

## Senior Center Newsletter

▶ **July 2026**

**ELEVATE YOUR LIFE: 55+ AND THRIVING**

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

### Independence Day Picnic

**Wednesday, July 1 at 12:00 p.m.**

Come celebrate Independence Day with a free picnic lunch sponsored by the East Hartford Rotary Club. After the picnic stay for live music and entertainment with Willie Niniger.

**Menu:** Hamburgers (cheese), Potato Salad, Baked Beans and a Special Dessert sponsored by Riverside Rehab. Lemonade and Water will be available. Tickets must be picked up in person at the front desk. Seating is limited, registration begins June 22.

### Stand-Up Comedy Show and Sandwich Bar Dinner

**Thursday, July 16**

**Sandwich Bar Dinner 5:00 p.m.**

**Comedy Show 6:00 p.m.**

Get ready to giggle, chuckle, and belly-laugh! A lineup of hilarious comedians are taking over the East Hartford Senior Center for one unforgettable comedy night.

Before the laughs, join us for a sandwich bar with various deli meats, cheeses, and toppings. Chips, a drink, and a dessert are included.

**Sandwich Bar Dinner: \$5**

**Comedy Show: FREE**

**featured programs**

### French-Canadian Lunch Day

**Wednesday, July 15 at 12:00 p.m.**

Join us for "French Day" as we enjoy a typical French-Canadian Meal.

le dejeuner

French Canadian Meat Pie

Haricots Verts Amandine

(green beans almondine)

Chocolate Pots De Creme  
(chocolate pudding)

Canada Dry Gingerale/Water



**Cost: \$3**

### Burgers on the Patio

**Friday, July 17 and 31 at 12:00 p.m.**

Join us for Burgers on the Patio (if weather prevails). This event is not sponsored, therefore, Cost for a Cheeseburger is \$3. Soda and Chips will be available at the cafe for a \$1 cafe ticket each. Tickets are limited! Purchase at the front desk.

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## ▶ Special Programs

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

### Genealogy Class

**Monday, July 6 and 20**  
**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!

### Health and Human Services

**Wednesday, July 29, 6pm to 7:30pm**

This is the Fourth and last workshop from the series of Senior Survey Seminars in response to the town-wide senior survey conducted by the Commission on Aging in 2023. Topics will include services and programs that East Hartford Health and Human Services offer to seniors, including but not limited to renters' rebate, social service assistance, senior services and more.

Light refreshments will be available.

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

## ▶ 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.**  
(7/10 to 7/31, \$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, July 27**  
**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. (we ask that you refrain from bringing personal phones and computers to the front desk). Thank you

### Cooking with Lindsay

We will not be offering this program in July & August. But Lindsay will be back in September. *Stay tuned!*

### Sound Healing with Jeremy

**Tuesday, July 7 at 1:00 p.m.**

**(class will be outside on the grass)**

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. (Bring a blanket and/or lawn chair)  
*Sponsored by the Residence at Glastonbury*

### Veterans Coffee Hour

**Tuesday, July 21 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 Silver City Singers

**Wednesday, July 15 at 1:00 p.m.**

Formerly known as The Karaoke Singers, will be back to perform, sing and maybe even dance for you! Come sit and enjoy the show!

### Book Talk

**Thursday, July 16 at 1:00 p.m.**

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. July's Read is "East Hartford: It's History & Traditions" by Joseph O. Goodwin

### The Plant Guy

**Wednesday, July 22 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.

### July 6: Independence Day

In the epic adventure film 'Independence Day', strange phenomena surface around the globe. The skies ignite. Terror races through the world's major cities. As these extraordinary events unfold, it becomes increasingly clear that a force of incredible magnitude has arrived. Its mission: total annihilation over the Fourth of July weekend. The last hope to stop the destruction is an unlikely group of people united by fate and unimaginable circumstances. 1996 (PG-13) 2hr. 25min (Action)

### July 13: JAWS!

When a young woman is killed by a shark while skinny-dipping near the New England tourist town of Amity Island, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and grizzled ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs. nature. 1975 (PG) 2hr. 10min (Horror)

### July 20: Mystic River

When the daughter of ex-con Jimmy Marcus is murdered, two of his childhood friends from the neighborhood are involved. Dave, a blue-collar worker, is the last person to see her alive, while Sean, a homicide detective, is heading up the case. 2003 (Rated-R) 2hr. 17min (Thriller)

## ▶ 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	7/6 to 7/27	4 Classes/\$12
Monday 10:30 a.m.	Beginners Tai Chi Group	7/6 to 7/27	FREE
Monday 11:30 a.m.	Strength & Toning Video	7/6 to 7/27	FREE
Monday 1:00 p.m.	Chair Yoga with Haley	7/6 and 7/13	2 Classes/\$6
Tuesday 9:00 a.m.	Senior Workout to Video	7/7 to 7/28	FREE
Tuesday 1:30 p.m.	Gentle Chair Exercise w/Gia	7/7 to 7/28	4 Classes/\$16
Tuesday 4:30 p.m.	Balance and Ballet with Lexi	7/7 to 7/28	FREE
Tuesday 5:15 p.m.	Exercise and Energize	7/7 to 7/28	FREE
Tuesday 6:00 p.m.	Boxercise with Lexi	7/7 to 7/28	FREE
Wednesday 9:15 a.m.	Chair Circuit with Carin	7/1 to 7/29	5 Classes/\$15
Wednesday 10:00 a.m.	Chair Volleyball	7/1 to 7/29	FREE
Thursday 9:00 a.m.	Bopping with Beky	7/2 to 7/30	5 Classes/\$15
Thursday 10:00 a.m.	Cardio Drumming with Cindy	7/2 to 7/30	5 Classes/\$15
Thursday 11:00 a.m.	Line Dancing with Elaine	7/2 to 7/30	FREE
Thursday 1:30 a.m.	Gentle Chair Exercise w/Gia	7/2 to 7/30	5 Classes/\$20
Thursday 5:30 p.m.	Chair Volleyball	7/2 to 7/30	FREE
Friday 9:15 a.m.	Senior Circuit with Carin	7/10 to 7/31	4 Classes/\$12
Friday 10:00 a.m.	Intermediate Tai Chi	7/10 to 7/31	FREE
Friday 1:15 p.m.	Mat Yoga with Haley	7/10 to 7/24	3 Classes/\$9

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, July 2 & Wednesday, July 15  
by appointment 10:00 a.m. - 1:00 p.m.**

*We have added the third Wednesday of the Month as an extra day for the wellness clinic.*

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.

### Therapeutic Massage

**Thursdays, July 9, 16 and 23  
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, July 14, 21 and 28  
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, July 8 and 22  
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, July 10 and 24  
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, July 7, 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 July  
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.

## ▶ Special Announcements

### Monthly Newsletters

Thanks to our Sponsor Advertisers. Can you join them?

Mary Hoffman, a representative from LPI, our newsletter publisher, will be reserving advertising sponsorships for our newsletter this month.

We are asking local business owners and professionals to please consider placing a new ad. We appreciate your help since the revenue from these ads makes our beautiful newsletter possible.

It is a wonderful opportunity to reach our 3000 active members, all residents of East Hartford.

If you are interested or would like more information, please call Mary directly at 860-836-8486.

We thank you in advance for your consideration and generous support of the newsletter and its sponsors.

## ▶ Reminders

### SCAN IN, it only takes a second!

We ask all members to please scan in at the front computer as soon as you enter the building. Check ALL programs, classes, events that you will be attending on that day. This is very important because we NEED to see that folks are coming to the center.

We are finding many people NOT scanning in and this does not reflect our actual number of people that come to the center everyday.

If you have any trouble please ask someone at the front desk for assistance.



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# JULY CALENDAR

Monday	Tuesday	Wednesday
 <b>East Hartford</b> Elevate YOUR Life: 55+ and THRIVING		9:00 a.m. Setback 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 12:00 p.m. Independence Day Picnic Lunch 1:00 p.m. Music w/Willie Niniger 1:00 p.m. Cribbage
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 1:00 p.m. Genealogy Class	9:00 a.m. Senior Workout to Video 1:00 p.m. Knitting/Crochet 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 2:00 p.m. COA Meeting 4:00 p.m. Grief & Loss Support Group 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	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
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	9:00 a.m. Senior Workout to Video 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	9:00 a.m. 9/5 Setback 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 10:00 Senior Wellness Clinic 12:00 p.m. French-Canadian Lunch 1:00 p.m. The Karaoke Singers 1:00 p.m. Cribbage
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. Living Your Best Life 1:00 p.m. Monday Matinee 1:00 p.m. Genealogy Class	9:00 a.m. Senior Workout to Video 10:00 Veterans Coffee Hour 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	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
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. Living Your Best Life 1:00 p.m. All Levels Painting	9:00 a.m. Senior Exercise to Video 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	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 6:00 to 7:30 p.m. HHS Workshop



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	Senior Center Closed Independence Day (observed)	Senior Center Closed due to holiday weekend
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 5:30 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 11:30 a.m. Fun Lunch Bunch 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	Due to unexpected staffing shortages, the East Hartford Senior Center will be closed on Saturdays beginning July 11th until we have a staffing solution.
9:00 a.m. Bopping with Beky 10:00 a.m. Cardio Drumming 11:00 a.m. Line Dancing 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. Sandwich Bar Dinner 5:30 p.m. Chair Volleyball 6:00 p.m. Comedy Show	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 12:00 p.m. Burgers on the Patio 1:00 p.m. Game Day 1:15 p.m. Mat Yoga 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Closed
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 5:30 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 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	Senior Center Closed
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 4:30 p.m. Dinner Out 5:00 p.m. Evening Movie 5:30 p.m. Chair Volleyball	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Inter Tai Chi Practice group 12:00 p.m. Burgers on the Patio 1:00 p.m. Game Day 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	

## ▶ Evening 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!

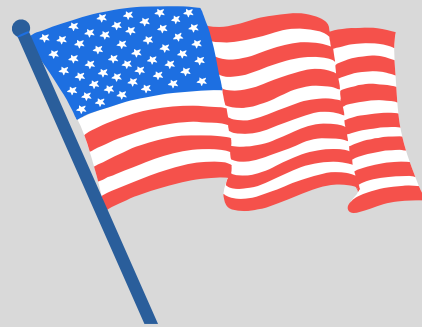
### Tuesday Evening Meal Deal

Hot Dogs, Chips and a Drink available  
Tuesday evenings \$5  
7/7: \$5 Chix Tenders, Tater Tots & Drink  
7/14: \$5 2 Slices of Pizza & Drink  
7/21: \$5 BBQ Nuggets, Fries & Drink  
7/28: \$5 Pulled Pork on a Roll, Chips & Drink

### Setback Tournament

**Thursday, July 9 at 5:30 p.m.**  
**Thursday, August 6 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.

**The East Hartford Senior Center will be closed on Friday & Saturday, July 3 & 4 due to the July Holiday and also Saturdays starting July 11 due to recent staff shortages.**



### Thursday Night Trivia

**Thursday, July 23 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

**Thursday, July 30 at 5:00 p.m.**  
Movie: To Be Determined (TBD)

### Evening Dinner Out

**Thursday, July 30: Lakeside Bar and Grill, East Hampton**  
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.

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

## ▶ Trips

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



FRIENDSHIP TOURS  
THE SHIP SHOP

### **SUMMER NIGHTS "A Tribute to Grease" with Opening Act The Olivia Show Aqua Turf Club, Plantsville, CT Wednesday, August 19, 2026 Cost \$134 per person**

Get ready to rock and roll like it's 1959, with the most iconic soundtrack of all time! Part tribute band, part musical theater, all the fun of the 1978 classic movie! The Summer Nights band feature music by the The Bee Gees, Frankie Valli, John Travolta, Olivia Newton-John, Frankie Avalon and Sha-Na-na! **(No Refunds after June 19)**

The show's opening act features a "Tribute to Olivia Newton-John, which adds another layer of nostalgia and celebration of her music and career.

**Family Style Menu: Garden Salad, Pasta, Chicken Parmesan & Baked Scrod with Cracker Crumb Topping, Vegetable, Potatoe, Rolls, Dessert, Beverage**

**Depart: 10:00am Putnam Park & Ride  
Return: Est. 4:15pm to Putnam Park & Ride  
Registration opens Monday, June 22.**

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 18<sup>th</sup>.**

### **Trip Cancellation Refund Policy**

As a courtesy, we are able to hold trip checks until 30 days before the trip. Therefore our cancellation policy for refund is 30 days before the trip date. Any cancellations later than that will NOT be refunded. Your seat will already be reserved and paid for.

## ▶ 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](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. 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
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.	<b>Independence Day Picnic</b> Hamburgs w/cheese Potatoe Salad, Baked Beans, Lemonade and Water Cookie	2 Cobb Salad w/Chicken Hard-boiled Egg, Bacon, Cheese, Tom & Lettuce Ranch Dressing Cookie	3 Senior Center Closed
6 Spanish-Style Beef Meatballs, Spanish Rice, Spinach, Wheat Bread, Fresh Fruit	7 Chicken Lemon Piccate Eggnoodles, Vegetables Wheat Bread Fresh Fruit	8 Pesto Pasta with Chicken	9 Turkey w/Tarragon Sauce Mashed Potatoes Normandy Vegetables Wheat Bread Fresh Fruit	10 Hawaiian Pinapple chicken Salad, Croissant, Colored Pasta Salad, 3-Bean Salad Fresh Fruit
13 Ricotta-Stuffed Shells w/Marinara Sauce California Veggies Dinner Roll	14 Chicken Ceasar Wrap w/Pesto, Beets, Dill Salad and Potato Salad Fruit Bar	15 <u>le dejeuner</u> French Canadian Meat Pie Haricots Verts Amandine (green beans almondine) Chocolate Pots Decreme (chocolate pudding)	16 Meatloaf with White gravy Garlic mashed Potatoes 4-way Veggies, wheat Bread Fresh Fruit	17 Battered Fish Sweet Potato Fries Peast & Diced Carrots Wheat Breat
20 Turkey & Cheese Sandwich Macaroni Salad Carrot Raisin Salad Fresh Fruit	21 Breaded Veal Patty w/Marinara Sauce Ziti Pasta Italian Veggies Dinner Roll	22 Baked Potato Bar w/ Shredded cheese, onions, chili, bacon bits, brocolli, sour cream Soda Bar and Dessert	23 Calzone Green Salad Thousand Island Dressing Yogurt Cup	24 Breaded Chicken Paprika diced Potatoes Prince William Veggies Dinner Roll
27 Pork Stir-Fry Veggie Fried Rice Caribbean Veggies Wheat Bread	28 Turkey Sloppy Joe w/Wheat Bread Home-Fried Potatoes 5-Way Veggies	29 Turkish Pasta	30 Seafood Salad on a Hot Dog bun Coleslaw Potatoe Wedges Fresh Fruit	31 Maple-glazed Kielbas Baked Beans, Carrots Wheat Bread Fresh Fruit

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 than 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 than 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

July 10: Crab Catcher, Manchester, CT

July 24: Elizabeth Park, CT (brown bag you own lunch)

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](http://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 visit the YSS office located at 50 Chapman Place. YSS staff will provide assistance in determining eligibility for other 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, 7/6 & 7/20

9:00am - 9:30am

Hockanum Park, 75 Hamilton Road

Mondays, 7/13 & 7/27

1:30pm - 2:00 pm

Veterans Terrace, 57 Columbus Street

Wednesdays, 7/1, 7/15 & 7/29

10:30am - 11:15am

Living Word Outreach Ministries, 30 Old Roberts Street

Monday, 7/6 & 7/20

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.

### Quickest way to receive our Monthly Newsletter

You can find the newsletter by using this site: [www.mycommunityonline.com/organization/town-of-east-hartford](http://www.mycommunityonline.com/organization/town-of-east-hartford). Cut and Paste this site in your search engine, click on Subscribe to newsletter. You will automatically be sent the newsletter to your email address as soon as it goes to print. Please share this information with your friends! Thank you!

### Commission on Aging Meeting

Tuesday, July 7 at 2pm



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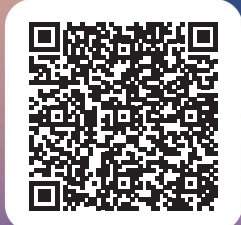
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East Hartford Senior Ctr., East Hartford, CT 06-5009

## 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

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.

CLOSED SATURDAYS

## Coming Attractions in August

### Food & Entertainment

Auntie Augusta's Homemade Lunch  
Wednesday, 8/5/26 at 12PM

Polish Day Lunch & Entertainment  
Wednesday, 8/19/26 at 12PM

A Night in Nashville, Dinner & Dance  
Thursday, 8/20/26 at 5:30PM

### Trips with Friendship Tours

Webster Lake Riverboat Cruise  
Thursday, August 6

Summer Nights at Aqua Turf  
Wednesday, August 19

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