

Senior Center Newsletter

June 2026

ELEVATE YOUR LIFE: 55+ AND THRIVING

All Event Tickets are available at the Senior Center front desk.

Little Italy Lunch

Wednesday, June 3 at 12:00 p.m.

Join us for a day in Italy. Enjoy a delicious Italian meal followed by Italian Music by John Paillo.

Menu: Stuffed Shells w/sauce, Cucumber and Tomato Salad, and Italian Bread. Beverage and Dessert Included, Cost: \$3
Special Dessert Sponsored by Riverside Health and Rehab

Intergenerational Breakfast with the Lions Club and Juneteenth Celebration!

Saturday, June 20 at 9:00 a.m.

The Lions Club of East Hartford is once again sponsoring a FREE breakfast for our seniors. Members will be permitted to bring one guest. Please sign up in advance. Food will be provided by the Ranch House.

Menu: Bacon, Egg and Cheese or Egg and Cheese on a Roll, Breakfast Potatoes, Fresh Fruit, Coffee, Tea, Juice

Following the Breakfast, Jolyn Walker will be presenting "Let's Celebrate Juneteenth 2026!", an insight into the history of the holiday, it's cultural significance, and a dance workshop.

Sock Hop Dinner Dance

Thursday, June 25 at 5:30 p.m.

Put on your poodle skirts, polish those dancing shoes, and join us at the East Hartford Senior Center for a fun-filled Sock Hop Dinner Dance. Enjoy a delicious meal, classic '50s tunes, and plenty of chances to hit the dance floor.

Jukebox 45 will be providing entertainment for the evening.

Don't miss this one!

Menu: Cheeseburger, Waffle Fries, Coleslaw, Beverage and Ice Cream for Dessert. Cost: Members \$8, Guests \$10

Burgers on the Patio

Friday, June 12 & 26 at 12:00 p.m.

Join us for a Burger from the Grill! Cheeseburgers and Pasta Salad sponsored by Civita Care Centers. Cost is \$3 which includes Chips, Soda and a Cookie. Tickets are limited so purchase soon at our front desk.

Table of Contents

Cover: Featured Programs
Page 2: Monthly & Creative Programs
Page 3: Regular Monthly Programs
Page 4 & 5: Fitness Classes
Page 6: Wellness Services
Page 7: Important Announcements
Page 8-9: Monthly Calendar
Page 10: Weekend & Evening
Page 12 Trips & Transportation
Page 13: Meals
Page 14: Social Service Info
Page 16: Staff Contacts

featured programs

▶ Special Programs

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

NEW Genealogy Class

Monday, June 15 and 29
1:00 p.m. to 2:00 p.m.

Join us for a fun and beginner-friendly Genealogy Class hosted by the Connecticut Society of Genealogists designed especially for those who are just getting started exploring their family history. No experience necessary just curiosity and a love of family stories! Class is limited, sign up soon!

"A Closer Look at your Carbs"

Thursday, June 11 at 12:00 p.m.
presentation is during lunchtime

Do you have a "love/hate" relationship with the carbohydrates in your life? Join Lorri Lennon, RD for CRT and learn about the vital functions of carbs, including simple and complex carbs. We will also discuss ways to prevent a "sugar crash". A recipe handout will be available!

Coffee with the Mayor

Tuesday, June 16 at 10:00 a.m.

Stop in for a coffee and learn what's going on in your town. The Mayor will be available to answer any questions or concerns at the end of the presentation.

Father's Day Breakfast

Friday, June 19 at 9:00 a.m.

Calling all Dads! Susan would like to cook a nice hearty breakfast for you to celebrate Father's Day.

Menu: Pancakes, Scrambled Eggs and Sausage. Stop at the front desk to register and get your free ticket.

Guys Only!

▶ Creative Expressions

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

Adult Coloring

Mondays at 10:00 a.m.

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

Tuesdays 1:00 p.m. - 3:30 p.m.

Group meets in the 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.

Creative Writing Group

Thursdays at 2:30 p.m. - 4:30 p.m.

This group is for anyone who has an interest in writing and would like to share their stories. Volunteer lead.

Painting Class

Fridays 9:30 a.m. - 11:30 a.m.

(6/5 to 6/26, \$12 for 4 classes)

All levels are welcome? Explore and improve your painting skills, including techniques, composition, and color. Participants may work in either water soluble oil paints or acrylic. Bring your own supplies.

All Levels Painting

Monday, June 29
at 1:00 p.m.

Artist Sandy Poirier will instruct a lesson on how to paint with acrylics on an 11 x 14 stretched canvas. All supplies included, you don't have to know how to draw and no experience is needed.
Cost: \$20



▶ Monthly Programs

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

Technical Support with Mahesh

Mahesh will be out for the summer. Please call the Raymond Library at 860-290-4329 or the Wickham Library at 860-291-7760 for any technical support needs, concerning your phone or PC.

Cooking with Lindsay

Tuesday, June 2 at 2:00 p.m.

Join Lindsey Kent, RD for ShopRite and learn how to make simple, healthy and delicious Summer Salads. Samples will be available! *Program is sponsored by ShopRite of East Hartford.*

Sound Healing with Jeremy

Friday, June 12 at 11:30 a.m.

Join Jeremy Tucker for a peaceful class of sound healing. This class is for anyone who wants to relax and listen to the sound of the healing bowls. Sign up soon, seated is limited! *Sponsored by the Residence at Glastonbury*

Veterans Coffee Hour

Tuesday, June 23 at 10:00 a.m.

For Veterans from East Hartford to share conversation, stories and camaraderie. Coffee and Pastries will be available. *Pastries sponsored by ShopRite.*

The Karaoke Singers of EH

Wednesday, June 17 at 1:00 p.m.

The Senior Center Karaoke group is back to perform, sing and maybe even dance for you! Come sit and enjoy the show!

Book Talk

Thursday, June 18 at 1:00 p.m.

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. June's Read is *"Tuesdays with Morrie"* by Mitch Albom

The Plant Guy

Wednesday, June 24 at 1:30 p.m.

Jeff Eleveld will be here for another exciting horticultural presentation. Everyone takes home a plant! FREE! *Sponsored by the friends of EHSC*

▶ Movie Matinee at 1PM

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

June 1: The Lake House

Fantasy romance about a relationship that forms between an architect and the doctor who lived in his new lakeside house two years previously. Keanu Reeves & Sandra Bullock star in this Romance Fantasy story. 2006 (PG) 1hr. 39min, Romance/Fantasy

June 8: A Place To Grow

After his brother's death, a wandering country singer returns home and must decide whether to sell the family farm or stay. 1998 (NR) 1hr. 36min, Drama

June 22: Surf's UP!

Surfing means everything to teenage penguin Cody Maverick. Followed by a documentary film crew, he leaves his home in Antarctica for Pen Gu Island, site of the Big Z Memorial Surf Off. Cody wants to be respected and admired, and he believes that winning the competition will bring him what he craves. However, an encounter with washed-up surfer Geek teaches Cody about what is truly important. 2007 (PG) 1hr. 25min, Family/Comedy

▶ Card and Games

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

| | | |
|--------------|------------|------------------|
| Mah-Jong | Mondays | 1:00 - 3:00 p.m. |
| Set Back | Tuesdays | 1:00- 3:30 p.m. |
| 9/5 Set Back | Wednesdays | 9:00-12:00 p.m. |
| Cribbage | Wednesdays | 1:00-4:00 p.m. |
| Pinochle | Fridays | 1:00- 3:30 p.m. |
| Bingo | Thursdays | 1:30-3:00 p.m. |
| Game Day | Fridays | 1:00-4:00 p.m. |
| Karaoke | Fridays | 2:00 - 3:30 p.m. |
| Corn Hole | Fridays | 2:30-4:00 p.m. |

Descriptions of Exercise Classes

Balance with Ballet- Improve your balance & stability using movements of Ballet.

Boxercise - 45-minute exercise class that mimics boxing techniques and plyometric footwork. Great for balance, speed and dynamic power. Modified for the senior population.

Cardio Drumming - A great cardio and upper body workout. Sit and drum to various upbeat music. This class is designed for fun, enjoyment with a cardio fitness benefit that can also improve hand and eye coordination. All levels of fitness are welcome.

Chair Circuit - 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 Tap - For anyone who wants to Tap to music in a chair with Tap Shoes. This class is for all levels of fitness. Tap shoes will be provided.

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 - 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!

Gentle Chair Exercise - This class is designed to stretch, tone, activate and strengthen muscles for those who are looking for an easier more gentle form of exercise. Class includes breathing exercises 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 - Designed to enhance your core strength by using more advanced yoga positions that incorporate balance, flexibility and muscle endurance. Many exercise are done on the floor with a Mat. Includes a cool down of relaxation and meditation.

Strength & Toning Video - Focuses on upper body strength training and muscle toning. Some exercises are completed in a chair and some movement is in a standing position.

Senior Circuit - 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 - All videos have a warm-up, conditioning and cool down component designed with seniors in mind for 30 to 45 min exercise workouts.

Senior Chair Volleyball - A fun, safe and challenging way to play volleyball. All levels are welcome from beginners and beyond. No volleyball experience needed. Wheelchair accessibility.

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) - A more advanced level of Tai Chi for those who want to improve their form and continue to learn the movements of Tai Chi.

Group Exercise Classes

▶ REGISTRATION IS REQUIRED FOR ALL CLASSES

| Day/Time | Day/Time | Day/Time | Day/Time |
|--|--|--------------------------------|----------------|
| Monday 9:15 a.m. | Senior Circuit with Carin | 6/1 to 6/29 | 5 Classes/\$15 |
| Monday 10:30 a.m. | Beginners Tai Chi Group | 6/1 to 6/29 | FREE |
| Monday 11:30 a.m. | Strength & Toning Video | 6/1 to 6/29 | FREE |
| Monday 1:00 p.m. | Chair Yoga with Haley | 6/1 to 6/29 | 3 Classes/\$9 |
| Tuesday 9:00 a.m. | Senior Workout to Video | 6/2 to 6/30 | FREE |
| Tuesday 10:30 a.m. | Chair Tap | 6/2 to 6/30 | FREE |
| Tuesday 1:30 p.m. | Gentle Chair Exercise w/Gia | 6/2 to 6/30 | 5 Classes/\$20 |
| Tuesday 4:30 p.m. | Balance and Ballet with Lexi NEW CLASS | 6/2 to 6/30 | FREE |
| Tuesday 5:15 p.m. NEW DAY & TIME | Exercise and Energize | 6/2 to 6/30 | FREE |
| Tuesday 6:00 p.m. | Boxercise with Lexi | 6/2 to 6/30 | FREE |
| Wednesday 9:15 a.m. | Chair Circuit with Carin | 6/3 to 6/24 (no class 6/17) | 3 Classes/\$9 |
| Wednesday 10:00 a.m. | Chair Volleyball | 6/3 to 6/24 | FREE |
| Thursday 9:00 a.m. | Bopping with Beky | 6/4 to 6/25 | 4 Classes/\$12 |
| Thursday 10:00 a.m. | Cardio Drumming with Cindy | 6/4 to 6/25 | 4 Classes/\$12 |
| Thursday 11:00 a.m. NEW DAY & TIME | Line Dancing with Elaine | 6/4 to 6/25 | FREE |
| Thursday 1:30 a.m. | Gentle Chair Exercise w/Gia | 6/4 to 6/25 | 4 Classes/\$16 |
| Thursday 5:30 p.m. | Chair Volleyball | 6/4 to 6/25 | FREE |
| Friday 9:15 a.m. | Senior Circuit with Carin | 6/5 to 6/26 (no class 6/19) | 3 Classes/\$9 |
| Friday 10:00 a.m. | Intermediate Tai Chi | 6/5 to 6/26 | FREE |
| Friday 1:15 p.m. | Mat Yoga with Haley | 6/5 to 6/26 | FREE |

Fitness Center is open during hours of operation Monday - Saturday.

▶ Wellness Services

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

Senior Wellness Clinic

**Thursday, June 4, by appointment
10:00 a.m. - 1:00 p.m.**

East Hartford Health Department Nurses 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.

American Red Cross Blood Drive

Monday, June 15 (9:30am to 2:30pm)
To schedule an appointment call
1-800-733-2767 or visit
www.redcrossblood.org
& Enter sponsor keyword: **EastHartford**
Schedule your blood donation appointment today and help save a life!

Therapeutic Massage

**Thursdays, June 11 and 25
by appointment only.**

A licensed massage therapist will provide low-cost massages by appointment. The cost is \$35 for 30minutes 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 front desk to make your appointment.

Haircuts by Lori

**Tuesdays, June 9, 16, and 23
by appointment only.**

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. Please call the office for an appointment.

Foundations Foot Care

**Wednesday, June 10
9:30 a.m. - 3:00 p.m**

Services Include:

- Nail and foot assessment
- Diabetic foot health and nail care
- Nail cutting care
- Ingrown nail care
- Callus/corn care

*by appointment only, call (860) 291-7460
Cost: \$40 for 30 minutes

Reiki Sessions

**Friday, June 12 and 26
1:00 p.m. - 3:00 p.m.**

Reiki is a hands on treatment using energy flow to assist in relaxation and pain relief. Reiki can be done in a chair or table, whatever is best for you. 20 Minute sessions for \$20 by appointment and walk-ins are welcome.

Grief and Loss Support Group

Tuesday, June 2, 4:00 p.m. - 5:00 p.m.

Marva Patterson, from VITAS Healthcare, will be here to facilitate a Grief & Loss support group session. Marva is a LMSW (licensed master social worker) who has been working with VITAS Healthcare since 2016. Call to register (860) 291-7460

Living Your Best Life

**Mondays in June
1:00 p.m. to 2:00 p.m.**

This group is designed to promote emotional wellness, reduce social isolation, increase coping skill, support grief processing, and enhance a sense of purpose and connection in later life. Facilitated by Community Matters, LLC Please call (860) 291-7460 to register.

► More Programs

Italian Cultural and Historical presentations by Anna Oliva

Join Anna for a series of cultural Italian presentations.

See Descriptions below:

Italian Sweets

Tuesday, June 16 at 1PM

Join Anna Oliva as she tells you stories and traditions behind Italy's beloved sweets and festive desserts.

Churches and Saints of Italy

Tuesday, June 30 at 1PM

Italy's churches reflect centuries of faith, art, and community life. This lecture explores how religious traditions shaped Italian culture and how churches became guardians of remarkable artistic treasures.

Energize CT Program

Thursday, June 18

11:00 a.m. to 3:00 p.m.

Energize CT will be here again to share information about the Energize CT program, which offers no-cost Home Energy Assessments to eligible Connecticut renters and homeowners. The goal of these assessments is to make residents' homes safer, healthier, and more comfortable, while helping them identify ways to lower energy consumption, carbon emissions, and utility bill costs. Some benefits are based on income eligibility, while others are open to everyone. Stop by their table and check it out!



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JUNE CALENDAR

| Monday | Tuesday | Wednesday |
|--|---|---|
| <p style="text-align: right;">1</p> <p>9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Monday Matinee</p> | <p style="text-align: right;">2</p> <p>9:00 a.m. Senior Exercise to Video 10:30 a.m. Chair Tap 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 2:00 p.m. COA Meeting 2:00 p.m. Cooking with Lindsey 4:00 p.m. Greif & Loss Support 4:30 p.m. Balance with Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise</p> | <p style="text-align: right;">3</p> <p>9:00 a.m. Setback 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Little Italy Lunch 1:00 p.m. Music w/John Paillo 1:00 p.m. Cribbage</p> |
| <p style="text-align: right;">8</p> <p>9:15 a.m. Senior Circuit 10:00 a.m. Ask the Lawyer 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Monday Matinee</p> | <p style="text-align: right;">9</p> <p>9:00 a.m. Senior Exercise to Video 10:30 a.m. Chair Tap 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise</p> | <p style="text-align: right;">10</p> <p>9:00 a.m. 9/5 Setback 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Homemade Lunch 1:00 p.m. Cribbage</p> |
| <p style="text-align: right;">15</p> <p>9:00am - 2:30pm ARC Blood Drive 9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Genealogy Class</p> | <p style="text-align: right;">16</p> <p>9:00 a.m. Senior Exercise to Video 10:00 a.m. Coffee with the Mayor 10:30 a.m. Chair Tap 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:00 p.m. Italian Sweets 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise</p> | <p style="text-align: right;">17</p> <p>9:00 a.m. 9/5 Setback 10:00 a.m. Chair Volleyball 12:00 p.m. Homemade Lunch 1:00 p.m. The Karaoke Singers 1:00 p.m. Cribbage</p> |
| <p style="text-align: right;">22</p> <p>9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. Monday Matinee</p> | <p style="text-align: right;">23</p> <p>9:00 a.m. Senior Exercise to Video 10:00 Veterans Coffee Hour 10:30 a.m. Chair Tap 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise</p> | <p style="text-align: right;">24</p> <p>9:00 a.m. 9/5 Setback 9:15 a.m. Senior Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Homemade Lunch 1:00 p.m. Cribbage 1:30 p.m. The Plant Guy 3:00 p.m. Public Programming</p> |
| <p style="text-align: right;">29</p> <p>9:15 a.m. Senior Circuit 10:30 a.m. Beginner Tai Chi group 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Living Your Best Life 1:00 p.m. All Levels Painting 1:00 p.m. Genealogy Class</p> | <p style="text-align: right;">30</p> <p>9:00 a.m. Senior Exercise to Video 10:30 a.m. Chair Tap 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:00 p.m. Churches & Saints of Italy 1:30 p.m. Gentle Chair Exercise 4:30 p.m. Balance and Ballet 5:15 p.m. Exercise and Energize 5:30 p.m. Big Bucks Bingo 6:00 p.m. Boxercise</p> | |

| Thursday | Friday | Saturday |
|--|---|---|
| 9:00 a.m. Bopping with Beky 10:00 a.m. Senior Wellness Clinic 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:30 p.m. Chair Volleyball 5:30 p.m. Setback Tournament | 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole | 9:00 a.m. Sewing Circle |
| 9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 12:00 p.m. Nutrition Talk 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:30 p.m. Chair Volleyball 5:30 p.m. Trivia Night | 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 11:30 a.m. Fun Lunch Bunch 11:30 a.m. Sound Healing w/Jeremy 12:00 p.m. Burgers on the Patio 1:00 p.m. Reiki Sessions 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole | 9:00 a.m. Sewing Circle |
| 9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 11am-3pm Energize CT 1:00 p.m. Book Talk 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:00 p.m. Movie Night 5:30 p.m. Chair Volleyball | 9:00 a.m. Father's Day Breakfast 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole | 9:00 a.m. Sewing Circle 9:00 a.m. Intergenerational Breakfast w/the Lions & Juneteenth Celebration |
| 9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 5:00 p.m. Evening Movie 5:30 p.m. Chair Volleyball 5:30 p.m. Sock Hop Dinner Dance | 9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 11:30 a.m. Fun Lunch Bunch 12:00 p.m. Burgers on the Patio 1:00 p.m. Game Day 1:00 p.m. Reiki Sessions 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole | 9:00 a.m. Free Saturday Craft |



**East
Hartford**

▶ Evening and Weekend Programs

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

Big Bucks Bingo

Tuesdays at 5:30 p.m.

\$2 per card/5 card maximum
Prized up to \$50 per game!

Tuesday Evening Meal Deal

Hot Dogs, Chips and a Drink available
Tuesday evenings \$5

6/2: \$5 Chix Tenders, Tater Tots & Drink

6/9: \$5 2 Slices of Pizza & Drink

6/16: \$5 BBQ Nuggets, Fries & Drink

6/23: \$5 Chili Dog, Chips, & Drink

6/30: \$5 Pulled Pork on a Roll, Chips & Drink

Setback Tournament

Thursday, June 4 at 5:30 p.m.

Thursday, July 9 at 5:30 p.m.

\$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. Beverages and other snacks will be available.

Sewing Circle

Saturdays at 8:30 a.m.

No Sewing Circle on June 27

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

Saturday Free Craft: Pre-drawn Canvas Art

Saturday, June 27 at 9:00 a.m.

Spend your morning crafting at the EHSC. This craft is perfect for beginners- no experience required! All materials will be provided. Please pre-register. Sponsored by the Friends of the EH Senior Center.

Special Thank You! to our Sponsors of the Volunteer Breakfast

Riverside Health and Rehab
D'Esopos Funeral Chapel
ShopRite of East Hartford
Salmon Brook Rehab
Buckingham Heights
Careforth Cargivers
Civita Care Center
The Residence
Nicole Ouellette
Julissa Echevarria

We appreciate You!

Thursday Night Trivia

Thursday, June 11 at 5:30 p.m.

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

Evening Movie at 5PM

June 18: Hamnet (2025. PG-13, 2 h 8 min)
Hamnet tells the powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.

Evening Dinner Out

Thursday, June 18: BJ's Restaurant and Brewhouse, Manchester

Meet at the Senior Center at 4:30 p.m. Please register by the Tuesday before the trip. Bring money for your meal. If you are unable to attend please cancel as soon as possible.

Come and See Why Our Residents Love Living Here!



- Resort-Style Dining
- Transportation
- Resident Activities
- Events & Outings
- Fitness & Wellness Center
- Indoor Heated Swimming Pools
- Housekeeping
- Individualized Care Plans
- Pet-Friendly
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▶ Trips

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



FRIENDSHIP TOURS
THE SHIP SHOP

TWIN LOBSTERS!! The Log Cabin, Holyoke, MA

Thursday, July 30, 2026
Cost \$157 per person

Enjoy Lobsters or Prime Rib au jus as you listen to the Northeast's most hilarious musical comedy duo, Bobby Darling and Dr. Devine will bring their incredible show to the Log Cabin. They are one of the funniest, zaniest show. Come ready to have a good time! (no refunds after June 30)

A Great day to enjoy good food & entertainment!!

Menu: Twin Lobsters OR Prime Rib au jus, (Advance Choice Required) Baked Potato & Cole Slaw, Yummy Dessert with Coffee.

Depart: 10:15am Putnam Park & Ride
Return: Est. 4:15pm to Putnam Park & Ride
Registration opens Monday, May 18th.

Riverboat Cruise Webster Lake, Wester, MA

Thursday, August 6, 2026
Cost \$148 per person

Enjoy lunch at Samuel Slaters Restaurant at Indian Ranch and from there its a short stroll to the Indian Princess Riverboat which will take us on a 90-minute cruise around Webster Lake to finish up the afternoon. Following our cruise we'll stop at local Country Store-Douglas Orchards for a chance to purchase fresh produce and locally packaged gifts and baked good. (no refunds after July 6)

Menu: Garden Salad with warm rolls, Baked Cod Cracker Crust OR Chicken Piccata, (Advance Choice Required) Baked Potato, Vegetable & Dessert.

Depart: 10:00am Putnam Park & Ride
Return: Est. 5:30pm to Putnam Park & Ride

To Register for Trips: Must register in-person at the front desk. Submit Check in full payment and fill out a Trip Waiver. *Checks only, payable to Friendship Tours

Please register ASAP as Trips are subject to be canceled for lack of interest. Opens May 18th.

▶ 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. The Town of East Hartford sells ticket books for \$28 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. 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

For CRT Meals call the Meal Reservation Line at
(860) 291-7489 by 11:00 a.m. the weekday before you plan to eat lunch.

| Monday CRT | Tuesday CRT | Wednesday Homemade Lunch | Thursday CRT | Friday CRT |
|---|---|--|---|--|
| 1 Cheese Tortellini Italian Salad w/Salami, Peppers & Mixed Veges Bread Stick Fresh Fruit | 2 Tilapia w/Garlic Butter Rice, California Veg Blend Wheat Bread Fresh Fruit | 3 <u>Little Italy Day</u> Baked Stuffed Shells Italina Bread Salad Canolli | 4 Salad with Grilled Chicken, Ham, Egg, Toms, Carrots and Lettuce. Ranch Dressing | 5 Roast Beef w/Gravy Mashed Sweet Potatoes Normandy Vegs Dinner Roll |
| 8 Pizza with Hamburg, Cheese & Peppers Veg Medley Fresh Fruit | 9 Turkey Meatballs Marinara Sauce Spinach Dinner Roll | 10 Chicken Ceasar Salad Wrap Chips Beverage & Dessert | 11 Chicken Scampi Mashed Potatoes Yellow Wax Beans | 12 Ham & Swiss on Wheat Lettuce, must/mayo Potatoe Salad Carrot Raisin Salad |
| 15 Eggplant Rolantini Marinara Sauce Veg Blend Dinner Roll | 16 Calzone Garden Salad French Dressing Cookie | 17 Turkey Bolognese Bread Beverage & Dessert | 18 BBQ Beef Brisket Garlic Potatoes Corn on the Cob Brownie | 19 <u>CRT Closed</u> Lasagna Italian Bread Cookie \$3.00 |
| 22 Jamacian Beef Patty Potatoe Wedges Ketchup, Capri Vegs Cookie | 23 Chili Beef Hot Dog Baked Beans Veg Blend Fresh Fruit | 24 Chicken & Shaved Brussel Sprouts Salad Garlic Toast Beverage & Salad | 25 Maple Baked Salmon Penne Pasta w/Pesto Sauce Veg Blend Fresh Fruit | 26 Meatloaf w/Mushrooms and Onion Gravy Sweet Potatoes Brussel Sprouts Choc Pudding |
| 29 Tuna Salad w/lettuce Macaroni Salad w/ Tom & Onion Yogurt cup | 30 Chicken Drumstick Rice w/Pink Beans Veg blend Fresh Fruit | | Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. | It is your responsibility to read what is on the menu before you register for that meal. We cannot substitute for allergies. |

CRT LUNCH is served Mondays, Tuesdays, Thursdays and Fridays 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 11:00 a.m. the business day before the day of the meal by calling (860) 291-7489 or in person in the dining room at lunch time.

You must arrive no later then 12:20 p.m. in order to guarantee your reservation.

Menu is subject to change. The dining room opens at 11:30 a.m.

Homemade Lunch is served on Wednesdays at Noon for \$3 per meal. Beverage and dessert are included with the meal. Lunch reservations must be made no later than the Monday before the meal at 11 a.m. and must be paid at the time you are making the reservation. Register at the front desk.

You must arrive no later then 12:20 p.m. in order to guarantee your reservation.

Menu is subject to change. The dining room opens at 11:30 a.m.

Friday Lunch Bunch

June 12: Gobi Mongolian Grill, Southington, CT

June 26: Lenny & Joes Fish Tale Restaurant, Westbrook, CT

Meet at the Senior Center at 11:30am. Bring money for your meal. Please call to cancel if you cannot make it so that we can honor the waiting list.

Senior Services

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

Renters Rebate

East Hartford Youth & Social Services will process applications for the State of Connecticut, Office of Policy and Management, Renters Rebate Program. This program may provide senior and disabled renters with a refund check, based on the amount of rent and utilities paid in 2025. The application period runs from 4/1/2026 - 9/30/2026, for town residents who are 65 years of age or older, or disabled, 18 years of age or older by 12/31/2025.

The 2025 qualifying income (including Social Security benefits) must not exceed \$46,300 for a single individual or \$56,500 for a married couple. Please call Youth & Social Services at 860-291-7248 or Lillian at Senior Services at 860-291-7491 or visit easthartfordct.gov/health-and-human-services/youth-and-social-services for more information, including which documents are required to apply.

Farmers' Market Voucher Program

The Town East Hartford is pleased to announce a voucher program for 2026 with Senior Services, utilizing American Rescue Plan Act (ARPA) funds to assist residents in accessing fresh fruits and vegetables at the East Hartford Farmers' Market.

Senior Services, with the assistance of Youth and Social Services, will manage the distribution of the vouchers, starting 6/1/26. Qualified residents will receive a one-time, \$40 voucher to purchase fruits, vegetables, eggs, jams and herbs from our two farm vendors, Handel Family Farm and Killam & Bassette Farmstead, at the EH Farmers' Market, which begins 7/7/26 and runs through 10/27/26 at the Town Green, 12-2:30pm.

The voucher program is open to residents 55 and older who meet these criteria:

- Must be a resident of East Hartford (individuals or families), with proof of residency via a utility bill.

- Must have an income at or below 250% of the Federal Poverty Guidelines (see below). Proof of household income is required.

Annual Income

Household of 1- \$39,900, 2 - \$54,100, 3 - \$68,300
4 - \$82,500, 5 - \$96,700, 6 - \$110,900

Residents who wish to apply may reach out, starting 6/1/26, to East Hartford Senior Services by calling 860-291-7491 or visiting the East Hartford Senior Center at 15 Milbrook Drive. Residents may also call Youth & Social Services at 860-291-7248, or visiting the YSS office located at 50 Chapman Place. YSS staff will provide assistance in determining eligibility for various programs, such as the Supplemental Nutrition Assistance Program (SNAP) and the Senior Farmers' Market Nutrition Program (SFMNP).

Senior Services

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. The monthly gross income limits effective 3/1/2026 are:

- QMB-\$2,807/single and \$3,806/couple
- SLMB-\$3,073/single and \$4,166/couple
- ALMB-\$3,272/single and \$4,437/couple

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

Foodshare Mobile Pantry East Hartford

Mondays, 6/8 & 6/22

9:00am - 9:30am

Hockanum Park, 75 Hamilton Road

Mondays, 6/1, 6/15 & 6/29

1:30pm - 2:00 pm

Veterans Terrace, 57 Columbus Street

Wednesdays, 6/3 & 6/17

10:30am - 11:15am

Living Word Outreach Ministries, 30 Old Roberts Street

Monday, 6/8 & 6/22

12:30pm - 1:15pm

St. Isaac Jogues Lower Church Parking Lot

41 Home Terrace

Mobile Foodshare distributions are held in outdoor venues. Please bring your own bags.

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Commission on Aging Meeting

Tuesday, June 2 at 2pm



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East Hartford Senior Ctr., East Hartford, CT 06-5009

Contacts and Hours of Operation

Front Desk Registration (860) 291-7460 ext. 0

Vincent Sartori, Senior Services Assistant

- (860) 291-7490

Victoria Liberator, Senior Services Coordinator

- (860) 291-7493

Susan M. Gouin, Program Supervisor

- (860) 291-7492

Ruth Reinwald, Program Specialist

- (860) 291-7498

Lillian Miceli, Caseworker

- (860) 291-7491

Fitness Center (860) 291-7481

Meal Reservation Line (860) 291-7489

MONDAY, WEDNESDAY AND FRIDAY 8:30 - 4:30 P.M.

TUESDAY AND THURSDAY 8:30 A.M. - 7:30 P.M.

SATURDAY: 8:30 A.M. - NOON

Workshops for Residents

Public Programming with Libraries and Parks & Recreation

Wednesday, June 24, 3pm to 4:30pm

This is the Third series of Senior Survey Seminars in response to the town-wide senior survey conducted by the Commission on Aging in 2023. Topics of conversation will include a look at all the programming that is available through our Libraries and Parks & Recreation.

To register, call the Senior Center at 860-291-7460 ext. 0.

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