

SOMERS SENIOR CENTER JANUARY 2024 NEWSLETTER



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
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Dial-a-Ride Drivers

Gary Hunter, Renee Mullett, Pat Perry and Scott Sfreddo

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*

Christina Hurdle, Social Services Coordinator CHurdle@somersct.gov

Aiden Matthews, Youth Services Coordinator AMatthews@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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CLOSINGS & CANCELLATIONS

The Senior Center will be <u>CLOSED</u> on <u>Monday January 1st and Monday</u> <u>January 15</u> in observance of New Years Day and Martin Luther King Day.





Registration Form



SOMERS HUMAN SERVICES



Energy Assistance

Energy Assistance is available for households earning less than \$41,533.

Call 860-256-7551 to make an appointment.

Eating Well on a Budget

Leverage local resources to help stretch your household food budget:

<u>Champ's Place food pantry</u>
Somers Congregational Church
599 Main Street



Open Mondays from 10am to noon and from 6 to 7pm.

Mobile Food Pantry from Connecticut Food Share visits Champ's Place every other week, starting Wednesday, January 3rd from 1 to 1:30pm
HINT: bring a small cart, laundry basket, or a sturdy box or shopping bags to easily carry items home with you

Application Assistance is available for SNAP, Medicaid, and Qualified Medicare Beneficiary (QMB). Simply call Somers Human Services at 860-256-7551 to ask questions or make an appointment.

Meals on Wheels is available for homebound seniors and people with disabilities.

Call 860-256-7551 for more information





Qigong with Ritch and Stretching with Keely: These classes will be held back at the gym in Kibbe Fuller beginning in **January**.

NEW!! SCRABBLE: Due to popular demand we will now have SCRABBLE every Monday morning beginning **Monday, January 8th at 11:00am** at the Somers Senior Center.

SENIOR ADVISORY MEETING: The next meeting will be held on **Tuesday**, **January 9th at 1:00pm** at the Somers Senior Center.

BLOOD PRESSURE/BLOOD GLUCOSE SCREENING: Sandra Wood from ECHN will conduct free blood pressure and blood glucose screenings. She will be available **11:00am - 12:30pm** the first Wednesday of each month during the Home Helpers Luncheon.

NEW SIGNUP GUIDELINES: Due to the increase in new members, particularly non Somers residents, we are now instituting a new guideline for event and trip registration. All Somers residents will be allowed to sign up first for all events and trips. Non-Somers residents may register 5 days after the sign up date.

PLEASE NOTE: In order to provide meals on a monthly basis, our wonderful sponsors **HOME HELPERS, PARKWAY PAVILION, THE IVY, & ALL AMERICAN** have budgets they need to follow which only allow for a maximum number of participants to be served. Once we hit the maximum number, you will be put on a waitlist. If you cannot make a meal that you signed up for, please let us know as soon as possible to allow someone else to take your spot. Thank you to our generous sponsors and for your understanding.

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 and 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!







Qigong- Mondays, 9-9:45am \$40.00/Punch card for 10 classes. Join Ritch Ryan for movement & breathing to enhance health & wellness. Provides a simple approach with the benefits of balance, strength & flexibility. Classes held in the Kibbe Fuller Gym.

<u>Chair Aerobics- Tuesdays & Fridays,</u>
<u>10-11:00am</u> **FREE** A classic DVD chair fitness program. All levels are welcome!

"Fit & Fun" Fitness- Wednesdays, 9-10:00am \$40/Punch Card for 10 classes. Join Chelsea Lowe, A Better Self, LLC for a low-impact, total body workout with great music! This class strengthens muscles through mindful movement & breathing.

Stretching w/ Keely- Thursdays, 10-11:00am \$40/Punch Card for 10 classes. Dim the lights and listen to meditation music as you learn basic Yoga type stretch moves while sitting or standing. Everyone loves this class and all levels are welcome! Classes held at Kibbe Fuller Gym.

FREE Weather permitting. Tennis courts at Field Road Park. Four courts & all equipment provided! New & experienced players welcome. Must register with the Sr. Center & complete a Waiver Agreement if you wish to play.



Art Group- Mondays, 10-11:30am
FREE All mediums welcome. Bring your

own ideas and supplies.

SCRABBLE- Mondays, 11:00am

Bring a friend and enjoy exercising your brain!

SKYJO - Mondays 1-3:00pm **FREE**

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! Will teach!

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 Rummikub is easy to learn and fast moving. The "board" changes all the time as players adjust the tiles on the table. It combines luck and strategy, and it changes quickly so every player has a chance to win until the very end. Players take turns placing numbered tiles in runs and groups and the Joker tiles add to the fun! Space is limited so sign up today!! Will Teach!

FREE Live video conferencing technology to deliver life-long learning programs. <u>Programs on Page 9.</u>

<u>Dominoes- Wednesdays, 1-3:00pm</u> **FREE** Please come and learn the game. *Will teach!*

Stitch Together- Wednesday, Jan. 10th,11am
A monthly knitting/crocheting club for all levels hosted by our own Mary-Ellen Matarazzo!
Bring your supplies and projects. Share patterns, techniques and lets "Stitch Together"!

Bingo- Thursdays, 12-3:00pm

10 cents a game and free coffee/tea. Bring your lunch and enjoy an afternoon of Bingo!





SPECIAL PROGRAMS & EVENTS





ECHN <u>Osteoporosis</u> Wednesday, January 3rd 10:30-11:15am

Join us as Sandra Wood, RN from ECHN holds an informative session on Osteoporosis. Learn about prevention, risk factors, symptoms & treatment.

SCRA

Monday, January 8th 11:00am

Come spend a cold winter morning with friends exercising your brain! A classic game with lots of fun!

Card /Calendar Craft Class

Monday, January 8th 1:00pm

Our friend Jackie Julian is back to hold another one of her popular card making classes. You will make two cards and one small desk calendar shown below. The cost is \$7 payable at signup which includes all materials. **Limited to 15 spots**







Stitch Together Wednesday January 10th 11:00am

Our ladies are back to begin the year with stitching. Come join them with your knitting, crochet or other project you are working on or would like to learn!

Snowman Craft Wednesday, January 10th 1:00pm

Rose Sullivan starts the new year off with a sock snowman (or snowwoman) craft! The cost is \$6pp which includes all materials. Register early as spots will fill up quickly!



Name That Tune!" Tuesday, January 16th 11:00am Comfort Keepers.

Bridgette Spago returns for another round of "Name that Tune!" Test your musical knowledge while enjoying a snack!

PUZZLE PALOOZA!

Interested in some friendly competition between family, friends and neighbors? Do you love jigsaw puzzles?

Join us for an evening to compete against others to complete a 500-piece, themed puzzle! We'll have a prize for the team that finishes first!

Friday, January 26th ~ 6:00-8:30pm





FOOTCARE SERVICES

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

appointment.



Jan 25th Feb 22nd Mar 28th







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

> **Anonymous** The Bridge Club **Ron & Charlene Biathrow Elaine Davis Eileen Fedorowich Carol Schuckerow lim Smith**





SOMERS SENIOR CITIZEN'S CLUB **PRESENTS**

Wednesday, January 17th 11:45am-1:45pm

Chicken Parmesan w/ Penne Pasta, Green Beans, Rolls & Butter and **Brownies for dessert!**

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

\$2 ANNUAL DUES DUE AT LUNCHEON





Home Helpers®

Wednesday, Jan. 3rd
12:00pm
Sign up by Dec. 27th

BP/BG screening 11-12:30pm provided by ECHN





Birthday Luncheon

Tuesday, Jan 23rd 12:00pm Sign up by Jan 19th

LUNCH



Hot Chocolate Day & Carol Burnette Show Wednesday
Jan 31st 10:30am

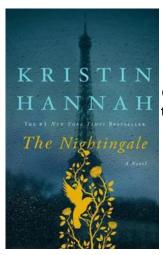






Book Club with Somers Librarian Coordinator Allison Rief <u>Thursday, January 18th</u> 3:00pm

The Nightingale by Kristin Hannah



The Nightingale is a historical fiction novel that tells the story of two sisters in France during World War II and their struggle to survive and resist the German occupation of France.

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





The Somers Senior Center follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, programs/events at the Somers Senior Center as well as Dial-a-Ride transportation will be delayed/canceled. Please tune into WFSB Channel 3 or NBC 30 and look for "Somers Senior Center" for up-to-date information on delays/closings.







FILE YOUR TAXES with AARP volunteers Appointment required!



AARP will return to the Senior Center for tax prep on the following Wednesdays: Feb 21st, Mar 6th, Mar 20th & Apr 3rd.

You must be an AARP & Sr. Center Member

Registration does not begin until Wednesday, January 3rd.

Please call 860-763-4379 to make your appointment.



"The Play that Goes Wrong"

<u>Saturday April 27, 2024</u> <u>10:30am -4:30pm</u>



<u>Lunch @ Storrowtown Tavern, Matinee Following - \$136/pp</u>

Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's "A RIOTOUS EXPLOSION OF COMEDY!" (The Daily Beast)' SIGN UP NOW! SPOTS WILL FILL QUICKLY!



Movie Matinees at the Library <u>Fridays - 1:00pm</u>

January 5th
"A Haunting
in Venice"



January 26th "The Bank of Dave"

January 12th "The Miracle Club"









Care Cafe'

First Wednesday of every month 1:00pm Library Conference Room

All caregivers of those living with Dementia or Alzheimer's are invited to come for conversation and support.

We supply the space - use it for your care.

NO REGISTRATION NEEDED Somers Public Library

2 Vision Blvd

2 Vision Blvd Somers, Connecticut 06071 | 860-763-3501







THE SENIOR LEARNING NETWORK AT THE SOMERS SENIOR CENTER



The Senior Learning Network uses live video conferencing technology to deliver life-long learning programs to groups of older adults in retirement communities, nursing homes, assisted living, adult day cares, community centers, libraries and other venues.

<u>January 9, 2024- Voyageurs National Park- MN</u>

The voyageur - a French word meaning traveler - the namesake of Voyageurs National Park - began over 250 years ago; waterways that are one of the most important segments of the fur trade route used to open the "Great Northwest".

Today, it is easy to imagine the voyageurs of the past dipping their canoe paddles into the clear, dark waters to the rhythm of their songs, gliding past the rock and pines of this northern landscape. Voyageurs National Park was established in 1975, but is filled with evidence of over 10,000 years of human life and use. Signs of Native Americans, fur traders, and homesteaders, signs of logging, mining, and commercial fishing are scattered throughout the park.



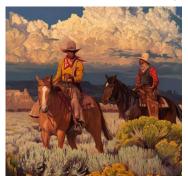
January 16- Glenn Echo Park- The Carousel!

During Glen Echo Amusement Park's glory days as an amusement park, the Dentzel Carousel was the jewel of the park. The carousel remains the park's treasured centerpiece. The Dentzel Carousel Company built the carousel, which the amusement park installed in a 12sided canopy building in 1921. Dentzel Carousels are known for their realistic, graceful animals and elaborate carvings. The Glen Echo carousel is called a "menagerie carousel" because of it is made up of many different animals. The 40 horses, 4 rabbits, 4 ostriches, giraffe, deer, lion, and tiger stand in three concentric rings. The carousel moves to the music of a Wurlitzer band organ, which pipes out music using a system similar to a. Only 12 Wurlitzer organs of this style are known to exist. Come join us to learn more player piano about this historic carousel!



<u>January 23 The Vaqueros-</u> Briscoe Western Art Museum

Who were the original Texas Cowboys? Join the were, where they came from, and why they were important to the development of the west. Nestled on the banks of the San Antonio River Walk, the museum's main building served as San Antonio's original public library in the 1930s followed by the Hertzberg Circus Collection and Museum in the 1980s. After an extensive renovation, the Briscoe Western Art Museum opened in 2013. A branch of the San Antonio Public Library can be found on the first floor, honoring the building's origins.



The museum is named in honor of Texas Governor Dolph Briscoe, Jr., and his wife Janey Slaughter Briscoe, who envisioned a museum that would share the story of Western heritage and the people behind that story.

<u>January 30- The Statue of Liberty-</u> A Fresh Look



Between 1886 and 1924, almost 14 million immigrants entered the United States through New York. The Statue of Liberty was a reassuring sign that they had arrived in the land of their dreams. To these anxious newcomers, the Statue's uplifted torch did not suggest "enlightenment," as her creators intended, but rather,

"welcome." Over time, Liberty emerged as the "Mother of Exiles," a symbol of hope to generations of immigrants. Join us as we visit one of our most iconic landmarks, and gain a fresh perspective and appreciation for "Lady Liberty"

E SOMERS SENIOR CENTER WOULD LIKE TO ACKNOWLEDGE **OUR MEMBERS WITH** JANUARY BIRTHDAYS!!

Jan 1st: Jan 4th: Jan 10th: Carol S. Joan C. John H. Josephine N. Al K. Norma S. Jon D. Maria M. Jan 5th: **Jan 11th:** Lucille F. Al F. Raymond S. Carol C. Jan 13th: Judith L. William H. Rita S. Jan 6th: Barbara G. Susan C. Christine E. Glenn A. Jay C. lean R. Alfred H. Arlene D. **Jan 15th:** Pricilla L. Jan 7th: Kristina H. lean K. Norma M. Elizabeth B. Leslie G. Harold C. Annette L. Robert K. Jan 8th: Forrest W. Carolyn D. Dorothy S. Janice H. Jan 2nd: <u>Jan 9th:</u> Ian 16th: Sara F. Dorothy L. Ben A. Bernadette H. Christine B-S. Sharon K. William F. Ian 3rd: Jan 10th: Robert W. Kerry K. Carolyn R. Thomas S. Nina G.

Jan 24th **Jan 29th:** Jan 17th: Gloria R. Doris K. Dorothy B. Mary W. Nancy S. Carole L. Patricia A. Mark W. Robert S. George M. Ian 18th: Carol W. Andrea D. Jan 30th: Jackie H. Bonnye P. Evelyn S. Charles C. **Jan 19th:** Paula V-G. Sarah G. Ann M. Ralph F. *Jan 20th:* Linda M. Jan 31st: Nancy T. Jan 25th: Joan S. William D. Christina C. Jan 21st: Gino R. Kathy W. Julia H. **Jan 26th:** Heidi C. Beverly D. **Jan 27th:** lames H. Virginia R. **Jan 22nd:** Christina M. Jan 28th: Dorothy O'D. Audrey W. Francesca Z. Lynne Y. Ian 24th: Mary Ellen K.

Cynthia H.



Happy Birthday



CELEBRATING 2024 WITH NEKITA WALLER SUNDAY, JANUARY 14, 2024 1:00 - 3:00 PM



PIEDMONT COFFEEHOUSE 604 Main Street, Somers SPONSORED BY: **SOMERS CULTURAL** COMMISSION For more info on NeKita go to fb.Nekita Waller



BIRTHDAY GELEBRATION



Kathleen L.

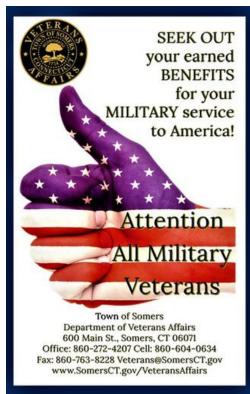
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	9:00 Coffee Talk		12:00 Bingo	9.00 Collec Lain
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		10:30-11:13-Osteopol.osis-Speaker	5.50 binge	
(*//.ew//ear*)	11:00 RUMMIKUB	11:15-12:30 B/P/B/S screening		
*	NO Senior Learning Network	12:00 Home Helpers Luncheon		
		1:00 Dominoes		
8. MONDAY	9. TUESDAY	10. WEDNESDAY	11. THURSDAY	12. FRIDAY
9:00 Oigong	9:00 Coffee Talk	9:00 Fit and Fun	10:00 Stretching w/ Keely	# E
	10:00 Chair Aerobics	11:00 Stitch Together	12:00 Bingo	9:00 Conee Lank
11:00 Scrabble	11:00 RUMMIKUB	1:00 Craft with Rose-Snowman-	2.45 4.45 UDAA Took Tenining	10:00 Chair Aerobics
1:00-3:00 Cards/Calendar	1:00 Sr. Advisory Meeting	86.00	5.45-4.45 WIVEA LOCAL LIAMINES	
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1:00 SKYJO	2:00 Senior Learning Network		,	
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DR. MARTIN LUTHER	Name That Tune and a Snack 11:00 RUMMIKUB		12:00 Bingo	10:00 Chair Aerobics
	12:30 Pinochle	1:00 Dominoes	3:00 Book Club	
4	2:00 Senior Learning Network		5:30 Bridge	
22. MONDAY	23. TUESDAY	24. WEDNESDAY	25. THURSDAY	26. FRIDAY
	=		18	20
9:00 Qigong	9:00 Coffee Talk	9:00 Fit and Fun	Foot Care (By Appt.)	1. H - H - H - H - H - H - H - H - H - H
10:00 Art Group	10:00 Chair Aerobics		10:00 Stretching w/ Keely	9:00 Conee talk
	11:00 RUMMIKUB	1:00 Dominoes	12:00 Bingo	10:00 Chair Aerobics
	12:00 Parkway Birthday Lunch		3:45-4:45 WMA Tech Training	
1:00 SKYJO	2:00 Senior Learning Network		5:30 Bridge	
29. MONDAY	30. TUESDAY	31. WEDNESDAY		
2000 Oico	9:00-12:00 Social Services	9:00 Fit and Fun		Section 2
y.oo Qigong	0.00 Coffee Talk	40.00 TT 401.01.4		
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11:00 Scrabble	10.00 Chan Merchan	10:30 The Carol Burnett Show		
	11:00 KUMIMIRUB	1:00 Dominoes		
1:00 SKYJO	2:00 Senior Learning Network			786



Tech Support
Thursday, Jan. 18th
11:00am
Registration required. Please
call (860)763-4379
Sponsored by:







TECH TRAINING

We are excited to partner with students from Wilbraham & Monson Academy who will provide one on one Tech Training to senior center members who need assistance with their cell phone, laptop, tablet or other devices.

<u>Thursdays - January 11th & 25th from 3:45-4:45pm.</u> Please register by completing the program registration form in this newsletter or call (860)763-4379.





Have you lost a loved one and find it hard to talk about? Journaling can be a great tool for working through your grief. If you have never tried, we would like to inspire you to. If you are interested in forming a grief support group, please let us know and we will enter your name to win a journal to help get you started with this healing process...



Journaling Poem
By Joanne Sullivan



To journal in a notebook is to let my mind go free to allow my thoughts to find a home & become a better "me"

And things that I am aware of and things that I am not can come out in this journal discovering things I had forgot

My love for those in memory I will write down in this book to be read on days I'm strong enough to sit back & take a look

This journal will hold my feelings and dreams, my life as I have lived it and my new beginnings to find a life of reward and gratitude in it.



SOMERS SENIOR CENTER REGISTRATION FORM - JANUARY 2024 CLASSES, EVENTS & TRIPS



Program Name	Date	Fee (if applicable)
		\$
		\$
		\$
		\$
		\$
		\$
We accept Cash, Credit Card and Checks Payable to Town of Somers	TOTAL DUE:	\$

REGISTRATION FOR ALL EVENTS (unless noted) BEGINS ON <u>DECEMBER 26th FOR SOMERS</u>
<u>RESIDENTS AND JANUARY 2ND FOR NON-RESIDENTS.</u> 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.

Date:	ATT
Signature:	
Print Name:	
I have read and am NOT in compliance with the photo policy stated above.	MAKK
I have read and am in compliance with the photo policy stated above.	
email campaigns, social media and more exclusively by the Somers Recreation & Leisui	-