



Somers Senior Center September 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



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 Monday September 7th in observance of Labor Day.

No Tap on Tuesday September 1st

No Qigong or Art Group on Monday September 14th

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, Youth Services Coordinator

jgriger@somersct.gov

Open, Prevention Coordinator

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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, September 9th & September 23rd 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 Human Services at 860-265-7551 x1 to make an appointment for any services noted below:

Senior Farmers' Market Nutrition Program is open! - Accepting applications through September 30th. Single income up to \$28,953; couples up to \$39,128. The \$40 benefit card can be used at farmers' markets to purchase fresh produce, eggs, etc. Must provide proof of residence in Somers (recent Eversource bill) and proof of income.

Renters Rebate - The 2026 Connecticut Renters Rebate program offers refunds to elderly (65+) or disabled renters who lived in CT for 2025. Apply now through September 30th, based on 2025 rent/utility payments.

Eversource Discounted Energy - 5% to 50% discounts may be available to you, depending on income & family size.

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

CT Energy Assistance Program - Starting September 15th. Single income \$47,000 or less; Married income \$62,000 or less.

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

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.

PLEASE NOTE: You must save important documents listed below to apply for various benefit programs:

- SSA-1099 (has SSN in upper right corner)
- Social Security benefit verification letter for those who receive disability benefits
- 1099s for pensions, IRAs, and self-employment
- Eversource bill (Renters' Rebate requires a single page, summary of Eversource payments in 2025.)
- Rental statement for prior year (if you rent)
- High Grade gas (Woodcrest residents only)





Senior Center Updates



NEW SENIOR CENTER HOURS



The Senior Center is open Monday through Thursday from 8:00am to 3:00pm.

We will be closed on Fridays with no Dial-A-Ride service. Please refer to newsletter & calendar for program time changes.

SENIOR ADVISORY:

The Senior Advisory Committee will meet on Tuesday **September 8th at 1:00pm** here 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

**** PLEASE NOTE NEW TIME CHANGES ****

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!

Veterans Coffee Talk- 1st & 3rd Wednesday of 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



RELAY CT EQUIPMENT DISTRIBUTION

Tuesday, September 1st
1:00pm



Are you hard of hearing, deaf, blind or have difficulty speaking?

Please join Hannah Neale from Relay CT. as she shows us how to stay connected over the telephone, what a captioned telephone is and how to obtain communications equipment for yourself or a loved one.

LUNCH & LEARN QPR TRAINING

Wednesday Sept 2nd 11:00am

Somers Human Services will be offering QPR Training (Question, Persuade, Refer). This is an evidence-based, emergency mental health gatekeeper training designed to teach anyone how to recognize suicide warning signs and intervene. Similar to CPR, it provides actionable skills—asking about suicide, persuading someone to seek help, and referring them to professional care.



"ASK THE ATTORNEY" (By Appt. Only)

Wednesday September 9th 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.



CHAIR MASSES BY CASEY

Monday, September 14th
(9:00am - Noon/By Appt only)
\$15 for 15 minutes
Paid at time of sign up

Take time for yourself and come enjoy a relaxing chair massage with a licensed and insured massage therapist Casey Evans.

BREAKFAST BUNCH

Thursday, Sept 17th
9:30am



Enjoy coffee, tea & light breakfast items while enjoying the beautiful scenery at our local winery!



AARP Safe Driver Course

Monday, September 19th
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

FALL CRAFT

Monday, Sept 21st
11:00am/\$5pp

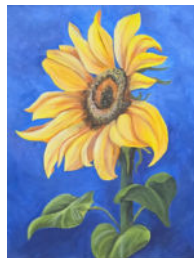
Darlene will show you how to make this lovely fall centerpiece!



PAINTING WITH SANDY

Wednesday, Sept 23rd
10:00am - 1:00pm
\$15/pp includes all materials

Artist Sandy Poirier will instruct this acrylic painting workshop.



LUNCH - In memory of
Jeanne Cormier
Wednesday Sept 30th
11:30am

Please join us for lunch and a few games of Bingo sponsored by Jeanne's Family.



Our 2nd Annual Country Jamboree with Brian Chicoine!

Wednesday September 9th at 11:00
/\$5pp



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





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:

Sept 16th

Oct 15th

Oct 21st



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 MESSAGES BY CASEY

Monday, September 14th

9:00am-Noon (By Appointment Only)

\$15 for 15 minutes paid at time of sign up

Take time of yourself and come enjoy a relaxing chair massage with a licensed and insured massage therapist Casey Evans. Please call the Senior Center to make your appointment.



Save the Date!



SOMERS SENIOR CENTER ANNUAL HALLOWEEN PARTY

Wednesday, October 28TH
11:30am

Come and have a goulsh time!
Magic Show by Deanna Congo!



SOMERS TOWN-WIDE



Applications available at Senior Center and at www.somersct.gov

Puzzle Palooza

Interested in some friendly competition between family and friends? Do you love jigsaw puzzles? Join us for an evening to compete against others to complete a 500-piece themed puzzle!

Date: Friday, September 25th

Time: 6:00-8:30pm

Cost: \$25.00/Team (2-4 Members)

Ages: 7+

Location: Somers Senior Center



****Light Refreshments Provided****

Register at Somers.RecDesk.com
by September 11th!





Meals & Events

Home Helpers®

Tuesday, September 1st
12:00pm

Please stay for a presentation with CT Equipment Distribution Program!



LUNCH & LEARN
Wednesday, Sept 2nd
11:00am

QPR Training
"Question, Persuade & Refer"

Our 2nd Annual Country Jamboree with Brian Chicoine!

Wednesday Sept 9th
11:00am
\$5/pp



BREAKFAST BUNCH

Thurs Sept 17th
9:30am

BIRTHDAY LUNCH

Tuesday, Sept 22nd
12:00pm



LUNCH - In memory of Jeanne Cormier

Wednesday Sept 30th
11:30am



Please join us for lunch and a few games of Bingo sponsored by Jeanne's Family.

"Hooked on Books" Book Club

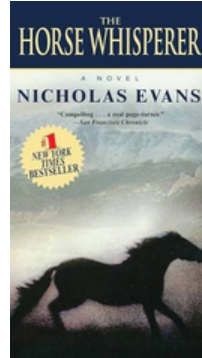


New Day/Start Time!

Book Club

Thurs., September 17th 2:00pm

"The Horse Whisperer"
by Nicholas Evans



When teenage Grace is traumatized by a riding accident that badly injures her horse, her mother Annie, a high-powered New York Magazine editor, realizes Grace will only recover once the horse is healed. She takes them both to a

secluded Montana ranch, where legendary "horse whisperer" Tom Booker begins to heal the horse, and also stirs long-dormant feelings in Annie that lead her to question her marriage and choice of career.

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!

Movie Time



"The Pursuit of Happyness"

Monday, September 28th

11:00am - 1:00pm

1hr 57mins / PG-13

Life is a struggle for single father Chris Gardner. Evicted from their flat, he and his young son find themselves alone with no place to go. Even though Chris eventually lands a job as an intern at a prestigious brokerage firm, the position pays no money. The pair must live in shelters and endure many hardships, but Chris refuses to give in to despair as he struggles to create a better life for himself and his son.





Somers Senior Citizen's Club Luncheon



**Wednesday, Sept 16th
@ 11:45am**

Penne Pasta with Sauce and Meatballs, Zucchini Squash, Italian Roll with butter and an Apple Treat 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 Public Library



**"The Prestige"
Sept 4th**



**"The Impossible"
Sept 11th**



**"Mercy"
Sept 18th**



**"Passengers"
Sept 25th**

Veterans Coffee Talk



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 SEPTEMBER Birthdays!



Sept 1st:

Tina C.
Bonnie T.
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.
Florita P.
Janet D.
Jan C.

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.
Susan P.

Sept 10th:

Richard R.
Jacquie W.
William K.
Gloria A.
Amy Y.

Sept 11th:

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.

Sept 14th:

Andrea T.
Marlene N.
Robert N.

Sept 15th:

Teresa S.
Nancy St. J.
Gladys P.

Sept 16th:

Lisa P.
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.

Sept 19th:

Marie H.
Mary G.
Louise L.

Sept 20th:

Joseph R.
Richard H.
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.

Sept 23rd:

Linda E.
Lori C.
Michele T.

Sept 24th:

Heather I.
Arlene B.
Nancy B.
Dana McE.

Sept 25th:

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

Sept 26th:

Nany O'K.
Jeffrey C.

Sept 27th:

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

Sept 28th:

Sandra V.
Nancy F.
Stephanie S.

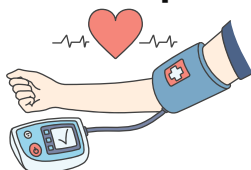
Sept 30th:

Jerry L.
Ed H.
Elaine F.
Linda T.



Blood Pressure Check

Don't forget that Ann Maggio, RN will be here on
Tuesday, September 22nd
11:30am- 12:30pm
to perform blood pressure checks!



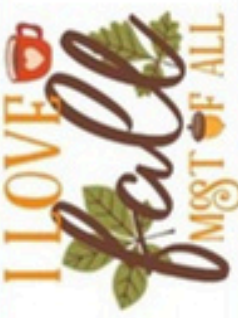
Birthday Celebration



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

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



	1 TUESDAY NO TAP LESSONS SPA SERVICES (By Appt.) 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 12:00 Home Helpers Lunch 1:00 Presentation by Hamilton Relay	2 WEDNESDAY SPA SERVICES (By Appt.) 9:00 Veteran's Coffee 10:00 Balance Fitness Fun @Kibbe \$4 11:00-12:30 Lunch and Learn (QPR Training) 12:00 Dominoes	3 THURSDAY 9:00 Coffee Talk 9:00 Cornhole (Outside Only) 10:00 Chair Aerobics 10:00 Stretching with Keely at Kibbe \$4 11:30 Bingo 5:30 Bridge	4 FRIDAY 9:00 Pickleball 11:00 Chair Aerobics at Kibbe SORRY WE'RE CLOSED
1 MONDAY CLOSE HAPPY LABOR DAY	8 TUESDAY 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe 1:00 Senior Advisory	9 WEDNESDAY Ask The Attorney - (By Appt. Only) 10:00 Balance Fitness Fun @Kibbe \$4 11:00 Country Jamboree with Brian Chicoine \$5 12:00 Dominoes	10 THURSDAY 9:00 Coffee Talk 9:00 Cornhole (Outside Only) 10:00 Chair Aerobics 10:00 Stretching with Keely at Kibbe \$4 11:30 Bingo 5:30 Bridge	11 FRIDAY 9:00 Pickleball 11:00 Chair Aerobics at Kibbe SORRY WE'RE CLOSED
14 MONDAY NO QIGONG OR ART GROUP CHAIR MESSAGES (By Appt.) 9:00 AARP Safety Class 10:00 Scrabble 12:00 Skyjo 1:00 YouTube Fitness with Jules	15 TUESDAY 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe	16 WEDNESDAY FOOT CARE (By Appt.) 9:00 Veteran's Coffee 10:00 Balance Fitness Fun @Kibbe \$4 11:45 Senior Club Lunch 12:00 Dominoes	17 THURSDAY 9:30 Breakfast Bunch - Worthington Winery 9:00 Coffee Talk 9:00 Cornhole (Outside Only) 10:00 Chair Aerobics 10:00 Stretching with Keely at Kibbe \$4 11:30 Bingo 2:00 Book Club 5:30 Bridge	18 FRIDAY 9:00 Pickleball 11:00 Chair Aerobics at Kibbe SORRY WE'RE CLOSED
21 MONDAY 9:00 QiGong 10:00 Art Group 10:00 Scrabble 11:00 Fall Craft \$5 12:00 Skyjo 1:00 YouTube Fitness with Jules	22 TUESDAY 9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe 11:30 BP Screening 12:00 Parkway Birthday Lunch	23 WEDNESDAY 10:00 Balance Fitness Fun @Kibbe \$4 10:00 Painting with Sandy \$15 12:00 Dominoes	24 THURSDAY 9:00 Coffee Talk 9:00 Cornhole (Outside Only) 10:00 Chair Aerobics 10:00 Stretching with Keely at Kibbe \$4 11:30 Bingo 5:30 Bridge	25 FRIDAY 9:00 Pickleball 11:00 Chair Aerobics at Kibbe SORRY WE'RE CLOSED
28 MONDAY 9:00 QiGong 10:00 Art Group 10:00 Scrabble 11:00 Movie Time - "The Pursuit of Happyness" 12:00 Skyjo 1:00 YouTube Fitness with Jules	29 TUESDAY 9:00 Coffee Talk 9:00 Pickleball 9:30 Falls Prevention with "Supportive Senior Solutions" 10:00 Chair Aerobics 11:00 Rummikub 11:00 Tap Lessons at Kibbe	30 WEDNESDAY 10:00 Balance Fitness Fun @Kibbe \$4 11:30 Lunch in honor of Jeanne Cormier 12:00 Dominoes	SEPTEMBER 2020	



33rd Annual Piedmont Art Show

The Somers Cultural Commission is having their Regional Juried Piedmont Art Show.

Opening Reception: September 13th
1:00-3:00pm

Show Dates: Sept 17th & 18th 12:00-4:00pm
Sept 19th & 20th 10:00-2:00pm
Sept 24th & 25th 12:00-4:00pm
Sept 26th & 27th 10:00-2:00pm

MEANWHILE, please do enter your wonderful art work as we couldn't do this show without you!



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.



With Thanks

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

Gloria Coles, Eileen Fedorowich



Somers Historical Society



The Somers Historical Society Museum is now open for the season!
Sunday Hours are 1:00 - 3:00 pm

Sept 13th

Oct 11th

Nov 15th

December 5, 4-6:30 PM
(Somers Holiday Festival)



Congregational Church Community Supper



SOMERS CONGREGATIONAL CHURCH COMMUNITY SUPPER

Wednesday, September 9th
5:30pm

The Somers Congregational Church monthly suppers are through October. This is a free event, but donations are graciously accepted. Please call the Congregational Church at (860)763-4021 or stop in to sign up (walk-ins are welcome!)





Falls are the leading cause of fatal and non-fatal injuries in older adults. Falls threaten safety and independence and can come with enormous financial and personal costs. HOWEVER, falling is not an inevitable result of aging. Through practical lifestyle adjustments, you can greatly reduce your risk of falling.

8 Simple Tips for Fall Prevention



Make your home safe by removing tripping hazards like cords, rugs and clutter. Install grab bars in the bathroom.



Get your vision and hearing checked yearly and update your eyeglasses.



Keep frequently used items within reach, so you don't have to climb or strain to reach them.



Consider getting a medical alert system for easy access to emergency services.



Make sure that your home has adequate lighting so you can clearly see your path when walking.



Regularly review your medication list with your doctor. Take medications as prescribed and keep an updated medication list for emergencies.



Wear sensible shoes with non-skid soles and a proper fit.



Stay Active! Even gentle exercise can increase strength and balance.



Falls Prevention Coffee Talk
Tuesday, September 29th
9:30am- 10:00am



**Join Perry Phillips from
Supportive Senior Solutions as he
talks about simple ways to reduce
your risk of falling!**



Somers Senior Center Registration Form - SEPTEMBER 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:

AUGUST 20TH FOR SOMERS RESIDENTS AND AUGUST 27TH 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: _____

