

# Somers Senior Center July 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* Donna Richardson, Supervisor *drichardson@somersct.gov* Pam Caso, Administrative Asst. *pcaso@somersct.gov* Mary-Ellen Matarazzo, Coordinator *mmatarazzo@somersct.gov Dial-a-Ride Drivers* 

Gary Hunter, Renee Mullett, Pat Perry and Scott Sfreddo



The Town of Somers Senior Center programs and events are open to all individuals ages 55+. Registration is **FREE** and required for all services! 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!* 

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* Arianna Flagg, Prevention Coordinator *aflagg@somersct.gov* 



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#### **CLOSINGS & CANCELLATIONS**

The Senior Center will be closed on <u>Thursday, July 4th</u> in observance of Independence Day. There will be no Senior Learning Network for the month of July. <u>There will be no chair</u> <u>aerobics on Tuesday, July 30th. PLEASE ALSO NOTE HOME HELPERS</u> <u>LUNCH WILL BE HELD ON WEDNESDAY, JULY 10TH.</u>

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Somers Human Services



Call Somers <u>Human Services at 860-265-7551</u> to make an appointment for any of the below services or if you have any questions.

Human Services will be at the Somers Senior Center on <u>Tuesday, July 30th from 9:00-11:00am!</u>

### Renters Rebate 2024

If you are 65 years or older or have a disability and receive Social Security income, as resident of CT and have paid rent in 2023 and your income is less than \$43,800 (single person) or less than \$53,400 (two people), you may be eligible for the Renters Rebate program. All required documents must be for 2023. Christina Hurdle will be available, by appointment only, every Tuesday in the month of July and August from 8-11:00am at the Senior Center. Make your appointment with Christina today by calling 860-265-7551 x8241.

### Farmers' Market Electronic Benefit Card

Christina Hurdle, Somers Social Services Coordinator, will be at the Senior Center processing Farmers' Market benefit cards to eligible participants on Tuesday, June 25th from 8:00-11:00am. Eligibility: ~ Age 60+, under the age of 60 and disabled living in congregate housing ~ Income: Single: \$27,861 OR Couple: \$37,814 ~ On a means-tested program such as SNAP, CEAP, MSP, etc. ~ You must provide proof of eligibility such as a CONNECT card or an Energy Assistance award letter. Please call Christina with any questions at 860-265-7551. Deadline to apply is September 30th, 2024

### Eating Well on a Budget

Leverage local resources to help stretch your household food budget:

### Champ's Place food pantry



Somers Congregational Church, 599 Main Street Open Mondays from 10am to 12pm and from 6pm to 7pm.

<u>Mobile Food Pantry</u> from Connecticut Food Share visits Champ's Place every other week, starting Wednesday, January 3rd from 1:00pm to 1:30pm. <u>HINT:</u> Bring a small cart, laundry basket, sturdy box or shopping bags to easily carry items home with you.

<u>Application Assistance</u> - available for SNAP, Medicaid & Qualified Medicare Beneficiary (QMB)

<u>Meals-on-Wheels</u> - available for homebound seniors and people with disabilities.

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**OUR PATIO IS OPEN!** We are so excited to announce that our back patio is now open! We have comfortable patio furniture for you to enjoy your morning coffee, read a book or just take advantage of some beautiful weather!

**PLEASE NOTE:** When you are signing up for the monthly Somers Senior Club luncheon, you must call Dan Fraro at (860) 749-7108 to order your lunch. Also, please register with the Somers Senior Center by calling (860) 763-4379 or by noting on your program registration form so that we may keep track of attendance.

Please note that there will be no Senior Advisory meetings for the months of July and August. Meetings will resume in September. Have a great summer!

Chelsea is on summer break! Fit-N-Fun classes will not be held in July and August BUT she'll be back in September!

CONGRATULATIONS Ritch Ryan on your retirement! Thank you for your years of Qigong instruction. We will miss you and wish you all the best!



### **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!



# Health & Wellness Classes

**Qigong-** Mondays We are in a transition period and currently in the process of hiring a new instructor. Please stay tuned for additional information. We are sad to see Ritch Ryan go, but wish him the best of luck in his new adventure!

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

<u>"Fit & Fun" Fitness- Thursdays, 9-10:00am</u> Chelsea is on summer break! Fit-N-Fun classes will not be held in July and August BUT she'll be back in September! Enjoy your summer Chelsea!

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

**\$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! <u>Class held inside Kibbe</u> <u>Fuller Gym.</u>

**Cornhole & Coffee-** Thursdays 9:30am \*\*FREE\*\* Rain or Shine! Cornhole is a game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole. It is easy to play, no matter your gaming experience. *Will teach!* 

Pickleball- Tuesdays & Fridays, 9-11:00am \*\*FREE\*\* Weather permitting. Tennis courts at Field Road Park. Four courts & some equipment provided! New & experienced players welcome. <u>Must register</u>

with the Senior Center & complete a waiver if you wish to play.





<u>Art Group- Mondays, 10-11:30am</u>

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

**SCRABBLE-** Mondays, 11:00am **\*\*FREE\*\*** 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!* 

<u>Coffee Talk-</u> <u>Tuesdays & Fridays, 9-10:00am</u> Join your friends & make new ones for fresh coffee, tea and light snacks. *(Donations welcome for supplies)* 

### RUMMIKUB- Tuesdays, 11-1:00pm \*\*FREE\*\*

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!* 

<u>Senior Learning Network- NO SENIOR LEARNING</u> <u>NETWORK in July. Will resume in August.</u>

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

Bingo- Thursdays, 12-3:00pm

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



# Special Programs & Events



scenery &

grounds of

Worthington Winery right here in Somers!



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

appointment. Cost is \$45 cash, check, or charge 🛇







## With Thanks



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

ludy Booth, Sarah Bourgue Fernando Bracamonte Roy & Pamela Caso, Elaine Davis Eileen Fedorowich, Pat Perry, **Carol Shuckerow** Jim Smith & Tina Toohev

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SOMERS SENIOR CITIZEN'S CLUB SUMMER CELEBRATION! Wednesday, July 17th <u>11:45am-1:15pm</u> Choice of roast beef or turkey grinder with cheese, lettuce & tomato, chips, coleslaw and cookies

**\*\*ORDER IN ADVANCE REOUIRED\*\*** Call Dan Fraro at (860) 749-7108 to order Must order by noon Monday, July 15th \$5 payable at the door \$2 ANNUAL DUES DUE AT LUNCHEON Live Music by Fred Marion!! /]



The Somers Historical Society Museum is now open for the season! Sunday Hours are:



July 14th - 1:00pm Aug 18th - 1:00pm Sept 15th - 1:00pm Oct 20th - 1:00pm Nov 17th - 1:00pm





Home Helpers\* Luncheon Wednesday, July 10th 12:00pm **Space is Limited** Sign up by July 3rd



**COFFEE TALK** Friday, July 12th 9:00am **Enjoy home made** blueberry muffins by Chef Pam in honor of Nat'l Blueberry Muffin Day!!



Meal Events

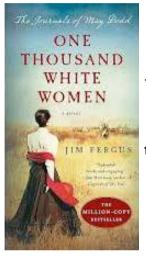
**Birthday Luncheon** Tuesday, July 23rd 12:00pm Sign up by July 19th

# Book Club



**Book Club with Somers Librarian Coordinator Allison Rief** Thursday, July 18th 3:00pm

"One Thousand White Women" by Jim Fergus



Set in the 19th century, the book tells the story of a secret government program in which one thousand white women are sent to marry Chevenne warriors and integrate into their tribe. Through the diary entries of one of these women, the novel explores themes of identity, freedom, and the clash of cultures.

May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right. Peter Marshall Movie Time!



### "What About Bob?" Wednesday, July 31st 10:30am

Before going on vacation, selfinvolved psychiatrist Dr. Leo Marvin (Richard Dreyfuss) has the misfortune of taking on a new patient: Bob Wiley (Bill Murray). Bob follows Marvin to his family's country house. Dr.

Marvin tries to get him to leave; the trouble is, everyone loves Bob. As his oblivious patient makes himself at home. Dr. Marvin loses his professional composure and, before long, may be ready for the loony bin himself.







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



### Friendship Tours The Ship Shop

<u>August 15, 2024</u> - The Newport Playhouse, Newport, RI "Nunsense", traditional buffet lunch in the main dining room and Cabaret Show following! - <u>\$162/pp</u>

<u>September 10, 2024</u> - Swinging Summer, The music of Dean Martin with Jack Lynn and Lunch at Amarante's Sea Cliff, New Haven, CT - <u>\$124/pp</u>

<u>October 8, 2024 -</u> The Turkey Train, Winnepesaukee Railroad, NH. Enjoy a homestyle turkey lunch on a nostalgic train ride along the shore of Lake Winnipesaukee and end at Kellerhaus for delicious ice cream & shopping! - FULL - WAITLIST ONLY!

<u>December 13, 2024</u> - Christmas by Candlelight at Old Sturbridge Village, Sturbridge, MA. Enjoy a holiday lunch at The Publick House and then stroll Old Sturbridge Village listening to victorian carolers and enjoy a horse drawn sleigh ride -<u>\$143/pp</u>





# "Odds & Ends"

**REFLECTIVE ADDRESS MARKER "If We Can't Find You, We Can't Help You"** Please help us keep **YOU SAFE** by making sure your house number is **VISIBLE** from the street. Street numbers are vital so that emergency responders can locate your home quickly! The Somers CERT (Citizen Emergency Response Team) working with the Somers Fire Department is offering free address markers. The markers are visible day or night, reflective and fade resistant. Information and Order Form are found here: **Reflective Marker Info Order Form** 





The Somers Senior Center has a computer available for our members use. It can be used to research on the internet, access your email and even print documents that you may need! Please call us at 860/763-4379 should you have any questions.





LOANING SHED with various items such as wheelchairs, walkers, commodes and canes etc. Items vary and inventory changes frequently so please call the Senior Center to check availability. Equipment is free to Town of Somers residents upon signature of a waiver form. Also, our space is very limited but we do take equipment donations as well so please call first if there is something you would like to donate so that we may ensure space.



### Somers Community Dinner Somers Congregational Church 599 Main St, Somers CT Wednesday, July 10th at 5:30pm

Don't forget about the monthly Somers Community dinner! This free meal (donations accepted) is a wonderful opportunity to gather as a community and enjoy a hot meal. **Please call 860-763-4021 to sign up.** 



- with Senior Medicare Patrol (SMP)
- <u>August 30th</u> The Somers Women's Club will be presenting at our Coffee Talk.





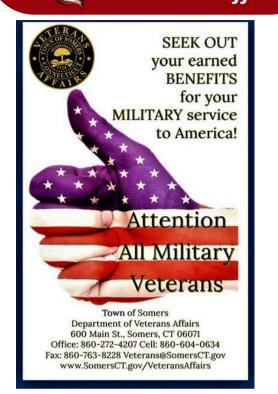
following the Parkway luncheon

to honor all of our

members who have a July Birthday!

MONDAY	2. TUESDAY	3. WEDNESDAY	4. THURSDAY - CLOSED	5. FRIDAY
	100 Gen 90000 No. 1000000	Spa Services (By Appt.)		9:00 Coffee Talk
10:00 Art Group 10:30 Grief Support	9:00 Coffee Talk 10:00 Chair Aerobics	12:00 Fourth of July Lunch (\$3.00 pp)	×	10:00 Chair Aerobics
11:00 Scrabble	11:00 Rummikub Tile Game		I HI I I I I	
1:00 SKYJO Card Game		1:00 Dominoes	Imp to ML	
MONDAY	9. TUESDAY	10. WEDNESDAY	11. THURSDAY	12. FRIDAY
	-11-11-13-12 00-0		9:30 Comhole Game & Coffee	0.00 Cotton Tall. 8 Di. dom.
10:00 Art Group 10:30 Crief Summert	10:00 Chair Aerobics	12:00 Home Helpers Lunch	10:00 Stretching with w/Keely	Muffins
11.00 Scrahhla	11:00 Rummikub Tile Game		12:00 Bingo	
1:00 SKYJO Card Game	1:00 Herb Pot Planting with Chelsea (\$5.00pp)	1:00 Dominoes	5:30 Bridge	10:00 Chair Aerobics
MONDAY	16. TUESDAY	17. WEDNESDAY	18. THURSDAY	19. FRIDAY
Construction of the Constr	н.н. м. с оо о		9:30 Comhole Game & Coffee	
10:00 Art Group 11:00 Scrabble	9:00 Contee Lank 10:00 Chair Aerobics	12:00 Somers Senior Citizen's Club Lunch-S5.00 pp	10:00 Stretching with w/Keely	9:00 Coffee Talk
1.00 SKVIO Card Game	11:00 Rummikub Tile Game		12:00 Bingo	10.00 Chair A mobile
	12:00 Lunch Bunch-The Worthington Winery (S5.00pp)	1:00 Dominoes	3:00 Book Club	
	Includes box lunch.		5:30 Bridge	
MONDAY	23. TUESDAY	24. WEDNESDAY	25. THURSDAY	26. FRIDAY
10:00 Art Group	9:00 Coffee Talk	11:00 Sip and Paint with	Foot Care (By Appt.) 0.30 Comhole Game & Coffee	9:00 Coffee Talk
11:00 Scrabble	10:00 Chair Aerobics	All American	10.00 Stretching with w/Keelv	
1:00 SKYJO Card Game	11:00 Rummikub Tile Game12:00 Parkway Birthday Lunch	1:00 Dominoes	12:00 Bingo 5:30 Bridoe	10.00 Chair Acronics
MONDAY	30. TUESDAY	31. WEDNESDAY		
	9:00-11:00 Human Services	10:30 Movie: What About Bob?	+	
10:00 Art Group	NO CHAIR AEROBICS	1:00-Ask the Attorney (By Appt.):		
11:00 Scrabble	10:00 "Escape from Albania"	<u>Attorney Marcia Hess from Maner</u> <u>&amp; Hess</u>		P200
1:00 SKYJO Card Game	11:00 Rummikub Tile Game	1:00 Dominoes		

## Dept of Veteran's Affairs

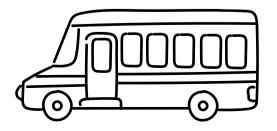




Did you know the Town of Somers offers free Dial-a-Ride transportation to Somers residents age 60+ or to individuals age 18+ on Social Security Disability? Transportation is wheelchair accessible within the town of Somers as well as to the town of Enfield and to Johnson Memorial Hospital only.

A chairlift is available for individuals unable to walk the stairs of the vehicle.

#### Please call the Senior Center at (860)763-4379 for more information!



## 2024 Outdoor Concert Series

Mark your calendars! The Somers Cultural Commission's Outdoor Concert Series is returning! The Concert Schedule for the season is:

July 4 - Windham Concert Band (Patriotic) (SOMERS HIGH SCHOOL AUDITORIUM)



Join Musical Director Kathryn M. Niemasik, conductor of this 70 piece band as they play inspiring patriotic music!

### PLEASE NOTE CHANGE OF VENUE ABOVE FOR JULY 4TH CONCERT ONLY!

July 11 - The Score (70s - 90s)

July 18 - Jimmy Mazz (R&R)

July 25 - Drive Time(70s - 90s)

Aug 1 - Steel N Eazy (C&W)

Aug 8 - Cobblestone (C&W)

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

In case of inclement weather, they will be held at the Somers Congregational Church at 599 Main Street.



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### Somers Senior Center Registration Form JULY 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>MONDAY, JUNE 24th FOR SOMERS</u> <u>RESIDENTS AND FRIDAY, JUNE 28th 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.

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: \_\_\_\_\_

