



SOMERS SENIOR CENTER OCTOBER 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

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, Pat Perry, & 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

Jen Griger, Youth Services Coordinator

Jgriger@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!

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CLOSINGS & CANCELLATIONS

The Senior Center will be **closed on Monday October 13th** in observance of Columbus Day. There will be **no Coffee Talk or Chair Aerobics on Friday October 3rd or October 31st.**





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, October 8th & 22nd 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 noted below:

Medicare Open Enrollment - Starts October 15th through December 7th.

Sign up for FREE Medicare Counseling with Annette Ramsdell who is a Certified CHOICES Counselor.

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.

New discounted electricity rates - Available through Eversource ranging from 5% to 50% discounts, depending on income and family size. Call for more information.

The Connecticut Energy Assistance Program (CEAP) is actively accepting applications.





SENIOR CENTER UPDATES



RECIPES NEEDED FOR OUR SENIOR CENTER COOKBOOK:

You still have time to enter your favorite recipe in our 2nd Edition of the Somers Senior Center Cookbook! Please drop off with your name at our front office. These books will be sold for \$5 and will make a great holiday gift!

ADDITIONAL FOOTCARE DATES ADDED!

Footcare will now be twice a month held every 3rd Wednesday and every 4th Thursday! The cost is \$45 paid directly to the footcare nurse by cash, check, or credit card. Please call the Senior Center at 860-763-4379 to schedule your appointment.

NEW FITNESS FUN CLASS WITH YOUTUBE!

Wednesdays, 10-11:00am at the Senior Center ****FREE**** Join the fun and try some new & different YouTube fitness videos to improve movement and keep your heart pumping! All levels are welcome.

FRAUD, FAKES, AND PHISHING SCAMS

Join Justin Taylor of Taylored Web Solutions of Somers on Tuesday, October 28th at 12:30pm to discuss the newest fraud, fakes, & phishing scams & how AI plays a part in this. 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.

SENIOR ADVISORY MEETING:

The Senior Advisory meeting will be held Tuesday, October 14th, 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 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 & 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



GAMES, GROUPS & ACTIVITIES



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.

Walking Group- Mondays, 10-11:00am
Meet at the Senior Center at 10:00am for a fun walk to get the day started!

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

Fitness Fun with YouTube - Wednesdays, 10-11:00am at the Senior Center **FREE******
Join the fun and try some new & different YouTube fitness videos to improve movement and keep your heart pumping! 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 Senior 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 Senior Center and complete a Waiver Agreement if you wish to play.**

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! Please let us know if you are interested!!

Art Group- Mondays, 10-11:30am

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

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!

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



COUNTRY JAMBOREE W/ BRIAN CHICOINE

Friday, October 3rd / \$5/pp
11:00am



Come and enjoy a country lunch while listening/dancing to the musical talents of Brian Chicoine !



PAINTING WITH SANDY
Wednesday, October 8th
11:00am - 2:00pm

\$15/pp includes all materials

Artist Sandy Poirier will instruct an acrylic painting workshop.

Limited space

Payment is due upon sign up!



POLISH LUNCHEON

W/ ACCORDION ENTERTAINMENT BY DAVID G.

Friday, October 10th 11:30am - \$5/pp



Enjoy a traditional polish lunch while listening to the accordion talents of David Goclawski!



BREAST CANCER AWARENESS **World Farm Animal Day w/ GOAT SNUGGLES**

Friday, October 17th
11:00am \$5/pp



In honor of World Farm Animals Day and Breast Cancer Awareness month wear your pink and come and enjoy Apple Cider & Apple Cider Doughnuts from Johnny Appleseed's while snuggling some goats from Cloverbrook Farm of East Longmeadow!



AUTUMN WREATH CRAFT

Wednesday, October 22nd

11:00am \$10/pp (incl. all materials)



Come crafting with Darlene as she shows you how to make this lovely wreath for your door!

OCTOBER LUNCH BUNCH

Wednesday, October 22nd

10:30am \$5/pp



Enjoy lunch at La Notte Waterside Grille in Windsor then visit Brown's Harvest!

PUMPKIN PIE FOR NATIONAL PUMPKIN DAY

Friday, October 24th

11:00am / \$3pp



Enjoy a fall Friday with friends and a slice of delicious pumpkin pie!

FRAUD, FAKES & PHISHING

Tuesday, October 28th

12:30pm



Learn how to protect yourself and your identity with this valuable presentation w/Justin Taylor

"ACTIVE LISTENING" W/ WALLY

Wednesday, October 29th 11:00am

Light Refreshments Served!

Are You Listening?

You may hear well, but do you listen well? If not, you're missing more than you know. Try active listening. With practice, you can reduce distractions, recognize unconscious biases, read between the lines, and avoid judging or giving unwanted advice. Presenter Waldemar "Wally" Kostrzewa will take a sometimes-humorous look at listening styles, bad habits, and body language.



HALLOWEEN PARTY!!

Friday October 31st

11:30am/\$3pp

Have a ghoulish time with friends enjoying Lunch and Halloween Treats!
"Toy Story Theme"
Costumes optional





PERSONAL CARE

FOOTCARE SERVICES

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

Dates Available:

Oct 15th

Oct 23rd

Nov 19th

Nov 20th



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



ASK THE ATTORNEY

"ASK THE ATTORNEY" (By Appt. Only)
Wednesday, October 29th 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.

WITH THANKS



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



Ann Levesque, Melissa Mello, Margret Rondeau, Sharon Skillman, Evelyn Shaughnessy, Tina Toohey, Carol Webb & Somers Knights of Columbus

SOMERS SENIOR CITIZEN'S CLUB LUNCH



Wednesday, October 15th 11:45am

Enjoy a Harvest Picnic!
Chicken and Ham Salad Rolls, chips, fresh fall fruit medley and autumn apple puff 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

SOMERS HISTORICAL SOCIETY



Everyone is Welcome!
No admission fee!
Sundays 1-3 PM on:
Oct 19th
Nov 16th
Saturday:
Dec 6th Holiday Festival

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





MEAL & EVENTS

COUNTRY JAMBOREE

Friday October 3rd

11:00am/ \$5pp

Come and enjoy a country lunch while listening/dancing to the musical talents of Brian Chicoine !



Home Helpers®

Tuesday, October 7th

12:00pm

Stay for a Documentary at 1:00pm - "Travel to Poland"



POLISH LUNCH DAY!!

Friday, October 10th

11:30am \$5/pp



Enjoy a delicious Polish lunch w/ Accordion by David G.



BIRTHDAY LUNCH

Tuesday, October 28th

12:00pm

"Fraud, Fakes and Phishing" Presentation with Justin Taylor

HALLOWEEN PARTY!!

Friday October 31st

11:30am/\$3pp

Have a ghoulish time with friends enjoying Lunch and Halloween Treats!

Costumes optional



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!

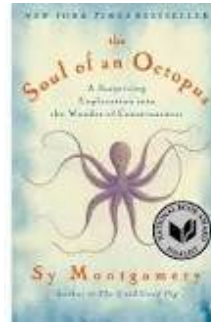
BOOK CLUB



Book Club with Somers Librarian Coordinator, Allison Rief

Thursday, October 16th
3:00pm

"The Soul of an Octopus"
by Sy Montgomery



Magnificently written, the endlessly beautiful and mystical story of The Soul of an Octopus by Sy

Montgomery, follows the author through her journey of meeting and falling in love with four different octopuses

- Athena, Octavia, Kali, and Karma- at the New England Aquarium as well as others during ocean adventures.

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

MOVIE TIME TUESDAY!!



OCTOBER SKY

Tuesday, October 21st

11:00am - 1:00pm



John Hickam (Chris Cooper) is a West Virginia coal miner who loves his job and expects his sons, Jim (Scott Miles) and Homer (Jake Gyllenhaal), to follow in his footsteps. But Jim gets a football scholarship, and Homer becomes interested in rocket science after seeing Sputnik 1 crossing the sky. John disapproves of his son's new mania, but Homer begins building rockets with the help of friends and a sympathetic teacher (Laura Dern). Rocketry, he hopes, will prove his ticket to a better life..





SENIORHOOD RESOURCE FAIR

Seniorhood - Free Resource Fair

For Tolland County Seniors,
Caregivers, and Families

OCTOBER 25, 2025 • 9:30AM - 2PM

Vernon Center Middle School



777 Hartford Turnpike (Route 30), Vernon, CT
Drug Take Back table, workshops, exhibits,
health screenings, flu shots, and giveaways!

Free doughnuts and coffee at 9:30 a.m.

Free lunch to the first 300 attendees

For more information visit:

Facebook: Tolland County Seniorhood Fair

Website: www.vernon-ct.gov/seniorhood

Presented by the

Tolland County Multidisciplinary Team

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!**



SOMERS PUBLIC LIBRARY

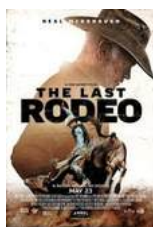


Movie Matinees at the Library

Fridays - 1:00pm



**October 3rd
Superman**



**October 24th
The Last Rodeo**



**October 31st
Victor
Frankenstein**



**Friends of the Library
Book Sale**

October 17th, 18th & 19th

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



SOMERS TOWN-WIDE TAG SALE



**Saturday, October 4th
1:00-1:30pm**

The Town of Somers will be holding their bi-annual town-wide tag sale. You may obtain an application here at the Somers Senior Center. A complete list of the tag sales will be made available soon.



TRAVEL THE WORLD – POLAND!



**Tuesday, October 7th
1:00-1:30pm**

Join us as we take a tour of Poland! Watch a senior learning documentary of this beautiful country!

Coming soon in **NOVEMBER**

~A Whiff of Wellness — Nutrition, Smell and Brain Health

Join Jan Jeremias for an eye-opening conversation about how our sense of smell is more than just fragrance and flavor — it's a powerful window into brain health/ **Nov 4th**

~ Veteran's Day Breakfast with The Ivy/ **Nov 7th**

~ "Cooking for One" with Food Explorers/ **Nov 12th**

SCARECROW FESTIVAL



**Saturday, October 18th 10:00am - 4:00pm
Four Town Fairgrounds**

Join us for a crafts fair, great food, activities, and games for kids, and a scarecrow contest! Proceeds benefit Somers Youth Services.

PRESCRIPTION DISPOSAL



**NATIONAL DRUG TAKEBACK DAY
Saturday, October 25th 10:00am-1:00pm**

Do you have unwanted/unused prescriptions in need of disposal? The Somers Fire Department (400 Main Street) will be accepting expired, unneeded prescriptions (pills & liquids) as well as over the counter medications for confidential and safe disposal.

Coming soon in December!!

~ Town of Somers Holiday Festival **Dec 6th**

~ HO HO Holidays Show with Jimmy Mazz at The Carriage House **Dec 9th**

~ Holiday Breakfast with Mr. & Mrs. Santa & The Valley Carolers **Dec. 19th**

~ New Years Eve Party with Buffet, DJ, and Dancing at Joanna's **Dec 31st**





THE SOMERS SENIOR CENTER WOULD LIKE TO ACKNOWLEDGE OUR MEMBERS WITH OCTOBER "BOOOOOTH DAYS"!



Oct 1st:

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

Oct 2nd:

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

Oct 3rd:

Patricia S.
Ross S.
Ann L.
Bonita S.

Oct 4th:

Timothy C.
Jeannine R.
Denise P.

Oct 6th:

Daniel F.
Damianka A.
Terry T.
Pauline C.

Oct 7th:

Vilma P.
Barbara O'B.

Oct 8th:

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

Oct 10th:

Carmelo C.
Mark B.
Joan S.
Aida B.

Oct 11th:

Donald T.
Julia G.
Carl K.
Darlene M.

Oct 12th:

Donna P.
Ann O'L-C.
Gary P.
Lisa C-M.

Oct 13th:

Patricia M.
Deborah F.
Angie D.
Darlene W.
Michael F.
Kenneth C.

Oct 14th:

Barbara P.
Deborah A.
William E.
Beth M.

Oct 15th:

Hamline W.
David M.
Mary B.
Christine S.

Oct 16th:

Joanne S.
Anne L.
Michael B.

Oct 17th:

Jewell S.
Kathi F.

Oct 18th:

Margaret M.

Oct 19th:

Thelma H.
John D.
Martha S.

Oct 20th:

Eileen W.
Don B.
Joy T.

Oct 21st:

John K.
Carol P.
Alan T.

Oct 22nd:

Trudy F.
Barbara G.
Mark M.

Oct 23rd:

Pauline S.
Donna P.
Kathleen D.

Oct 24th:

Leigh C.
Judy R.
John W.

Oct 25th:

Edward P.
William W.
Theresa O'C.
Daniel P.

Oct 25th:

Vikkie A.
Kathleen S.
Michael S.

Oct 26th:

Michael C.
Rachel W.
Bill W.

Oct 27th:

Reinie C.
Beth C.

Oct 28th:

Karen I.

Oct 30th:

Roberta C.
Lori G.
Elaine W.

Oct 31st:

Barbara R.
John F.
Martine C.
Melissa E.
Tim C.

HAPPY BOO THDAY!



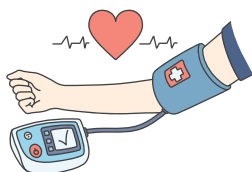
BLOOD PRESSURE CHECK

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

Tuesday, October 28th

11:30am- 12:30pm

to perform blood pressure checks!



BIRTHDAY CELEBRATION



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

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





SENIORHOOD RESOURCE FAIR

For Tolland County Seniors, Caregivers and Families

FREE – FREE – FREE

Saturday, October 25, 2025

9:30 a.m. - 2 p.m.

Vernon Center Middle School

777 Hartford Turnpike (Route 30), Vernon, CT

Workshops, exhibits, health screenings, flu shots, giveaways

Drug Take Back Table

Free doughnuts and coffee at 9:30 a.m.

Free lunch to first 300 attendees

Facebook: Tolland County Seniorhood Fair

Website: www.vernon-ct.gov/seniorhood

Presented by the Tolland County Multidisciplinary Team



SOMERS SENIOR CENTER REGISTRATION FORM – OCTOBER 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:

SEPTEMBER 23RD FOR SOMERS RESIDENTS AND SEPTEMBER 29TH 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: _____



