



THE EAST HARTFORD SENIOR CENTER NEWSLETTER

JUNE 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. Call the Front Desk at 860-291-7460 to register for programs that are free and register in-person for pay programs or classes. *Call Dial-a-Ride at time of Registration.

FREE Live Entertainment, Music & More!

Sponsored by The Friends of East Hartford Senior Center

Live Music with Marcy Conway Wednesday, June 5 at 1PM

Enjoy an afternoon of easy listening music of the 60's, 70's and 80's with Marcy Conway.

Live Music with The Country Duo Wednesday, June 12 at 1PM

*Enjoy an afternoon of good
ol' Country Music!*



The Historical Legacy of Juneteenth Wednesday, June 19 at 1PM

Join Gwendolyn Presutti as she tells the story of The Emancipation Proclamation that took effect in 1883 to free the African Americans from slavery. Learn what life was like during enslavement and the after-effects of Emancipation.

Birthday Bash with Brian Gillie Wednesday, June 26 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 song-book.

*Cake sponsored by Riverside Health
& Rehabilitation*



EH Town Council Meet & Greet Saturday, June 15 at 10AM

Come and meet your town council. Learn what they do for the residents of East Hartford. Coffee & Pastries will be available.

Horizon Wings Bird Show Saturday, June 22 at 9:45 AM See Page 10 for more details.

Dinner & a Medium Thursday, June 27 at 5:00 PM

Enjoy a delicious dinner sponsored by Brookdale of South Windsor and then stay for an evening with Kate Howe, a nationally, renowned, spiritual medium. Kate has been practicing mediumship for over 20 years. Kate offers messages of light, validation, and humor from your loved ones who reside across the veil. In this group setting, you will leave with a sense of knowing that your loved ones are just a thought away. Kate's accuracy in the delivery of messages has changed peoples lives.

See page 10 for dinner menu.

Tickets will be available at the front desk on 5/28

Cost: \$5 for members

Meal is Sponsored by Brookdale of SW

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Special Programs for June

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

AARP Smart DriverTEK

Monday, June 3 at 10AM

What is Smart DriverTEK?

Smart DriverTEK is a FREE AARP Driver Safety educational program developed jointly with The Hartford. The program is experienced through a 90-minute workshop. As a result of the program, attendees become more up-to-date on available safety technologies in cars, recognize how technologies might enhance driving safety and extend safe driving years, improve their understanding of the benefits of vehicle safety technologies and learn how to properly use vehicle safety technologies. This is a 90 minute training with a certified AARP Presenter.

Seating is limited so sign up soon!

Call 860-291-7460 to register.

Potassium-More Than A Banana

Tuesday, June 4 at 12PM

Join Lorri Lennon for some nutritional education on potassium and how you can get more of it in your diet. Starts at 12pm in the dining room during CRT lunch. Please remember to sign up for lunch.

De-bunking the Myths of Hospice

Tuesday, June 11 at 1PM

Join Samantha Welch, Hospice Care Consultant, and Adrienne Parham, LMSW from Accentcare Hospice for an afternoon of education. We will break down what Hospice TRULY is, and how this Medicare benefit may assist you or a loved one in the future. Light refreshments will be available.

Father's Day Ice Cream Social

Friday, June 14 at 2PM

Please call 860-291-7460 to register
Come celebrate all the dads out there with a sweet treat on the patio! Attendance is free, register at the front desk!



Sign up soon, seating is limited.

**Pinochle Lessons with Ed
and Open Pinochle Game!
Thursday Evenings 5:30PM
June 13 & 20**

East Hartford Police K-9's

Tuesday, June 18 at 1PM

Join our local East Hartford K9 Police Officers and their trained canines. These working dogs use their nose, sight and hearing for detecting the presence of illegal items or substances. The team also searches for people who may be hiding or injured. Come and meet the dogs and see a presentation of their skills.



Call to register 860-291-7460

NEW BINGO RULES

Starting in June

Starting in June we will no longer require folks to pre-register for BINGO. Just Scan in for Bingo and when you get to the table to purchase your cards you will sign-in.

**Any questions please call
SUSAN at 860-291-7492**



Cards and Games



MAHJONG: Mondays, 1 – 3:30 PM

SETBACK: Tuesdays, 1-3:30 PM

9/5 SETBACK Wednesdays, 9AM -12PM

CRIBBAGE: Wednesdays, 1-4PM

PINOCHLE: Fridays, 1-3:30PM

(Pinochle lessons are still available)

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

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

KARAOKE: Friday, 2:30PM-4PM

Regular Monthly Programs

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

COOKING WITH LINDSEY

Tuesday, June 11 at 2PM



June is national dairy month. Join Lindsey Kent, ShopRite Dietitian, for a cooking demo focused around dairy foods.

Learn the benefits of various dairy foods and creative new ways to incorporate them into your diet. Samples will be available!

Register soon, seating is limited!

Technical Support Schedule

Tuesday, June 11 & 25 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, June 20 at 1:00PM



Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. June's title is "Malibu Rising" by Taylor Jenkins Reid.

Veterans Coffee Hour

Tuesday, June 18 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, June 27 at 2 PM

Topic : The History of The Lemon Tree.
Everyone takes home a plant! Cost is \$5

Living Room Conversations

Thursday, June 13 at 1PM

Topic: TBD

Register early, seating is limited

Monday Matinee @ 1PM

Please call to register in **ADVANCE!**

June 3: Game Night

Jason Bateman and Rachel McAdams star as Max and Annie, whose weekly couples Game Night gets kicked up a notch when Max's charismatic brother, Brooks, arranges a murder mystery party, complete with fake thugs and faux federal agents. So, when Brooks gets kidnapped, it's all part of the game, right? But as the six uber-competitive gamers set out to solve the case and win, they begin to discover that neither this game nor Brooks are what they seem to be. Over the course of one chaotic night, the friends find themselves increasingly in over their heads as each twist leads to another unexpected turn. With no rules, no points, and no idea who all the players are, this could turn out to be the most fun they've ever had or game over.

(R) 2017 2hr. 40min. (Comedy/Mystery)

June 10: Deepwater Horizon

Mark Wahlberg leads an all-star cast in this unforgettably powerful film inspired by a thrilling story of real-life heroes. For the one hundred and twenty-six people aboard the Deepwater Horizon offshore oil rig, April 20, 2010, began like any normal day. Before day's end, the world would bear witness to one of the greatest man-made disasters in U.S. history. Deepwater Horizon reveals the brave acts of the men and women who rose to the challenge—and risked everything to lead others to safety.

(PG-13) 2016 1hr. 37min. (Thriller//Suspense)

June 17: Skyscraper

Former FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer (Dwayne Johnson) now assesses security for skyscrapers. He's on assignment in China when he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family, who are trapped inside the building, above the fire line.

(PG-13) 2018 2hr. 42min. (Action/Adventure)

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.

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.

Exercise and Energize--This class is designed for those who want to improve their strength, muscle tone and endurance through low impact aerobics, balance and resistance exercises. Modifications will be provided for all levels. Fun and exciting!

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.

Line Dancing-Learn beginner and basic line dance steps to popular songs. No experience necessary. Come for Fun and Exercise. (offered May-October)

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. Tai chi can improve balance, coordination and flexibility; 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

Stay Fit, Stay Well!

Day/Time	Class	Session Dates	Cost
Monday 9:30 AM	Functional Fun Aerobics with Karen	6/3 to 6/24	4 Classes \$12
Monday 10:30 AM	Beginners Tai Chi with Lori	6/3 to 6/24	4 Classes \$12
Monday 11:30 AM	Senior Circuit with Carin	6/3 to 6/24	4 Classes \$12
Monday 1:00 PM	Line Dancing with Elaine	6/3 to 6/24	4 Classes \$12
Tuesday 9:00 AM	Senior Workout to Video	6/4 to 6/25	FREE
Tuesday 1:30 PM	Gentle Chair Exercise with Gia	6/4 to 6/25	4 Classes \$16
Wednesday 9:30 AM	Zumba Gold with Karen SilverSneakers	6/5 to 6/26 (registration is required)	SS Card or \$3 per class
Wednesday 10:30 AM	Strength & Balance w/Karen SilverSneakers	6/5 to 6/26 (registration is required)	SS Card or \$3 per class
Wednesday 11:30 AM	Chair Circuit with Carin	6/5 to 6/26	4 Classes \$12
Thursday 9:00 AM	Exercise & Energize	6/6 to 6/27	4 Classes \$12
Thursday 10:00 AM	Gentle Chair Yoga w/Carleen	6/6 to 6/27 (no class 6/13)	3 Classes \$9
Thursday 1:30 PM	Gentle Chair Exercise w/Gia	6/6 to 6/27	4 Classes \$16
Friday 10:00 AM	Intermediate Tai Chi w/Santa	6/7 to 6/28	4 Classes \$8
Friday 11:30 AM	Senior Circuit with Carin	6/7 to 6/28	4 Classes \$12
Saturday 9:00 AM	Exercise and Energize II	6/1 to 6/29	FREE
Saturday 10:30AM	Yoga for Core, Balance, &	6/1 to 6/29	FREE

Please be at least 5 minutes early for class and prepared to exercise. Only athletic footwear is allowed in the group exercise room and the gym. Please change your shoes when you come in to prevent the floor from getting dirty or wet. *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

Thursday, June 24 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 serene beach scene portrait. 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
June 7 to June 28
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, June 6 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, June 6
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, June 6 & 20



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, June 11, 18 & 25
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.**

Important Announcements

To learn more call 860-291-7492

Please register in advance for all programs. For an Exercise class, register for the entire series or you may register for one day if you are here and the class is not full. However, you cannot sign up early for any given days of the month. It is the entire series or that one day. If we do not have enough folks registered that program runs the risk of being canceled. You will only be notified of a cancellation if you are registered.

In an effort to use less paper products, we ask that you use a coffee mug if you are enjoying your coffee in the café or art room. However, if you are leaving those areas please ask for a paper cup with a lid to prevent spills. ***Folks who use a mug may have their coffee warmed up at no charge. (free refill)**

Important Announcements

To learn more call 860-291-7492

Save the Date: July 4th Picnic

Wednesday, July 3 at 12PM



Sponsored by the Rotary Club. Please register at the front desk in-person to receive a free ticket. Phone calls will not be accepted.

Registration begins on **MONDAY, JUNE 24.**



Commission on Aging Meeting

Tuesday, June 4 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



June 2022

3

9:30 AM Functional Fun Aerobics
 10:00AM AARP Smart Driver
 10:00AM Adult Coloring
 10:30 AM Beginner Tai Chi
 11:30 AM Senior Circuit
 1:00 PM Mahjong
 1:00 PM Line Dancing w/Elaine
 1:00 PM Monday Matinee

4

9:00 AM Senior Exercise to Video
 12:00 PM Nutrition Ed. (CRT)
 1:00 PM Knitting/Crochet
 1:00 PM Setback
 1:30 PM Gentle Chair Exercise
 2:00 PM Commission on Aging Meeting
 5:30 PM Big Bucks Bingo

5

9:00 AM 9/5 Setback
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Circuit
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM Live Music with Marcy Conway

10

9:30 AM Functional Fun Aerobics
 10:00AM Adult Coloring
 10:00 AM Ask The Lawyer
 10:30 AM Beginner Tai Chi
 11:30 AM Senior Circuit
 1:00 PM Mahjong
 1:00 PM Line Dancing w/Elaine
 1:00 PM Monday Matinee

11

9:00 AM Hair Cuts by appointment
 9:00 AM Senior Exercise to Video
 1:00 PM Knitting/Crochet
 1:00 PM Setback
 1:00 PM Myths of Hospice
 1:30 PM Technical Support
 1:30 PM Gentle Chair Exercise
 2:00 PM Cooking w/Lindsey
 5:30 PM Big Bucks Bingo

12

9:00 AM 9/5 Setback
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Circuit
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM Live Music with the Country Duo
 2:00 PM SNAP-ED Nutrition Program

17

9:30 AM Functional Fun Aerobics
 10:00AM Adult Coloring
 10:30 AM Beginner Tai Chi
 11:30 AM Senior Circuit
 1:00 PM Mahjong
 1:00 PM Line Dancing w/Elaine
 1:00 PM Monday Matinee

18

9:00 AM Hair Cuts by appointment
 9:00 AM Senior Exercise to Video
 10:00 AM Veterans Coffee Hour
 1:00 PM Knitting/Crochet
 1:00 PM Setback
 1:00 PM EH Police K9's
 1:30 PM Gentle Chair Exercise
 5:30 PM Big Bucks Bingo

19

9:00 AM 9/5 Setback
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Circuit
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM Chair Exercise to Video
 1:00 PM The History of Juneteenth

24

9:30 AM Functional Fun Aerobics
 10:00AM Adult Coloring
 10:30 AM Beginner Tai Chi
 11:30 AM Senior Circuit
 1:00 PM Mahjong
 1:00 PM Line Dancing w/Elain
 1:00 PM All Levels Painting Class

SIGN-UP DAY for JULY
JUNE 24

25

9:00 AM Hair Cuts by appointment
 9:00 AM Senior Exercise to Video
 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 9/5 Setback
 9:30 AM Zumba Gold SS
 10:30 AM Strength & Balance SS
 11:30 AM Chair Circuit
 12:00 PM "Homemade" Lunch
 1:00 PM Cribbage
 1:00 PM Birthday Bash w/ Brian Gillie

24



THURSDAY	FRIDAY	SATURDAY
		<p style="text-align: right;">1</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">6</p> <p>9:00 AM Senior Wellness Clinic 9:00 AM Therapeutic Massage 9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:00 PM Alzheimer's Support Group 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:30 PM Creative Writing Group 5:30 PM Setback Tournament</p>	<p style="text-align: right;">7</p> <p>9:30 AM Painting 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole 2:30 PM Karaoke</p>	<p style="text-align: right;">8</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">13</p> <p>9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:00 PM Living Room Conversations 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:30 PM Creative Writing Group 4:30 PM Evening Out Dinner 5:30 PM Trivia Night 5:30 PM Pinochle Lessons & Game</p>	<p style="text-align: right;">14</p> <p>9:30 AM Painting 10:00 AM Slipaway Tour 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole 2:00 PM Father's Day Ice Cream Social 2:30 PM Karaoke</p>	<p style="text-align: right;">15</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Town Council Meet & Greet 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">20</p> <p>9:00 AM Therapeutic Massage 9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 1:00 PM Book Talk 2:30 PM Creative Writing Group 4:30 PM Evening Out Dinner 5:30 PM Movie Night 5:30 PM Pinochle Lessons & Game</p>	<p style="text-align: right;">21</p> <p>9:30 AM Painting 10:00 AM Slipaway Tour 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole 2:30 PM Karaoke</p>	<p style="text-align: right;">22</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 9:00 AM Intergenerational Breakfast 9:45 AM Horizon Wings Bird Show 10:30 AM Yoga for Core & Balance</p>
<p style="text-align: right;">27</p> <p>9:00 AM Exercise and Energize 10:00 AM Gentle Chair Yoga 1:30 PM Bingo 1:30 PM Gentle Chair Exercise 2:00 PM The Plant Guy 2:30 PM Creative Writing Group 5:00 PM Dinner and a Medium</p>	<p style="text-align: right;">28</p> <p>9:30 AM Painting 10:00 AM Slipaway Tour 10:00 AM Intermediate Tai Chi 11:30 AM Senior Circuit 1:00 PM Game Day 1:00 PM Pinochle Lessons 1:00 PM Pinochle 2:00 PM Corn Hole 2:30 PM Karaoke</p>	<p style="text-align: right;">29</p> <p>9:00 AM Exercise & Energize II 9:00 AM Coffee & Conversation 10:00 AM Sewing Circle 10:30 AM Yoga for Core & Balance</p>

Weekend & Evening Programs

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

Setback Tournament

Thursday, June 6 at 5:30 PM

Thursday, July 11 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 a hot dog, chips, and a drink for \$5 along with monthly rotating meal deals. Beverages and other snacks will be available.

Thursday Evening Dinner Trip

June 13, Maggie McFly's in Glastonbury

June 20, Sadler's Ordinary in Marlborough

Meet at the Senior Center at 4:30 PM

Please register by the Tuesday before the trip. Bring money for your meal. If you are unable to attend please cancel as early as possible so we can let someone else attend in your place. **No bus deposit required.**



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.

Thursday Night Trivia

Thursday, June 13 at 5:00 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/ 5 card Max

Prizes up to \$50 per game!

Tuesday Evening Meal Deal

Hot dogs, Chips and a Drink available

Every Tuesday \$5

6/4: \$5 2 Slices of Pizza & a Drink

6/11: \$5 Honey BBQ Boneless Wings, French Fries and a Drink

6/18: Fish Sticks, Fries, & a Drink

6/25: Chicken Tenders, Tater Tots, & a Drink

Evening Movie

Thursday, June 20 at 5:00 PM

June 20: **The Boys in the Boat**

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games. **(Rated PG-13) 2023 2hr. 3min**

Intergenerational Breakfast

Saturday, June 22 at 9:00 AM

Members are invited to bring along their family and friends for a delicious homemade breakfast followed by a Bird Show with Horizon Wings.

Menu: Pancakes and Bacon

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.

Horizon Wings Bird Show

Saturday, June 22 at 9:45 AM



Horizon Wings Raptor Rehabilitation will be joining us with a few of their feathered friends. Be inspired by the bird's individual stories of survival, explore fascinating facts about each species, and learn what you can do to help them.

For the safety of the animals and attendees, we ask that all participants remain seated and quiet for the duration of the show.

This is a free program. Please pre-register with the front desk.

Dinner & a Medium

Thursday, June 27 5:00PM

Dinner Sponsored by Brookdale of South Windsor

Menu: Traditional Pasta Meal

Pasta, Meat sauce, Meatballs, Green Salad, Rolls and Dessert. Ice Tea and Water will be available.

Cost: \$5 for members

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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.**

Slipaway River Tour

Friday, June 14, 21, & 28

Cost \$15 (cash only please)

Meet at the Senior Center at 10:00 AM

The boat will depart from Wethersfield's Cove Park at 10:30 am for a 60 minute tour of the CT River. Bring money for lunch at **River Waterfront Restaurant** after the tour. Due to the popularity of this trip, attendees will only be permitted to register for one tour. Comfortable shoes and sun protection are recommended.

Essex Steam Train & Riverboat

Thursday, August 29, 2024 / Cost \$148pp

Step back in time as you board our **Dining Car** to savor a hot lunch at historic **Essex Station** that is prepared and cooked on board. Then, we will travel aboard the train, pulled by an historic diesel locomotive, along the Lower Connecticut River Valley while we finish our meal. At Deep River Landing we will transfer to the **Becky Thatcher Riverboat** for a cruise on the Connecticut River, bursting with lush scenery and historic sights such as Gillette Castle. We will finish our journey riding in **Coach Passenger Cars** aboard the train back to Essex Station. **Menu:** Mixed Green Salad, **Braised Beef** or **Mushroom Asiago Chicken** or **Baked Ziti**, (choose one). Dessert is Chef's choice with Coffee.

Depart: 10:00am from the Senior Center Return:

Est. 4:15pm to the Senior Center

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

Cathedral of the Pines, Rindge, NH

Tuesday, September 24, / Cost \$131pp

Escape to the tranquil beauty of the **Cathedral of the Pines**. On your guided tour, you'll explore the sanctuary, sacred spaces, monuments, and burial ground built as memorial to those fallen in service. Lunch will be nearby at the historic **Woodbound Inn**. The present innkeepers are pleased to welcome you for a lovely sit down luncheon featuring made-from-scratch dishes, including: Salad, Choice of Stuffed Chicken OR Baked Haddock, Vegetable Potato, Dessert & Beverage. Afternoon stops in Jaffrey, NH at **Kimball Farm Country Store** and home of the "best ice cream in New Hampshire."

Depart: 10:00am from the Senior Center

Return: Est. 4:15pm to the Senior Center

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

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. **Let them know when you call if you need to be somewhere at a specific time.**

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. 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.

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	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.	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.			1
3 Chicken Enchilada yellow Rice & Beans Mexican-Style Corn Corn Loaf Fresh Fruit	4 Sloppy Joe on Wheat Hamburger Bun Waffle Potatoes Monaco Blend Veggies Fresh Fruit	5 Pasta Faggioli with Bread Beverage & Dessert Cost is \$3	6 Glazed Pork Chop Cornbread Stuffing Parried Baby Carrots Dinner Roll Fresh Fruit	7 Roast Beef w/Gravy Mashed Potatoes Spinach Whole Wheat Bread Fresh Fruit
10 Italian-Style Mini-Beef Meatballs w/Sauce Pasta/Parm Cheese Normandy Veg blend Italian Bread/fresh fruit	11 Grilled Chicken with; Lettuce, ham, cheese, boiled egg, grape to- matoes, carrots, ranch dressing and fresh fruit	12 Chicken Stew with Rice Beverage & Dessert Cost is \$3	13 Seafood Salad on a Roll Coleslaw/Sweet Potato Wedges/Ketchup Fresh Fruit	14 Grape Juice Chicken Picatta Linguini Pasta Brussell Sprouts Bread Stick Pudding w/Topping
17 Orange Juice Salisbury Steak w/gravy Rice Pilaf & Veg blend Wheat Bread Yogurt Cup	18 Chicken w/Gyro & Tzatziki Sauce Oven-Roasted Potatoes 4-Way Veg Blend Fresh Fruit	19 <u>Juneteenth Celebration</u> BBQ Chicken Collard greens with Cornbread Banana Pudding Ice Tea & Water FREE	20 Grape Juice Shepherd's Pie (Hamburger, Mashed potatoes & corn) Whole Wheat Bread Pudding w/Topping	21 Fruit Punch Juice Beef Hot Dog/Roll Baked Beans/Carrot Raisin Slaw Home-Baked Cookie
24 Stuffed Cabbage w/sauce Seasoned baby potatoes Capri Veg blend Wheat Bread Fresh Fruit	25 Grape Juice Cheese Tortellini Italian Salas w/Salami, Peppers & Mixed Veggies Wheat dinner roll Wholegrain Fruit Bar	26 Sausage Grinder W/sauce, cheese, pep- pers & onions. Beverage & Dessert Cost is \$3	27 Orange Juice Black Forest Ham w/ Cheddar/lettuce & Tom/Horseradish Must/Whole Wheat Wrap/Potato Salad Doughnut	28 Pork Chop w/gravy Cut-up sweet potato Prince Edward Veg Wheat Bread Fresh Fruit

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 in person at the front desk. You must arrive no later than 12:20pm in order to guarantee your reservation. Menu is subject to change. The dining room opens at 11:30am.

Homemade Lunches are served Wednesdays at 12 noon for \$3 per meal. A drink and a dessert is included with the meal. Lunch reservations must be made no later than the Monday before the meal at 11:00AM and must be paid at the time you are making the reservation. You must arrive no later than 12:20pm in order to guarantee your reservation. Menu is subject to change. The dining room opens at 11:30am.

ASK THE LAWYER

with Attorney Robert Hale
Monday, June 10 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**.

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, 2024 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 to make an appointment or for more information. Social Services will visit some of the housing complexes to complete applications, please see the date and time advertised at 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.

Required income documentation: For 2023 calendar year

- ◆ Social Security Income (form SSA 1099) & SSI if applicable,
- ◆ Copy of 2023 Federal Income Tax Return & all schedules (if filed),
- ◆ 1099 forms for pensions, dividends, interest, stocks & bonds, etc.,
- ◆ W-2's from employment,
- ◆ Veterans Disability or Railroad Retirement, and
- ◆ 100% Disabled: Benefit Verification letter from Social Security stating date disability began & proof of SSI benefit, along with other forms listed above, if applicable.

Required income documentation:

- ◆ Rent receipts for 2023 (all 12 months), and
- ◆ Utility bills paid in 2023 (heat, gas, electric only). Excluding any UniteCT rent or utility payments, cable, telephone or medical bills.

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, 6/10 & 6/24
9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 6/10 & 6/24
1:30 - 2:00 PM

Veterans Terrace, 57 Columbus Street

Wednesday, 6/5
1:15 - 2:00 PM

Summerfield Townhouses, 66 Plain Drive

Mondays, 6/10 & 6/24
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.

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.**



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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

Want to get your newsletter FASTER?

Follow these instructions:

Type: www.easthartfordct.gov (in your search engine)

Top Menu Bar: Click on Departments

Click on Senior Services

Then click on the picture that comes up under Senior Services it will say NEWSLETTER.

OR

Have the newsletter emailed to you the day it goes to print. Please call Susan at 860-291-7492 to be put on the email list.

AND/OR

Call us to take your name off the mailing list and you may pick up a newsletter the day they are put together at the senior center. This will help our postage costs.

Please call Susan at 860-291-7492 to see which way works best for you to get the newsletter

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