

SOMERS SENIOR CENTER

OCTOBER 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 Sfredo

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
Arianna Flagg, Prevention Coordinator
AFlagg@somersct.gov
Annette Ramsdell, Social & Sr. Services Specialist
Aramsdel@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!*

Table of Contents

Somers Human Services	Page 2
Senior Center Updates	Page 3
Everbridge Alert System	Page 3
Health & Wellness Classes	Page 4
Games, Groups & Activities	Page 4
Special Programs & Events	Page 5
Personal Care & Sr. Citizens Club	Page 6
Meal Events & Book Club	Page 7
Other Activities	Page 7
Day Trips & Somers Public Library	Page 8
Senior Learning Network	Page 9
October Birthdays	Page 10
Program & Activity Calendar	Page 11
Prescription Disposal Information	Page 12
Help Hotlines & Voting Information	Page 12
Registration Form	

CLOSINGS & CANCELLATIONS

The Somers Senior Center will be **closed** on Monday October 14th in observance of Columbus Day. There will be **no Qigong on October 7th & October 28th**. There will be **no cornhole yoga or BINGO on Thursday October 31st** and **no chair aerobics on Friday October 4th**.





SOMERS HUMAN SERVICES



Call Somers Human Services at 860-265-7551 for information or to make an appointment.

Renters Rebate 2024



If you are 65 years or older or have a disability and receive Social Security income, a resident of CT, 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.

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.

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, 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.

Medicare Open Enrollment October 15th-December 7th



Do you need help selecting the right Medicare plan for you? Please call North Central Area Agency On Aging (NCAA) at 860-724-6443 x268. Please leave a message and it may take a day or two for a call back to assign a volunteer to help you.





SENIOR CENTER UPDATES



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 Forms are found here: **[Reflective Marker Info Order Form](#)**

SENIOR ADVISORY MEETING The next meeting will be held **Tuesday, October 8th at 1:00pm** at the Somers Senior Center.

WATER BOTTLES We are trying to eliminate purchasing plastic bottled water to save on cost and help improve the environment by encouraging everyone to bring their own water for all fitness classes at the Senior Center and at Kibbe Fuller where we have water coolers at both locations to fill your bottles. Thank you for your cooperation and understanding!

NEW!! WALKING GROUP Now that the cooler weather is upon us, we would love to start a walking group on Monday mornings at 10:00am (weather permitting). Meet in the Senior Center parking lot for walking and friend making. Please call if you are interested!!

FLU SEASON - Flu season is upon us. If you do not feel well, please stay home. We do not want to risk getting others sick so please be kind and respect the health of others. If you have signed up for a class, and cannot attend, please call the Sr. Center to cancel. Thank you!

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!

SCAN ME





HEALTH & WELLNESS CLASSES



GAMES, GROUPS & ACTIVITIES



Qigong- Mondays, 9-9:45am, \$5/Class paid directly to instructor. Join Janice Messino, ZenPora LLC provide a simple approach with benefits of balance, strength & flexibility. Class held indoors or outdoors at the Senior Center.

Walking Group- Mondays, 10-11:00am *NEW!* ****FREE**** Meet in the Senior Center parking lot for a fun walk with one of the staff!

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

“Fit & Fun” Fitness- Wednesdays, 10-11:00am \$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, 9-10:30am ****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. It is an easy game to play, regardless of your gaming experience. **Played indoors or outdoors & 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.**

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.

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



"K9s, Cops & Coffee"

Tuesday October 1st 9:00am

Enjoy your coffee & snacks while observing a police K9 & K9 handler demonstration explaining training and use followed by a Q&A.



Alpaca Visit from Windy Crow Farm!

Friday, October 4th, 10:00am

Barbie from Windy Crow Farm and her Alpaca will visit us!



Picnic in The Gazebo

Friday, October 4th 11:00am

\$3/pp paid at time of sign-up

Share a fall afternoon with friends while enjoying a Senior Center prepared boxed lunch at the town gazebo! (inclement weather will be in the Senior Center)



AARP Safe Driver Course

Monday, October 7th 8:30am - 1:00pm

\$20 FOR AARP MEMBERS

\$25 FOR NON-AARP MEMBERS

(REGISTRATION REQUIRED)



"Eye Health & Partnering w/ Your Doctor"

Wednesday, October 9th 10:30am

Sandra Wood, RN will return to discuss the importance of eye health and partnering with your doctor.



National Meatloaf Day Luncheon

Friday, October 11th 11:30am

FREE, Sign up by Oct. 8th

Audra & friends from All American Assisted Living will provide a delicious meatloaf lunch for us to enjoy.



LUNCH BUNCH- LYMAN ORCHARDS

Wednesday, October 23rd, 10:30am \$5/pp



Enjoy the day at Lyman Orchards with lunch at the 1741 Pub & Grill.

"Fall Wreath Craft Class"

Wednesday, October 23rd, 11:00am



Comfort Keepers will conduct a **FREE** fall wreath making class.

FLU/COVID VACCINE CLINIC

Monday October 28th

9:00am

FREE

Priority Urgent Care will conduct a vaccine clinic. Please call to register as spots will fill up fast!



BY APPOINTMENT ONLY

Coffee Talk with Tails of Joy!

Tuesday, October 29th, 9:00am



David Wright from Tails of Joy will stop by our coffee talk with his golden retriever and talk about the therapeutic benefit through the use of animals.



PAINTING CLASS

Wednesday, October 30th

9:30am-12:30pm

We are very excited to have artist Sandy Poirier hold an acrylic painting class of this festive pumpkin canvas for you to paint and take home!

\$15/pp includes all materials



"ASK THE ATTORNEY" (By Appt.)

Wednesday, October 30th

1:00pm-3:00pm

Kraner & Hess, Attys at Law will return to the Senior Center for one on one 15 minute appointments. Please call to reserve your spot.





PERSONAL CARE

FOOTCARE SERVICES

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

Dates Available:

Oct 24th

Nov 21st

Dec 26th



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



Quality of Life Expo 2024



Wednesday, October 16
3:00pm - 7:00pm

Enfield Square Mall
90 Elm Street, Enfield, CT 06082

FREE TO THE PUBLIC!

Senior Planning

Long Term Insurance
Asset Management
Retirement Savings
Home Health Care
Smart Homes
Medicare Choices



Mental Care

Counseling
Therapy
Meditation
Peer Supports
Hobbies To Try
Travel Opportunities



Nutritional Care

Food Assistance Programs
Nutritional Eating Habits
Allergy Management
Healthy Dieting
Nutritional Education
Support Groups



Physical Care

Health Clubs
Sports & Recreation
Outdoor Activities
Physical Therapy
Rehabilitation
Massage Therapy



WITH THANKS

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

Ron & Charlene Biathrow, Elaine Davis, Eileen Fedorowich, Jennifer Pilton, Evelyn Shaughnessy, Carol Shuckerow, & Jim Smith,



SOMERS SENIOR CITIZEN'S CLUB



SOMERS SENIOR CITIZEN'S CLUB PRESENTS

Wednesday, October 16th

11:45am-1:15pm

Roast turkey, mashed potatoes, butternut squash, stuffing, gravy & pumpkin 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 day of lunch

EXACT CHANGE GREATLY APPRECIATED

SOMERS COMMUNITY DINNER



Somers Congregational Church

599 Main St, Somers CT

Wednesday, October 9th 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.





MEAL EVENTS

Home Helpers® Luncheon

Tuesday, October 1st
12:00pm

Space is Limited

Sign up by Sept 26th



Meatloaf Lunch Friday, October 11th 11:30am

Our friends from AAAL will be back to serve a delicious meatloaf Lunch

Space is Limited
Sign up by Oct 8th



All American
ASSISTED LIVING

Birthday Luncheon

Tuesday, Oct 22nd
12:00pm

Space is Limited

Sign up by Oct 17th



HALLOWEEN PARTY

Thursday
October 31st
12:00pm \$3/pp

Costumes optional,
Pizza, Root Beer
floats & plenty of fun!!



SOMERS SENIOR CENTER CHRISTMAS COOKIE COOKBOOK!

WE NEED YOUR RECIPE SUBMISSIONS!

Dust off your favorite Christmas Cookie recipe and submit it to the Senior Center to be included in the 1st Edition of the "Somers Senior Center Christmas Cookie Cookbook"! We would love for you to include a story as to why it's your favorite recipe or family tradition. You may drop off recipes here at the Senior Center or email it to us at Pcaso@somersct.gov. Deadline is Monday October 28th! We are hoping everyone will participate! The cookbook will be available for distribution before the holidays!

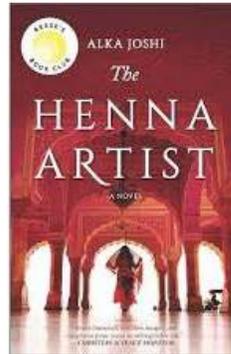


BOOK CLUB



Book Club with Somers Librarian Coordinator, Allison Rief Thursday, October 17th 3:00pm

The Henna Artist by Alka Joshi



The Henna Artist by Alka Joshi is a historical fiction novel about a young woman who escapes an abusive marriage and becomes a sought-after henna artist in 1950s Jaipur, India. The book's themes include choice, family, and the transition from tradition to modernity.

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

MOVIE TIME!



"The Ghost & Mr. Chicken" Wednesday October 2nd 10:30am

Looking to score a break as a newspaper reporter and impress beautiful Alma Parker (Joan Staley), milquetoast typesetter Luther Heggs (Don Knotts) pitches a story about his small town's haunted house. When his editor (Dick Sargent) insists Luther spend a night alone in the spooky mansion, where a grisly murder-suicide had taken place decades earlier, the timid reporter learns that the house contains a supernatural resident who doesn't like visitors.
1hr 30min /Rated PG





DAY TRIPS



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

December 13, 2024 - 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 - \$143/pp



FRIENDSHIP TOURS
THE SHIP SHOP

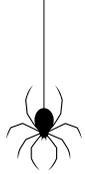


FUTURE EVENTS



Coming soon in December!!

- ~ Town of Somers Holiday Festival/ Dec 7th
- ~ Merry Christmas Holiday Show with Jimmy Mazz/The Carriage House/ Dec 10th
- ~ New Years Eve Party / Dinner, Dancing & Show/Joanna's Dec 31st



SOMERS PUBLIC LIBRARY



Movie Matinees at the Library
Fridays - 1:00pm



Oct 4th

"The Ultimate Gift"

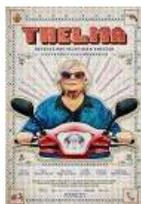


**Friends of the Library
Book Sale**

October 18th, 19th, & 20th

For more details or questions,
visit the check out desk or
click here:

Somerspubliclibrary.org



Oct 25th

"Thelma"

Care Cafe'

Every first Tuesday of the 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





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.

October 8: LaBelle: Mr. Adams Goes to Philadelphia John Adams National Historic Park

It has been 250 years since John Adams departed his home in Massachusetts for the First Continental Congress in Philadelphia. In June 1774, Adams was elected to go to Philadelphia as a delegate to the First Continental Congress. Here, representatives from the American colonies met to discuss their opposition to England's colonial government. John was an active participant at this meeting and the subsequent Second Continental Congress.



During the course of his attendance at these sessions, Adams proposed George Washington as commander-in-chief of the Continental Army, and argued forcefully for and

helped his friend Thomas Jefferson draft the Declaration of Independence. Join us as we take a step back into history celebrating this important anniversary.

October 15: Cabinet of Curiosities: Mystic Seaport Museum

We have enjoyed several wonderful programs with Mystic but this time we will go "down under" into the vault! We will learn about the vast collections of artifacts, documents, photography, rare books, boats, ship's plans and film and video at the Museum! This program will take you on an adventure behind locked doors into the "vault" that stores the Museum collections. Within the collection are many unusual and surprising artifacts.



Virtual visitors will have a chance to see everything from unusual animal parts and strange furniture, to a curious secret ingredient used in some perfumes! Join us for this special program with one of our favorite providers!



October 22: Upset!- Truman Presidential Library

"Down in the polls and under fire within his own party, Truman alone remained confident of his victory. On the morning after the election, Americans rose to news of the most surprising comeback in presidential election history. In Missouri, Truman learned of his victory at 4:00am, when a Secret Service agent woke him. Later that day 40,000 people jammed the town square in Independence to salute their native son. How did he do it? The election was a cliffhanger; the President won without getting a majority of the popular vote, pulling together just enough of the old New Deal coalition to squeak through." - Truman Library Join us with the new Education Director of the Truman Presidential Library as she takes us through this important moment in history as we are in the midst of our own history making election season!



October 29: Historic Cemeteries Spooky History: What Cemeteries Can Teach Us About our Past

Ghosts, specters, and haunts, oh my! While cemeteries are usually places that we associate with scary and creepy things, there's a lot more we can find when we take a moment to look at the how and why we memorialize those who are no longer with us. Come learn what makes a cemetery "historic", how burial practices have changed over time, why cemeteries are important places in our community to preserve, and the clues they give us about our history and ancestors.





THE SOMERS SENIOR CENTER WOULD LIKE TO ACKNOWLEDGE OUR MEMBERS WITH OCTOBER BIRTHDAYS!



Oct 1st:

Mimi P.
Bob H.
Sherry L.
Barbara L.

Oct 2nd:

Cynthia C-B.
Ken M.
Yvonne B.
John B.

Oct 3rd:

Mary B.
Patricia S.
Ross S.
Ann L.

Oct 4th:

Timothy C.
Oct 5th:
Ronald S.
Jeannine R.
Denise P.

Oct 6th:

Daniel F.
Damianka A.

Oct 7th:

Vilma P.
Barbara O'B.

Oct 8th:

Eileen F.
Oct 9th:
Kathleen C.
Gail K.

Oct 10th:

Carol R.
Oct 11th:
Carmelo C.
Mark B.
Joan S.
Aida B.

Oct 12th:

Donald T.
Julia G.
Oct 13th:
Donna P.
Ann O'L-C.

Oct 14th:

Gary P.
Lisa C-M.
Milton H.
Oct 15th:
Patricia M.
Deborah F.

Oct 16th:

Angie D.
Darlene W.
Michael F.
Kenneth C.

Oct 17th:

Frederick S.
Barbara P.
Deborah A.
William E.

Oct 18th:

Beth M.
Oct 19th:
Hamline W.
David M.

Oct 20th:

Joanne S.
Anne L.
Michael B.

Oct 21st:

Jewell S.
Oct 22nd:
Antoinette R.
Margaret M.

Oct 23rd:

Thelma H.
John D.
Martha S.

Oct 24th:

Eileen W.
Don B.
Joy T.

Oct 25th:

John K.
Carol P.
Oct 26th:
Trudy F.
Barbara G.

Oct 27th:

Donald S.
Mark M.
Pauline S.
Donna P.

Oct 28th:

Kathleen D.
Leigh C.
Judy R.
John W.

Oct 29th:

Edward P.
Oct 30th:
Beverly R.
Daniel P.

Oct 31st:

Vikie A.
Kathleen S.
Joan B.

Oct 1st:

Michael C.
Rachel W.
Bill W.

Oct 2nd:

Reinie C.
Patricia M.
Beth C.

Oct 3rd:

Barbara S.
Karen I.
Oct 4th:
Roberta C.

Oct 5th:

Lori G.
Elaine W.
Oct 6th:
Barbara R.

Oct 7th:

John F.

Oct 8th:

Martine C.
Melissa E.
Tim C.



HAPPY "BOOO"THDAY



HALLOWEEN PARTY



Thursday
October 31st
12:00pm/\$3pp

Have a ghoulish
time enjoying pizza,
root beer floats and
treats!

Costumes optional



BIRTHDAY CELEBRATION



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

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



1. TUESDAY	2. WEDNESDAY	3. THURSDAY	4. FRIDAY
 <p>9:00 K9's, Cops and Coffee 10:00 Chair Aerobics 11:00 Rummikub Tile Game 12:00 <u>Home Helpers Lunch</u> 2:00 Senior Learning Network</p>	<p>Spa Services (By Appt.) 10:00 Fit and Fun <i>10:30 Movie: (The Ghost & Mr. Chicken)</i> 1:00 Dominoes</p>	<p>9:00 Comhole Game & Coffee 10:00 Yoga Stretching 12:00 Bingo 5:30 Bridge</p>	<p>9:00 Coffee Talk <u>NO CHAIR AEROBICS</u> 10:00 Barbie from Windy Crow Farm & an Alpaca will visit us! 11:00 Picnic in the Gazebo - \$3/PP</p>
<p>7. MONDAY</p> <p>8:30-1:00 AARP Safe Driver Course (By Appt) CANCELLED: QIGONG 10:00 Art Group 10:00 Walking Group 11:00 Scrabble 1:00 SKYJO Card Game</p>	<p>8. TUESDAY</p> <p>9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game 1:00 Senior Advisory Mtg. 2:00 Senior Learning Network</p>	<p>10. THURSDAY</p> <p>9:00 Comhole Game & Coffee 10:00 Yoga Stretching 12:00 Bingo 5:30 Bridge</p>	<p>11. FRIDAY</p> <p>9:00 Coffee Talk 10:00 Chair Aerobics 11:30 Meatloaf with All American</p>
<p>14. MONDAY (CLOSED)</p>  <p>HAPPY COLUMBUS DAY</p>	<p>15. TUESDAY</p> <p>9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game 2:00 Senior Learning Network</p>	<p>17. THURSDAY</p> <p>9:00 Comhole Game & Coffee 10:00 Yoga Stretching 12:00 Bingo 3:00 Book Club 5:30 Bridge</p>	<p>18. FRIDAY</p> <p>9:00 Coffee Talk & Muffins by Chef Pam – WEAR PINK in honor of Breast Cancer Awareness Day!! 10:00 Chair Aerobics</p> 
<p>21. MONDAY</p> <p>9:00 QiGong 10:00 Art Group 10:00 Walking Group 11:00 Scrabble 1:00 SKYJO Card Game</p>	<p>22. TUESDAY</p> <p>9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub Tile Game 11:30-12:30 BP Screening 12:00 Parkway Birthday Lunch 2:00 Senior Learning Network</p>	<p>24. THURSDAY</p> <p>Foot Care (By Appt.) 9:00 Comhole Game & Coffee 10:00 Yoga Stretching 12:00 Bingo 5:30 Bridge</p>	<p>25. FRIDAY</p> <p>9:00 Coffee Talk 10:00 Chair Aerobics</p>
<p>28. MONDAY</p> <p>9:00 Flu Clinic (By Appt.) CANCELLED: QIGONG, ART GROUP, WALKING GROUP & SCRABBLE</p>	<p>29. TUESDAY</p> <p>9:00 Coffee Talk & Tails of Joy 10:00 Chair Aerobics 11:00 Rummikub Tile Game 2:00 Senior Learning Network</p> 	<p>30. WEDNESDAY</p> <p>9:30-12:30 –Painting with Sandy Poirier (\$15.00 pp) 10:00 Fit and Fun 1:00 Dominoes 1:00 Ask the Attorney (By Appt.) Attorney from Kraner & Hess LLC</p>	<p>31. THURSDAY</p> <p>NO CORNHOLE, YOGA STRETCHING, & BINGO 12:00 HALLOWEEN PARTY! \$3/PP 5:30 Bridge</p> 
			



PRESCRIPTION DISPOSAL

Do you have unwanted/unused prescriptions in need of disposal? The drop box is available in the lobby of the police department/resident state trooper's office. Anyone can drop off prescription medication. There are no questions asked and identification is not required. Residents are encouraged to call ahead **(860-749-4955)** or stop by whenever an officer is at the station.



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!



In honor of Breast Cancer Awareness Month, please join us on **Friday October 18th at 9:00am** for muffins & coffee by Chef Pam. We encourage everyone to **"Wear it Pink"** by wearing pink to promote awareness and research for this worthy cause!



VOTING



How to Register to Vote or change your Voter Registration information

If you want to change your Voter Registration information, you will need to fill out a new voter registration card.

Register anytime online by clicking: voterregistration.ct.gov, or mail/drop off the completed paperwork to the Town Clerk's office, 600 Main Street, Somers, CT 06071 during regular business hours (M-W 8 am-4 pm; Thurs 8 am-6:30 pm; Closed: Friday's).

Don't Stop Voting Because You Have a Disability!

If you have a permanent disability and are unable to vote at the polling place in person, you are eligible to receive automatically by mail an absentee ballot for each election, primary, or referendum. Simply apply for Permanent Absentee Voter Status by contacting the Registrar at Somers.Registrar@gmail.com or by calling (860) 763-8211.





SOMERS SENIOR CENTER REGISTRATION FORM – OCTOBER 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:

September 23rd FOR SOMERS RESIDENTS AND September 26th 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: _____

