



Somers Senior Center November 2026 Newsletter



Somers Senior Center

19 Battle Street, Somers CT 06071

860-763-4379

Mon-Thurs 8am-3pm, CLOSED FRIDAYS

Samantha Charette, Director of Rec & Leisure
scharette@somersct.gov

Donna Richardson, Supervisor drichardson@somersct.gov

Pamela Caso, Administrative Asst. pcaso@somersct.gov

Darlene McCray, Program Coordinator dmccray@somersct.gov

Dial-a-Ride Drivers

Gary Hunter, Richard Locatelli, 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

Jen Griger, Prevention Coordinator

jgriger@somersct.gov

Ellen D'Angelo, Youth Services Coordinator

Edangelo@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!



CLOSINGS & CANCELLATIONS

We will be closed on Wednesday November 11th and Thursday November 26th in observance of Veteran's Day and Thanksgiving Day
No Qigong or Art Group on Monday November 9th



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Somers Human Services



Champ's Place Food Pantry

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



Mobile Food Truck

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

Wednesday, November 4th & November 18th 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.



Medicare Open Enrollment

Please call the North Central Area on Aging at 860-724-6443 to make an appointment with a CHOICES Counselor. Callers will select their preferred language, and then Option 3 for insurance, benefits, and CHOICES.

Medicaid, SNAP – Questions and application assistance should be directed to the Connecticut Department of Social Services at 855-626-6632.



Call Human Services at 860-265-7551, option 1 to make an appointment for any services noted below:

Connecticut Energy Assistance Program (CEAP) - Must be a Somers resident!

Income limits: \$48,714/singles; \$63,703/married. Must provide the following: Proof of income (such as Social Security award letter, 1099R for pension, etc.), recent Eversource bill in the applicant's name, and a bill or statement from the heating vendor including the account number.

Generation Power CT - Emergency one-time assistance w/deliverable fuel (oil, propane, wood, pellets) in the form of a \$500 grant. One delivery within 30 days of approval. Income limits: \$56,882/singles; \$74,384/couples. **MUST** be out of fuel or have less than ¼ tank or equivalent. Application windows: Dec. 1st-15th, 2026 & Mar. 1st-15th, 2027.

Meals-on-Wheels - Available for homebound seniors who are 65 or older.





Senior Center Updates



QUOTE OF THE MONTH:

***"Let gratitude be the pillow upon which you kneel to say your nightly prayer."
~Maya Angelou~***

CT. state department of Aging & Disability Services' Bureau of Aging needs you:

Connecticut's next State Plan on Aging is in the works, and they want to hear from you. They are holding community listening sessions across Connecticut. Older adults, caregivers, service providers, community partners, and others are invited to share their ideas and experiences by attending a session. Register for the virtual statewide session on Monday November 23, 2026 by calling 860-424-5284 or online at portal.ct.gov/ADS-CTSTATEPLAN

SENIOR ADVISORY:

The Senior Advisory Committee will meet on Tuesday **November 10th at 1:00pm** at the Somers Senior Center.

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 & what they are working on? Be sure to follow the **Town's Meeting Schedule**. All Board of Selectmen, Board of Finance, Zoning Commission & 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 & watch here!

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

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

YouTube Fitness w/Jules- Mondays, 1:00pm at Sr.CenterFREE**** Low impact, seated cardio workout to improve heart health, boost energy, and burn calories without stress on the joints.

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

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

Tap Dancing Lessons- Tuesdays, 11am-12pm Kibbe Fuller Gym **FREE** Do you love to tap dance or want to learn how? Dance instructor, Laurie Nash, will hold this fun class! Some tap shoes are available for use!

Balance Fitness Fun with Angela-Wednesdays, 10am Kibbe Fuller Gym - \$4/class. Sign up & payment can be made at Sr. center or day of class. Learn standing balance exercises & seated strength exercises while playing great music from across several genres. Resistance bands & light weights provided for entire body workout & instructor will accommodate your unique goals.

Stretching w/ Keely-Thursdays, 10am Kibbe Fuller Gym - \$4/class. Sign up & payment can be made at Sr. Center or day of class. Dim the lights & listen to meditation music as you learn basic yoga type stretch moves while sitting or standing.

Pickleball- Tuesdays and Fridays, 9-11:00am **FREE Weather permitting. Tennis courts at Field Road Park.** Four courts and paddles provided. New & experienced players welcome. **Must register with the Senior Center and complete a Waiver Agreement if you wish to play.**



Games, Groups & Activities

Art Group- Mondays, 10-11:30am

All mediums welcome. Bring your own ideas and supplies.

Scrabble- Mondays, 10:00am, Will teach!

Bring a friend and enjoy exercising your brain!

SKYJO- Mondays, 12-2:00pm 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 & Thursdays, 9-10:00am

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

Rummikub- Tuesdays, 11-2:00pm, 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!

Hooked on Books Club- 3rd Tuesday of the month, 1-2:00pm See Page 7 for more details.

Veterans Coffee Talk- 1st & 3rd Wednesday of the month, 9-10:30am Join fellow Vets from any branch of service for coffee & light breakfast items in a casual & unstructured setting.

Dominoes- Wednesdays, 12-2:00pm

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 outdoors only - weather permitting.**

Bingo- Thursdays, 11:30-2:30pm, 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



PAINTING WITH SANDY

Wednesday, November 4th
11:00am

\$15/pp Includes all materials

PLEASE NOTE: Starting January, 2027
class price will increase to \$20/pp

Artist Sandy Poirier will
instruct this acrylic
painting workshop.



CRAFT CLASS WITH DARLENE

Monday, November 16th
11:00am-/\$5pp



Join Darlene as she shows
you how to make this
adorable winter tablepiece
for the holidays and
winter months!

VETERANS DAY BREAKFAST

Monday, November 9th
10:00am



Let us all come together to
honor our Veterans with a
delicious breakfast from The Ivy!



MONTHLY LUNCH BUNCH

Tuesday, November 17th
11:00am-/\$5pp (transportation only)

Enjoy lunch at MGM Springfield and
try your hand at the slot machines
or poker!



ICE CREAM SOCIAL sponsored by
EVERGREEN HEALTH CARE CENTER
IN HONOR OF "WORLD KINDNESS DAY"

Tuesday, November 10th
11:30am



**"BE COOL AND SWEET
TO ONE ANOTHER"**

HEALTHY COOKING WITH CHEF NIKIA

Tuesday, November 17th
1:00-/\$20pp

Grow, Eat Well & Thrive!! Come join us for a
lively cooking lesson ~ Mediterranean
Nutrition & Healthy Eating, Planting your
own herb & vegetable garden, prepare a
healthy mediterranean recipe and take
home tips!



BEGINNER MAHJONG!!

Thursday, November 5th
9:00am

We are very excited to offer
beginner Mahjong! If you have
ever wanted to learn how to
play please join us!!



Class is
limited and
NO walk ins

ALZHEIMERS & CIDER DONUTS COFFEE TALK

Thursday, November 5th
9:00am

Alzheimer's Awareness Month is a time to
heighten awareness and show support for
more than 6.2 million living with this disease.
Karla Vince from Hartford Healthcare will talk
about this important topic. Wear the color teal
to show your support while enjoying apple
cider and apple cider donuts from
Johnny Appleseed's Farm!



Hartford HealthCare
at Home
Connect to healthier.™



"ASK THE ATTORNEY" (By Appt. Only)

Wednesday November 18th 10:00am



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 20-minute appointment** for this
informational session.





Personal Care

FOOTCARE SERVICES

Foundations Foot Care, LLC provides footcare services every month! Please call the Senior Center to make your appointment.

\$45 payable to Nurse at time of service (cash, check or charge).

Dates Available:

Nov 18th

Dec 16th

Dec 17th



SPA SERVICES

The Senior Center offers spa services by MA Licensed Tech Diane Neill. First Tuesday & 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

CHAIR MASSES BY CASEY

Monday, November 9th
9:00am-Noon
(By Appointment Only)
\$15 for 15 minutes
(paid at time of sign up)

Enjoy a relaxing chair massage with a licensed and insured massage therapist Casey Evans. Please call the Senior Center to make your appointment.



Donate to Champs Place



This is the season of giving and what better way than to help out our local food pantry Champs Place located at the Somers Congregational Church.

Items in need are nonperishable "Holiday" sides such as: stuffing mix, cranberry sauce, corn, green beans, gravy, pie filling, sweet potatoes, new potatoes, French-fried onions, & condensed cream of mushroom soup.

Drop offs can be made at the Somers Senior Center or at Somers Human Services Department.



World Kindness Day



Lets spread Kindness throughout the month of November!

November 13th is World Kindness Day and the official theme for "2026" is "One Day To Every Day". Instead of performing a kind act to 'tick the box', we invite you to consider a different approach. You don't have to change your life to make a difference. Just change one moment.

- Say thank you • Check in on someone
- Give someone your full attention
- Do something helpful without being asked
- Notice someone whose contribution often goes unnoticed
- Give a little time, encouragement or kindness

And here's the game changer ... do it again the next day ... and the next day . One day.... One small act.... Every day....

What will you start on World Kindness Day?





Meals & Events

Home Helpers®

Tuesday, November 3rd
12:00pm



**VETERANS DAY
BREAKFAST**

Monday Nov 9th
10:00am

Honor our veterans
and enjoy a
delicious breakfast
by The Ivy.



ICE CREAM SOCIAL

Tuesday, Nov 10th 11:00am

It's World Kindness
Week! "Be Cool & Be
Sweet to one another"
with friends & ice
cream!



MONTHLY LUNCH BUNCH
Tuesday Nov 17th
10:00am/\$5pp (transp only)



BIRTHDAY LUNCH

Tuesday, Nov 24th
12:00pm



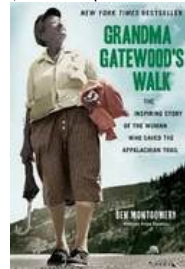
"Hooked on Books" Book Club



Book Club

Tuesday November 17th 1:00pm

"Grandma Gatewood's Walk"
by Ben Montgomery



Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than two hundred dollars. The next anybody heard from her, this genteel, farm-reared, sixty-seven-year-old great-grandmother had walked 800 miles along the 2,050-mile

Appalachian Trail. By September 1955 she stood atop Maine's Mount Katahdin, sang "America, the Beautiful," and proclaimed, "I said I'll do it, and I've done it." Driven by a painful marriage, Grandma Gatewood not only hiked the trail alone, she was the first person—man or woman—to walk it twice.

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 ELDER - 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!

Season of Giving



TOWN EMERGENCY FUND - Help us ensure that every home in Somers stays warm this winter.

The Town Emergency Fund can help keep the lights on & warmth during our coldest days. Your tax-deductible gift can be made payable to: Town Emergency Fund, Contributions can be mailed or dropped off at Somers Human Services, 619 Main St. Somers, CT 06071. Please call 860-776-0214 for more information.



STUFF A CRUISER - Stuff a Cruiser at the Somers Police Department will start collecting toys, games, and fun crafts starting the week after Thanksgiving. Please drop off new, unwrapped toys...just stuff them in the cruiser in front of the Police Station. Gift cards also accepted at Somers Human Services, 619 Main St.



Somers Senior Citizen's Club Luncheon

You Must Call Dan Fraro to sign up!

**Wednesday, Nov 18th
@ 11:45am**

Enjoy a slice of cheese or pepperoni pizza along with fresh fruit salad and a fudge brownie 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**



Veterans Coffee Talk

**VETERANS COFFEE TALK AT
THE SOMERS SR. CENTER**
WEDNESDAY NOV 4TH & NOV 18TH
9:00AM-10:30AM



JOIN THIS GROUP FOR VETERANS, VETERAN'S SPOUSES & THEIR SUPPORTERS WHO MEET FOR COFFEE & LIGHT BREAKFAST GOODS.

WE ENCOURAGE FRIENDSHIP, SUPPORT & RESOURCES FOR VETERANS FROM ANY BRANCH OF SERVICE. THESE MEETINGS ARE IN A CASUAL AND UNSTRUCTURED SETTING.

Somers Public Library



**"Barb & Star Go to
Visit Del Mar"
Nov 6th**



**"The Good Liar"
Nov 13th**



**"Witness for The
Prosecution"
Nov 20th**

**There will be no movie on Friday November 27th
due to the Thanksgiving Holiday...**

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 | 860-763-3501



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

Nov 1st:

Kim B.
Joyce A.
Donald P.

Nov 2nd:

Mary L.
Mary T.
Priscilla S.
Gladys N.

Nov 3rd:

Tom S.
Anthony S.

Nov 4th:

Carin G.
Patricia P.
Christina B.
Deanna W.
Steven N.
Kathy C.
Marjorie M.

Nov 5th:

Marilyn P.
Diane S.
Rodney N.
Theodore C.

Nov 6th:

Janet S.
Georgene J.
Christina S.

Nov 7th:

Sharon N.
Catherine D.

Nov 7th:

Karl K.
Luping P.
Gail W.
James R.

Nov 8th:

Jeri St. J.
Monique L.

Nov 9th:

Neil C.
Steven L.
Shirley C.
Ann G.

Nov 10th:

Jordan C.
Matilda C-R.
Timothy S.
Virginia S.
Clara K.
Michael C.

Nov 11th:

Jeninne P.
Janene B.
Raymond R.
Rosemary H.

Nov 12th:

Paul H.
Janet St. L.
Michael D.
Shanta S.
Paulette G.

Nov 13th:

Judith O.
Velma H.
Roland H.
Karen S.
Donna M.

Nov 14th:

Rick C.
Kare H.
Patricia H.
Angela T.

Nov 15th:

Betty Jean K.
Walter K.

Nov 16th:

Eileen H.
Francis R.
Cynthia R.
Patricia T.
Fred W.
Conrad M.
Joanne McD.

Nov 17th:

Anna J.
Earl B.
William H.

Nov 18th:

JoAnn T.
Constance L.
James G.
Janet T.

Nov 19th:

Hesiquia A.
Susan C.
Patricia B.
Phyllis R.
Lawrence D.

Nov 20th:

Donna M.
Eric C.
Patricia M.
Kim H.

Nov 21st:

Barbara E.
Claudia M.
Linda B.
Kathleen D.
Karen T.
Robert M.
Tammy B.

Nov 22nd:

Carol K.
Gregory E.
Ellen F.
Roxanne R.
Laura R.
Mark T.
Rena F.

Nov 23rd:

Ralph W.
Debra B.
Anita T.
Michelle D.
Dorothy L.

Nov 24th:

Friedl W.
Geraldine B.
Diane B.
Diane P.
John C.
Jeff E.
Ava Z.
Patricia E.

Nov 25th:

Ann L.
Robert B.
Jeane R.
Rosetta A.
William K.
Daniel B.

Nov 26th:

Joyce F.
Rita M.
Shawn S.
Jane D.

Nov 27th:

Elizabeth P.
Ann Y.
Ruth L.

Nov 27th:

Robert D.
Patricia V.
Karen B.

Nov 28th:

Elizabeth A.
William R.
Catherine H.
Scott G.

Nov 29th:

Thomas B.
Margaret B.

Nov 29th:

Pat B.
Lloyd M.
Gottfried K.
Thomas H.
Diana C.

Nov 30th:

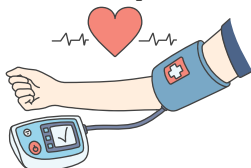
Norma S.
Dolores K.
Irene C.
Raymond D.
Stanley L.
Maria O.
Elena D.
Michael K.
Betty W.

Happy Birthday!



Blood Pressure Check

Don't forget that Ann Maggio, RN will be here on **Tuesday, November 24th** **11:30am- 12:30pm** to perform blood pressure checks!



Birthday Celebration

Our Birthday Celebration will be held on **Tuesday, November 24th** **12:00pm**

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





Medical Equipment Shed

Do you or someone you know need any free durable medical equipment?

Please always check with your senior centers first before you buy it! We have walkers, rollators, tub benches, shower chairs, bedside toilets, and other items. We have very limited space, so we do ask that you please call 860-763-4379 if you should need something or would like to donate.

Day Light Savings Ends Nov. 1st!



Remember to turn your clocks back **1 hour!** This is also a great time to change the batteries in your smoke and carbon monoxide detectors.

Did you know that the **American Red Cross** can install **FREE** smoke alarms in your home? This **FREE 20-minute visit** will provide simple steps you can take to protect yourself against fire.

All demonstration/installation services performed by **American Red Cross** trained volunteers and/or licensed/insured professionals.

Call (877)287-3327 and choose option "3"

Inclement Weather

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/cancelled. Please tune into WFSB Channel 3 or NBC 30 and look for "Somers Senior Center" for up-to-date information on delays/closings



Grateful, Thankful & Blessed....

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

Sarah Bourque, Ann Hancock & Jennifer Pilton

Ron & Charlene Biathrow, Ann Levesque
in memory of Martha Fagan...

Nancy O'Konis
in memory of Sandy Balaska...

THANKFUL

In this season of Thanksgiving, we could not go without recognizing all of the wonderful sponsors, instructors, & volunteers that support us by providing programs & meals. They are an integral part of the Senior Center & we are truly grateful for their time, efforts & most of all, their friendship.

All American Assisted Living
Audra, Val & "Chef Kathy"

Home Helpers
Nicole Matson

The Parkway Pavilion
Janine Lancaster

The Ivy
Amanda Slack, Lindsay Redin
Hartford HealthCare at Home
Karla Vince, Holly Zambrello

Class Instructors
Angela, Keely, Laurie, & Sandy

Kraner & Hess, Attys at Law



Ann Magio, RN
Geissler's



All of our Wonderful Senior Center Volunteers!



December Events



HOLIDAY FESTIVAL Saturday, December 5th

We hope you're getting ready and looking forward to a magical evening with the community! We'll have plenty of cookies, hot cocoa, and festive music to help get everyone into the holiday spirit.

Be sure to mark your calendars and invite your friends and family to join in the fun – the more, the merrier!

More details will be coming soon — we can't wait to celebrate with you!



"KC SISTERS" Holiday Concert Sunday, December 6th 2:00-3:30pm

Come & enjoy this fabulous group of four sisters for a holiday concert at the Somers Congregational Church!

Free admission but donations gladly accepted. All proceeds will benefit the Somers Emergency Fund.
Sponsored by the Somers Cultural Commission

JOIN US FOR A
New Year's
EVE PARTY

DECEMBER **31** AT 11:30 AM
(SNOW DATE JANUARY 7, 2027)

At Joanna's Cafe & Banquet Hall
Hosted by
The Somers Senior Center

Senior Center members ages 55+ only
\$15/pp for Somers Residents starting Oct. 26th
\$20/pp for Non Residents starting Nov. 16th
Semi Formal Wear Encouraged
Full Buffet, with Guest DJ Marc Veilleux!
Cash Bar Available

Call 860-763-4379 for more information
Sign Up Deadline: Thursday, Dec 17th



2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
9:00 QiGong 10:00 Art Group 10:00 Scrabble 12:00 Skyjo 1:00 YouTube Fitness with Jules	 <u>SPA SERVICES (by Appt.)</u> 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe 12:00 Home Helpers Lunch	<u>SPA SERVICES (by Appt.)</u> 9:00 Veteran's Coffee 10:00 Balance Fitness Fun @Kibbe \$4 10:00 Painting with Sandy \$15 12:00 Dominoes	9:00 Coffee Talk and Alzheimer's/Dementia 9:00 Mahjong 9:00 Cornhole (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 10:00 Chair Aerobics 11:30 Bingo 5:30 Bridge	9:00 Pickleball 11:30 Chair Aerobics at Kibbe
				
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
Chair Massage by Casey (By Appt. Only) No QiGong or Art Group 10:00 Breakfast with the Ivy for Veterans 10:00 Scrabble 12:00 Skyjo 1:00 YouTube Fitness with Jules	 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe 11:30 Ice Cream Social by Evergreen for World Kindness Week 1:00 Senior Advisory		9:00 Coffee Talk 9:00 Mahjong 9:00 Cornhole (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 10:00 Chair Aerobics 11:30 Bingo 5:30 Bridge	9:00 Pickleball 11:30 Chair Aerobics at Kibbe
				
16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
9:00 QiGong 10:00 Art Group 10:00 Scrabble 11:00 Craft - \$5 12:00 Skyjo 1:00 YouTube Fitness with Jules	 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe 11:00 Lunch Bunch - MGM Casino \$5 for transportation only 1:00 Healthy Cooking with Nikia \$20 1:00 Book Club	<u>FOOT CARE (By Appt.)</u> <u>Ask The Attorney (By Appt.)</u> 9:00 Veteran's Coffee 10:00 Balance Fitness Fun @Kibbe \$4 11:45 Senior Club Lunch 12:00 Dominoes	9:00 Coffee Talk 9:00 Mahjong 9:00 Cornhole (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 10:00 Chair Aerobics 11:30 Bingo 5:30 Bridge	9:00 Pickleball 11:30 Chair Aerobics at Kibbe
				
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30. MONDAY	NOVEMBER 2026			
9:00 QiGong 10:00 Art Group 10:00 Scrabble 12:00 Skyjo 1:00 YouTube Fitness with Jules				



Somers Senior Center Registration Form - November 2026 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:
OCTOBER 26TH FOR SOMERS RESIDENTS AND NOVEMBER 2ND 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: _____



