



# Somers Senior Center JULY 2025 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](mailto:mparsell@somersct.gov)

Donna Richardson, Supervisor [drichardson@somersct.gov](mailto:drichardson@somersct.gov)

Pam Caso, Administrative Asst. [pcaso@somersct.gov](mailto:pcaso@somersct.gov)

Darlene McCray, Program Coordinator [dmccray@somersct.gov](mailto:dmccray@somersct.gov)

*Dial-a-Ride Drivers*

Gary Hunter, Renee Mullett, Pat Perry, & Scott Sfreddo



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!

## 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](mailto:MCox@somersct.gov)

Arianna Flagg, Prevention Coordinator

[AFlagg@somersct.gov](mailto:AFlagg@somersct.gov)

Annette Ramsdell, Social & Sr. Services Specialist

[Aramsdel@somersct.gov](mailto:Aramsdel@somersct.gov)

Jen Griger, Youth Services Coordinator

[jgriger@somersct.gov](mailto:jgriger@somersct.gov)

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## CLOSINGS & CANCELLATIONS

The Senior Center will be **closed on Friday, July 4<sup>th</sup>** in observance of Independence Day. There will be **no Senior Learning Network for the month of July**, and there will be **no Fit 'n Fun with Chelsea for the months of July & August**. Also, there will be **no Coffee Talk or Chair Aerobics on Friday, July 11<sup>th</sup>**.





# 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.



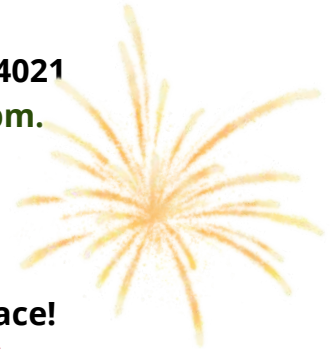
## Mobile Food Truck



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

Wednesday, July 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> 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.

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.  
Applications will be accepted starting May 23rd. Cards will be ready to use on June 1st.

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



## **SENIOR CENTER RENOVATIONS:**

We are pleased to announce that most of our renovations have been completed. We are so excited to welcome everyone back in and see our updated Senior Center! Of course, we will still be organizing and decorating throughout the month. We appreciate your patience and a BIG thank you to the Somers Congregational Church and everyone at Kibbe Fuller for helping make everything run smoothly!

## **SENIOR ADVISORY MEETING:**

There will be NO SENIOR ADVISORY MEETINGS FOR THE MONTHS OF JULY AND AUGUST. Enjoy the summer and 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 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

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

**Ballroom Dancing Lessons- Starting Monday, July 14<sup>th</sup> from 1-2pm in the Kibbe Fuller Gym - \$20 a person per class. Note:**

*Minimum of 6 people to sign up or we will need to cancel. No special shoes or partner needed.*

*Dance Instructor Diana Malek has 20+ years' experience as a professional dancer. During that time, she taught a wide diversity of adults and children, in addition to providing performance, she is a mindset coaching.*

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

**Chair Aerobics- Tuesdays and Fridays, 10-11:00am at Sr. 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 Sr. 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 Sr. Center & complete a Waiver Agreement if you wish to play.**

**NEW**

## Games, Groups & Activities



**Art Group- Mondays, 10-11:30am**

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

**Walking Group- Mondays, 10-11:00am**

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

**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!

**Setback/Pitch - Wednesdays, 11-12:30pm. Will teach!**

**NEW**

**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



## **GRIEF SUPPORT**

**10:00am-11:00am**  
**Monday, July 7th**



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



***This will be  
our last  
session until  
August 25th***



## **STARFISH PAINTING WITH ELLIE for Beginners**

**Wednesday, July 23rd**  
**11:00am - 1:00pm**

**\$15/pp includes all materials**  
Artist Ellie Antonacci will  
instruct a water color paint  
class. **Limited space**  
**Payment is due upon sign up!**

Ellie Antonacci is a licensed Art Educator for grades  
K-12. She studied at UMass Amherst where she  
obtained her Bachelor of Fine Arts in Art Education  
with an Art History minor.

## **Monday Ballroom Dancing Lessons**

**Starting Monday, July 14th**  
**1pm-2pm in the Kibbe Gym**

**\$20 / person**



Diana Malek has 20+ years' experience as a  
professional dancer. During that time, she  
taught a wide diversity of adults and children,  
in addition to providing performance/mindset  
coaching. **Note: Minimum of 6 people to sign up  
or we will need to cancel. No special shoes or  
partner needed.**

## **BREAKFAST WITH THE IVY**

**9:00am**

**Friday, July 11th**



Friday, July 18-11:00am - 2:00pm

Menu Item prices  
range from  
**\$6 to \$25**

## **FOOD TRUCK FRIDAY!**

**Friday, July 18th**  
**11am-2pm**



## **"TAKE A TRIP WITH ME!"**

**Spain - "A Tour Through Andalucia".**

**Tuesday, July 22nd 12:30pm**

Grace Caso, a recent International Business  
graduate from Stonehill College, will talk about  
her experience living and studying abroad in  
Granada, Spain. Learn about the rich ancient  
history, culture and language of this  
beautiful country!



## **Hot Dog Lunch/Ice Cream Sandwiches**



**Friday, July 25th**  
**11:30am/ \$3pp**



Come celebrate National Hot Dog Month  
and cool off with an Ice Cream Sandwich!!

## **"ASK THE ATTORNEY" (By Appt. Only)**

**Wednesday, July 30th 1:00-3:00pm**



Attorney Marcia Hess from  
Kraner & Hess, will be by to  
answer any legal questions  
you may have. Attorney Hess  
specializes in Eldercare Law.  
Please call the Senior Center  
to reserve a **free 15-minute**  
**appointment** for this  
informational session.







## Personal Care

### **FOOTCARE SERVICES**

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



**Dates Available:**

**July 24th**

**Aug 28th**

**Sept 25th**



### **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 2<sup>nd</sup> Wednesday of the month:

**July 9th, August 13<sup>th</sup>, & 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 message if no answer).**

## With Thanks



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

**Sarah Bourque, Eileen Fedorowich,  
Evelyn Shaughnessy, Tina Toohey**

### **A BIG THANKS**

to the Knights of Columbus in Somers for their generous donation.

### **A BIG THANKS**

to Tori Crombie from "Toriography Studio" for donating five new pairs of tap shoes.

*Thank you!*



## Somers Senior Citizen's Club Lunch



### **SOMERS SENIOR CITIZEN'S CLUB LUNCHEON**

**Wednesday, July 16<sup>th</sup> 11:45am**

**Herbed Chicken, Mac n Cheese, Green Beans, Rolls & Butter, & Apple Pie 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**





## Meal & Events



**ATTENTION**

**Home Helpers®**

There will be no Home Helpers Luncheon for the month of July



**Birthday Luncheon**  
Tuesday, July 22nd  
12:00pm

Space is Limited  
Sign up by July 15th

**BREAKFAST WITH**  
**THE IVY**  
9:00am  
Friday, July 11th



Friday, July 18th  
11am-2pm

**Enjoy delicious**  
**seafood from the**  
**Cousins Food Truck!**



Friday, July 18 11:00am - 2:00pm

## Book Club

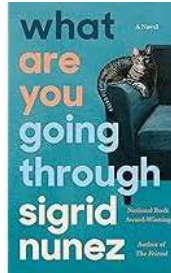


**Book Club with Somers Librarian**  
**Coordinator, Allison Rief**

PLEASE  
NOTE DATE  
CHANGE!

**Thursday, July 17th**  
**3:00pm**

**"What Are You Going Through?"**  
**by Sigrid Nunez**



A novel about a nameless, unmarried writer who agrees to accompany her friend as she undergoes assisted dying due to terminal cancer. The friend, also unnamed, asks the narrator to stay with her until she is ready to take her pills, exploring the emotional complexities and comforts of their

bond during this challenging time. The novel delves into the friend's reflections on her life and death, as well as the narrator's own reactions and experiences.

**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!**

## Somers Historical Society



**The Somers Historical Society Museum is now open for the season!**  
**Sunday Hours are 1:00 - 3:00 pm**



**July 20th**  
**Aug 17th**  
**Sept 21st**  
**Oct 19th**  
**Nov 16th**  
**Dec 6th Town Holiday Festival**

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







## Basic Tech Support

### Basic Tech "Crash Course"

Wednesday, July 2nd  
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**

**NO MOVIE JULY 4<sup>TH</sup> DUE TO HOLIDAY**



**July 11th**  
**Bridget Jones: Mad About The Boy**



**July 25th**  
**Penguin Lessons**



**July 18th**  
**The Friend**

## 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



## REMINDERS!

- ~ Remember to sign in to MSC each time you attend the Senior Center even if you're just visiting.
- ~ Inform us if your information has changed; address, phone number, email, and emergency contacts.
- ~ Be kind, courteous, and respectful during lunches with entertainment.

## RECIPES Needed!



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

## SMILE!

Be sure to have your picture taken for the **My Senior Center** Program



## Tap Dance Lessons!

Were you a former tap dancer?? Would you like to learn?? We would love to offer lessons if there is enough interest! Please let us know if you would like to participate!



Lessons start in August

### TIPS to Drink More Water

1. CARRY A WATER BOTTLE WITH YOU AND REFILL IT OFTEN
2. CHOOSE WATER OVER OTHER BEVERAGES
3. ADD FRESH FRUIT OR HERBS (LEMON, LIME, RASPBERRIES, MINT) TO ADD A HINT OF FLAVOR TO YOUR WATER.

refreshing!

Is there enough **water** in your diet to stay hydrated?



**60-75%** of the human body consists of **water**

**LACK OF WATER**  
**DEHYDRATION**

Water can help to:

- DETOXYIFY ORGANS
- DIGEST FOOD
- ABSORB NUTRIENTS

We need **2.5 litres** of water per day to maintain healthy bodily functions



Cucumber, grapefruit and watermelon each have a water content of over **90%**.  
Eat fruits and vegetables to stay hydrated!

### Drink To Your Health

Your body, including your heart, kidneys, and blood needs water each day to function. Fluids keep your body hydrated and working well

#### Water Helps Your Body...

- ◆ Feel full and keep your hunger cues on track.
- ◆ Keep a normal body temperature.
- ◆ Protect your joints.
- ◆ Get rid of waste through urination, sweating, and bowel movements.
- ◆ Protect your spinal cord and other sensitive tissues.





# The Somers Senior Center would like to acknowledge our members with JULY Birthdays!



## July 1st

Charles L.  
Mary H.  
David D.  
Kevin C.

## July 2nd:

Jan L.  
Karen W.

## July 3rd:

Francesco M.  
Deborah R.  
Judy B.  
Janet R.  
Richard S.  
Philip A.  
Ronald T.  
Stephen Z.

## July 4th:

Dorothy C.  
John C.  
Amy K.  
Deborah B.  
Karen B.  
Linda M.

## July 5th:

Russ D.  
Deborah P.

## July 6th:

Phyllis P.  
Stephen R.  
Bill C.

## July 7th:

Deanna S.  
Beverly S.  
Judith M.

## July 8th:

Candace A.  
Ann DeG.  
Brenda H.  
Annette C.  
Robert Van H.  
Geraldine K.  
Sharon K.  
David S.  
Diane M.  
Deana P.

## July 9th:

Laura A.  
Suzanne D.  
James DeF.  
Marian O'H.  
Karen B.  
Richard Z.

## July 10th:

Glenn G.  
Nora P.  
Barbara L.  
Jose R.  
Katherine W.

## July 11th:

Mary Ann J.  
Veronica O'D  
Eileen C.

## July 12th:

Beverly L.

## July 13th:

Irma C.  
Virginia T.  
Lori S.

## July 14th:

Patricia S.

## July 15th:

Mav B.  
Arline B.  
Theresa N.

## July 16th:

Peter P.  
Christine D.  
Stephanie R.

## July 17th:

Frank D.  
Robert B.  
John C.

## July 18th:

June L.  
Joseph LaC.  
Ann McC.

## July 19th:

Luigi M.  
Sandra M.  
Robert D.  
Bonnie B.

## July 20th:

Muriel S.  
Juan A.  
Lorelei R.  
Maria VanD.

## July 21st:

Rick W.  
Lisa H.

## July 22nd:

Elaine E.  
Lisa B.

## July 23rd:

Mary B.  
Mariane W.  
Thomas T.  
Bernadette R.

## July 24th:

Carol Z.

## July 25th:

Anthony D.  
Denise P.  
Daniel I.  
Edith C.

## July 26th:

Lillian DeR.  
Philip P.  
Gary H.

## July 27th:

Abbie U.  
John D.  
Jean H.  
Scott B.

## July 28th:

Judy W.  
Anne L.

## July 29th:

Ann B.  
Gary G.  
Karen F.

## July 30th:

Karen A.  
Nicole D.  
Daniel S.

## July 31st:

Lynne w.  
Gene L.

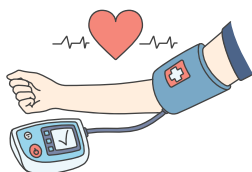


## Blood Pressure Check

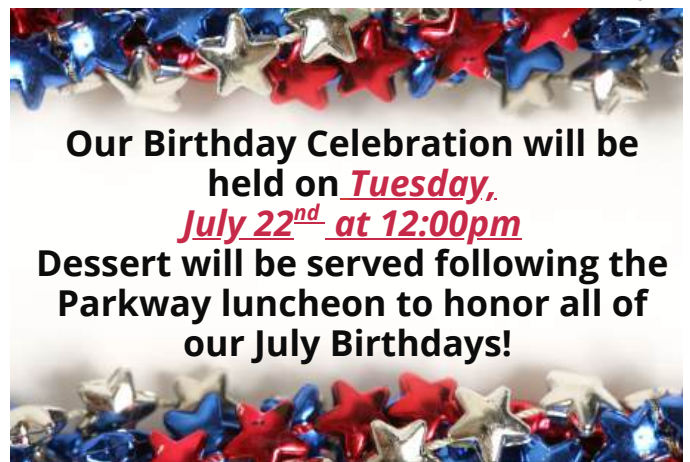
Don't forget that Ann Maggio, RN  
will be here on

**Tuesday, July 22nd**  
**11:30am- 12:30pm**

to perform blood pressure checks!



## Birthday Celebration



Our Birthday Celebration will be  
held on **Tuesday,**  
**July 22nd at 12:00pm**

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









# 2025 Outdoor Concert Series



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

**July 3rd** - Windham Concert Band (Patriotic & Broadway songs)

**July 10th** - Dee Reilly (Classic Country Songs with a Celtic Twist/sponsored by Tina Toohey)

**July 17th** - Jimmy Mazz Variety Show (Ballads to Rock Anthems/sponsored by Angel Connections)



**July 24<sup>th</sup>** - The Score (Timeless Party Rock Dance Tunes)

**July 31st** - Sazzy Brass (Traditional Jazz meets Rhythm & Blues)

**Aug 7th** - Afterglow Party Band (Hit songs 1980s - 2000s)

**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 Rd.*

*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**





# Somers Senior Center Registration Form – JULY 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:

June 26th FOR SOMERS RESIDENTS AND July 1st 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:** \_\_\_\_\_

