

Senior Center Newsletter

► **September 2026**

ELEVATE YOUR LIFE: 55+ AND THRIVING

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

Labor Day Celebration *BBQ Lunch & Dolly Parton Show with Ashly Cruz*

Wednesday, September 2 at 12:00p.m.

Join us for a special BBQ lunch to celebrate Labor Day! After lunch stay for Live Music and Entertainment with Ashly Cruz as she performs her famous Dolly Parton Show.

Menu: BBQ Pulled-Pork on a Roll. Susan's delicious coleslaw, and a special dessert (courtesy of Riverside Rehab). Lemon Ice Tea and Water will be available.

Cost: \$3

Hispanic Heritage Lunch

Wednesday, September 16 at 12PM
Join us for a Special Lunch to celebrate Hispanic Heritage Month.

Menu: Bistec Encebollado/Steak with Onions, Arroz Blanco y Habichuelas/White Rice and Beans
Special Dessert
Lemon Ice Tea

Cost: \$3



East Hartford Senior Center **5th Anniversary Party!** **Saturday, September 19** **9AM to 12PM**

Join us for a day of fun activities to celebrate our 5th Anniversary!
Grab n Go breakfast from 9am to 10am

- Animal Petting Zoo
- Arts n Crafts
- Face Painting
- Ballon Twisting
- Henna Tatoos
- Photo Booth
- And More!!

FREE Ice Cream and Popcorn!



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featured programs

► Special Programs

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

Smart Energy

Wednesday, September 2
10:00 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. Some benefits are based on income eligibility, while others are open to everyone. Stop by their table by the lobby and check it out!

SarahCare - Adult Day Care

Tuesday, September 8
4:00 p.m. to 5:30 p.m.

Helena Kireyeva from SarahCare, Adult Day Care Services, will be here to share information, answer questions, and help individuals and families better understand the resources and support that may be available to them. Stop by their table by the lobby and check it out!

Burgers in the Cafe

Friday, September 11 & 25 at 12PM

Burgers will be transitioning to the cafe for September. Join us for a delicious cheeseburg and conversation.

Soda and Chips will be available at the cafe for a \$1 cafe ticket each. Due to popular demand, Burger tickets are **limited to one ticket per month, per person. Cost: \$3**

Nutrition Talk

"Think with your Gut"

Tuesday, September 22 at 12:00 p.m.
presented by Lorri Lennon, RD for CRT

What is dietary fiber? And how can fiber help your gut health. Learn about the fascinating "Brain-Gut Axis", a two-way communication system which can positively impact numerous aspects of your health! A handout and recipe will be provided to all participants.

► 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/Sewing

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. Sewers are also welcome.

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.

Sessions end at 4PM on 9/10 & 9/24

Painting Class

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

(9/4 to 9/26, \$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, Sept. 28 at 1:00p.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.

Ask The Lawyer

Monday, September 14 at 10 a.m.

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.

Sound Healing with Jeremy

Wednesday, September 18 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

The Silver City Singers of EH

Wednesday, September 16 at 1PM

Join the Silver City Singers as they perform "Hit Songs of the 'Swingin' Early 60's" from The Four Seasons - Supremes - Beach Boys & more. Free Candy & Pizza Raffle. Come and sit and enjoy the show!

Veterans Coffee Hour

Tuesday, September 15 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.

Book Talk

Thursday, September 17 at 1:00 p.m.

Sponsored by the East Hartford Public Library. Books are available at the Senior Center and the Library. September's Read is "Oh, William! By Elizabeth Strout.

The Plant Guy

Wednesday, September 23 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.

September 14: Is This Thing On?

Facing middle age and an impending divorce, Alex finds new purpose in the New York comedy scene, while his wife, Tess, confronts the sacrifices she made for their family.
2025 (R) 2hr. 4min (Drama/Comedy)

September 21: GREASE

OsHigh-spirited musical set in the 1950s America, in which a girl and boy who met on the beach are unexpectedly reunited at high school. She cannot understand how different he has become. Can the leather-clad, tough-talking leader of the T-Birds really be the same person? Perhaps her new friends, the Pink Ladies, can help her win back his heart?
1978 (PG) 1hr. 45min (Musical/ComedyDrama)

September 28: F1

Pln the 1990s, Sonny Hayes was Formula 1's most promising driver until an accident on the track nearly ended his career. Thirty years later, the owner of a struggling Formula 1 team convinces Sonny to return to racing and become the best in the world. Driving alongside the team's hotshot rookie, Sonny soon learns that the road to redemption is not something you can travel alone.
2025 (PG-13) 2hr. 36min (Sport/Action)

► 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 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	9/14 to 9/28	3 Classes/\$9
Monday 10:30 a.m.	Beginners Tai Chi	9/14 to 9/28	FREE
Monday 11:30 a.m.	Strength & Toning Video	9/14 to 9/28	FREE
Monday 1:00 p.m.	Chair Yoga with Haley	9/14 to 9/28	3 Classes/\$9
Tuesday 9:00 a.m.	Senior Workout to Video	9/1 to 9/29	FREE
Tuesday 1:30 p.m.	Gentle Chair Exercise w/Gia	9/1 to 9/29	5 Classes/\$20
Tuesday 4:30 p.m.	Balance and Ballet with Lexi	9/1 to 9/29	FREE
Tuesday 5:15 p.m.	Exercise and Energize	9/1 to 9/29	FREE
Tuesday 6:00 p.m.	Boxercise with Lexi	9/1 to 9/29	FREE
Wednesday 9:15 a.m.	Chair Circuit with Carin	9/2 to 9/30	5 Classes/\$15
Wednesday 10:00 a.m.	Chair Volleyball	9/2 to 9/30	FREE
Thursday 9:00 a.m.	Bopping with Beky	9/3 to 9/24	4 Classes/\$12
Thursday 10:00 a.m.	Cardio Drumming with Cindy	9/3 to 9/24	4 Classes/\$12
Thursday 11:00 a.m.	Line Dancing with Elaine	9/3 to 9/24	FREE
Thursday 1:30 a.m.	Gentle Chair Exercise w/Gia	9/3 to 9/24	4 Classes/\$16
Thursday 5:30 p.m.	Chair Volleyball	9/3 to 9/24	FREE
Friday 9:15 a.m.	Senior Circuit with Carin	9/4 to 9/25	4 Classes/\$12
Friday 10:00 a.m.	Intermediate Tai Chi	9/4 to 9/25	FREE
Friday 1:15 p.m.	Mat Yoga with Haley	9/4 to 9/25	4 Classes/\$12

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, September 3 and Wednesday, Sept. 16 by appointment 10am to 1pm.

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

**New Pricing Effective 9/1/2026
30-minute \$40 & 60-minute \$80
Thursdays, September
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, September 8, 15, and 22
by appointment only.**

A licensed hairdresser/cosmetician will provide low-cost haircuts. Services include: Wash, Cut & Dry for \$20 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.

Haircuts have increased in cost to \$20

Foundations Foot Care

**Wednesday, September 9 and 23
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, September 4 and 18
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 & Loss Support

Tuesday, September 1, 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

Flu Shot Clinic

**Wednesday, September 30
10:00 a.m. 2:00 p.m. - Art Room**

East Hartford Health Department will be taking appointments for the Flu Vaccine. Please call 860-291-7325 to make your appointment. Vaccine's will be administered at the Senior Center in the Art Room.

► New Programs

Tech Time - September 15

Join Tech Time with Michelle Puzzo, on the third Tuesday of each month for free technology support and learning. Participants can receive one-on-one help from 1:00-2:30 p.m. in the Computer Room, followed by a group class from 2:30-4:00 p.m. in the Media Room. Bring your questions, your device, and come learn in a friendly, supportive setting. Sign up at the front desk.

Special Announcement Bus Pick-up for Senior Picnic

We will be offering rides to the Senior Picnic, (Goodwin College) from the Senior Center starting at 10:45am. There will be a pick up after the picnic to bring folks back to the Senior Center. Please call 860-291-7460 to schedule a ride to picnic from senior center. Dial-a-Ride is also bringing folks to the picnic. Call (860) 870-7940 to register.

Connection & Creativity Thursdays, September 10 & 24 4:30 p.m. to 5:30 p.m.

Creative Arts Room

Join Maham Husain, a South Windsor High School Student, for a fun and creative hour of Arts and Crafts activities. This is a student-led art program for older adults as part of a senior capstone project for the September school year. The program is designed to provide a fun, relaxing, and engaging creative experience for seniors while encouraging social connection through simple watercolor activities that are accessible to participants of all artistic abilities.



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

SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday
	9:00 a.m. Senior Exercise Video 1 1:00 p.m. Knitting/Crochet/Sewing 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 2 9:15 a.m. Chair Circuit 10:00 a.m. Chair Volleyball 10am - 3pm Energize CT (lobby) 12:00 p.m. Labor Day Celebration BBQ Lunch 1:00 p.m. Dolly Parton Show w/Ashley Cruz 1:00 p.m. Cribbage
7 Senior Center Closed Labor Day	8 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 1:30 p.m. Gentle Chair Exercise 4pm - 5:30pm SaraCare (lobby) 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 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
14 9:15 a.m. Senior Circuit 10:00 a.m. Adult Coloring 10:00 a.m. Ask the Lawyer 10:30 a.m. Beginner Tai Chi 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Monday Matinee	15 9:00 a.m. Senior Exercise Video 10:00 a.m. Veterans Coffee Hour 1:00 p.m. Knitting/Crochet/Sewing 1:00 p.m. Setback 1:00 p.m. Tech Time (new) 1:00 p.m. Italian Opera Workshop 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Tech Class (new) 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	16 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. Hispanic Heritage Lunch 1:00 p.m. The Silver City Singers 1:00 p.m. Cribbage
21 9:15 a.m. Senior Circuit 10:00 a.m. Adult Coloring 10:30 a.m. Beginner Tai Chi 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Monday Matinee	22 9:00 a.m. Senior Exercise Video 12:00 p.m. Nutrition Talk (CRT) 1:00 p.m. Knitting/Crochet/Sewing 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	23 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
28 9:15 a.m. Senior Circuit 10:00 a.m. Adult Coloring 10:30 a.m. Beginner Tai Chi 11:30 a.m. Strength & Toning Video 1:00 p.m. Mahjong 1:00 p.m. Chair Yoga w/Haley 1:00 p.m. Monday Matinee 1:00 p.m. All Levels Painting	29 9:00 a.m. Senior Exercise Video 1:00 p.m. Knitting/Crochet/Sewing 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	30 9:00 a.m. 9/5 Setback 9:15 a.m. Senior Circuit 10:00 a.m. Chair Volleyball 10:00am - 2:00pm Flu Shot Clinic 12:00 p.m. Homemade Lunch 1:00 p.m. Cribbage

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. Setback Tournament 5:30 p.m. Chair Volleyball	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 1:00 p.m. Reiki Sessions 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	Senior Center Closed (Labor Day 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 4:30 p.m. Connection & Creativity 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. Intermed Tai Chi 11:30 a.m. Lunch Bunch 12:00 p.m. Burgers in the Cafe 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	8:30 a.m. Fitness Center 9:00 a.m. Cafe Center closes at 12PM
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 1:00 p.m. Chenile Flower Making 1:30 p.m. Bingo 1:30 p.m. Gentle Chair Exercise 2:30 p.m. Creative Writing 4:30 p.m. Dinner Out 5:30 p.m. Chair Volleyball	9:15 a.m. Senior Circuit 9:30 a.m. Painting 10:00 a.m. Intermed Tai Chi 11:30 a.m. Sound Healing w/Jeremy 1:00 p.m. Game Day 1:00 p.m. Reiki Sessions 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	<u>9am to 12pm</u> 5 Year Anniversary Celebration Grab n Go Breakfast 9am Fun Activities 10am - 11:30pm Fitness Center is 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. Connection & Creativity 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. Intermed Tai Chi 11:30 a.m. Lunch Bunch 12:00 p.m. Burgers in the Cafe 1:00 p.m. Game Day 1:15 p.m. Mat Yoga w/Haley 2:00 p.m. Karaoke 2:30 p.m. Corn Hole	8:30 a.m. Fitness Center 9:00 a.m. Cafe Center closes at 12PM
	 East Hartford	ELEVATE YOUR LIFE: 55+ AND THRIVING

► 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

9/1: \$5 Chix Tenders, Tater Tots & Drink

9/8: \$5 2 Slices of Pizza & Drink

9/15: \$5 BBQ Nuggets, Fries & Drink

9/22: \$5 Pulled Pork on a Roll, Chips & Drink

9/29: TBD (to be determined)

Setback Tournament

Thursday, September 3 at 5:30 p.m.

Thursday, October 1, 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.

Thursday Night Trivia

Thursday, September 10, at 5:30pm

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

ASH

Thursday, September 24, at 5:00 p.m.

2025 (R) 1hr. 35min (Horror/Suspense)

Riya wakes up on a mysterious planet to discover her crewmates have been slaughtered. When a man arrives to rescue her, an ordeal of psychological and physical terror ensues. Warning: This film contains extended sequences of flashing lights.

**Senior Center is Open on Saturdays
from 8:30 a.m. to 12:00 p.m.**

**Fitness Center will be open at 8:30 a.m.
Cafe will be open by 9:00 a.m.**

Special Crafts

Chenille Flower Making

**Thursday, September 17
at 1:00 p.m.**

Creatvie Arts Room

Join Krista, from Companions & Homemakers for a fun Arts n Crafts class. Krista will show you how to make Chenille flowers with colorful pipe cleaners.



Special Lectures

Italian Cultural Workshops

by Anna Oliva

Join Anna as she takes you through the Fashion, Music, Food and Lifestyle of Italy. This is the first of a six part series of cultural workshops.

Italian Opera: Music, Drama & the Voice of a Nation

Tuesday, September 15 at 1:00 p.m.

In this workshop you will learn how theaters, voices, composers, and emotions created an art form that defined a culture and remains one of Italy's most powerful traditions.

Evening Dinner Out

**Thursday, September 17 at
4:30PM**

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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► Trips

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



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THE SHIP SHOP

Germanfest **Inn at East Hill Farm, Troy, NH** **Wednesday, October 14, 2026** **Cost \$158 per person**

Enjoy luncheon at the Inn at East Hill Farm, a working farm and Inn in the shadow of Mount Monadnock in Troy, NH. Lunch is served family style at large farmhouse tables.

Sample Menu: Chicken Cordon Bleu Soup, Hearty Wheat Bread, Fritters with Maple Syrup, Braised Sirloin, Chicken Schnitzel, Mac & Cheese, Warm German Potato Salad, Garlic Roasted Carrots, Sauerkraut, Apple Strudel with Cream Sauce, Coffee & Tea.

After lunch enjoy some genuine "oompah" music. On the way home, we'll stop at Yankee Candle's Flagship Store in South Derfield.
(no refunds after 9/14/26)

Depart: 8:00am Putnam Park & Ride
Return: Est. 6:30pm to Putnam Park & Ride
Registration opens Monday, August 24.

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.

Day Trip and Lunch **Friday, September 11**

Yale University Art Gallery

Visit the Yale University Art Gallery and see all the current exhibits and collections that they have in their gallery.

After your time at the Gallery, the bus will stop for lunch at a local restaurant in New Haven, CT. Bus leaves the senior center at 9:00 a.m. The Gallery is free of charge. Bring money for lunch.

► 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 Brd Veal Patty w Lemon Butter Her sce Gnocchi w/lemon butter Capri Veggies Yogurt Cup	2 <u>Labor Day Celebration</u> BBQ Pulled-Pork Susan's Coleslaw Special Dessert	3 BBQ Beef Brisket Rosemary Rsted Potatoes Mixed Vegetables Dinner Roll	4 Meat Lasagna Italian Veg Blend Bread Stick Fresh Fruit
7 Senior Center Closed Labor Day	8 Beef Stuffed Peppers Mixed Veggies Wheat Dinner Roll Fresh Fruit	9 Creamy Spinach and Cheese Ravioli w/Bread Beverage & Dessert	10 Beef Hot Dog w/Bun, must, rel, ketch Potatoe Salad Coleslaw Fresh Fruit	11 Vegetarian Chili Baked Potato Gr & Yellow Wax Beans Cookie
14 Sausage w/Peppers & Onions on a Roll Potatoe Wedges Pudding Cup	15 Pesto Chicken Pizza Garden Salad, Let & Tom Carrots, Onions Ranch Dressing	16 <u>Hispanic Day</u> Bistec Encebollado/Steak w/Onions, Arroz Blanco y Habichuelas/White rice and Beans, special dessert.	17 Baked Tilapia w/Garlic Butter Sce Garlic mashed potatoes Vegetable Medley	18 Chicken Bolognese Ziti w/Sauce Mixed Vegetables Parm Cheese
21 Meatloaf w/Mushr Gravy Cornbread Stuffing Normandy Veggies Wheat Bread Fresh Fruit	22 Mild BBQ Chicken Breast w/Wheat Bun Sweet Pot Fries Caribbean Veggies Fresh Fruit	23 Mediterranean Chicken Bowl w/Toasted Parmesean Bread, Beverage & Dessert	24 Chicken Vegetable Soup Rsted Turkey, Bacon w/ Lett, Tom, Plain Wrap Macaroni Salad Cookie	25 Spiral-Cut Baked Ham Baked Beans Normandy Vegetables Dinner Roll
28 Sticky Honey Garlic Turkey Meatballs Red Potatoe Carrots Wheat Bread Fresh Fruit	29 American Chop Suey w/Corkscrew Pasta Brussel Sprouts Dinner Roll Cookie	30 Turkey Chili Corn Bread Beverage & Dessert	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 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

September 11: Lunch Bunch Trip to Yale University Art Gallery (see page 12)

September 25: Blondies Travelers Diner

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. 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 began 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 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, 9/14 & 9/28

9:00am - 9:30am

Hockanum Park, 75 Hamilton Road

Mondays, 9/7 & 9/21

1:30pm - 2:00 pm

Veterans Terrace, 57 Columbus Street

Wednesdays, 9/9 & 9/23

10:30am - 11:15am

Living Word Outreach Ministries, 30 Old Roberts Street

Mondays, 9/14 & 9/28

12:30pm - 1:15pm

St. Isaac Jogues Lower Church Parking Lot

11 High View Street

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. Cut and paste this address 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, September 1 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

Ava Berry, 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.

SATURDAYS 8:30 A.M. - 12:00 P.M.

Coming Attractions

Food & Entertainment @EHSC

Fall Festival Lunch and Entertainment

Wednesday, October 7 at 12PM

Live Music by Red & Yellow

Annual Health Fair & Flu Shot Clinic

Wednesday, October 14

Halloween Party

Dinner & Dancing!

Prizes for Costumes!

JCDC Band!

Trips with Friendship Tours

Doo-Wop Jukebox45, La Bella Vista

Tuesday, November 10

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Senior Services
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