



Somers Senior Center September 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 September 1st** in observance of Labor Day. There will be **no Coffee Talk or Chair Aerobics on Friday, September 5th and Friday, September 12th.**





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, September 10th & 24th from 1:00pm to 1:30pm.

HINT: Bring a small cart, laundry basket, sturdy box or shopping bags to easily carry items home with you.

Call Annette Ramsdell in Human Services at 860-265-7551 x1 to make an appointment for any services below:

Application Assistance - Available for SNAP, Medicaid and Financial Assistance.

CHOICES Medicare Counseling - Available by a CHOICES Certified Counselor.

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

Financial Coaching and Budget Assistance - Let us help you untangle your bills and organize to help meet your needs and financial goals.
Schedule a confidential, one-on-one appointment with a financial coach.

Renters' Rebate - Requirements: age 65+ or are 100% disabled and receive SSI or SSDI, live in Connecticut for at least one year, paid rent in Connecticut in 2024.
Maximum income for single is \$45,200
Maximum income for married couples is \$55,100.

Senior Farmers' Market Cards - Accepting Applications until September 30.
Available for seniors 60+ who reside in Somers, with single income of \$28,953 or less, or couples with income of \$39,128 or less. The current maximum benefit is \$40 per person. Locally, the cards are accepted at the farmers' market in Ellington and can be used for any fresh fruit, vegetables, honey, etc.

Generation Power (formerly Operation Fuel) - If you are out of heating oil/gas or have a utility shut off notice, contact us to see if you are eligible for up to \$500 assistance.

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





Senior Center Updates



RECIPES NEEDED FOR OUR SENIOR CENTER COOKBOOK:

Submit your favorite appetizer or entree recipe to us for our 2nd Edition of the Somers Senior Center Cookbook to be sold at a later date!

WE WISH CHELSEA LOWE FROM FIT 'n FUN THE VERY BEST:

Chelsea has opened up her own fitness and wellness class in Vernon and will be dedicating her time to working there. We wish her well and thank her for everything she has done at the Somers Sr. Center. She will be holding her last class with us on **Wednesday, September 3rd, 9:00 am** at Kibbe Fuller.

NO FLU CLINIC WILL BE HELD AT THE SENIOR CENTER THIS YEAR:

The Sr. Center will not be holding a FLU Clinic this year due to insurance companies will no longer pay for the services of using Priority Urgent Care. You should still be able to go to a local pharmacy and get this done. If you have questions or need any assistance please let us know.

SENIOR ADVISORY MEETING:

The Senior Advisory meeting will be held **Tuesday, September 9th, 1:00pm** at the Somers Senior Center.

BEWARE OF SCAMS

Beware of scams, especially those involving unsolicited requests for personal information, money, or sudden promises of wealth. Scammers often impersonate legitimate organizations, use scare tactics, or create a sense of urgency to trick people into providing sensitive information or making financial transactions. If you were scammed or think you saw a scam, contact the Federal Trade Commission at ReportFraud.ftc.gov and the Somers Police at 860-749-4955.

WHAT'S GOING ON IN SOMERS?

Stay up-to-date and follow the Town's news, updates, and live meetings! Want to know when each Department meets and what they are working on? Be sure to follow the **Town's Meeting Schedule**. All Board of Selectmen, Board of Finance, Zoning Commission and Zoning Board of Appeals meetings are held LIVE each month and can be watched on the Town's **You Tube Channel**. The Board of Education meetings are also held LIVE on their own **You Tube Channel**. If you can't watch the meetings live, you can always watch them when you have the time. If you don't have a computer, come on in to the Sr. 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.

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!

“Fit & Fun” - Wednesday, September 3rd, at 9am at Kibbe Fuller Gym - FREE LAST CLASS WITH CHELSEA LOWE! Chelsea has opened up her own fitness and wellness class in Vernon and will be dedicating her time to working there. We wish her well and thank her for everything she has done at the Somers Senior Center.

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- Starting in September! 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!!

NEW



Games, Groups & Activities

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



AUTUMN DOOR MAT CRAFT

Wednesday, September 3rd / \$10/pp
11:00am

Make an Autumn themed door mat to welcome Fall!
Some examples:



IN HONOR OF NATIONAL WILDLIFE DAY!

**HORIZON WINGS RAPTOR REHAB &
ICE CREAM SUNDAES**

Friday, September 5th 10:00am - \$5/pp



Come and learn what the classifications "threatened" and "endangered" really mean? What caused the drastic decline of the Peregrine Falcon populations in North America in the 1960's? Learn which species of raptors are currently on Connecticut's threatened and endangered list and ways in which we can help to promote their survival. See up close these beautiful creatures!



Horizon Wings
Raptor Rehabilitation & Education



PUMPKIN PAINTING WITH ELLIE for Beginners

Wednesday, September 10th
11:00am - 1:00pm

\$15/pp includes all materials



Artist Ellie Antonacci will instruct a water color paint class. Limited space.
Payment is due upon sign up!



ITALIAN LUNCH DAY!!

Friday, September 12th
11:30am \$3/pp



Take a trip to Italy by enjoying a classic Italian lunch while Monica Newcity, a practicing speech and language pathologist for over 25 years, will discuss how to make small changes to assist you or a loved one with hearing, communication and diet with a dash of humor and a focus on safety and self advocacy.

CLIMB WITH KELLY - MT. KILIMANJARO

Tuesday, September 23rd
12:30pm

Join Kelly Leronimo as she talks about her experience climbing Mt. Kilimanjaro!



FRENCH TOAST BAKE FOR WORLD ALZHEIMERS AWARENESS

Friday, September 19th
9:30am / \$3pp

"Walk in Your Shoes" by The Reserve

Ever wonder what it feels like having Dementia/Alzheimer's?

The Reserve will be here for a one hour demonstration while we walk in the shoes of an individual with Dementia. You will wear foggy glasses, headphones and gloves while they simulate the experience.



THE RESERVE
at East Longmeadow

Wear Purple



AARP Safe Driver Course

Wednesday, September 24th
9:00am - 1:00pm

Payment of cash or check made payable to AARP is due to the instructor on the day of class. If paying cash, please bring exact amount.

\$20 FOR AARP MEMBERS

\$25 FOR NON-AARP MEMBERS

REGISTRATION REQUIRED

CALL 860-763-4379



Oktoberfest



Meatloaf Lunch

"Oktoberfest" Celebration

Friday, September 26th
11:30am

Enjoy a delicious meatloaf lunch and Black Forest Cake by All-American Assisted Living





Personal Care

FOOTCARE SERVICES

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



Dates Available:

Sept 25th

Oct 23rd

Nov 20th

With Thanks



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



Ron & Charlene Biathrow,
Gloria Coles, Pat Jerome



Somers Senior Citizen's Club Lunch



Wednesday, September 17th 11:45am

Complete roast turkey dinner with stuffing, gravy, mashed potatoes, butternut squash & cranberry sauce. Celebrate summer's last hurrah with a treat from Udder Delight's ice-cream truck too!

****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

SPA SERVICES

The Senior Center offers spa services by **MA Licensed Tech Diane Neill**. First Wednesday of the month. Call the Senior Center to book your appointment.

Signature Facial.....\$38

Microdermabrasion Facial.....\$48

LED Light Therapy.....\$15

Waxing Services:

(brow, lip, chin etc.).....\$7 - \$18

Cash or Check only

Somers Congregational Community Supper



The Somers Congregational Community Supper has returned every 2nd Wednesday of the month:

September 10th

Somers Congregational Church
599 Main St
Somers, CT

All dinners begin at 5:30pm
Call (860)763-4021 to reserve your spot
(please leave a message if no answer).

Somers Historical Society



Everyone is Welcome!

No admission fee!

Sundays 1-3 PM on:

Sept 21st

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

Home Helpers®

Tuesday, September 2nd



12:00pm



Stay for Documentary - Travel the World to Italy with Program Coordinator, Darlene
Space is Limited

ITALIAN LUNCH DAY!!

Friday, September 12th

11:30am \$3/pp



Enjoy a delicious Italian themed lunch!

FRENCH TOAST BAKE

Friday, September 19th

9:30am \$3/pp

World Alzheimer's Awareness



BIRTHDAY LUNCH

Tuesday, Sept. 23rd

12:00pm

Space is Limited

Meatloaf Lunch

"Oktoberfest"

Celebration

Friday, September 26th

11:30am

Enjoy a delicious meatloaf lunch and Black Forest Cake



Oktoberfest

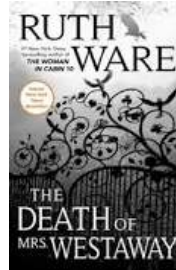


Book Club

Book Club with Somers Librarian Coordinator, Allison Rief

Thursday, September 18th
3:00pm

"The Death of Mrs. Westaway" by Ruth Ware



The Death of Mrs. Westaway is a mystery novel about a young tarot reader named Hal who is in debt and receives a letter about an inheritance from a grandmother she never knew. After receiving

the letter, Hal travels to a large estate, hoping to claim the money, but soon realizes that the situation is not as it seems and her mother was connected to this family, leading her to uncover a web of secrets, family history, and a possible murder.

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



HELP Hotlines

CT INFO LINE - Dial 211

Vital Resource to find available community services

CHOICES - 1-800-994-9422

Assistance with Medicare, Medigap and Medicare Part-D applications

CONSUMER LAW PROJECT FOR ELDERS - 1-800-296-1467

Free Legal Assistance for Seniors with consumer problems

ELDER JUSTICE HOTLINE - 1-860-808-5555

Elder justice issues can range from age-based discrimination in the workplace to scams and fraud, elder abuse, neglect & exploitation. If you have been the victim of any of these, please call! They are there to help!



Movie Time Tuesday!!

Tuesday, September 16th
11:00am - 1:00pm



120 mins, PG-13

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor helps him develop a special bond and growing friendship with Jules.





Grief Support

GRIEF SUPPORT

Mondays, 10:00am-11:00am
September 8th - October 6th

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



ECHN Visiting Nurse
& Health Services
of Connecticut



Somers Public Library



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



September 5th
Karate Kid:
Legends



September 12th
12 Mighty Orphans



September 19th
The Meddler



September 26th
5 Flights Up

Veterans Peer Support Group



Are you a veteran looking for support, camaraderie, and a place to share your experiences? Join the Veterans Peer Support Group in Somers, led by fellow veteran, David Mortimer.

When: 1st & 3rd Monday of every month

Where: Somers Town Hall, Executive Conference Room

Address: 600 Main St., Somers, CT
at 7:00 PM.

***Connect with those who understand.**
No judgment, just support.
All veterans are welcome!



Care Cafe'

The first Tuesday of every month
10:00am Library Conference Room

We welcome those living with dementia and their care partners for beverages, conversation and support.

Join Karla Vince & Nicole Madson from Visiting Nurse and Health Services of CT.

NO REGISTRATION NEEDED



Somers Public Library

2 Vision Blvd
Somers, Connecticut 06071 | 860



odds & ends



Travel the World - Italy!

Tuesday, September 2nd
1:00-1:30pm

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



Help us Build a Scarecrow!

Monday, September 22nd
10:00am

Please join Darlene in welcoming Fall by helping us build a scarecrow in front of our Senior Center!



Tuesday, September 30th
11:00am

Come participate in a balance clinic with PowerBack Rehabilitation to talk about falls prevention, causes, risks and complete a balance assessment utilizing a Zibrio board.



Piedmont Art Show



OPENING RECEPTION

September 14th 1-3pm

Awards at 1:30 pm

SHOW HOURS

OPEN Thursday thru Sunday

Sept 18 - 19 12pm - 4pm

Sept 20 - 21 10am - 2pm

Sept 25 - 26 12pm - 4pm

Sept 27 - 28 10am - 2pm

PICK UP WORKS FROM SHOW

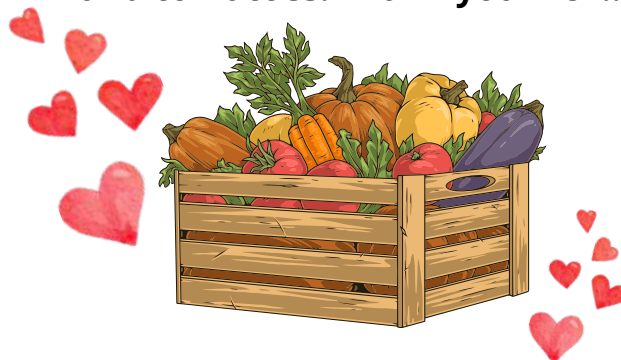
Sept 28, Sunday 2pm-3pm

Sept 29, Monday 3pm-4pm

Special "Shout Out"



We would like to give a special shout out to **Rick Harris** who shares his garden's bounty with us every year! We all look forward to the delicious cucumbers, summer squash, zucchini and tomatoes! Thank you Rick!!





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



Sept 1st:

Tina C.
Bonnie T.
Gail K.
Ramona S.
Linda K.
Janet B.
John P.
David D.

Sept 2nd:

Sarah B.
Jan C.
Michael K.
Maryann A.
Sept 3rd:
Florence H.
Wayne M.
Loretta C.
Ralph W.
Francine P.
William L.
Diane M.
Mille M.
Carol H.
Bob H.
Bill H.

Sept 4th:

Gerard G.
Patricia F.
Valerie G.

Sept 5th:

Michael S.
Robert T.
Anne S.
Gordon M.
Michael L.
Lisa F.

Sept 6th:

Jeanne S.
Karlene P.
Florita P.
Janet D.

Sept 7th:

Valerie S.
Elaine A.
Joan B.
Frank A.
Dorothy G.
Regina S.
Contance D.
Frances B.
Paul B.

Sept 7th:

Susan P.
Matthew D.

Sept 8th:

Irene A.
Lorraine Z.
Marie G.
Walter G.

Sept 9th:

Sandra B.
Betsy W.
Bonnie Z.
Joel L.

Sept 10th:

Susan P.
Susan P.
Jacquie W.
William K.

Sept 11th:

Gloria A.
Amy Y.
Doreen J.
Nancy E.
Barbara C.
Patricia M.
Robert P.
Lisa H.

Sept 11th:

Janice B.
Rosemary H.
Edward W.

Sept 12th:

Lisa F.
Rollande C.
Joan M.

Sept 13th:

Gail D.
James T.
Andrea T.

Sept 14th:

Marlene N.
Robert N.
Teresa S.

Sept 15th:

Nancy St. J.
Gladys P.
Lisa P.

Sept 16th:

Daniel P.
Ruth J.
Sheila O.

Sept 16th:

Shirley L.
Cora M.
Diane L.

Sept 17th:

Woodrow B.
Patricia D.
Ann McD.

Sept 18th:

Janet S.
Steve N.
Michael G.
Marie H.

Sept 19th:

Mary G.
Louise L.
Joseph R.
Richard H.

Sept 20th:

Joy R.
John C.
Robert G.
Brenda W.
Nancy C.
Dennis T.

Sept 21st:

Connie K.
Patricia H.
Patricia B.

Sept 22nd:

Charles W.
Michele T.
Jo-Anne R.
Susan M.
Linda E.

Sept 23rd:

Lori C.
Michele T.
Heather I.

Sept 24th:

Arlene B.
Nancy B.
Dana McE.
Tom B.

Sept 25th:

Gloria C.
Arlene B.
Mildred A.
Deborah P.

Sept 26th:

Nany O'K.
John S.
Jeffrey C.

Sept 27th:

Cyrus B.
Harry S.
Berry B.
Patricia L.

Sept 28th:

Sandra V.
Nancy F.
Stephanie S.

Sept 29th:

Jerry L.
Ed H.
Elaine F.

Sept 30th:

Linda T.



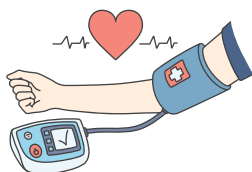
Blood Pressure Check

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

Tuesday, September 23rd

11:30am- 12:30pm

to perform blood pressure checks!



Birthday Celebration



Our Birthday Celebration will be held on Tuesday,

September 23rd at 12:00pm

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



1. MONDAY CLOSED	2. TUESDAY	3. WEDNESDAY	4. THURSDAY	5. FRIDAY
 HAPPY ★ LABOR ★ DAY	9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons @ Kibbe 12:00 Home Helpers Lunch 1:00 Documentary - Travel the World - Italy!	 SPA SERVICES (By Appt.) 9:00 Fit and Fun @ Kibbe - Free Last Class 11:00 Autumn Door Mat Craft \$10 1:00 Dominoes	9:00 Cornhole & Coffee 10:00 Lunch Bunch - Slipaway River Tours & lunch at the River: A Waterfront Restaurant 10:00 Stretching with Keely at Kibbe 12:00 Bingo 5:30 Bridge	No Coffee Talk or Chair Aerobics 10:00 Horizon Wings in honor of National Wildlife Day & Ice Cream Sundae -\$5 
8. MONDAY	9. TUESDAY	10. WEDNESDAY	11. THURSDAY	12. FRIDAY
9:00 QiGong 10:00 Art Group 10:00 Grief Support 10:00 Walking Group 11:00 Scrabble 1:00 Skyjo	9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons @ Kibbe 1:00 Senior Advisory	11:00 Painting with Ellie \$15 (pumpkin painting)  1:00 Dominoes	9:00 Cornhole & Coffee 10:00 Stretching with Keely at Kibbe 12:00 Bingo 5:30 Bridge	9:00 Coffee Talk 10:00 Chair Aerobics 11:30 Italian Lunch Day \$3 12:00 Communication Hearing with Monica 
15. MONDAY	16. TUESDAY	17. WEDNESDAY	18. THURSDAY	19. FRIDAY
9:00 QiGong 10:00 Art Group 10:00 Grief Support 10:00 Walking Group 11:00 Scrabble 1:00 Skyjo	9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons @ Kibbe 11:00 Movie Time Tuesday - "The Intern"	12:00 Senior Club Lunch 1:00 Dominoes 	9:00 Cornhole & Coffee 10:00 Stretching with Keely at Kibbe 12:00 Bingo 3:00 Book Club 5:30 Bridge	No Coffee Talk or Chair Aerobics 9:30 French Toast Bake & World Alzheimer's Awareness \$3 - Wear Purple 10:00 "Walk in your shoes" by The Reserve 
22. MONDAY	23. TUESDAY	24. WEDNESDAY	25. THURSDAY	26. FRIDAY
9:00 QiGong 10:00 Art Group 10:00 Grief Support 10:00 Walking Group 10:00 Let's All Build a Scarecrow 11:00 Scrabble 1:00 Skyjo	 9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons @ Kibbe 11:30 Blood Pressure Screening 12:00 Parkway Birthday Lunch 12:30 Climb with Kelly Up Mt. Kilimanjaro	8:45 AARP Smart Driver Course  1:00 Dominoes	FOOT CARE (By Appt.) 9:00 Cornhole & Coffee 10:00 Stretching with Keely at Kibbe 12:00 Bingo 5:30 Bridge	9:00 Coffee Talk 10:00 Chair Aerobics 11:30 All American Meatloaf Lunch & Black Forest Cake for dessert - "Oktoberfest" Celebration Oktoberfest 
29. MONDAY	30. TUESDAY	 <h1>SEPTEMBER 2025</h1>		
9:00 QiGong 10:00 Art Group 10:00 Grief Support 10:00 Walking Group 11:00 Scrabble 1:00 Skyjo	9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Rummikub 11:00 Powerback/Zibrio Board - Falls Prevention 11:00 Tap Lessons @ Kibbe			



Somers Town-Wide Tag Sale

The Town of Somers will be holding their bi-annual town-wide tag sale on Saturday, **October 4th**. You may obtain an application here at the Somers Senior Center. A complete list of the tag sales will be made available soon.



FRIENDSHIP TOURS
THE SHIP SHOP

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

Thursday, October 16, 2025 - Covered Bridges of New Hampshire / Farmhouse lunch at the Inn at East Hill Farm. Enjoy a family style lunch at farmhouse tables followed by a guided driving tour of the covered bridges of Southern New Hampshire. - **\$148/pp**

*Limited
Spots Left!*

September Medicare Seminar



Turning 65? Free Medicare Seminar

Thursday,
September 4
6:30-7:30pm

Blake Community Room,
Somers Public Library



Hosted by Somers Human Services with
Certified CHOICES Counselors

Providing **FREE** unbiased insurance counseling and education to
Medicare-eligible individuals.

Register Now



Call 860-265-7551 x1 or
aramsdell@somersct.gov

Seniorhood Resource Fair



SENIORHOOD RESOURCE FAIR
For Tolland County Seniors, Caregivers and Families.

OCTOBER

FREE - FREE - FREE

Saturday, October 25, 2025

9:30 am - 2 pm

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 am

Free lunch to the 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 - September 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:
AUGUST 20TH FOR SOMERS RESIDENTS AND AUGUST 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: _____

