

Somers Senior Center

19 Battle Street, Somers CT 06071

860-763-4379

Mon-Thurs 8am-4pm, Fri 8am-12pm

Maureen Parsell, Director mparsell@somersct.gov

Donna Richardson, Supervisor drichardson@somersct.gov

Pam Caso, Administrative Asst. pcaso@somersct.gov

Darlene McCray, Program Coordinator dmccray@somersct.gov

Dial-a-Ride Drivers

Gary Hunter, Pat Perry, & Scott Sfredo

Somers Human Services

619 Main Street, Somers CT 06071

860-265-7551

Mon-Wed 8am-5pm, Thurs 8am-6:30pm

Matthew Cox, Human Services Director

MCox@somersct.gov

Arianna Flagg, Prevention Coordinator

AFlagg@somersct.gov

Annette Ramsdell, Social & Sr. Services Specialist

Aramsdel@somersct.gov

Jen Griger, Youth Services Coordinator

jgriger@somersct.gov



*The Town of Somers Senior Center and activities offered are open to all individuals ages 55+. Registration is **FREE** and all 55+ are welcome! It is our goal to create a warm and welcoming environment where members can take part in recreational, educational and social activities. Please note, Senior Center staff cannot physically assist or act in the capacity of an aide to members who are unable to ambulate independently. If you find that you are experiencing difficulty ambulating independently and require extra assistance via a friend, family member or aide, the Somers Senior Center encourages you to bring your companion with you when you attend activities and events so that you may continue to enjoy all that the Senior Center has to offer. Interested in becoming a member? Fill out our **Membership Registration Form** and become a member today!*



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SOMERS HUMAN SERVICES



Champ's Place Food Pantry



Somers Congregational Church, 599 Main Street; 860-763-4021
Open Mondays from 10am to NOON and from 6pm to 7pm.



Mobile Food Truck



Connecticut Food Share brings fresh foods to Champ's Place!

Wednesday, August 13th & 27th from 1:00pm to 1:30pm.



HINT: Bring a small cart, laundry basket, sturdy box or shopping bags to easily carry items home with you.

Call Annette Ramsdell in Human Services at 860-265-7551 x1 to make an appointment for any services below:

Application Assistance - Available for SNAP, Medicaid and Financial Assistance.

CHOICES Medicare Counseling - Available by a CHOICES Certified Counselor.

Meals-on-Wheels - Available for homebound seniors and people with disabilities.

Financial Coaching and Budget Assistance - Let us help you untangle your bills and organize to help meet your needs and financial goals.
Schedule a confidential, one-on-one appointment with a financial coach.

Renters' Rebate - Requirements: age 65+ or are 100% disabled and receive SSI or SSDI, live in Connecticut for at least one year, paid rent in Connecticut in 2024.
Maximum income for single is \$45,200
Maximum income for married couples is \$55,100.

Senior Farmers' Market Cards - Available for seniors 60+ who reside in Somers, with single income of \$28,953 or less, or couples with income of \$39,128 or less. The current maximum benefit is \$40 per person. Locally, the cards are accepted at the farmers' market in Ellington and can be used for any fresh fruit, vegetables, honey, etc.
Accepting Applications until September 30.

New discounted electricity rates - Available through Eversource ranging from 5% to 50% discounts, depending on income and family size. Call for more information.





SENIOR CENTER UPDATES



RECIPES NEEDED FOR OUR SENIOR CENTER COOKBOOK:

Submit your favorite appetizer or entree recipe to us for our 2nd edition of the Somers Senior Center Cookbook to be sold at a later date!

FREE TAP DANCING LESSONS STARTING ON SEPTEMBER 2ND:

Do you love to tap dance or want to learn how? Starting on Tuesdays in September at 11am, Dance Instructor, Laurie Nash, will hold this fun class! Please let us know if you are interested!

SENIOR ADVISORY MEETING:

There will be **NO SENIOR ADVISORY MEETING FOR THE MONTH OF AUGUST**. Enjoy the summer and we'll see you in September.

COOLING CENTERS:

To find a cooling center in Connecticut, please call 2-1-1 or view the list online at 211ct.org. They will direct you to the nearest cooling center. Additionally, 2-1-1 can connect anyone in need with the transportation necessary to get you to a cooling center.

BEWARE OF SCAMS

Beware of scams, especially those involving unsolicited requests for personal information, money, or sudden promises of wealth. Scammers often impersonate legitimate organizations, use scare tactics, or create a sense of urgency to trick people into providing sensitive information or making financial transactions. If you were scammed or think you saw a scam, contact the Federal Trade Commission at ReportFraud.ftc.gov and the Somers Police at 860-749-4955.

WHAT'S GOING ON IN SOMERS?

Stay up-to-date and follow the Town's news, updates, and live meetings! Want to know when each Department meets and what they are working on? Be sure to follow the **Town's Meeting Schedule**. All Board of Selectmen, Board of Finance, Zoning Commission and Zoning Board of Appeals meetings are held LIVE each month and can be watched on the Town's **You Tube Channel**. The Board of Education meetings are also held LIVE on their own **You Tube Channel**. If you can't watch the meetings live, you can always watch them when you have the time. If you don't have a computer, come on in to the Senior Center and we'll hook you up!

Everbridge ~ Town of Somers Alert System

Notification Program Overview... The Town of Somers launched a mass notification service that allows us to alert you. You opt-in to enter your contact information and subscribe to notifications you care about.

The information you provide is protected and will not be used for any other purpose.

How It Works... When we issue a notification about a potential safety hazard or concern, you will receive a message on the voice or text communication methods that you have registered. If requested for the notification, you can confirm that you have received the message and you will not be contacted by any subsequent methods regarding that particular notification. If you do not confirm, the system will continue to attempt to reach you at all of the contact paths that you have registered.

Sign up for Notifications... Create an account & add your contact information into the Mass Notification system. You can stop receiving at any time by removing your contact information from your profile.

Let us know if you need assistance signing up! We'd be happy to help you!

SCAN ME





HEALTH & WELLNESS CLASSES



GAMES, GROUPS & ACTIVITIES



Fit & Fun w/Chelsea Lowe - ON HOLD UNTIL SEPTEMBER

Qigong- Mondays, 9-9:45am Indoors at the Senior Center **FREE****** Join us as we explore different YouTube videos that provide a simple approach of learning the benefits of Qigong.

Walking Group- Mondays, 10-11:00am

Meet at the Senior Center at 10:00am for a fun walk to get the day started!

Chair Aerobics- Tuesdays and Fridays, 10-11:00am at the Senior Center **FREE******

A classic DVD chair fitness program. All levels are welcome!

Stretching w/ Keely-Thursdays, 10-11:00am

Kibbe Fuller Gym - \$4 per class. Sign up anytime & payment can be made at the Senior Center. You may pay weekly or you can pay for the month. Dim the lights & listen to meditation music as you learn basic yoga type stretch moves while sitting or standing.

Pickleball- Tuesdays & Fridays, 9-11:00am **FREE**** Weather permitting. Tennis courts**

at Field Road Park. Four courts and paddles provided. New & experienced players welcome. **Must register with the Senior Center and complete a Waiver Agreement if you wish to play.**

COMING SOON

Tap Dancing Lessons- Starting September! Tuesdays, 11am-12pm-Kibbe Fuller Gym

******FREE****** Do you love to tap dance or want to learn how? Dance Instructor, Laurie Nash, will hold this fun class! Please let us know if you are interested!!



Art Group- Mondays, 10-11:30am

******FREE****** All mediums welcome. Bring your own ideas and supplies.

SCRABBLE- Mondays, 11:00am, Will teach!

Bring a friend and enjoy exercising your brain!

SKYJO- Mondays 1-3:00pm, Will teach!

Even if you are a beginner or seasoned player, please join us for this new card game that is easy to learn and fun to play!

Coffee Talk- Tuesdays & Fridays, 9-10:00am

Join your friends & make new ones for fresh coffee, tea and light snacks.

(Donations welcome for supplies)

Rummikub- Tuesdays, 11-1:00pm, Will teach!

Rummikub is easy to learn & fast moving. The "board" changes all the time as players adjust the tiles on the table. Sign up, space is limited!

Dominoes- Wednesdays, 1-3:00pm, Will teach!

Please come and learn the game.

Cornhole & Coffee - Thursdays, 9-10:30am,

Will teach! Come play cornhole and enjoy a little friendly competition with friends! It's an easy game to play, regardless of your gaming experience. ***Played indoors or outdoors - weather permitting.***

Bingo- Thursdays, 12-3:00pm, Will teach!

Free coffee/tea. Bring your lunch and enjoy an afternoon of Bingo!

Bridge- Thursdays, 5:30pm, Will teach!

Enjoy an evening of Bridge playing!





SPECIAL PROGRAMS & EVENTS



BLT SANDWICH LUNCH

Friday, August 1st / \$3/pp
11:30am



Enjoy your love of bacon for National Bacon Lovers Day with a delicious BLT lunch by Chef Pam!



EMILY FRANKE

"The Ladybug Who Lived on a Four Leaf Clover"

Wednesday, August 6th
11:00am

Come meet children's author Emily Franke, learn about the inspiration behind her recently published book, and enjoy some rock painting as well!

LUNCH BUNCH

SLIP AWAY RIVER TOURS

Thursday, August 7th 9:30am



\$25/pp for Transportation & Boat Tour

Cruise the greater Hartford region in a pontoon boat while enjoying the CT River and views. Lunch following at "River": A Waterfront Restaurant in Wethersfield.



"CLASSICAL COFFEE TALK"

Friday, August 8th
9:00am

Enjoy the musical talents of Jimmy Drancsak. A graduate of the Julliard School, he is accomplished in both Historical Performance violin and American fiddle performing across the US and Europe!



LUNCH & JUKEBOX BINGO!

Wednesday, August 13th
11:30am - 2:00pm / \$5pp

Enjoy lunch to Your Favorite Songs, With a Twist! This is bingo like you've never played it before. Instead of numbers, we use your favorite music!! Lunch will be provided!



NATIONAL PEACH DAY / PEACH COBBLER!

Friday, August 22nd at 11:30am / \$3pp

Enjoy homemade peach cobbler by Chef Pam!



GRIEF SUPPORT

Mondays, 10:00am-11:00am
August 25th - October 6th



Free Grief Support Group with Karla Vince from the Visiting Nurse & Health Services of CT.



"TAKE A TRIP WITH ME!"

A Tour of Denali and Glacier National Parks

Tuesday, August 26th at 12:30 pm



Pam Caso will take you on a tour from her recent trip to Alaska!



PAINTING WITH SANDY

Wednesday, Aug 27th
11:00am - 2:00pm

\$15/pp includes all materials

Artist Sandy Poirier will instruct an acrylic painting workshop.
Limited space
Payment is due upon sign up!





PERSONAL CARE

FOOTCARE SERVICES

The Senior Center provides footcare services every month! Please call the Senior Center to make your appointment.



Dates Available:

Aug 28th

Sept 25th

Oct 23rd



SPA SERVICES

The Senior Center offers spa services by **MA Licensed Tech Diane Neill**. First Wednesday of the month. Call the Senior Center to book your appointment.

Signature Facial.....\$38
Microdermabrasion Facial.....\$48
LED Light Therapy.....\$15
Waxing Services:
(brow, lip, chin etc.).....\$7 - \$18

Cash or Check only



SOMERS CONGREGATIONAL COMMUNITY SUPPER

The Somers Congregational Community Supper has returned every 2nd Wednesday of the month:

August 13th, & September 10th

Somers Congregational Church
599 Main St
Somers, CT

All dinners begin at 5:30pm.
Call (860)763-4021 to reserve your spot
(please leave a message if no answer).



WITH THANKS

We would like to thank the following individuals who have so generously donated to the Senior Center:

Elaine Davis, Jennifer Pilton, Jim Smith, and Tina Toohey



SOMERS SENIOR CITIZEN'S CLUB LUNCH



Wednesday, August 20th 11:45am

A Summer picnic with your choice of roast beef or turkey grinder, homestyle coleslaw, chips & brownie

****ORDER IN ADVANCE REQUIRED****

Call Dan Fraro at (860) 749-7108 to order
Must order by noon the Monday prior to lunch ~ \$5 payable at the door

SOMERS HISTORICAL SOCIETY



Everyone is Welcome!
No admission fee!
Sundays 1-3 PM on:
Aug 17th
Sept 21st
Oct 19th
Nov 16th
Dec 6th Holiday Festival

The Somers Historical Society, Inc.
P.O. Box 652
Somers, CT 06071
(860)749-6437





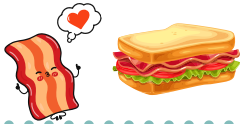
MEAL & EVENTS

BLT LUNCH

Friday, August 1st

11:30am-12:30pm \$3/pp

Enjoy your love of bacon for National Bacon Lovers Day with a delicious BLT lunch by Chef Pam!



Home Helpers®

Tuesday, August 5th

12:00pm

Space is Limited



Stay for Ted Talk at 1pm with Program Coordinator Darlene

LUNCH & JUKEBOX BINGO!

Wed, August 13th

11:30am-2:00pm \$5/pp

Enjoy lunch to Your Favorite Songs, With a Twist!



BIRTHDAY LUNCH

Tuesday, August 26th

12:00pm

Space is Limited

Stay for Take a Trip to Alaska w/Pam at 12:30pm

BOOK CLUB

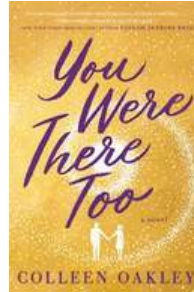


Book Club with Somers Librarian Coordinator, Allison Rief

Thursday, August 21st

3:00pm

"You Were There Too" by Colleen Oakley



Mia, a woman who has recurring dreams about a man she's never met, moves to a new town, and encounters Oliver, a man who reveals he's also been dreaming about her. Their shared dreams and the unexpected connection lead them to question their current lives, including Mia's marriage, and explore the possibility of fate.

Please call 860-763-4379 to pick up a book and join this great group if you love reading!



HELP HOTLINES

CT INFO LINE - Dial 211

Vital Resource to find available community services

CHOICES - 1-800-994-9422

Assistance with Medicare, Medigap and Medicare Part-D applications

CONSUMER LAW PROJECT FOR ELDERS - 1-800-296-1467

Free Legal Assistance for Seniors with consumer problems

ELDER JUSTICE HOTLINE - 1-860-808-5555

Elder justice issues can range from age-based discrimination in the workplace to scams and fraud, elder abuse, neglect & exploitation. If you have been the victim of any of these, please call! They are there to help!

MOVIE TIME TUESDAY!!



Tuesday, August 19th

11:00am - 1:00pm



102 mins, PG-13 A single man who drinks too much. A father with three daughters who he rarely sees. A guy who is overweight and unemployed. A hen-pecked house husband. A successful Hollywood agent married to a fashion designer. What do these five men have in common? They used to play for the same basketball team at school. Now their former coach has died, and they are reunited at his funeral. Will the group rediscover old bonds?





BASIC TECH SUPPORT

Basic Tech "Crash Course"

Wednesday, August 20th
10am-11am

How do I save & organize my pictures? How do I install an app? What is a bar code & how do I scan it? How do I send a text message?

If you are looking for some basic help with using your phone or tablet, sign up for this "YouTube Crash Course" with Somers Student Olivia & her mom, Monica!



SOMERS PUBLIC LIBRARY



Movie Matinees at the Library

Fridays - 1:00pm



August 1st
Here Today



August 8th
Next Goal Wins



August 15th
Rust



August 22nd
My Dog Skip



August 29th
Soul Surfer

VETERANS PEER SUPPORT GROUP



Are you a veteran looking for support, camaraderie, and a place to share your experiences? Join the Veterans Peer Support Group in Somers, led by fellow veteran, David Mortimer.

When: 1st & 3rd Monday of every month

Where: Somers Town Hall, Executive Conference Room

Address: 600 Main St., Somers, CT
at 7:00 PM.

***Connect with those who understand.**
No judgment, just support.
All veterans are welcome!



Care Cafe'

The first Tuesday of every month
10:00am Library Conference Room

We welcome those living with dementia and their care partners for beverages, conversation and support.

Join Karla Vince & Nicole Madson from Visiting Nurse and Health Services of CT.

NO REGISTRATION NEEDED



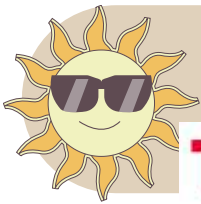
Somers Public Library

2 Vision Blvd
Somers, Connecticut 06071 | 860





ODDS & ENDS



TED TALKS!!

TED Ideas change everything

Tuesday, August 5th

1:00pm

What is a TED talk?

A TED talk is a recorded public-speaking presentation that was originally given at the main TED (technology, entertainment and design) annual event or one of its many satellite events around the world.

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks, often called "TED talks."

The secret to living longer may be your social life
Susan Pinker

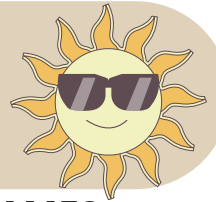
The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why?

According to longevity researcher Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders alive so long -- it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond.

The brain-changing benefits of exercise
Wendy Suzuki

What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's.

SENIOR CITIZENS DAY!



COFFEE TALK & GAMES

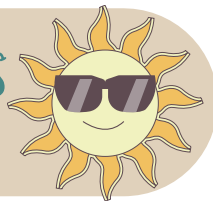
Friday, August 15th

9:00am - 10:00am

Senior Citizen's Day recognizes the achievements and contributions of older adults in society and encourages communities to support seniors in living independently. Come join us for some fun!!



SAFE DRIVERS COURSE



COMING SOON
Sign Up Today!

AARP Safe Driver Course

Wednesday, September 24th

9:00am - 1:00pm

\$20 FOR AARP MEMBERS

\$25 FOR NON-AARP MEMBERS

REGISTRATION REQUIRED

CALL 860-763-4379

Payment of cash or check made payable to AARP is due to the instructor on the day of class. If paying cash please bring exact amount.





THE SOMERS SENIOR CENTER WOULD LIKE TO ACKNOWLEDGE OUR MEMBERS WITH AUGUST BIRTHDAYS!



Aug 1st:

Jeffrey D.
Deb C.
Robert L.

Aug 2nd:

Helen A.
Patricia D.
Ronald M.
Claire N.
Bob H.
Diane M.
Roberta K.

Aug 3rd:

Nancy B.
Mihran A.
Sheila B.
Aug 4th:
Roland H.
Alice O'C.
Thomas P.
Molly H.
Jeannette P.
Feliz H.
Lisa P.
Annette F.
Ann L.
James M.
Richard B.

Aug 5th:

Charles S.

Aug 6th:

Rosemarie G.
William S.
Ramona F.

Aug 7th:

Ann F.
Peter B.
Barbara Y.
Judy S.
Eileen B.
Marie B.
Judith G.
Cathy E.

Aug 8th:

Deborah B.
Patricia E.
William M.

Aug 9th:

Dorothy R.
Debora G.
Joelle D.
Nancy H.
Aug 10th:
Theresa B.
Patricia M.
Judy T.

Aug 11th:

Eunice S.
Leigh M.
Esther A.

Aug 11th:

Renee C.
Jo-Ann H.
Ann C.

Aug 12th:

Maryann P.

Aug 13th:

Logan R.
Carl E.
Ellen T.
Lester McD.
Laura G.
William P.
Bernard B.

Aug 14th:

Thelma C.
Lewis K.

Aug 15th:

MaryAnne T.

Aug 16th:

Barbara R.
Jean B.
Donna R.
Veronica B.

Aug 17th:

Karen C.
Michael W.
Gloria K.
Janice K.
Joann H.
Sonja T.

Aug 18th:

Paul N.
Darlean F.
Deborah H.
Patricia P.
Joseph A.
Aug 19th:
Sandra S.
Aug 20th:
Pam Y.
Carole McH.
Marilyn H.
Heidi P.

Aug 21st:

John M.
Patricia Z.
Kathy B.
Edward P.

Aug 22nd:

Pat S.
James B.
Jackie C.
Francis D.
Claire N.
Janet B.
Richard B.

Aug 23rd:

Joan L.

Aug 23rd:

Lise W.
Cindy L.
Rene LeM.
Angela C.
Marianna A.
Sheila D.
Albert G.
Aug 24th:
Shirley F.
Aug 25th:
Kimberlee K.
Jackie S.
Anita P.

Aug 26th:

Fran G.
Alex T.
Sandra B.

Aug 27th:

Alicia R.

Aug 28th:

Ruth D.
Jimmy R.
Beverly F.

Aug 29th:

James J.
Martha F.
Judith O.

Aug 30th:

Frances K.
Marshall S.

Aug 31st:

Raymond T.
Stanley J.
Carmen Z.
Kathleen C.
Raymond T.



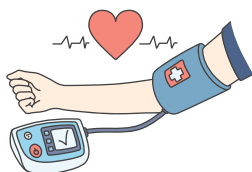
BLOOD PRESSURE CHECK

Don't forget that Ann Maggio, RN
will be here on

Tuesday, August 26th

11:30am- 12:30pm

to perform blood pressure checks!



BIRTHDAY CELEBRATION



Our Birthday
Celebration will be
held on Tuesday,

August, 26th at
12:00pm

Dessert will be
served following the
Parkway luncheon
to honor all of our
August Birthdays!





AUGUST

2025



1. FRIDAY

9:00 Coffee Talk
10:00 Chair Aerobics
**11:30 BLT Sandwiches
with Chef Pam \$3**



4. MONDAY

9:00 QiGong
10:00 Art Group
10:00 Walking Group
11:00 Scrabble
1:00 Skyjo

5. TUESDAY

9:00 Coffee Talk
10:00 Chair Aerobics
11:00 Rummikub
**12:00 Home Helpers Lunch
1:00 TED Talks**

6. WEDNESDAY

SPA SERVICES (By Appt.)

11:00 Emily Franke Author
1:00 Dominoes



7. THURSDAY

9:00 Cornhole & Coffee
9:30 Lunch Bunch - Slipaway
River: A Waterfront Restaurant
10:00 Stretching with Keely
at Kibbe
12:00 Bingo
5:30 Bridge



8. FRIDAY

9:00 Classical Coffee Talk -
Enjoy the musical talents of
Jimmy Drancsak



10:00 Chair Aerobics

11. MONDAY

9:00 QiGong
10:00 Art Group
10:00 Walking Group
11:00 Scrabble
1:00 Skyjo

12. TUESDAY

9:45am Friendship Tours -
Charles River Boat Tour
9:00 Coffee Talk
10:00 Chair Aerobics
11:00 Rummikub

13. WEDNESDAY

11:30am-2:00pm Lunch &
Jukebox Bingo \$5
1:00 Dominoes



14. THURSDAY

9:00 Cornhole & Coffee
10:00 Stretching with Keely
at Kibbe
12:00 Bingo
5:30 Bridge

9:00 Coffee Talk &
Fun Games to
celebrate Senior
Citizens Day



10:00 Chair Aerobics

18. MONDAY

9:00 QiGong
10:00 Art Group
10:00 Walking Group
11:00 Scrabble
1:00 Skyjo

19. TUESDAY

9:00 Coffee Talk
10:00 Chair Aerobics
11:00 Rummikub
11:00 Movie Time
Tuesday - "Grown ups"



20. WEDNESDAY

10:00 Smartphone Crash
Course
12:00 Senior Club Lunch
1:00 Dominoes



21. THURSDAY

9:00 Cornhole & Coffee
10:00 Stretching with Keely
at Kibbe
12:00 Bingo
3:00 Book Club
5:30 Bridge

22. FRIDAY

9:00 Coffee Talk
10:00 Chair Aerobics
11:30 Peach Cobbler with
Chef Pam \$3



25. MONDAY

9:00 QiGong
10:00 Grief Support
10:00 Art Group
10:00 Walking Group
11:00 Scrabble
1:00 Skyjo

26. TUESDAY

9:00 Coffee Talk
10:00 Chair Aerobics
11:00 Rummikub
11:30 Blood Pressure Screening
12:00 Parkway Birthday Lunch
12:30 "Discover Alaska"
with Pam



27. WEDNESDAY

11:00 Painting with Sandy \$15
1:00 Dominoes



28. THURSDAY

FOOT CARE (By Appt)
9:00 Cornhole & Coffee
10:00 Stretching with
Keely at Kibbe
12:00 Bingo
5:30 Bridge

29. FRIDAY

9:00 Coffee Talk
10:00 Chair Aerobics





2025 OUTDOOR CONCERT SERIES

The **LAST TWO** concerts of the 2025 Season:

Aug 7th - Afterglow Party Band (Hit songs from the 1980's - 2000's)

Aug 14th - Six Pack of Blues (Jump, Blues & Swing classics/sponsored by Somers Rotary Club)

Concerts are Thursday evenings **6:00-8:00pm** at The Gazebo on The Green behind the Somers Senior Center.

In case of inclement weather, concerts will be held at Pleasant View Farm Banquet Center, 452 South Road

DAVE's TREATS on site at the gazebo.
ICE CREAM/SNACKS/WATER/SODA - Proceeds benefit Rotary Scholarship



FRIENDSHIP TOURS
THE SHIP SHOP

The Somers Senior Center is pleased to offer the following trips! First come, first served for trips below. Full payment is due at sign-up. Please stop by the Senior Center for flyers and complete information.

Wednesday, September 3, 2025 - Pilgrim Belle Harbor Tour. Enjoy a delicious lunch buffet at the East Bay Grille overlooking the harbor in Plymouth MA. Then board the Pilgrim Belle, an authentic Mississippi style paddle wheeler for a narrated cruise - **\$182/pp**

Thursday, October 16, 2025 - Covered Bridges of New Hampshire / Farmhouse lunch at the Inn at East Hill Farm. Enjoy a family style lunch at farmhouse tables followed by a guided driving tour of the covered bridges of Southern New Hampshire. - **\$148/pp**

SEPTEMBER MEDICARE SEMINAR



Turning 65? Free Medicare Seminar

Thursday,
September 4
6:30-7:30pm

Blake Community Room,
Somers Public Library



Hosted by Somers Human Services with
Certified CHOICES Counselors

Providing FREE unbiased insurance counseling and education to
Medicare-eligible individuals.

Register Now



Call 860-265-7551 x1 or
aramsdell@somersct.gov

SENIORHOOD RESOURCE FAIR



SENIORHOOD RESOURCE FAIR
For Tolland County Seniors, Caregivers and
Families

OCTOBER

FREE - FREE - FREE

Saturday, October 25, 2025

9:30 a.m. - 2 p.m.

Vernon Center Middle School
777 Hartford Turnpike (Route 30), Vernon, CT
Workshops, exhibits, health screenings, flu
shots, giveaways

Drug Take Back Table

Free doughnuts and coffee at 9:30 a.m.

Free lunch to the first 300 attendees

Facebook: Tolland County Seniorhood Fair

Website: www.vernon-ct.gov/seniorhood

**Presented by the Tolland County
Multidisciplinary Team**





SOMERS SENIOR CENTER REGISTRATION FORM - AUGUST 2025 CLASSES, EVENTS & TRIPS



Program Name	Date	Fee (if applicable)
		\$
		\$
		\$
		\$
		\$
		\$
We accept cash, credit cards and checks payable to Town of Somers	TOTAL DUE:	\$

REGISTRATION FOR ALL EVENTS (unless noted) BEGINS ON:
July 23rd FOR SOMERS RESIDENTS AND July 30th FOR NON-RESIDENTS.

FORMS WILL **NOT** BE ACCEPTED PRIOR TO THIS DATE.

A REGISTRATION FORM MUST BE SUBMITTED FOR ALL EVENTS THAT YOU WISH TO ATTEND.

Somers Recreation & Leisure Services Participant Waiver

I hereby agree to release, discharge and hold harmless the Town of Somers, Somers Recreation & Leisure Services Department and the Somers BOE, its directors, employees, agents, contractors and/or volunteers from any and all liability that may occur during my participation in Somers Recreation & Leisure Services activities. I understand that participation in any recreational activity involves risk and I grant permission to the Town of Somers to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

Somers Recreation & Leisure Services Photo Release

Participants in Somers Recreation & Leisure Services programs acknowledge that photographs may be taken during activities within our programs. By participating in our programs, you allow reproductions of these photographic materials to be used in promotional activities including but not limited to brochures, email campaigns, social media and more exclusively by the Somers Recreation & Leisure Services.

- ☐ I have read and am in compliance with the photo policy stated above.
- ☐ I have read and am **NOT** in compliance with the photo policy stated above.

Print Name: _____ **TOWN:** _____

Signature: _____

Date: _____



[illegible]