

GOLDEN



AGER

East Hartford Senior Citizen Newsletter
70 Canterbury Street

Town of East Hartford Senior Services
www.easthartfordct.gov East Hartford, CT 06118

October 2013 Newsletter

POETRY GROUP

South End Senior Center
Thursdays, October 3rd, 17th & 31st
1:00 – 3:00 PM



The poetry group meets to share thoughts, play with words, write and read poetry. A volunteer leads the informal group, so there's no fee to participate. We plan to get together every 2 weeks or so. Please join us! **Call 860-568-4281 or 860-895-1517 if you plan to attend.**

GREETING CARDS

South End Senior Center
Wednesday, October 9, 2013
1:00 – 2:00 PM



Learn to make your own greeting cards that are beautiful, unique and inexpensive (\$1 per card). This month's card theme is Halloween. Please bring scissors, ruler and pencil. All paper and other supplies will be provided. **Stop by the office to sign up or call 860-568-4281 or 860-895-1517.**

COFFEE TALK – Meet the Blind
South End Senior Center
Friday, October 11, 2013
10:00 – 11:00 AM



October is National Federation of the Blind Meet the Blind Month! The NFB provides information, education and resources to raise awareness and change attitudes about blindness. Please join Marie Beaulier to learn more about blindness, the NFB, and available resources. Refreshments provided. **Please call 860-568-4281 or 860-895-1517 to register.**

HAPPY BIRTHDAY TO YOU!
North End Senior Center
Tuesday, October 15, 2013



Riverside Health & Rehabilitation will help us celebrate September & October birthdays by providing a delicious cake for dessert during the Community Café lunch on October 15th. **Lunch is served at 12:00 PM and you must make a reservation for lunch in advance by calling 860-569-5654 no later than 11:00 AM on Friday, October 11th.**

EYES ON HEALTH & EYE CARE BINGO
South End Senior Center
Monday, October 21, 2013
1:15 – 2:15 PM



Michelle Mominee from Primary Eye Care will talk about eye problems that are more common among people as they age including cataracts, glaucoma, dry eyes, floaters, and macular degeneration, followed by Eye Care Bingo. Prizes, giveaways, and light refreshments will be provided. **Please sign up in the Senior Services office or call 860-568-4281 or 860-895-1517.**

HALLOWEEN DANCE
South End Senior Center
Friday, October 25, 2013
6:00 – 8:00 PM



Cost: \$3 per person, collected at the door

Join us for a spooktacular evening of music and dancing with the talented *Sentimental Swing Band*. Socialize with your friends, take a turn on the dance floor, or just relax and enjoy the music. Light refreshments will be provided. Costumes not required. You do not have to be a resident of East Hartford to attend.

AT THE MOVIES

**South End Senior Center
Tuesday, October 29, 2013
2:00 – 3:45 PM**



Hitchcock (Biography/Drama, 98 mins.) – A captivating and complex love story between Alfred Hitchcock and his wife/filmmaking collaborator, Alma Reville, during the filming of the thriller *Psycho* in 1959. *Starring Anthony Hopkins and Helen Mirren. Rated PG-13 for some violent images, sexual content and thematic material.*

Thanks to the *Friends of the East Hartford Senior Centers, Inc.*, Senior Services now has the required license and equipment to show movies at the South End Senior Center. Movies will be a mix of new releases, classics and old favorites. There is no charge and no reservations are currently required. Volunteers are needed to help on “movie day”. **Please call Kristine at 860-895-1517 for more information about volunteering.**

OPEN COMPUTER LAB

**South End Senior Center
Monday – Friday,
9:30 AM – 3:30 PM**



Senior Services offers computer and Internet access to East Hartford older adult residents in the computer room during the weekday. Computer savvy senior volunteers are available Monday – Wednesday mornings if you need assistance or have questions. Help with Basic Computer Skills on the 2nd & 4th Thursday will be rescheduled for later in the year. Please sign in using your MySeniorCenter scan card (and the sign in sheet). Please report any computer or printer problems to the office. Need a scan card? Visit the Senior Services office to get your free scan card.

Please visit the Senior Services office at the South End Senior Center, Monday – Friday, 10:00 AM – 2:00 PM, to register in the MySeniorCenter system and get your MySeniorCenter scan card. It takes only minutes to be issued a scan card – and only seconds to scan your card at one of the monitors. Please remember, all participants in senior center classes, programs, events, and activities must be registered in the MySeniorCenter system and must have a scan card in order to sign up for new or ongoing classes, programs, events, activities, etc. **Thank you to those who have already registered and are using their card! Your participation helps us show how important the senior center is to older adults in East Hartford.**

**MEDICARE’S ANNUAL ENROLLMENT
BEGINS TUESDAY, OCTOBER 15, 2013**



The Annual Enrollment Period for Medicare Part D and Medicare Advantage Plans begins on October 15, 2013 and ends on December 7, 2013. Any changes that you make during this period are effective January 1, 2014. Please consider contacting Lillian, a certified CHOICES counselor, in Senior Services for assistance in evaluating and comparing plans for 2014. Benefits and formularies can change from year to year so you should consider reviewing your options each year to make sure you are enrolled in the best plan for you. Please call 860-569-5671 to set up an appointment.

Masonicare Partners Home Health & Hospice will be providing Blood Pressure Screenings at the following locations:

North End Senior Center, 30 Remington Road
10/3/13 12:00 - 1:00 PM

South End Senior Center, 70 Canterbury Street
10/10/13 10:30 AM - 12:00 PM

Shop Rite Pharmacy, 31 Main Street
10/8/13 11:00 AM - 12:00 PM

Stop & Shop Pharmacy, 940 Silver Lane
10/24/13 11:30 AM - 12:30 PM

NEW TO YOU THRIFT SHOP



New To You, a thrift shop and partnership between the East Hartford Senior Services Division and Friends of the East Hartford Senior Centers, Inc., is open **Monday through Friday, 10:00 AM - 2:00 PM AND Saturday, 9:00 AM - 12:00 PM. The store is located at the South End Senior Center, 70 Canterbury Street.** This thrift shop is an ongoing fundraiser for the Friends organization, and all proceeds directly benefit East Hartford older adults through the senior centers. “Like” us on Facebook!



East Hartford Senior Centers

- South End Senior Center
70 Canterbury Street
 - North End Senior Center
30 Remington Road
- 860- 895-1517 or 860-568-4281

Please Note: Registering for classes, programs and events at the Senior Centers is required. Fees are due on or before the first day of class. Please scan your senior center key tag card every time you are at the senior center to participate in a class. Your cooperation is greatly appreciated. Class dates are subject to change.

CLASSES

For more information or to register, please call the Senior Center at 860-895-1517 or 860-568-4281.

TAI CHI - This form of Chinese martial arts can be an effective therapy for a wide range of health problems. Tai chi can reduce risk of falls and injury. It may also improve circulation, flexibility, posture, blood pressure and heart rate, as well as ease pain, reduce stress, increase energy and prevent osteoporosis. Instructor: Mary Santomeno.

BEGINNER TAI CHI

Location: South End Senior Center

Day : Mondays

Time: 10:30 - 11:30 AM

Dates: 9/23/13 - 12/9/13 (No class 10/14 & 11/11)

Fee: \$20 Residents , \$35 Non-Residents

INTERMEDIATE TAI CHI

Location: South End Senior Center

Day : Fridays

Time: 10:00 – 11:00 AM

Dates: 8/30/13 - 11/1/13

Fee: \$20 Residents , \$35 Non-Residents

The East Hartford Senior Centers will be closed on Monday, October 14, 2013 in observance of Columbus Day.

POWERFUL AGING – This weight bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up, low impact aerobic exercise and includes floor exercises, balance exercises and strength training. Instructor: Corinna Peters.



Location: South End Senior Center

Day: Mondays

Time: 2:30 – 3:30 PM

Dates: 9/30/13 - 12/16/13 (No class 10/14 & 11/11)

Fee: \$10 Residents, \$20 Non-Residents

ENERGETIC EXERCISE - This high energy exercise class, taught by Eliza's Energy Source, is designed for those who want to improve their strength, muscle tone and endurance through low impact aerobic, balance and resistance exercises.

Location: South End Senior Center

Days: Tuesdays & Thursdays

Time: 10:35 - 11:35 AM

Dates: 8/27/13 - 10/31/13

11/5/13 - 1/30/14

Fee: \$20 Residents, \$30 Non-Residents

SENIOR YOGA – The benefits of Yoga go beyond relaxation. Yoga also enhances your coordination, balance, flexibility, concentration and strength. Students must bring their own mats. Instructor: Martin Berson.

Location: South End Senior Center

Day: Tuesdays

Time: 1:30 – 2:30 PM

Dates: 9/24/13 - 11/26/13

Fee: \$25 Residents, \$35 Non-Residents



PAINTING – All levels are welcome! Explore and improve your painting skills, including technique, composition, and color. Participants may work in either water soluble oil paints or acrylic. A supply list is available in the Senior Services office. Instructor: Scott Ginter.

Location: South End Senior Center

Day: Fridays

Time: 9:30 – 11:30 AM

Dates: 9/20/13 - 12/6/13 (No class 10/25 & 11/29)

Fee: \$20 Residents, \$30 Non-Residents

CLASSES *continued...*

ZUMBA FOR SENIORS – Put the fun back in fitness with Latin and international music! Instructor Rocio Gurske will lead you through simple aerobic routines spiced up with salsa, cumbia and more to increase your fitness, coordination and balance. *Sponsored in part by the Friends of the East Hartford Senior Centers, Inc.*

Location: South End Senior Center

Days: Mondays & Wednesdays

Time: 9:15 – 10:15 AM

**Dates: Mondays - 8/5/13 - 10/21/13 (No class 10/14)
10/28/13 - 2/3/14**

**Wednesdays - 8/7/13 - 10/23/13 (No class 10/16)
10/30/13 - 2/5/14**

**Fee: One Day (M or W) \$30 Residents,
\$40 Non-Residents**

**Two Day (M and W), \$55 Residents,
\$70 Non-Residents**

DANCE AROUND THE WORLD – Laugh, exercise and express yourself in this friendly class taught by Gia Khalsa for all shapes and sizes. From Middle Eastern belly dance (standing or seated) to chair exercise routines to different types of world music – this class will get you moving. *Sponsored in part by the Friends of the East Hartford Senior Centers, Inc.*

Location: South End Senior Center

Day: Fridays

Time: 11:30 AM – 12:30 PM

Dates: 9/20/13 - 11/22/13

Fee: \$25 Residents, \$35 Non-Residents



EMBROIDERY – Learn about the characteristics of the fabric and fibers available, and how they affect your work. Materials are not included. Instructor: Lynn Payette.

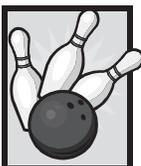
Location: South End Senior Center

Day: Wednesdays

Time: 12:30 - 2:30 PM

Dates: 9/11/13 - 11/20/13 (No class 10/9)

Fee: \$20 Residents, \$30 Non-Residents



JOIN THE WIZARDS WII BOWLING TEAM The Wiizards practice and play games for fun on Wednesdays after lunch at the South End Senior Center. Throughout the year, the Wiizards team travels to other Senior Centers and invites Wii teams to the South End Senior Center for friendly competition. **If you would like more information, please stop by the office or call 860-895-1517.**

BEGINNER TAP DANCE – Have you wanted to learn to tap dance but couldn't find the right class? Did you take tap long ago, but need to refresh your memory (and your footwork skills)? Join instructor, Beverly Burton, to learn basic tap steps including shuffle, heel toe and more.

Location: South End Senior Center

Day: Thursdays

Time: 9:15 – 10:00 AM

Dates: 9/26/13 - 12/5/13 (No class 11/28)

Fee: \$10 Residents, \$20 Non-Residents

TAP DANCE – Practice your shuffles and steps, learn a routine and get a great aerobic workout in this friendly class for tappers with more experience. Instructor: Beverly Burton.

Location: South End Senior Center

Day: Tuesdays

Time: 9:30 – 10:30 AM

Dates: 9/24/13 - 11/26/13

Fee: \$10 Residents, \$20 Non-Residents



SENIOR AQUA AEROBICS – Do something different by exercising in the water! The water will add resistance to your movements without adding stress to your joints. Participants may wish to wear water shoes in the pool for improved traction. Longer session scheduled, but same fee. No makeup days for inclement weather cancellations. Class does not meet during holidays or school vacations/breaks. Instructor: Paula Cote. *Sponsored in part by the Friends of the East Hartford Senior Centers, Inc.*

Location: East Hartford Middle School Pool

Days: Mondays, Tuesdays and Thursdays

Time: 4:30 – 5:30 PM

Dates: 9/3/13 – 6/12/14

Fee: \$60 per year Residents

*(\$25 for Sept – Dec only, \$35 for Jan – June only)
\$75 per year Nonresidents*

(\$30 for Sept - Dec only, \$45 for Jan - June only)

Please register for this class in the Senior Services office at the South End Senior Center.

BROADWAY DANCE FITNESS – Improve your fitness in a fun, easy dance class set to Broadway tunes and popular music of the decades. Instructor Ann Quinn will lead you through simple routines and moves to increase your strength, coordination, balance, and flexibility.

Location: South End Senior Center

Day: Tuesdays

Time: 11:45 AM – 12:30 PM

Dates: 9/10/13 - 10/29/13 (No class 9/17)

Fee: \$20 Residents, \$25 Non-Residents

Next session begins 11/5/13

\$15 Residents, \$20 Non-Residents



HEALTH SCREENINGS

For more information or to schedule an appointment, please call the Senior Center at 860-568-4281 or 860-895-1517.

FREE HEARING SCREENING - **Tuesday, October 1, 2013 AND Tuesday, November 5, 2013 at the South End Senior Center.** Screening includes hearing test and hearing aid check, cleaning and minor repairs. **Morning appointments only. Please call to schedule an appointment.**

FOOTCARE PROGRAM – Low-cost foot care service for senior citizens including general assessment of the feet and lower extremities; trimming, filing, and cleaning of nails; reduction of thickened toenails and provide referrals if necessary. **This service is not offered to diabetics and is not covered by insurance. The cost is \$29 per person, payable at the time of service. Please call to schedule an appointment.**

Location: South End Senior Center

Date: Wednesday, October 16, 2013 **AND**

Date: Wednesday, October 23, 2013

Home visits are available at a cost of \$50 per person.



New to You Thrift Shop - "Like" us on Facebook for updates and information about our merchandise.

GROUP SUPPORT

For more information, please call the Senior Center at 860-895-1517 or 860-568-4281.

GRIEF SUPPORT GROUP – First Wednesday of each month from 1:15 – 2:30 PM. A grief support group for older adults experiencing loss meets monthly at the South Senior Center in the library. The group is facilitated by Debbie Pankonin and new members are welcome to join this drop-in group. **The next two meetings are October 2, 2013 and November 6, 2013.**

GROUP ACTIVITIES

For more information, please call the Senior Center at 860-895-1517 or 860-568-4281.

BOOK TALK - Book talk meets at the North End Senior Center once a month. **The group is anticipating a return in November 2013.** Keep reading this newsletter for updates!

DROP-IN SETBACK -Wednesdays, South End Senior Center, 1:00 PM. If you would like to drop by and play a game of cards, you are welcome!

DROP-IN KNITTING/CROCHET Meets every **Tuesday from 1:00 – 3:30 PM at the South End Senior Center.** No need to sign up in advance, just bring your materials, supplies and projects. No instructor - enjoy socializing and sharing ideas with others who knit and crochet.

RED HAT SOCIETY - New members are always welcome! The Scarlett Shady Ladies meet once a month at the South End Senior Center. **The next meeting will be held on October 25, 2013 at 1:00 PM in the activities room.**



EVENING & WEEKEND EVENTS

For more information please call the Senior Center at 860-895-1517 or 860-568-4281.

SQUARE DANCING – North End Senior Center. The South Windsor Square Dance Club holds basic/mainstream square dance lessons on Wednesday evenings from September through May. Please call Fred Rick, 860-454-4262 or email fhrick@fhrick.net.

EVENING DANCES – East Hartford Senior Centers. Evening dances are held several times during the year. Please check the newsletter each month for information about any upcoming dances.

MONDAY

TUESDAY

WEDNESDAY

October 2013

	<p>9:30 AM Open Computer Lab (SE) 1 9:30 AM Hearing Screening (SE) 9:30 AM Tap Dance (SE) 10:35 AM Energetic Exercise (SE) 11:45 PM Broadway Dance Fitness (SE) 12:00 PM Community Café (NE) 12:30 PM Cards (NE Club) 1:00 PM Drop-In Knitting/Crochet (SE) 1:30 PM Yoga (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:15 AM Zumba For Seniors (SE) 9:30 AM Open Computer Lab (SE) 10:30 AM Line Dance (SE) 12:00 PM Community Café (NE) 12:30 PM Embroidery (SE) 1:00 PM Drop-In Sewing (SE) 1:15 PM Grief Support (SE)</p>
<p>9:15 AM Zumba For Seniors (SE) 7 9:30 AM Open Computer Lab (SE) 10:30 AM Beginner Tai Chi (SE) 12:00 PM Community Café (SE) 2:30 PM Powerful Aging (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 8 9:30 AM Tap Dance (SE) 10:35 AM Energetic Exercise (SE) 11:45 PM Broadway Dance Fitness (SE) 12:00 PM Community Café (NE) 12:30 PM Cards (NE Club) 1:00 PM Drop-In Knitting/Crochet (SE) 1:30 PM Yoga (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:15 AM Zumba For Seniors (SE) 9:30 AM Open Computer Lab (SE) 10:30 AM Line Dance (SE) 12:00 PM Community Café (NE) 1:00 PM Drop-In Sewing (SE) 1:00 PM Greeting (SE)</p>
<p>14 SENIOR CENTERS CLOSED TODAY</p>	<p>9:30 AM Open Computer Lab (SE) 15 9:30 AM Tap Dance (SE) 10:35 AM Energetic Exercise (SE) 11:45 PM Broadway Dance Fitness (SE) 12:00 PM Community Café (NE) 12:30 PM Cards (NE Club) 1:00 PM Drop-In Knitting/Crochet (SE) 1:30 PM Yoga (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>8:30 AM Footcare (SE) 9:30 AM Open Computer Lab (SE) 10:30 AM Line Dance (SE) 12:00 PM Community Café (NE) 12:30 PM Embroidery (SE) 1:00 PM Drop-In Sewing (SE)</p>
<p>9:15 AM Zumba For Seniors (SE) 21 9:30 AM Open Computer Lab (SE) 10:30 AM Beginner Tai Chi (SE) 12:00 PM Community Café (SE) 1:15 PM Eyes on Health/Eye Care Bingo (SE) 2:30 PM Powerful Aging (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 22 9:30 AM Tap Dance (SE) 10:35 AM Energetic Exercise (SE) 11:45 PM Broadway Dance Fitness (SE) 12:00 PM Community Café (NE) 12:30 PM Cards (NE Club) 1:00 PM Drop-In Knitting/Crochet (SE) 1:30 PM Yoga (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>8:30 AM Footcare (SE) 9:15 AM Zumba For Seniors (SE) 9:30 AM Open Computer Lab (SE) 10:30 AM Line Dance (SE) 12:00 PM Community Café (NE) 12:30 PM Embroidery (SE) 1:00 PM Drop-In Sewing (SE)</p>
<p>9:15 AM Zumba For Seniors (SE) 28 9:30 AM Open Computer Lab (SE) 10:30 AM Beginner Tai Chi (SE) 12:00 PM Community Café (SE) 2:30 PM Powerful Aging (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 29 9:30 AM Tap Dance (SE) 10:35 AM Energetic Exercise (SE) 11:45 PM Broadway Dance Fitness (SE) 12:00 PM Community Café (NE) 12:30 PM Cards (NE Club) 1:00 PM Drop-In Knitting/Crochet (SE) 1:30 PM Yoga (SE) 2:00 PM At The Movies (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:15 AM Zumba For Seniors (SE) 9:30 AM Open Computer Lab (SE) 10:30 AM Line Dance (SE) 12:00 PM Community Café (NE) 12:30 PM Embroidery (SE) 1:00 PM Drop-In Sewing (SE)</p>

OPEN MRI OF CONNECTICUT

OPEN MRI AT BUCKLAND HILLS

491 Buckland Rd., South Windsor

(860) 648-4674

"Where caring is all that surrounds you."

also located at:

Glastonbury
860-657-2242

Enfield
860-745-2288

Middletown
860-346-7400

Chances are with just one ad,

**you'll get more than
one new customer!**

Advertise Here • **800-732-8070**

WEDNESDAY

THURSDAY

FRIDAY

<p>for Seniors (SE) 2 Computer Lab (SE) Singing (SE Club) City Café (SE) Library (SE) Getback (SE) Support Group (SE)</p>	<p>9:15 AM Beginner Tap Dance (SE) 3 9:30 AM Open Computer Lab (SE) 10:35 AM Energetic Exercise (SE) 12:00 PM Blood Pressure Screening (NE) 12:00 PM Bingo (SE Club) 1:00 PM Bingo (NE Club) 1:00 PM Poetry Group (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 4 9:30 AM Painting (SE) 10:00 AM Intermediate Tai Chi (SE) 11:30 AM Dance Around The World (SE) 12:00 PM Cards (SE Club)</p>
<p>for Seniors (SE) 9 Computer Lab (SE) Singing (SE Club) City Café (SE) Getback (SE) Cards (SE)</p>	<p>9:15 AM Beginner Tap Dance (SE) 10 9:30 AM Open Computer Lab (SE) 10:30 AM Blood Pressure Screening (SE) 10:35 AM Energetic Exercise (SE) 12:00 PM Bingo (SE Club) 1:00 PM Bingo (NE Club) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 11 9:30 AM Painting (SE) 10:00 AM Intermediate Tai Chi (SE) 10:00 AM Coffee Talk - Meet the Blind (SE) 11:30 AM Dance Around The World (SE) 12:00 PM Cards (SE Club)</p>
<p>(SE) 16 Computer Lab (SE) Singing (SE Club) City Café (SE) Library (SE) Getback (SE)</p>	<p>9:15 AM Beginner Tap Dance (SE) 17 9:30 AM Open Computer Lab (SE) 10:35 AM Energetic Exercise (SE) 12:00 PM Bingo (SE Club) 1:00 PM Bingo (NE Club) 1:00 PM Poetry Group (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 18 9:30 AM Painting (SE) 10:00 AM Intermediate Tai Chi (SE) 11:30 AM Dance Around The World (SE) 12:00 PM Cards (SE Club) 5:00 PM Italian Night (SE)</p>
<p>(SE) 23 for Seniors (SE) Computer Lab (SE) Singing (SE Club) City Café (SE) Library (SE) Getback (SE)</p>	<p>9:15 AM Beginner Tap Dance (SE) 24 9:30 AM Open Computer Lab (SE) 10:35 AM Energetic Exercise (SE) 12:00 PM Bingo (SE Club) 1:00 PM Bingo (NE Club) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	<p>9:30 AM Open Computer Lab (SE) 25 10:00 AM Intermediate Tai Chi (SE) 11:30 AM Dance Around The World (SE) 12:00 PM Cards (SE Club) 1:00 PM Red Hat Society (SE) 6:00 PM Halloween Dance (SE)</p>
<p>for Seniors (SE) 30 Computer Lab (SE) Singing (SE Club) City Café (SE) Library (SE) Getback (SE)</p>	<p>9:15 AM Beginner Tap Dance (SE) 31 9:30 AM Open Computer Lab (SE) 10:35 AM Energetic Exercise (SE) 12:00 PM Bingo (SE Club) 1:00 PM Bingo (NE Club) 1:00 PM Poetry Group (SE) 4:30 PM Senior Aqua Aerobics (EHMS)</p>	



Find businesses that support your community at SeekAndFind.com

DON'T MISS THE BUS!

860-569-5654

Call today to reserve your seat!

TRIPS ARE OPEN TO EAST HARTFORD RESIDENTS AGE 55 AND OVER ONLY. NO EXCEPTIONS.

The Senior Center Bus is available for transportation to and from both the North and South End Senior Center Community Cafés and the list of trips below. The bus offers curb to curb pick up and drop off. When you call please leave your name and phone number. Someone will get back to you to confirm your reservation. The bus will pick you up at your home or the South End Senior Center parking lot.

Riders must be able to completely tend to their mobility equipment and shopping bags during the trips.



SOFIA'S RESTAURANT - just lunch! - Friday, October 4, 2012, leaves the South End Senior Center at 10:45 AM. Join your friends for a trip to one of our favorite restaurants for lunch (on your own).

U.S. COAST GUARD BAND CONCERT - Sunday, October 6, 2013, leaves the South End Senior Center at 12:00 PM Join us for a concert at the United States Coast Guard Academy in New London. This is the first concert under the direction of LCDR Adam Williamson. The program will celebrate firsts and new beginnings. **No charge for the performance! Please bring some spending money if you'd like, as we will stop for a late lunch/early dinner on the way home from the concert.**



GLASTONBURY APPLE HARVEST FESTIVAL - Saturday, October 19, 2013, leaves the South End Senior Center at 10:00 AM. Join us for a special Saturday trip to enjoy all fall has to offer at this annual festival, which includes live music, 100+ craft booths, food, entertainment. Our bus will bring you to and from the fair shuttle bus stop (shuttles run every 5 minutes). **Entrance to the fair is only \$5, payable at the gate.** Lunch is on your own during the day.

CRACKER BARREL & WALMART - Friday, October 25, 2013, leaves the South End Senior Center at 10:00 AM. Join your friends for lunch (on your own) at one of our favorite restaurants and shopping at the East Windsor Walmart.

BEARDSLEY ZOO - Friday, November 1, 2013, leaves the South End Senior Center at 9:45 AM. Join us for a trip to the



Beardsley Zoo in Bridgeport, the only zoo in Connecticut! Be sure to dress warmly for the crisp fall air and wear comfortable shoes! **Entrance to the zoo is \$8 per person, payable on the day of the trip.** Lunch will be on your own during the day (or you may bring your own).

X-PECT DISCOUNTS & K-MART PLAZA - Friday, November 8, 2013, leaves the South End Senior Center at 10:00 AM. Join us for a trip to Cromwell for a day of shopping and lunch on your own.

SATURDAY SHOPPING TRIPS WITH DIAL-A-RIDE



We'll arrange **Saturday Shopping Trips** two Saturdays per month. **On Saturday, October 5, 2013 we will go to K-Mart in Vernon and on Saturday, October 19, 2013 we'll go to Target in Windsor.** To register for Dial-a-Ride, please call **860-870-7940** between 8:30 AM - 4:00 PM Monday through Friday. To make a ride reservation, please call the same number. You will get picked up and dropped off at your home. When you call Dial-a-Ride they can give you the pick-up time.

NEW TO YOU DONATIONS NEEDED!

The thrift store needs donations of household items, gently used small appliances, dish sets, pots & pans, knick knacks, toys, books, tools, unused stationery, seasonal clothing, etc. Donations can be dropped off at the South End Senior Center, Monday - Friday, 8:30 AM - 4:30 PM or at the thrift store, Saturday, 9:00 AM - 12:00 PM.



OCTOBER 2013 MENU - SENIOR COMMUNITY CAFÉS

All meals are served at 12:00 PM to persons 60 years of age and older. Meals include bread and butter, coffee, tea and milk. DONATIONS: \$2.00 or whatever you can afford. Reservations can be made by calling 860-569-5654 until 11:00 AM on the **business** day before the meal **OR** by signing up at the previous week's meal. If you must cancel your reservation, please call 860-569-5654 as soon as you know that you will not be able to attend the café. Also, please call 860-569-5654 if you need transportation to and from the meal site.

UNFORTUNATELY THE OCTOBER MENU WAS NOT AVAILABLE AT PRESS TIME. PLEASE STOP BY THE SOUTH END OR NORTH END SENIOR CENTERS FOR A COPY OF THE MENU.

CELEBRATE FALL

f s f c f j l w a u t h c l v p a x k j f a z k z u c u y d
 v k u h k s g d c s t r c t l w u l h o i u n x n j e x r v
 s k v e m p j j e g a s b t t a s m d n k t u b p l c r u z
 t d s s w d u v o n m r w q i z b b p p g u g j p o w e f k
 a r r t o f r u b p u u t e c w y t q k r m k p b f h d o p
 g k k n s a r e w o r c e r a c s x o g i n a w b e h i c c
 a d c u h d r t s o h g f b a t i h o o w n e n q c k p r w
 d f a t l r c o r n u c o p i a s d s w f b t n c f c s i q
 v f t s y v t y t q z c t o v d m h e a g n d l s f v i s l
 z a s k j f r u m g r m l j k f q u i r u g s e v a e l p t
 i e y h l z d p y g i m h q j z a w k r u q y i s i q s k z
 r z a h a y r i d e w v r r y i b e s l t q s p a c o r n f
 c s h p r m i r z d t o g x f z p h c o m a z a a w h s o v
 z e q h r g e r u e s j e c e p s s s o h x z g u b q e m x
 x n j k r e m d s z u i c h v t o s g p u d a m w z j x g t

acorn, apple, autumn, chestnuts, cider, cobweb,
 cornucopia, cranberry, crisp, football, ghost, gourd,
 harvest, hayride, haystack, leaves, pumpkin, scarecrow,
 spider, squash, sweatshirt, witch

EAST HARTFORD SOUTH END SENIOR CITIZENS CLUB

70 Canterbury Street
860-569-5655

Monthly meetings are held the first Thursday of the month at 12:00 PM followed by door prizes, refreshments and 15 games of Bingo.

SCHEDULE FOR MEMBERS

- **Wednesdays** - Line Dancing
10:30-12:00 PM
- **Thursdays** - Bingo
12:00-2:15 PM
- **Fridays** - Card Games
12:00-3:00 PM

New members are welcome to play cards!
Membership badge required for all club activities.

MEMBERSHIP

2013 Membership Dues of \$5.00 can be paid on Thursdays through September 2013, between 9:30 AM and 11:30 AM only at the South End Senior Center in the library room.

South End Senior Club members are required to wear their badges for club functions listed above and must sign a liability waiver.

TRIPS

All trips are open to the public. For more information on the trips only, call Mary Aleo at 860-568-0480.

November 3 - 5, 2013 - Indian Head Resort, 2 cocktail receptions, 2 nights of entertainment, 4 meals, \$260.00 p.p.



EAST HARTFORD NORTH END SENIOR CITIZENS CLUB

30 Remington Road
860-528-2879

Our meetings are held the second Thursday of every month at 12:30 PM followed by Bingo.

SCHEDULE FOR MEMBERS

- **Mondays** - Cards (open to nonmembers)
12:00 - 3:00 PM
- **Tuesdays** - Cards (open to nonmembers)
12:30 - 3:00 PM
- **Thursdays** - Bingo
1:00 - 3:15 PM

MEMBERSHIP

Anyone age 55 and over is welcome to join our Senior Club. Annual dues are \$5.00.

FOODSHARE MOBILE PANTRY - E. HTFD.

Mondays, October 7th AND October 21st

8:45 - 9:15 AM

Hockanum Park Complex, Hamilton Road

10:00 - 10:30 AM

Veterans Terrace Community Center,
Columbus Circle

Mondays, October 14th AND October 28th

1:15 - 2:00 PM

St. Isaac Jogues Church Lower Level Parking Lot,
11 Highview Street

Weds., Oct. 2nd AND Oct. 16th AND Oct. 30th

1:30 - 2:15 PM

St. John's Episcopal Church, 12 Rector Street

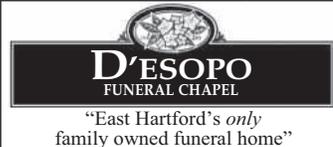
Wednesdays, October 9th AND October 23rd

2:00 - 2:30 PM

Summerfield Townhouses
156 Plain Drive

MEDICARE SAVINGS PROGRAMS

There are three Medicare Savings Programs (MSP) in CT that help you pay for your Medicare Part B premium. They are the Qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB) and the Additional Low Income Medicare Beneficiary program (ALMB). A household's income determines which category they qualify for. All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Monthly gross income limits for the program are: **QMB - \$2,021.38/single and \$2,728.23/couple, SLMB - \$2,212.98/single and \$2,986.83/couple, ALMB - \$2,356.68/single and \$3,180.78/couple.** Please contact Lillian in Senior Services at 860-569-5671 if you would like more information.



D'ESOPHO
FUNERAL CHAPEL
"East Hartford's only family owned funeral home"

East Hartford Memorial Chapel
Lionel J. Lessard, Jr., CFSP
Manager and Licensed Funeral Director
30 Carter Street • East Hartford
860-568-9420

Riverside is committed to the highest level of quality care with a focus on customer service and providing a positive environment for both patients and families.



Riverside
Health & Rehabilitation Center
For more Info
(860) 289-2791
www.RiverRehab.com
After hours Admission Line
877-247-2364
For direct contact with our Admissions Representative
745 Main Street
East Hartford, CT 06108

- Area's only "Passport Rehabilitation Program"
- Post-Hospital Care & Rehab
- New Rehab Gym
- Private Accommodations
- Wide range of services and specialized programs
- Only Step II AHCA Quality award winning center in East Hartford



BEACON HOSPICE
an Amedisys company
Beacon Hospice helps give those facing a life-limiting illness the freedom to live ALL their days with comfort and dignity. **Our services include:**
• 24/7 availability • Medication management
• Emotional and spiritual support • Volunteer services for companionship
East Hartford Care Center | 860-282-0527
www.beaconhospice.com



MOUNTAIN LAUREL
EMERITUS
Senior Living
Our Family is Committed to Yours.
Phone: **860.652.3444** • Fax: **860.659.2273**
1177 Hebron Avenue, Glastonbury, CT
WWW.EMERITUS.COM



Golden Horizons
Elder Care Svcs.
Personal Care
Companions
Homemakers
860-523-0098



Care You Can Trust... Experience the Difference.
Specialized Memory Care Services For Patients and Families Affected by Alzheimer's/Dementia
Physical, Occupational, Speech and Language Therapies
Orthopedic/Musculoskeletal Rehabilitation
Dialysis/Renal Care and Management
A Five Star Rated Facility by CMS
349 Bidwell Street • Manchester, CT 06040
860-812-0788 • www.westsidecarectr.com

Space for Sale SPONSOR THIS NEWSLETTER!!!
For more information, please call **800-732-8070**



The Hearing Center of Glastonbury, LLC
799 Hebron Avenue
Glastonbury, CT 06033
860-657-2286
Fax: 860-657-2573
www.glastonburyhearingcenter.com
Anne R. Kessler, Ph.D.

CASSJOY HOME CARE SERVICES, LLC
Companion Sitter Services
Personal Care
Chore Services
(860) 281-8101
cassjoy@sbcglobal.net



Glastonbury Health Care Center
Specializing in Post-Surgical Rehabilitation
Quality Long-Term Care
1175 Hebron Avenue, Glastonbury **860-659-1905**
Managed by Athena Health Care Systems
www.athenahealthcare.com/glastonbury



Touchpoints At Manchester
Get Well. Live Well. Be Well.
A Five Star Rated Facility
Physical, Occupational, Speech and Language Therapies available up to 7 days a week
Orthopedic/Musculoskeletal Rehabilitation
Cardiac Recovery Program
Dialysis/Renal Care and Management
Wound Management
333 Bidwell Street • Manchester, CT 06040
860-812-0788 • www.touchpointsrehab.com

Newkirk & Whitney Funeral Home
860-528-4135 • www.newkirkandwhitney.com
Benjamin J. Callahan Funeral Home
860-289-0209 • www.callahanfuneral.com
318 Burnside Avenue ~ East Hartford, CT 06108


Prearrangements • Funerals • Cremations
Monument and Inscription Services

AARP DRIVER SAFETY COURSE

The AARP Driver Safety Course is held at the East Hartford Community Cultural Center. Completion of the course will entitle a driver, age 60 and over, to a discount on car insurance. Classes are held every other month. **Please call 860-568-4281 for more information.**



East Hartford Senior Centers

Kristine Beane	860-895-1517
Vincent Sartori	860-568-4281
Senior Center Bus	860-569-5654
Community Café	860-569-5654

East Hartford Senior Services

Michelle Pantaleo	860-569-5659
Lillian Miceli	860-569-5671
Sister Jean Kieltyka	860-895-8889

ITALIAN NIGHT

**South End Senior Center
Friday, October 18, 2013
5:00 – 7:00 PM**



Ticket: \$5 per person (must be purchased by 10/15)

Join your friends for a special dinner and entertainment program sponsored by the Commission on Aging, Friends of the East Hartford Senior Centers and Senior Services. Italian Night features Italian performer Angelo Sapia playing the mandolin and Roberto Mel playing the guitar. Enjoy pasta, salad, garlic bread and dessert while Angelo and Roberto stroll around singing your favorite Italian songs. **Tickets are on sale now in the Senior Services office at the South End Senior Center. Seating is limited - please purchase your ticket and register for this special event as soon as possible.** Please call 860-568-4281 or 860-895-1517 if you have any questions about this event.

In the mood for some chocolate? Stop by the Senior Services office to purchase a candy bar for \$1.00. Your donation will go toward the ongoing fundraiser for the Friends of the East Hartford Senior Centers, Inc. and all proceeds directly benefit the East Hartford Senior Centers.

PRSRRT STD
US POSTAGE PAID
HARTFORD, CT
PERMIT NO. 1001

Senior Services
Town of East Hartford
740 Main Street
East Hartford, CT 06108
www.easthartfordct.gov