



# THE EAST HARTFORD SENIOR CENTER NEWSLETTER

## APRIL 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 with Brian Gillie Wednesday, April 3 at 1PM

Join Brian Gillie as he performs a mix of songs from the 40s through the 60s, some rock, swing era, Hollywood and Broadway and American songbook.

#### Live Music with Tom Callinan Wednesday, April 10 at 1PM

Enjoy an afternoon with Tom Callinan for some old time music!

#### Birthday Bash with Jim Harkins Wednesday, April 17 at 1PM

Jim Harkins offers an exceptional variety of crowd-pleasing music, songs by Willie Nelson, The Beatles, Dean Martin, and many others.



**Happy April Birthdays!**

*Cake sponsored by Riverside Health & Rehabilitation*

**Everyone is Welcome!**

#### Live Music with Jim Sheehan Wednesday, April 24 at 1PM

Enjoy an afternoon with guitarist and singer Jim Sheehan as he performs song classics by well known artists such as; Frank Sinatra, Elvis, Neil Diamond, and many more!



### Intergenerational Breakfast and Interactive Drumming Show

**Saturday, April 20 at 9 AM**

Bring the grandkids or a guest for a delicious breakfast followed an interactive drumming show with Bob Bloom.

**See Page 10 for more details.**

### Disco Dinner Dance

**Thursday, April 25 at 5:30 PM**

Time travel back to the 1970s with us for an evening of glitzy outfits and funky music! A nostalgic menu will have you feeling transported to a time of disco balls and roller skates! JCDC Duo will be back to play a disco themed show.

**Menu:** Fried Chicken, Mashed Potatoes, Corn, Ambrosia Salad for Dessert

*Coke, Diet Coke or water will be available*

**Cost: \$12.00 Members/\$15.00 Guests**

**Tickets are available at the front desk.**



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## Special Programs for April

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

### SNAP-ED Nutrition Education Program

**Monday, April 8 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 April is "Celebrate"** where we focus on mindful eating and getting family on board with healthy food choices.

**Cooking Demo: Broccoli Alfredo**

**Sign up soon, seating is limited!**

**Please call 860-291-7460 to register.**

### Bullying & Senior Citizens

*Sponsored by Riverside Health & Rehabilitation*

**Monday, April 15 at 1 PM**

Take a moment to picture a bully. Do you see a young kid or adolescent picking on someone smaller than them? What happens when an adult becomes the victim of bullying? Bullying among senior citizens has been making news in recent years. Sit with Heather Hitchcock, Community Education Manager with Bristol Behavioral Health, as she discusses the realities of bullying among seniors and the impact it has on everyone. Snacks will be provided!

**Please call 860-291-7460 to register**

## Protecting your Assets

**Thursday, April 25 at 11AM**

**Don't Lose Your House: Protecting Assets from the Costs of Long-Term Care:**

Connecticut's long-term care costs are the 2nd highest in the nation. You've likely heard horror stories of people losing their homes to pay for care. Attend this session with Attorney Colleen Masse to learn how you can protect assets with a carefully orchestrated plan. You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs, Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed. We'll also cover strategies to protect your money if an unforeseen crisis arises.



Please call 860-291-7460 to register



**Tuesday, April 30 at 1PM**

**You're Invited!**

Do you want to break up with the cable company, but don't want to miss out on your favorite shows? Learn how to "Cut the Cord" on cable with the GoNetspeed Team and make the switch to streaming services.

Representatives will share recommendations for streaming devices, along with tips & tricks for selecting the best streaming platforms for your home!

## New Afternoon Programs

**Poetry Hour with Sylvia**

**Tuesdays, April 2 to 30 at 2:30PM**

This program will be held in the Café. Bring a favorite Poem to read, read a Poem that you wrote or just sit and listen to Poems.

**Word Games in the Café**

**Thursdays, April 4 to 25 at 2:30PM**

A time to sit and relax with word games. Bring your own crossword puzzles, word search or word scramble. We can also provide word games.

**Café will be open until 3PM**

**MEDICATION SAFETY & NALOXONE (NARCAN) TRAINING**

Join us to learn how to use and dispose of your medications safely and what to do during an opioid overdose!

**APRIL 19, 2024 @ 1 PM**

East Hartford Senior Center - Media Room  
Free for all residents!

Hosted by: East Hartford Health Department

## Regular Monthly Programs

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

### COOKING WITH LINDSEY

Tuesday, April 30 at 2PM

#### Heart Health



Join Lindsey Kent, ShopRite Registered Dietitian, for a heart healthy cooking demo. The focus of this class will be chocolate! It doesn't just make your heart happy, it can also make it healthy! Free tasty samples will be available!

**Register soon, seating is limited!**

### Technical Support Schedule

Tuesday, April 9 & 23 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, April 18 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. April's title is "Olga Dies Dreaming" by **Xochitl Gonzalez**

### Veterans Coffee Hour

Tuesday, April 16 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, April 25 at 2 PM

This Month Jeff Eleveld, the famous Plant Guy, will be discussing Keukenhof gardens and take you on a stroll through the city of Amsterdam, the Netherlands.

Cost is \$5

## Living Room Conversations

Thursday, April 11 at 1PM

April Theme: Food

Register early, seating is limited

**Now Meets in the Creative Arts Studio**

## Karaoke w/ "The Musical Notes"

Friday, April 12 & 26 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!**

### April 1: FALL

For best friends Becky (Grace Caroline Currey) and Hunter (Virginia Gardner), life is all about conquering fears and pushing limits. But after they climb 2,000 feet to the top of a remote, abandoned radio tower, they find themselves stranded with no way down. Now Becky and Hunter's expert climbing skills will be put to the ultimate test as they desperately fight to survive the elements.

**(PG-13) 2022 1hr. 47min. (Thriller/Suspense)**

### April 22: She Ball

A single father who lost his NBA dreams to gang violence enlists a streetball league to help save an embattled community center in Inglewood, CA.

**(R) 2020 1hr. 40min. (Comedy/Drama/Sport)**

Please note that we do show rated R movies as well as PG and G. It is in your best interest to read the movie description before you attend. Rated R movies tend to contain graphic language and/or violence.



## 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	4/1 to 4/29	5 Classes \$15
Monday 10:30 AM	Beginners Tai Chi with Lori	4/1 to 4/29	5 Classes \$10
Monday 11:30 AM	Senior Circuit with Carin	4/1 to 4/29	5 Classes \$15
Tuesday 9:00 AM	Senior Workout to Video	4/2 to 4/30	FREE
Tuesday 1:30 PM	Gentle Chair Exercise with Gia	4/2 to 4/30	5 Classes \$20
Tuesday Evenings 5:30 PM	Mat Yoga with Maureen	4/2, 4/9 & 4/30 (no classes 4/16 & 4/23)	3 Classes \$9
Wednesday 9:30 AM	SilverSneakers Zumba Gold with Karen	4/3 to 4/24 (registration is required)	SS Card or \$3 per class
Wednesday 10:30 AM	SilverSneakers Strength & Balance with Karen	4/3 to 4/24 (registration is required)	SS Card or \$3 per class
Wednesday 11:30 AM	Chair Circuit with Carin	4/3 to 4/24	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)	4/4 to 4/25	FREE
Thursday 10:00 AM	Gentle Chair Yoga with Carleen	4/4 to 4/25	4 Classes \$12
Thursday 1:30 PM	Gentle Chair Exercise w/Gia <u>New Class!</u>	4/4 to 4/25	4 Classes \$16
Friday 10:00 AM	Intermediate Tai Chi with Santa	4/5 to 4/26	4 Classes \$8
Friday 11:30 AM	Senior Circuit with Carin	4/5 to 4/26	4 Classes \$12
Saturday 9:00 AM	Exercise and Energize II <u>Lexi is Back!</u>	4/6 to 4/27	FREE
Saturday 10:30AM	Yoga for Core, Balance, & Strength with Maureen	4/6 to 4/27	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, April 22 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 beautiful Birch tree 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  
April 5 to April 26  
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, April 4 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, April 18 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, April 11 & 25



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, April 9, 16, & 23 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**

**April 1 to April 29**

**A series of Art classes lead by Sylvia**

**Classes are \$3 each**

**Sign-up soon, seating is limited!**

**April 1: Canvas Tote Bags** –Paint your way into Spring by decorating your own Tote Bag.

**April 8: Diamond Art Lawn Stakes**–Bling out your Lawn or Garden.

**April 15: Wind Chimes**–Assemble your own wind chimes and enjoy the beautiful their beautiful sounds.

**April 22: Journal**–Design your own Journal.

**April 29: Serving Tray**–Make your own Serving Tray complete with handles.

## 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, April 2 at 2PM**

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



**East Hartford – Wethersfield**

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### Questions about Medicare?

**I'm here to help. Call me to learn more about your Medicare options.**

**Mark Pacheco**

**Field Sales Executive**

**1-860-576-2858 (TTY: 711)**

**8AM–8PM, Monday–Friday**

**A licensed agent will answer your call.**

**[PachecoM1@aetna.com](mailto:PachecoM1@aetna.com)**

**[AetnaMedicare.com](http://AetnaMedicare.com)**



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<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>	
<b>1</b>		<b>2</b>		<b>3</b>	
9:30 AM	Functional Fun Aerobics	9:00 AM	Senior Exercise to Video	8:30-4:30	Tax Relief Program
10:00AM	Adult Coloring	1:00 PM	Knitting/Crochet	9:00 AM	9/5 Setback
10:00 AM	“Useful Art” with Sylvia	1:00 PM	Setback	9:30 AM	Zumba Gold SS
10:30 AM	Beginner Tai Chi	1:30 PM	Gentle Chair Exercise	10:30 AM	Strength & Balance SS
11:30 AM	Senior Circuit	2:00 PM	Commission on Aging	11:30 AM	Chair Circuit
1:00 PM	Dominos with Sylvia	2:30 PM	Poetry Hour w/Sylvia	12:00 PM	“Homemade” Lunch
1:00 PM	Mahjong	5:30 PM	Learn to Crochet	1:00 PM	Cribbage
1:00 PM	Monday Matinee	5:30 PM	Big Bucks Bingo	1:00 PM	Chair Exercise to Video
		5:30 PM	Mat Yoga	1:00 PM	Live Music with Brian Gillie
<b>8</b>		<b>9</b>		<b>10</b>	
9:30 AM	Functional Fun Aerobics	9:00 AM	Hair Cuts by appointment	8:30-4:30	Tax Relief Program
10:00AM	Adult Coloring	9:00 AM	Senior Exercise to Video	9:00 AM	9/5 Setback
10:00AM	Ask the Lawyer	1:00 PM	Knitting/Crochet	9:30 AM	Zumba Gold SS
10:00AM	“Useful Art” with Sylvia	1:00 PM	Setback	10:30 AM	Strength & Balance SS
10:30 AM	Beginner Tai Chi	1:30 PM	Gentle Chair Exercise	11:30 AM	Chair Circuit
11:30 AM	Senior Circuit	1:30 PM	Technical Support	12:00 PM	“Homemade” Lunch
1:00 PM	Dominos with Sylvia	2:30 PM	Poetry Hour w/Sylvia	1:00 PM	Cribbage
1:00 PM	Mahjong	5:30 PM	Learn to Crochet	1:00 PM	Chair Exercise to Video
1:00 PM	SNAP-ED Nutrition Program	5:30 PM	Big Bucks Bingo	1:00 PM	Live Music with Tom Callinan
		5:30 PM	Mat Yoga		
<b>15</b>		<b>16</b>		<b>17</b>	
9:30 AM	Functional Fun Aerobics	9:00 AM	Hair Cuts by appointment	8:30-4:30	Tax Relief Program
10:00AM	Adult Coloring	9:00 AM	Senior Exercise to Video	9:00 AM	9/5 Setback
10:00 AM	“Useful Art” with Sylvia	10:00 AM	Veterans Coffee Hour	9:30 AM	Zumba Gold SS
10:30 AM	Beginner Tai Chi	1:00 PM	Knitting/Crochet	10:30 AM	Strength & Balance SS
11:30 AM	Senior Circuit	1:00 PM	Setback	11:30 AM	Chair Circuit
1:00 PM	Dominos with Sylvia	1:30 PM	Gentle Chair Exercise	12:00 PM	“Homemade” Lunch
1:00 PM	Mahjong	2:30 PM	Poetry Hour w/Sylvia	1:00 PM	Cribbage
1:00 PM	Bullying & Senior Citizens	5:30 PM	Learn to Crochet	1:00 PM	Chair Exercise to Video
		5:30 PM	Big Bucks Bingo	1:00 PM	Birthday Bash with Jim Harkins
<b>22</b>		<b>23</b>		<b>24</b>	
9:30 AM	Functional Fun Aerobics	9:00 AM	Hair Cuts by appointment	8:30-4:30	Tax Relief Program
10:00AM	Adult Coloring	9:00 AM	Senior Exercise to Video	9:00 AM	9/5 Setback
10:00 AM	“Useful Art” with Sylvia	1:00 PM	Knitting/Crochet	9:30 AM	Zumba Gold SS
10:30 AM	Beginner Tai Chi	1:00 PM	Setback	10:30 AM	Strength & Balance SS
11:30 AM	Senior Circuit	1:30 PM	Technical Support	11:30 AM	Chair Circuit
1:00 PM	Dominos with Sylvia	1:30 PM	Gentle Chair Exercise	12:00 PM	“Homemade” Lunch
1:00 PM	Mahjong	2:30 PM	Poetry Hour w/Sylvia	1:00 PM	Cribbage
1:00 PM	Monday Matinee	5:30 PM	Learn to Crochet	1:00 PM	Chair Exercise to Video
1:00 PM	All Levels Painting	5:30 PM	Big Bucks Bingo	1:00 PM	Live Music with Jim Sheehan
<b>29</b>		<b>30</b>			
9:30 AM	Functional Fun Aerobics	9:00 AM	Senior Exercise to Video		
10:00 AM	Adult Coloring	1:00 PM	Knitting/Crochet		
10:00 AM	“Useful Art” with Sylvia	1:00 PM	Setback		
10:30 AM	Beginner Tai Chi	1:00 PM	GoNetSpeed (presentation)		
11:30 AM	Senior Circuit	1:30 PM	Gentle Chair Exercise		
1:00 PM	Dominos with Sylvia	2:00 PM	Cooking with Lindsey		
1:00 PM	Mahjong	2:30 PM	Poetry Hour w/Sylvia		
		5:30 PM	Learn to Crochet		
		5:30 PM	Big Bucks Bingo		
		5:30 PM	Mat Yoga		



THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;"><b>4</b></p> <p>9:00 AM Cardio &amp; Conditioning (Video)</p> <p>10:00 AM Gentle Chair Yoga</p> <p>1:00 PM Book Talk</p> <p>1:00 PM Alzheimer's Support Group</p> <p>1:30 PM Bingo</p> <p>1:30 PM Gentle Chair Exercise</p> <p>2:30 PM Creative Writing Group</p> <p>2:30 PM Word Games in the Cafe</p> <p>5:30 PM Setback Tournament</p>	<p style="text-align: right;"><b>5</b></p> <p>9:30 AM Painting</p> <p>10:00 AM Intermediate Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Game Day</p> <p>1:00 PM Pinochle Lessons</p> <p>1:00 PM Pinochle</p> <p>2:00 PM Corn Hole</p>	<p style="text-align: right;"><b>6</b></p> <p>9:00 AM Exercise &amp; Energize II</p> <p>9:00 AM Coffee &amp; Conversation</p> <p>10:00 AM Sewing Circle</p> <p>10:30 AM Yoga for Core &amp; Balance</p>
<p style="text-align: right;"><b>11</b></p> <p>9:00 AM Therapeutic Massage</p> <p>9:00AM Cardio &amp; Conditioning (Video)</p> <p>10:00 AM Gentle Chair Yoga</p> <p>1:00 PM Living Room Conversations</p> <p>1:30 PM Bingo</p> <p>1:30 PM Gentle Chair Exercise</p> <p>2:30 PM Creative Writing Group</p> <p>2:30 PM Word Games in the Café</p> <p>4:30 PM Evening Out Dinner</p> <p>5:00 PM Evening Movie</p> <p>5:30 PM Trivia Night</p>	<p style="text-align: right;"><b>12</b></p> <p>9:30 AM Painting</p> <p>10:00 AM Intermediate Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Game Day</p> <p>1:00 PM Pinochle Lessons</p> <p>1:00 PM Pinochle</p> <p>2:00 PM Corn Hole</p> <p>2:30 PM Karaoke</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00 AM Exercise &amp; Energize II</p> <p>9:00 AM Coffee &amp; Conversation</p> <p>10:00 AM Sewing Circle</p> <p>10:30 AM Yoga for Core &amp; Balance</p>
<p style="text-align: right;"><b>18</b></p> <p>9:00 AM Senior Wellness Clinic</p> <p>9:00 AM Cardio &amp; Conditioning (Video)</p> <p>10:00 AM Gentle Chair Yoga</p> <p>1:00 PM Book Talk</p> <p>1:30 PM Bingo</p> <p>1:30 PM Gentle Chair Exercise</p> <p>2:30 PM Creative Writing Group</p> <p>2:30 PM Word Games in the Café</p> <p>4:30 PM Evening Out Dinner</p> <p>5:00 PM Evening Movie</p> <p>5:30 PM Trivia Night</p>	<p style="text-align: right;"><b>19</b></p> <p>9:30 AM Painting</p> <p>10:00 AM Intermediate Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Game Day</p> <p>1:00 PM Narcan Training</p> <p>1:00 PM Pinochle Lessons</p> <p>1:00 PM Pinochle</p> <p>2:00 PM Corn Hole</p>	<p style="text-align: right;"><b>20</b></p> <p>9:00 AM Exercise &amp; Energize II</p> <p>9:00 AM Coffee &amp; Conversation</p> <p>9:00 AM Intergenerational Breakfast</p> <p>10:00 AM Interactive Drumming Show</p> <p>10:00 AM Sewing Circle</p> <p>10:30 AM Yoga for Core &amp; Balance</p>
<p style="text-align: right;"><b>25</b></p> <p>9:00 AM Therapeutic Massage</p> <p>9:00 AM Cardio &amp; Conditioning (Video)</p> <p>10:00 AM Gentle Chair Yoga</p> <p>11:00 AM Protecting your Assets</p> <p>1:30 PM Bingo</p> <p>1:30 PM Gentle Chair Exercise</p> <p>2:00 PM Plant Guy</p> <p>2:30 PM Creative Writing Group</p> <p>2:30 PM Word Games in the Cafe</p> <p>5:30 PM Disco Dinner Dance</p>	<p style="text-align: right;"><b>26</b></p> <p>9:30 AM Painting</p> <p>10:00 AM Intermediate Tai Chi</p> <p>11:30 AM Senior Circuit</p> <p>1:00 PM Chair Exercise to Video</p> <p>1:00 PM Game Day</p> <p>1:00 PM Pinochle Lessons</p> <p>1:00 PM Pinochle</p> <p>2:00 PM Corn Hole</p> <p>2:30 PM Karaoke</p>	<p style="text-align: right;"><b>27</b></p> <p>9:00 AM Exercise &amp; Energize II</p> <p>9:00 AM Coffee &amp; Conversation</p> <p>10:00 AM Sewing Circle</p> <p>10:30 AM Yoga for Core &amp; Balance</p>

# April 2024

## Weekend & Evening Programs

*Please register for ALL programs in advance.*

*Call the Senior Center at 860-291-7460.*

### Setback Tournament

**Thursday, April 4 at 5:30 PM**

**Thursday, May 2 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.



### 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.

### Intergenerational Breakfast and Interactive Drumming Show

**Saturday, April 20 at 9:00 AM**

Bob Bloom will lead us in an interactive play-along with enticing beats and endearing rhythms as he sings the cool melodies and catchy lyrics of legendary songs. This high energy show is the perfect way to start your day!



**Drumming is free!**

**Menu: French Toast Casserole and Sausage**

*Orange Juice, Coffee, and Tea*

**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 will be served.**

### Thursday Evening Dinner Trip

**April 11, Georgina's in Bolton**

**April 18, Maine Fish Market 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 the day before the lunch trip. Bring money for your meal. *(please register by the Tuesday before)*

### Learn to Crochet

**Tuesdays at 5:30 PM**

**April 2 to April 30**



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.



### Evening Movie

**Thursday, April 11 & 18 at 5:00 PM**

#### April 11: Past Lives

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. **(Rated PG-13) 2023 1hr. 45min**

#### April 18: The Color Purple

Experience the extraordinary sisterhood of three women who share one unbreakable bond in this bold new take on the beloved classic. **(Rated PG-13) 2023 2h 20min.**

### Thursday Night Trivia

**April 11 & 18 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.

### Big Bucks Bingo

**Tuesdays at 5:30PM**

**\$2 per card/ 4 card Max**

**Prizes up to \$50 per game!**



### Tuesday Evening Meal Deal

*Hot dogs, Chips and a Drink available*

*Every Tuesday \$5*

**4/2: \$5 Chicken a la king with Noodles & a Drink**

**4/9: \$5 Honey BBQ Boneless Wings, French Fries & a Drink**

**4/16: \$3 Taquitos w/ Salsa & Sour Cream**

**4/23: \$5 2 Slices of Pizza & a Drink**

**4/30: \$5 Chicken Strips, Onion Rings & a Drink**



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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)**

## **Discover Central Massachusetts**

**New England Botanic Garden**

**Thursday, June 6/Cost \$144pp**

**Visit New England Botanic Garden** at Tower Hill in Boylston, MA. Voted Top Botanic Garden in the U.S. by Travel Awaits, this magnificent garden includes breathtaking views of Mt. Wachusett, 18 distinct gardens.

#### **Lunch at historic Longfellow's Wayside Inn**

Enjoy a lovely lunch at historic Longfellow's Wayside Inn, a charming Inn and Tavern in Sudbury which has served hungry travelers for over 300 years! Menu includes Tossed Salad, Roast Prime Rib of Beef or Boneless Breast of Chicken with Cranberry Walnut Dressing, Warm Deep Dish Apple Pie with fresh whipped cream-YUM!

**Depart: 9:15am from the Senior Center**

**Return: Est. 5:45pm to the Senior Center**

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

**Departure Time Subject to Change**

**(Trips have a 30day notice refund policy)**

**Please call Susan at 860-291-7492 with any questions or concerns about Friendship Tours Trips.**

## 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](http://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 to 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.**



## Homemade Lunches

**Every Wednesday at 12:00PM**

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

**Free "Paris in April" Lunch Day**  
**4/3-Chicken Francs, mashed potatoes and**  
**French cut green beans.**

**Sign up soon as seating is limited!**

**4/10-Chicken Cacciatore over Pasta**

**4/17-Minestrone Soup w/Bread**

**4/24-Lentil and Sausage Stew**

**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
1 All-Beef Hot Dog / Bun Baked Beans Potato Salad Yogurt Cup.	2 Potato Crumb Fish Tartar Sauce Potato Wedges Vegetables	4 Chicken Scampi Garlic Smashed Potatoes French Cut Gr. Beans Dinner Roll/Brownie	5 Roast Beef w/gravy Mashed Potatoes California Blend Veggies Fresh Fruit
8 Stuffed Cabbage w/See Whole Baby Potatoes Vegetable Medley Garlic Knot	9 Asian-Style Chicken Fried Rice Asian Blend Veggies Dinner roll	11 Baked Fish w/Tartar Sauce Rice Broccoli Normandy Wheat Bread	12 Grilled Chicken Breast w/lettuce/tomatoes on Focaccia Bread Pesto Pasta Salad
15 Cheesey Veg Lasagna w/Vodka Sauce Squash Medley Dinner Roll	16 (Mild) Beef & Bean Chili Shred Cheese/Sour Cream Baked Potato Capri Blend Veggies	18 Salisbury Steak w/gravy Mashed Potatoes Five Way Veg Blend Fresh Fruit	19 Smothered Pork Chop Mashed Potatoes Vegetable Medley Fresh Fruit
22 Swedish Meat w/ White Sauce Mashed Potatoes Prince William Blend Veggies Fresh Fruit	23 Seafarer's Crabcake w/Tartar Sauce on a Hamburger Bun Sweet Potato Wedges Coleslaw	25 Vegetable Soup Grilled Chicken Breast w/lettuce/grape Tomatoes Ham/Swiss Cheese Hard Cooked Egg	26 Baked Ham w/ Pineapple Sauce Cut-Up Sweet Potatoes Brussels Sprouts Coffee Cake
29 BBQ Pulled Pork on Multigrain Bun Tater Tots/Ketchup Green & Yellow Wax Beans	30 Stuff Pepper w/ Ital Sauce, Confetti Rice Italian Mix Veggies Bread Stick	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	Try and make half of your grains "whole" as they have more nutrients and fiber than refined white grains. Look for labels that say "100% whole wheat" or "100% whole grain"!

### ASK THE LAWYER with Attorney Robert Hale Monday, April 8 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.**

### 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 is \$43,800 & married is \$53,400. The town program for single is \$58,800 & married is \$68,400.**

### 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, 2024 are:

**QMB - \$2,649/single and \$3,595/couple**

**SLMB - \$2,900/single and \$3,935/couple**

**ALMB - \$3,088/single and \$4,191/couple**

Contact Lillian at \*860-291-7491 for more information or to apply for the program.

### FOODSHARE MOBILE PANTRY EAST HARTFORD



**Mondays, 4/1, 4/15 & 4/29**

**9:00 - 9:30 AM**

Hockanum Park, 75 Hamilton Road

**Mondays, 4/8 & 4/22**

**1:30 - 2:00 PM**

Veterans Terrace, 57 Columbus Street

**Wednesdays, 4/10 & 4/24**

**1:15 - 2:00 PM**

Summerfield Townhouses, 66 Plain Drive

**Mondays, 4/1, 4/15 & 4/29**

**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.

### RENTERS REBATE PROGRAM

East Hartford Social Services will process applications for the State of Connecticut, Office of Policy and Management, Renters Rebate Program. This program may provide elderly and disabled renters with a refund check, based on the amount of rent and utilities they paid in 2023. The application period runs from April 1 through October 1, 2023 for East Hartford residents who are 65 years of age or older or disabled, who are 18 years of age or older by 12/31/2023. The 2023 qualifying income (including Social Security benefits) must not exceed \$43,800 for a single individual or \$53,400 for a married couple. Please call East Hartford Social Services at 860-291-7248 for more information, including which supporting documents are required to apply. Social Services will visit some of the housing complexes with specific sign up dates, please look for the date advertised in your building. Lillian at the Senior Center is also available to complete Renters Rebate applications. Please call her at 860-291-7491 to make an appointment.



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## East Hartford Senior Center & Senior Services

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

**Vincent Sartori**, [vsartori@easthartfordct.gov](mailto:vsartori@easthartfordct.gov)

- Senior Services Assistant \*Press 0

**Victoria Liberator**, [vliberator@easthartfordct.gov](mailto:vliberator@easthartfordct.gov)

- Senior Services Coordinator, \*Press 1

**Susan Gouin**, [sgouin@easthartfordct.gov](mailto:sgouin@easthartfordct.gov)

- Program Supervisor, \*Press 2

**Lillian Miceli**, [lmiceli@easthartfordct.gov](mailto:lmiceli@easthartfordct.gov)

- Caseworker, \*Press 3

### Direct Line:

**Ruth Reinwald**, [rreinwald@easthartfordct.gov](mailto:rreinwald@easthartfordct.gov)

- Program Specialist, 860-291-7498

**Beky Henderson**, [bhenderson@easthartfordct.gov](mailto:bhenderson@easthartfordct.gov)

- Fitness Trainer, 860-291-7481

**Julissa Echevarria**, [jechevarria@easthartfordct.gov](mailto:jechevarria@easthartfordct.gov)

- Food Service Manager, 860-291-7489

### Affordable Connectivity Program (ACP)

Do you receive a \$30 monthly internet saving? You might be enrolled in the Affordable Connectivity Program (ACP), which is ending. Starting in May of 2024 this discount will no longer be available, resulting in bill increase or termination of your internet service. Digital Navigators at East Hartford Public Library can answer questions about ACP and help you find affordable internet options.

**Call/text 860-471-1484 to speak to a digital navigator.**

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