn to Crochet Tuesdays at 5:30PM
(See page 10 for more details)

These programs will be facilitated by our new student intern from Goodwin College, Sylvia Garcia. She is here Mondays & Tuesdays. Please stop in to meet her and learn more about her programs.

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