

# Somers Senior Center May 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](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)  
Mary-Ellen Matarazzo, Coordinator [mmatarazzo@somersct.gov](mailto:mmatarazzo@somersct.gov)  
*Dial-a-Ride Drivers*  
Gary Hunter, Renee Mullett, Pat Perry and Scott Sfredo



*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)  
Christina Hurdle, Social Services Coordinator  
[CHurdle@somersct.gov](mailto:CHurdle@somersct.gov)  
Aiden Matthews, Youth Services Coordinator  
[AMatthews@somersct.gov](mailto:AMatthews@somersct.gov)



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## CLOSINGS & CANCELLATIONS

The Senior Center will be closed on **Monday, May 27th** in observance of Memorial Day. No coffee talk/chair aerobics on **Friday, May 10th** and no coffee talk on **Friday, May 24th**.



860-763-4379 ~ [www.somersct.gov](http://www.somersct.gov) ~ Like us on Facebook!





# Somers Human Services



Call Somers [Human Services at 860-265-7551](tel:860-265-7551) 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**



**Tuesday, May 28th, from 8-11am**



## Renters Rebate 2024

Starting April 1st you can apply for the Renters Rebate Program. If you are 65 years or older, rent and your income is less than \$43,800 (single person) or less than \$53,400 (two people), you may be eligible for this program. All required documents must be for 2023.

## Energy Assistance



If your annual income is less than \$41,533 (single person), \$54,338 (two people), you may be eligible for energy assistance.



## 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 noon and from 6pm to 7pm.

Mobile Food Pantry from Connecticut Food Share visits Champ's Place every other week, starting Wednesday, January 3rd from 1:00pm 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 - available for SNAP, Medicaid & Qualified Medicare Beneficiary (QMB)

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





# Senior Center Updates



**NEW CORNHOLE & COFFEE** Now that the warmer weather is upon us, gather your friends or make some new ones and come and learn how to play Cornhole while enjoying your morning coffee. Begins **Thursday, May 16th at 9:30am.**

**NEW HAIR CUTS AND BEARD TRIMMING!** Need a haircut or beard trimming but don't want to pay a hefty price? Make your appointment with us and come meet Lynn Shea, a licensed & insured hairdresser who will be at our Senior Center every 6-weeks starting on **Monday, May 13th.** See page 6 for cost and more information.

**NEW GRIEF SUPPORT** We are very pleased to offer a Grief Support group with Karla Vince from the Visiting Nurse & Health Services of Connecticut. This six week session will meet for 1-hour on Mondays beginning **Monday, June 3rd at 10:30am.** Please call (860)763-4379 for more information.

**NEW DAY & LOCATION FOR FIT & FUN** Fit & Fun will move to Thursdays, at 9:00am inside the Kibbe Fuller Gym starting May 2nd!

**PARKING** We are so happy that so many members are attending events at the Senior Center. As such, we want to reiterate that due to limited parking, we ask that you utilize the parking lot at Kibbe Fuller at 619 Main Street when possible to allow those who are disabled or unable to walk from Kibbe to park in spots at the Senior Center. Also, please remember that there is no parking behind the senior center and that it is one way.

## **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, 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. **Class held outside at SC or inside Kibbe Fuller Gym.**

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

**“Fit & Fun“ Fitness- Thursdays, 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. **Class held inside Kibbe Fuller Gym.**



**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! **Class held inside Kibbe Fuller Gym.**

**Cornhole & Coffee - Thursdays 9:30am \*\*FREE\*\*** 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 an easy game to play, regardless of 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. **Must register with the Sr. Center & complete a Waiver Agreement if you wish to play.**



## Groups & Activities

- **Art Group- Mondays, 10-11:30am \*\*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!**
- **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 \*\*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!**
- **Senior Learning Network- Tuesdays, 2-3:00pm \*\*FREE\*\*** Live video conferencing technology to deliver life-long learning programs. **Programs on Page 9.**
- **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



Visiting Nurse & HEALTH SERVICES OF CONNECTICUT

**"Importance of Sleep" w/ Sandra Wood**  
**Wednesday, May 1st**  
**10:30am**

Sandra Wood will be back continuing her monthly info sessions. She will discuss the importance of sleep, getting to sleep and how to stay asleep.



**Terrarium Class**  
**Wednesday, May 22nd 11:00am, \$8/pp**

Want to add a little greenery to your home? Pam Caso will show us how to make a low maintenance terrarium that you will be able to take home! Limited spots so sign up quickly!



**Cakepops!!**  
**Wednesday, May 8th,**  
**10:00am**

Tantalize your sweet tooth and make cake pops! Bluebird Estates will show us how!

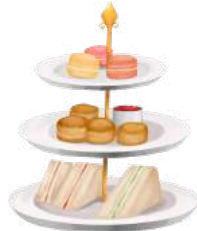
holiday by ATRIA SENIOR LIVING BLUEBIRD ESTATES

**SENIOR HEALTH & FITNESS LUNCH**  
**Friday, May 24th**  
**11:30am**  
**\$3/pp**

To recognize National Senior Health & Fitness Day, please come and join our Friday morning Chair Aerobics class and then stay for a freshly made healthy lunch!



**Mother's Day Luncheon & Tea**  
**Friday, May 10th 11:00am**  
**\$3/pp**



Join us to celebrate Mother's Day with a luncheon & tea. Wear your Favorite Hat, or if you made a Hat Fascinator at our April craft class, we would love to see it! Not just for mothers, ALL ARE WELCOME!



**BRUNCH BUNCH**  
**Wednesday, May 29th**  
**9:30am**  
**\$5/pp**



Start your day off at the Country Diner in Enfield for a hearty breakfast! Then on to the Fannie Stebbins Memorial Wildlife Refuge in Longmeadow, MA for some bird watching. Bald eagles, pileated woodpeckers, herons, ducks, swans, hawks and owls all have been seen at the refuge. Should there be inclement weather the trip will be for breakfast only.





# Personal Care

## FOOTCARE SERVICES

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

**Dates Available:**

May 23rd

June 27th

July 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**



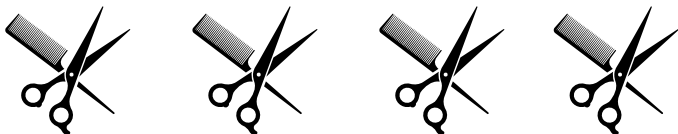
## HAIR CUTS/BEARD TRIMMING

Monday, May 13th

Appointments must be made in advance by calling the senior center at 860/763-4379.

Appointments are every 15 minutes beginning at 12:30pm for basic water bottle haircuts (men/women) and beard trimming.

**\$15 cash only at time of service.  
NO WALK-INS**



# With Thanks



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

Anonymous, Ron & Charlene Biathrow, Sarah Bourque, Joan Lange, Pat Lemieux & Carol Shuckerow

*Thank you*

# Somers Senior Citizen's Club



**SOMERS SENIOR CITIZEN'S CLUB PRESENTS**

Wednesday, May 15th

11:45am-1:15pm

Pasta w/ Meatballs, Zucchini Squash, Rolls & Butter and Cupcakes 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**

**OLDER AMERICANS MONTH**



POWERED BY CONNECTION: MAY 2024



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being and the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.







# Meal Events

## Home Helpers® Luncheon

Wednesday, May 1st  
12:00pm

**Space is Limited**  
**Sign up by April 26th**



## Mother's Day Luncheon & Tea

Friday, May 10th, 11:00am

**Sign up by May 8th \$3/pp**



Wear your favorite hat and join us for lunch & tea!

## BRUNCH BUNCH

Wednesday May 29th

**Space is limited - \$5/pp**

Breakfast at the Country Diner followed by bird watching at the Fannie Stebbins Memorial Wildlife Refuge.



## Birthday Luncheon

Tuesday, May 28th  
12:00pm

**Sign up by May 22nd**



# 2024 Piedmont Photography Show

Opening Reception - Sunday, May 5th

1:00-3:00pm

**AWARDS AT 1:30PM**

Piedmont Hall, 604 Main Street

Sponsored by the Somers Cultural Commission this show features amateur and professional photographers exhibiting works in black & white, full color & altered images. All works are juried for prizes with the top prize being \$500!

### Show Hours:

May 9 - 12 10:00am - 2:00pm

May 16 - 19 10:00am - 2:00pm



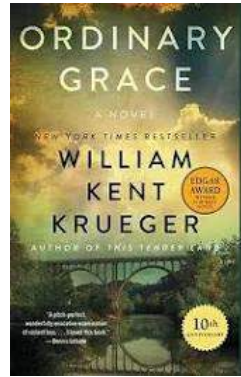
# Book Club



## Book Club with Somers Librarian Coordinator Allison Rief

Thursday May 17th  
3:00pm

## Ordinary Grace by William Kent Krueger



The Minnesota River flows through the countryside, the town barber knows everyone's name, and folks dutifully attend church every Sunday. But that serenity is thrown into turmoil as a series of tragic deaths lead thirteen-year-old Frank Drum and his family on a hunt for terrible truths.

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

# Movie Time!



Wednesday  
May 8th, 12:00pm

Sandy (Jennifer Aniston) is a stressed-out, single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse (Kate Hudson) is a fitness freak who doesn't tell her parents that she has a family. Bradley is a widower (Jason Sudeikis) who's trying to raise two daughters on his own, while Miranda (Julia Roberts) is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning.



Rated PG-13  
Comedy/Romance • 1h 58m





# Day Trips



The Somers Senior Center is pleased to offer the following trips! First come, first serve 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

June 21, 2024 - Newport Flower Show at Rosecliff Mansion, Newport, RI - \$122/pp

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

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

October 8, 2024 - The Turkey Train, Winnepesaukee Railroad, NH. Enjoy a homestyle turkey lunch on a nostalgic train ride along the shore of Lake Winnepesaukee and end at Kellerhaus for delicious ice cream & shopping! - \$172/pp



# Somers Public Library



## Movie Matinees at the Library Fridays - 1:00pm



May 17th  
"Rocketman"



May 31st  
"Ordinary  
Angels"



May 24th  
"Hello, My  
Name is Doris"

## 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  
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.**

## May 7: Star Lore of the Ojibwe- Treworgy Planetarium Mystic Seaport

(Includes a NIGHT SKY UPDATE with Brian! ( an SLN favorite! ) This show will explore the star lore of the Ojibwe, a First Nations tribe living in the Great Lakes Region of southern Canada and the Midwestern United States. We will discover the



elements that make up the traditional ecological knowledge of the Ojibwe, to see how they incorporate their cultural values into creating an understanding of the world around them.

## May 14: Great Basin National Park Foundation

The Great Basin National Park Foundation passionately works to enhance, preserve, and interpret the starry night skies, wide-open scenery, cultural heritage, and diverse native ecosystems of Great Basin National Park. Our presenters will share an overview of the diverse aspects of this stunning park, as well as a glimpse into the Dark Skies!



## May 21: FDR the Hobbyist! FDR Presidential Library and Museum

"I owe my life to my hobbies—especially stamp collecting"—Franklin D. Roosevelt  
Let's join another one of our favorite presenters, Jeff, as he shares a new topic with us about FDR! FDR was a man with many interests and the means to pursue them.



He loved to hunt, fish, plant trees, sail and he collected stamps, books, and birds!

We will be looking at reproductions of some of his ship models, naval prints, book collection, and photos of the original "Oddities" exhibit, as well as a map of FDR's tree farm .

## May 28: Plaza of Presidents at the National Museum of the Pacific War

The massive scale of World War II is illustrated at the Plaza of Presidents, a stunning tribute to the 10 American presidents who served in various ways during WW II. We will be joining our friend Bryan,( yet another favorite! ) at The Plaza of the Presidents outside the museum, which features ten monuments honoring these presidents: President Franklin D. Roosevelt and Harry S Truman ( Commanders-in-Chief) Presidents Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James E. Carter, Jr., Ronald Reagan, and George H. W. Bush who served in uniform. Join us as we learn about their different connections to WWII.





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



## May 1st:

Anne W.  
Rita C.  
Anne H.  
Everett M.

## May 2nd:

Marjorie M.  
Elizabeth D.  
Robert C.  
Donna P.

## May 3rd:

Mary-Ellen M.

## May 4th:

Nancy M.  
Roselie B.

## May 5th:

James S.  
Constantin T.  
Mary Ellen D.  
Mary B.  
Richard T.  
Raymond H.  
Edward B.  
Gertrude C.

## May 6th:

Lucille G.

## May 7th:

Ronald P.  
Lynne R.  
Patricia D.  
Susan G.

## May 8th:

Brenda D.  
Cathy M.

## May 9th:

Kevin R.  
Darlene F.  
Tadeusz S.

Patricia D.  
Ruth DeB.

## May 10th:

Alise E.  
Marjorie DeL.

## May 11th:

Richard T.  
Shirley S.  
Shirley D.  
Wayne K.  
Adreana S.

## May 12th:

Anne C.  
Linda LeC.  
Michele M.  
Betty C.

## May 13th:

Cecilia N.  
John D.

## May 14th:

Margareta S.  
Susan J.

## May 16th:

Sandra B.  
Raymond O.  
Mary L.

## May 17th:

John S.  
Henry B.  
Karen C.

## May 18th:

Bryan D.  
Lynette C.  
Linda B.

## May 19th:

Clementina C.  
Sharon S.

## May 20th:

Lawrence C.  
Kathy L.

## May 21st:

Skip C.  
David R.  
Sandra G.

Robert D.  
Marilyn S.

Eugene S.  
Daniel W.

Maureen P.  
David M.  
Walter Y.

## May 22nd:

Barbara F.  
Janet B.

## May 23rd:

Lolita K.  
Carole J.  
Mary McC.

## May 24th:

Henry G.  
Judy LaM.  
Thomas M.  
Robert M.

## May 25th:

Geraldine J.  
Renee P.  
Brian W.  
Betty K.

## May 26th:

May R.  
John C.  
Thomas F.

## May 27th:

Joan K.  
Stanley W.  
Hazel B.

Jacklyn R.  
Diane McG.

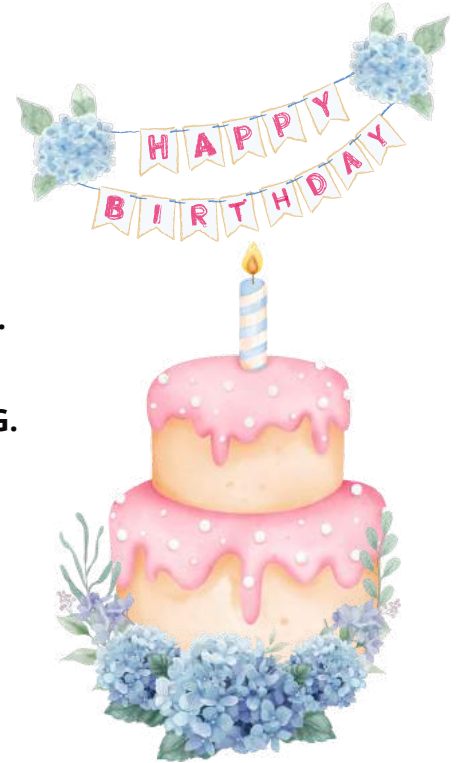
## May 28th:

Diane M.  
Pamela H.

## May 29th:

Kathy Y.  
Joan C.  
Liat P.

Sheila R.  
Kathy Y.  
Melissa M.



## Save the Date!

**June 4th - Tour of Oakridge Dairy in Ellington & ice cream stop at "The Scoop".**

**June 12th - Annual Somers Senior Center's "Welcome Summer BBQ" w/ live entertainment!**

**June 27th - Slipaway River Tour: Board a pontoon style boat and enjoy a lazy afternoon on the CT River!**

## Birthday Celebration



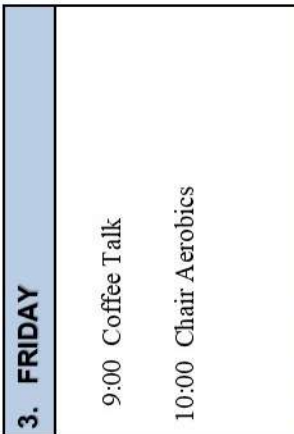
Our Birthday Celebration will be held on Tuesday, **May 28th at 12:00pm**

Cake will be served following the Parkway luncheon to honor all of our members who have a May Birthday!





# MAY 2024

	<p><b>1. WEDNESDAY</b> Spa Services (By Appt.)  10:30 Sandra Wood (VNHSC)- Presentation on Sleep 11:30-12:30-BP/BG Screening 12:00 <u>Home Helpers Lunch</u> 1:00 Dominoes</p>	<p><b>2. THURSDAY</b> 9:00 Fit and Fun @Kibbe 10:00 Stretching with w/Keely 12:00 Bingo 5:30 Bridge</p>	<p><b>3. FRIDAY</b> 9:00 Coffee Talk 10:00 Chair Aerobics</p>
<p><b>6. MONDAY</b> 9:00 Qigong 10:00 Art Group 11:00 Scrabble 1:00 SKYJO Card Game</p>	<p><b>7. TUESDAY</b> 9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game 2:00 Senior Learning Network</p>	<p><b>9. THURSDAY</b> 9:00 Fit and Fun @Kibbe 10:00 Stretching with w/Keely 12:00 Bingo 5:30 Bridge</p>	<p><b>10. FRIDAY</b>  <b>NO COFFEE TALK</b> <b>NO CHAIR AEROBICS</b> 11:00 Mothers Day Lunch/Tea Time - \$3.00 pp</p>
<p><b>13. MONDAY</b> 9:00 Qigong 10:00 Art Group 11:00 Scrabble 12:30 <b>Haircuts (by Appt)</b> 1:00 SKYJO Card Game</p>	<p><b>14. TUESDAY</b> 9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game 1:00 <b>Senior Advisory Meeting</b> 2:00 Senior Learning Network</p>	<p><b>16. THURSDAY</b> 9:00 Fit and Fun @Kibbe 9:30 Cornhole Game 10:00 Stretching with w/Keely 12:00 Bingo 5:30 Bridge</p>	<p><b>17. FRIDAY</b></p>
<p><b>20. MONDAY</b> 9:00 Qigong 10:00 Art Group 11:00 Scrabble 1:00 SKYJO Card Game</p>	<p><b>21. TUESDAY</b> 9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game 2:00 Senior Learning Network</p>	<p><b>23. THURSDAY</b> <u>Foot Care (By Appt.)</u> 9:00 Fit and Fun @Kibbe 9:30 Cornhole Game 10:00 Stretching with w/Keely 12:00 Bingo 5:30 Bridge</p>	<p><b>24. FRIDAY</b>  <b>NO COFFEE TALK</b> 10:00 Chair Aerobics <b>11:30 - Senior Health and Fitness Lunch - \$3.00 pp</b></p>
<p><b>27. MONDAY-CLOSED</b>  Our office is CLOSED in observance of <i>Memorial Day</i></p> 	<p><b>28. TUESDAY</b> <u>8:00-11:00 Human Services</u> 9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game <u>12:00 Parkway Birthday Lunch</u> 2:00 Senior Learning Network</p>	<p><b>30. THURSDAY</b> 9:30 Fit and Fun @Kibbe 9:30 Cornhole Game 10:00 Stretching with w/Keely 12:00 Bingo 5:30 Bridge</p>	<p><b>31. FRIDAY</b> 9:00 Coffee Talk 10:00 Chair Aerobics</p>





## Department of Veteran's Affairs



SEEK OUT  
your earned  
BENEFITS  
for your  
MILITARY service  
to America!



Attention  
All Military  
Veterans

Town of Somers  
Department of Veterans Affairs  
600 Main St., Somers, CT 06071  
Office: 860-272-4207 Cell: 860-604-0634  
Fax: 860-763-8228 Veterans@SomersCT.gov  
www.SomersCT.gov/VeteransAffairs

### Memorial Day is Monday, May 27th

In addition to those we lost, let's be sure to recognize and thank those who fought so bravely for our freedom.



## Grief Support

We are very pleased to offer a Grief Support group with Karla Vince from the Visiting Nurse & Health Services of Connecticut. This six week session will meet for 1-hour beginning Monday June 3rd at 10:30am. You may call us for more information at (860)763-4379.



## 2024 Outdoor Concert Series



Mark your calendars! The Somers Cultural Commission's Outdoor Concert Series is returning! The first concerts of the season are:

May 18, 2024 - A Ray of Elvis (R&R)



May 25, 2024 - Ethel Lee Ensemble (Jazz)

June 1, 2024 - Six Pack of Blues (Blues)

Concerts are **1:00-3:00pm** 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.*

## Somers Town-Wide Tag Sale



### SOMERS TOWN-WIDE



**SAT, MAY 4TH**

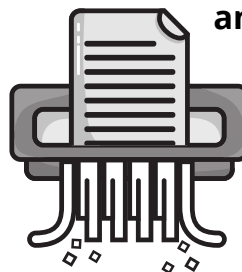
APPLICATION AVAILABLE ON TOWN OF SOMERS WEBSITE: [WWW.SOMERSCT.GOV](http://WWW.SOMERSCT.GOV)

## Town Shred Day



Saturday, June 8, 2024

Beginning at **9:00 am until noon** in the parking lot behind Town Hall. The event is an opportunity to dispose of older documents for both Town departments and residents.



All paper clips and staples must be removed prior to shredding. Thank you.





# Somers Senior Center Registration Form - May 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 FRIDAY, APRIL 19th FOR SOMERS RESIDENTS AND THURSDAY, APRIL 25TH 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:** \_\_\_\_\_

