



# Echoes From Somers Seniors

A Monthly Publication of the Town of Somers Human Services Department



## June 2016 Newsletter

### Somers Senior Center

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Monday –Friday 8:00am-4:00pm

www.somersct.gov/senior.cfm



### Somers Senior Center Staff

Florence Hurley.....Senior Center Coordinator

Deanna Schuetz.....Human Services Director

Christina Cenac.....Human Services Assistant

Joe Careno.....Dial-a-Ride Driver

John Morrison.....Dial-a-Ride Driver

Richard Day.....Dial-a-Ride Driver

### SPECIAL EVENTS IN JUNE 2016

- 6/2 Healthy Breakfast
- 6/3 Diabetes Education Session 6
- 6/6 Lunch & Learn: *Stonebrook Village*
- 6/7 National Chocolate Ice Cream Day
- 6/13 Trip: *Breakfast @ Cosmic Omelet*
- 6/14 Blair Manor Lunch
- 6/14 Advisory Committee for Seniors
- 6/16 Trip: *St. Clement's Castle*
- 6/16 Healthy Breakfast
- 6/17 Friday Matinee: *The Revenant*
- 6/20 Father's Day Event:  
*Munchies & Magic!!*
- 6/27 Lunch & Learn: *Home Care Hands*
- 6/28 Trip: *Essex Steamtrain & Riverboat*

**\*\*Sign up is required for all events\*\***

### A NOTE FROM OUR FIRST SELECTMAN

Happy Father's Day! Hats off to all the dads and father figures out there that work so hard each and every day to provide loving support to their families. You are all much loved and appreciated!

It is June, my absolute favorite month. It's the beginning of summer, gardens filled with flowers, sunshine and lots of time spent outside. It seems that there is always so much to do and usually not enough time to get it done. But hey, you have all summer to work on projects. Get outside and enjoy! Take a walk, sit in the sun and relax. If you golf, then sign up to play in the "Celebrate Somers Golf Tournament" at Cedar Knob on Saturday, June 25<sup>th</sup>. It is being presented by the Somers Recreation Department. Sign up at somers.recdesk.com or call Somers Rec at 860-265-3840. All proceeds support Somers Parks and Recreation. Hint, Hint, Wink, Wink...It's a great Father's Day gift idea for that special Dad in your life.

This June I will be celebrating a milestone birthday. It's the big 5-0! I am excited about it, unlike one of my friends who will be turning 50 a week before me. She denies it and says that she is turning 49 a second time. Hey, whatever makes you happy, right? Anyway, getting back on topic, I went to a seminar and one of the conference sessions was entitled "Building Your Team for the Future: Understanding the Multigenerational Workforce". It dealt with the fundamental shift that is happening in the workforce as Baby Boomers retire and Millennials come into the workforce. It was a great course that got me thinking about a lot of things. Millennials are comprised of individuals born between 1981 and 2000. Baby Boomers were born between 1946 and 1964. I'm a Generation X'er having been born in 1966, so I am wedged in the middle. Somewhere between Generation X and Millennials there is a Generation Y. The session focused on the different communication styles for each group, how each group ascertains information that is received and what makes each group tick. All I can say was that it was an eye opener and put into perspective all the things I've noticed working with each age group. The presenter discussed how Baby Boomers prefer communications in a more formal way, say a letter or formal notice (Generation X'ers just say to send an email). Baby Boomers traditionally had a more formal relationship with their supervisors and believed that hard work was rewarded-the harder you worked the more rewards you got. Generation X'ers tend to be independent and adaptable, primarily due to changes in the family structure due to both parents working, divorce, etc. They were also more informal in their work environment, but are very goal driven. To me the most interesting group discussed was the Millennial group. Maybe it

was because I don't have kids. They are described as very casual, socially tolerant and team oriented. In the workplace they need easy access to people, info, etc. and support, preferring supervisors to act as "coaches" rather than as "bosses". They prefer flexible schedules and use technology to support that flexibility. They seek instantaneous results (hence the love of technology) and expect to only stay in a job for only two years at the most before moving on, either within the company or moving on to another endeavor. Compare that with Generation X'ers expecting to change jobs on average every 5 years and Baby Boomers staying in the same job for much longer. The most interesting aspect was that the communication news source preferred by Millennials was social media. What?!

Now this is where I feel my age, because I don't get social media. Remember, I'm the MTV generation! I don't do Facebook. I don't Tweet, Snap or Yak. I really don't have the time nor the desire to post online my photos, personal opinions, recaps of my days activity or (much to the chagrin of my political party) my greatest accomplishments on social media. I guess I am old school as I would much rather call someone or see them in person. While social media can be extremely positive it can be very negative and a forum for bad behavior. Maybe it's because of my line of work. Who knows. But to have social media become the preferred news source disturbs me. Everyone has seen or at least heard of social media rantings about one thing or another. This is what really got me thinking. Does that mean that to Millennials the news essentially becomes the accepted interpretation of a vocal few rather than an accurate reporting of the facts? Isn't that how gossip starts, bullies become emboldened and rumors run rampant? I can't believe that such an empowered and open-minded group could fall for that. But then I remembered that while everyone likes to chat, no one likes a bully.

On the positive side, when Facebook postings get to a point when they become nothing more than negative spew an amazing thing happens. The majority becomes silent, refusing to participate in such bad behavior and the bullies expose themselves. People start questioning and begin to disassociate themselves with the negativity. At that point sanity takes over and then it is on to the next topic. That is human nature. So whether you are a Baby Boomer, a Generation X or Y or a Millennial we really are all the same in that we can come to the right conclusions. We all have common sense and we all can't stand a bully. Maybe I'll Pinterest that later. LOL! Selectmen Kathy Devlin and Bud Knorr join me in wishing all the Dads a Happy and Healthy Father's Day!! Enjoy the month and be good to each other!

Lisa Pellegrini, First Selectman

Important Information

The Town of Somers Senior Center and activities offered at the Senior Center

are open to all individuals ages 55+. **There is no membership required.** All seniors are welcome! It is our goal to create a warm and welcoming environment where seniors feel at home and can take part in social, educational and recreational activities. All activities within this newsletter take place at the Somers Senior Center, unless otherwise noted.

# MAGIC & MUNCHIES!

A Father's Day Celebration  
Monday June 20th @ 1pm

At seven years old David Reed-Brown discovered a secret magic set in an aged wooden jewelry box, high atop a dusty old piano. The kit had been passed down through the family by his grandfather. Inside it, he found small wooden magical wonders and he has been studying the art of theatrical magic ever since. Growing up, David did shows for family, friends, school and community and as an adult, he began living his dream as a part-time professional magician in 1997. David studies at the Magic & Mystey school in Las Vegas. Join us as we celebrate Father's Day in a very magical way. Appetizers and refreshments will be served! *"David Reed-Brown is more than just a magician. Yes his magic is expert and entertaining and awe-inspiring, but the real magic is the spiritual way in which he presents it. You leave his performances knowing that life itself is magical and filled with endless possibilities."* – David Friedman, DISNEY  
**Tickets are \$2 each and on sale now!**



## Somers Summer Concert Series

The Somers Cultural Commission's annual concert series begins this month! Concerts are held on Thursday evenings at 7pm at the "Gazebo on the Common", located next to the Senior Center. Concerts are free of charge. Don't forget to bring your chairs!

- June 30th: Jimmy Mazz (variety show)
- July 7th: Windham Concert Band (American Classics)
- July 14th: Mixed Signal (music from 50s, 60s, and 70s)
- July 21st: Ruckus (country western)
- July 28th: Airborne (Jazz/Motown/R&B/Island music)
- August 4th: Heartland (8 piece Dixieland Band)
- August 11th: Cory and the Knightsmen (50s, 60s, 70s Rock and Roll)

\* Important note: This season, in the event of inclement weather, concerts will NOT be moved to the Town Hall and there will be NO RAIN DATES. If the scheduled concert should need to be moved indoors, it will be held at the Somers Elementary School.\* The Somers Cultural Commission is extremely thankful for the support they receive from their sponsors. Unfortunately, their donations only cover a portion of the expenses incurred. Personal donations made during the concerts are very much appreciated and enable the Cultural Commission to continue to bring you the quality of entertainment you have been so fortunate to enjoy.

## National Chocolate Ice Cream Day

Tuesday June 7th @1pm

Join us for a tasty treat! Did you know chocolate ice cream is the second most common flavor surpassed only by vanilla?! Until 1800, ice cream was a rare and exotic dessert enjoyed mostly by the elite. In 1775, Italian doctor Filippo Baldini wrote a treatise entitled *De sorbetti*, in which he recommended chocolate ice cream as a remedy for various medical conditions, including gout and scurvy. We're not sure it's going to cure anything...but it sure tastes good! Join us for a scoop. *Stop in anytime from 1pm until 2pm on Tuesday June 7th!*



## FRIDAY MATINEE

Friday June 17th @1pm  
**THE REVENANT**

While exploring the uncharted wilderness in 1823, frontiersman Hugh Glass sustains life-threatening injuries from a brutal bear attack. When a member of his hunting team kills his young son and leaves him for dead, Glass must utilize his survival skills to find a way back to civilization. Grief-stricken and fueled by vengeance, the legendary fur trapper treks through the snowy terrain to track down the man who betrayed him. Leonardo DiCaprio won his first Oscar for his role and this film. Come see what all the buzz was about with this highly acclaimed picture.

Rated: R Running Time: 156 minutes





There are currently 21 million people living with a diagnosis of diabetes and it is estimated that another 8.1 million have yet to be diagnosed. If you or someone you know is living with diabetes or if you are seeking information on prevention, please consider attending one, several, or all of these sessions. Information is key to successful management of this disease. Blair Manor has partnered with the Somers Senior Center to bring you six sessions of diabetes education. The final session of this series takes place this month.

**June 3rd@2pm– Session 6:** Blair Manor is pleased to present Doctor Carolyn Bauer. Doctor Bauer is a Pharmacist who grew up in Enfield, CT and obtained her Doctorate of Pharmacy from the College of Pharmacy in Boston, MA. Doctor Bauer has worked in the field of Pharmacology for over 35 years as Clinical Coordinator of St. Mary's Regional Medical Center and consultant pharmacist for St. Boniface Hospital in Haiti. Over the course of her career she has been instrumental in educational programs centering on diabetes management, working on medication safety, and education.

*We would like to extend our appreciation to Blair Manor for offering this informative series, as well as for providing the seniors of Somers with complimentary breakfast and lunch every month.*

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## Sleep and Aging



Like food and water, adequate sleep is essential to good health and quality of life. It's a common misconception that sleep needs decline with age. In fact, our sleep needs remain constant throughout adulthood. Seven to nine hours a night is about right but senior's sleep patterns are a little different. Seniors tend to go to bed earlier and get up earlier. They spend less time in deep sleep and sleep may be more fragmented. These are some ideas to help you get a good night's rest.

- Follow a regular sleep schedule – go to sleep and get up at the same time
- Develop a relaxing bedtime routine – read a book, listen to quiet music, take a warm bath
- Keep your bedroom dark and quiet, not too hot or too cold
- Try to avoid napping in the later part of the day
- Exercise at regular times during the day but not within 3 hours of bedtime
- Make an effort to get out in the sunlight every day
- Stay away from caffeine late in the day
- To avoid getting up to the bathroom, don't drink fluids after your evening meal and, if you take a diuretic, take it early in the day
- Large meals close to bedtime may keep you awake
- Even small amounts of alcohol may make it harder to stay asleep
- Give yourself 20 to 30 minutes to fall asleep. If you're still awake and not drowsy get up and do a relaxing activity until you feel sleepy
- Some people find relaxing exercises help – Tell yourself that your toes feel light as feathers and then work your way up your body saying the same words. You may drift off before you reach the top of your head.

If you are so tired during the day that you can't function normally and this lasts for more than 2 to 3 weeks, you should see your family doctor or a sleep disorder specialist.

Info from [www.NIHseniorhealth.gov](http://www.NIHseniorhealth.gov)  
[www.everydayhealth.com/senior-health](http://www.everydayhealth.com/senior-health)

Article submitted by Ailene Henry



## LUNCH & LEARNS



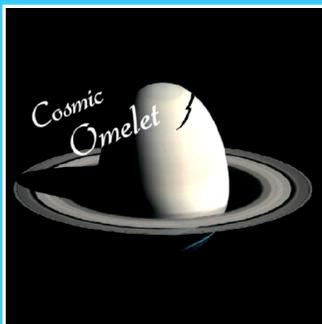
### Stonebrook Village: June 6th @12pm

Stonebrook Village is a new community in Windsor Locks, CT. Studio, one bedroom and two bedroom apartments with full kitchens or kitchenettes are available depending upon your needs. 24 hour nursing is offered and exercise physiologists and therapists are on premises to work with residents. Other amenities include: Gym, Art Studio, Hair Salon, Bistro, Pub, Chapel, Movie Theater, Dining Rooms-Restaurant Style open 7am-7pm, bus for excursions as well as a small van to bring residents to appointments, etc. Leases include 2 meals, utilities, housekeeping, linen services. There is ample parking, a bocce court and putting green. Come learn about this new community! *Lunch will be provided by Stonebrook Village.*

### HomeCare Hands: June 27th @12pm

Are you or is someone you know suffering from caregiver burnout? Join us for lunch as we discuss Tips on How to Make Family Caregiving Easier and More Rewarding! This Lunch & Learn is proudly brought to you by HomeCare Hands, a trusted home care provider helping Seniors and other adults maintain their independence by offering 24/7 private duty support and assistance in the comfort of their home! *Lunch will be provided by HomeCare Hands.*

# TRIPS & OUTINGS



## THE COSMIC OMELET

**Monday June 13th**  
**Bus departs 8:15am**

Every once in a while, isn't it nice to do something different?! Let's do breakfast! We are heading to a unique and popular breakfast destination in Manchester, CT: The Cosmic

Omelet! Over 30 specialty omeletes await you such as "The Foglifter" (ham, swiss, and horseradish sauce), "The Lone Star BBQ" (shaved steak and cheddar cheese), and "The Big Cheese" (Swiss, cheddar, and American). Adding cream cheese to any omelet is what makes it "cosmic"! Not an omelet fan? No problem! They've got you covered. Choose from pancakes, biscuits n' gravy, french toast, or any number of yummy alternatives. Our bus will depart at 8:15am. Rise and shine!! **Sign up begins June 1st and is open to Somers residents only, as space is limited.**



## ESSEX STEAM TRAIN & RIVERBOAT EXCURSION

**Tuesday June 28th**  
**Bus departs 9:45am**

Enjoy a 3-course lunch aboard restored 1920's Pullman Diners

as part of a 3.75 hour lunch, train and riverboat sightseeing excursion. Attentive staff will transport you back to when rail travel was king and eating in the "Diner" was a delicious special occasion. The itinerary begins with boarding your Dining Car to savor a hot lunch at historic Essex Station that is prepared and cooked on board. You may choose Roast Beef or Baked Chicken for your main entrée. Next you will travel aboard the train along the Lower Connecticut River Valley while you finish your meal. At Deep River Landing you will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River – bursting with lush scenery and historic sights; such as Gillette Castle. You will finish your journey riding in Coach Passenger Cars aboard the train back to Essex Station. **Cost is \$49.95 per person due upon sign up and includes your three course lunch, tax, gratuity, train, and riverboat excursion. Sign up has begun. Open to Somers residents only, as space is very limited. Deadline to sign-up and select your meal choice is June 20th!**

## DAVID GWILLIAM MOHEGAN SUN CASINO TRIP



**Friday July 22nd**  
**Bus departs at 8:30am**

The David Gwilliam Mohegan Sun Trip includes: Round trip deluxe motor coach, two \$10 gambling vouchers, \$15 food voucher and driver's gratuity.

**\$25 per person non-refundable payment due upon sign up. Open to all! Seats fill fast!**

## THE TEXAS TENORS AT FOXWOODS CASINO



**Wednesday August 3rd**

Introduced to the nation on America's Got Talent, The Texas Tenors are back by popular demand with their unique blend of country, classical, gospel, and Broadway with a touch of humor and charm. This package includes reserved seating in the Fox Theatre for a 2pm show, round trip motor coach and driver's gratuity, plus the Foxwoods Bonus package; free lunch buffet and \$10 slot play!

**Checks must be made payable to: Tours of Distinction. Cost is \$87 per person. Sign up today to ensure you get the best theatre seats!**

## BEAUPORT PRINCESS LUNCHEON CRUISE



**Tuesday August 16th**

Step aboard the elegant Beauport Princess and settle back for a cruise from one of New England's most photogenic harbors; Gloucester, MA. Sights will include Ten Pound Island Lighthouse, Fisherman's Statue, Hammond Castle, and more. You will enjoy a buffet lunch while cruising in Gloucester Harbor. Sample buffet menu: spring salad, rolls, North Atlantic Haddock, Chicken Piccata, Butternut Squash Ravioli, vegetables, potatoes, dessert. There will be music and light narration on your cruise as well! Also scheduled is an afternoon visit to Rockport, MA, one of the oldest artisan colonies, for fun shopping in the many art galleries or to enjoy views of the harbor.

**Cost is \$97 per person due upon sign up. Open to all. Sign up has begun!**

# TRIPS & OUTINGS



## 9/11 MEMORIAL MUSEUM

**Tuesday September 6th**

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11,

documenting the impact of those events and exploring 9/11's continuing significance. The museum's 110,000 square feet is located in the archaeological heart of the World Trade Center site. This is an escorted trip and includes lunch at Ryan Maguire's on Wall Street. *Please note: There is a moderate amount of walking on this trip. Cost is \$103 per person due at sign up and includes round trip motor coach, tour guide, lunch, museum admission and gratuities. Open to all.*

## INTREPID SEA, AIR & SPACE MUSEUM

**Thursday November 10th**

Explore the 900 foot USS Intrepid, which fought in WWII, the Cold War and the Vietnam War. See the Space Shuttle Enterprise. Climb aboard the Submarine Growler, the only American guided Submarine missile submarine open to the public. Have lunch on your own at the Mess Deck Café. *Please note: There is a moderate amount of walking on this trip. Cost is \$76 due at sign up. Open to all.*



## HISTORIC DEERFIELD STOCKING STUFFER TOUR

**Monday December 5th**

At the start of the day, everyone will receive a holiday stocking...and each stop will provide you with a gift to fill your stocking! The first stop is to **Kringle Candle** where you will have an opportunity to shop their main store and Christmas Barn. Next, you will enjoy a holiday buffet lunch at **Champney's Restaurant** at the Deerfield Inn. After lunch, it's a guided tour onboard the motorcoach of Main St. in Old Deerfield and a tour of the **Stebbins House** with an open hearth cooking demonstration focusing on holiday desserts. Enjoy a cup of hot cider before departing. Lastly, enjoy a ride through **Forest Park's Bright Nights** in Springfield. This will quickly become a holiday tradition you will want to continue year after year!



*Cost is \$95 per person due upon sign up. Open to all!*

## THE MARCELS

**Tuesday September 20th**

We're off to the Grand Oak Villa to see the guys who put the bomp in the bomp-a-bomp! In 1961, the Marceles sold over 2.5 million copies of their hit "Blue Moon". While the Marceles entertain you,



you will enjoy appetizers, a family style meal, and carafes of wine on every table!

*Cost is \$89 per person due at sign up. Open to all!*

## OKTOBERFEST

**Sunday October 23rd**

Join us for a fun filled day of German celebration! We are off to the Log Cabin in



Holyoke, MA and will experience fall foliage in the heart of the Pioneer Valley. German Band The Jolly Kopperschmidts will provide the entertainment! Be sure to bring your appetite; the breakfast menu will include belgian waffle wedges, maple cinnamon buns, french toast, pancakes, home fried potatoes, bacon, sausage, scrambled eggs, and an omelette station! Mimosas and Bellinis will be served as well! For lunch, there will be a salad bar, bratwurst, knockwurst, jaegerschnitzel, and german potato salad. Don't forget the ice cream sundae bar and apple strudel for dessert! Beer and wine will be available throughout the day as well as warm pretzels. This is an annual celebration not to be missed!

*Cost is \$82 per person due at sign up. Open to all!*

## RADIO CITY CHRISTMAS SPECTACULAR

**Thursday December 1st**

Back for it's 88th year, the Radio City Christmas Spectacular featuring the world-famous Rockettes is one of America's favorite holiday traditions! Experience the magical lineup of the Parade of the Wooden Soldiers, Santa's 3D journey on his sleigh through the skies of New York, a unique interpretation of The Nutcracker, and the miraculous living nativity scene. There is just nothing quite like New York City at Christmas time. You will have time before and after the 2pm show to grab a bite, shop, and enjoy the city. *Deposit of \$60 is due by June 24th. Total cost is \$122 per person. Open to all!*



# SCAMS

## TARGET YOU

### PROTECT YOURSELF

According to the National Council on Aging, financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. (source: [www.ncoa.org](http://www.ncoa.org))

The Somers Senior Center will be making an increased effort to keep you aware of current scams so that you can be better informed and better protected. There are many different types of scams targeting seniors and we will be highlighting these various scams in upcoming editions of our newsletter. The most important thing you can remember is to always err on the side of caution and NEVER divulge your personal information to an unverified source.

*In this edition, we are including a news release from Eversource (formerly Connecticut Light and Power) regarding the most recent scam affecting not just seniors, but all Eversource customers.*

## Eversource Warns of Scammers Posing as Employees

*Customers urged to never provide account information to unsolicited individuals*

**BERLIN, Conn. (May 5, 2016)** – Eversource business and residential customers across Connecticut continue to be targeted by scammers employing a myriad of tactics to trick people out of their money or into providing personal financial information. Most recently, scammers have been going door-to-door, posing as Eversource employees or claiming to be a "representative" of the company. In light of this, the company is renewing a reminder to customers that its employees all carry proper identification and would never solicit door-to-door or over the phone on behalf of a third-party energy supplier.

"If anyone suspects that someone is impersonating an Eversource representative, they should contact us immediately and report it to local police," said Penni Conner, Senior Vice President and Chief Customer Officer at Eversource. "The key to stopping these scammers in their tracks is don't panic, don't pay and don't provide any personal information."

Though electricity customers in Connecticut do have the option of choosing a competitive energy supplier, Eversource urges them to do their due diligence and check the validity of any company or offer being made. The Public Utilities Regulatory Authority oversees competitive suppliers and maintains a list of current offers available from them.

All Eversource employees carry company-issued identification, and any electrical contractors working with Eversource carry documentation explaining the nature and location of their work. Customers can always call Eversource to verify this information.

Tips to help avoid becoming a victim:

- Eversource representatives never demand instant payment in-person or over the phone, don't require the use of pre-paid debit cards (such as Green Dot MoneyPak, Vanilla or Reloadit cards) and never request customers meet at a payment center, such as a department or grocery store, to make the payment.
- Never provide a copy of your bill, personal financial or account information to any unsolicited person on the phone, at the door or online, even if they seem legitimate.
- Customers who are scheduled for disconnection due to nonpayment receive written notice that includes information on how to maintain their service.
- Customers can verify they are speaking with an Eversource representative by asking for some basic information about their account like the name on the account, the account address, and the exact past due balance.
- If you don't feel comfortable, close the door or hang up the phone.

Eversource accepts several methods of payment and has multiple convenient payment options for its customers. The company urges anyone who has doubts about the legitimacy of a call, visit or an offer, to contact them directly at 1-800-286-2000.

<p><i>~Mobile Foodshare (behind Somers Congregational Church) June 1<sup>st</sup>, June 15<sup>th</sup>, and June 29<sup>th</sup></i></p> <p><i>~Free supper @ Somers Congregational Church on May 15<sup>th</sup> from 5:30pm to 6:30pm</i></p> <p><i>*Denotes an event sponsored by the Somers Senior Citizen's Club (members and non-members welcome)</i></p> <p><i>Pizza day is free for members and \$5.00 for non-members</i></p>		<p><b>1. WEDNESDAY</b></p> <p>12-1pm*Lunch: Meatloaf w/gravy, mashed potato, green beans, salad, rolls &amp; Birthday Cake</p> <p>1:00- 3:30 Dominoes</p> <p>1:00- 3:30 Wii Bowling</p> <p>1:00- 3:30 Pitch Card Group</p>	<p><b>2. THURSDAY</b></p> <p><b>8:30 Healthy Breakfast</b></p> <p>10:00-11:00 Chair Aerobics</p> <p>12:00 -3:30 Bingo</p> <p>6:30 -9:30pm Bridge Club</p>	<p><b>3. FRIDAY</b></p> <p>9:00-12:00 Art Group</p> <p>11:00 -11:30 Qigong</p> <p><b>2:00 Blair Manor Diabetes Education-Session 6</b></p>
<p><b>6. MONDAY</b></p> <p>10:00-11:00 Chair Aerobics</p> <p><b>12:00-Lunch &amp; Learn w/ Stonebrook Village</b></p>	<p><b>7. TUESDAY</b></p> <p>8:30am *Coffee &amp; Donuts</p> <p>9:00-11:00 Knitting Group</p> <p>12:30-3:30 Pinochle Group</p> <p><b>1:00 National Chocolate Ice Cream Day</b></p> <p>1:00-3:30 Pitch Card Group</p>	<p><b>8. WEDNESDAY</b></p> <p>12-1pm*Lunch: Grinders, potato salad, coleslaw, chips &amp; brownies</p> <p>1:00- 3:30 Dominoes</p> <p>1:00- 3:30 Wii Bowling</p> <p>1:00- 3:30 Pitch Card Group</p>	<p><b>9. THURSDAY</b></p> <p>8:00-3:30 Foot care : Call (860-763-4379) for appt.</p> <p>10:00-11:00 Chair Aerobics</p> <p>12:00- 3:30 Bingo</p> <p>6:30-9:30pm Bridge Club</p>	<p><b>10. FRIDAY</b></p> <p>9:00-12:00 Art Group</p> <p>11:00 -11:30 Qigong</p>
<p><b>13. MONDAY</b></p> <p>10:00-11:00 Chair Aerobics</p> <p><b>8:15 Trip: Cosmic Omelet</b></p>	<p><b>14. TUESDAY</b></p> <p>8:30am *Coffee &amp; Donuts</p> <p>9:00-11:00 Knitting Group</p> <p><b>12:00-1:00 Lunch by Blair Manor</b></p> <p>12:30-3:30 Pinochle Group</p> <p>1:00-3:30 Pitch Card Group</p> <p>1:30pm Advisory Committee for Seniors (Town Hall)</p>	<p><b>15. WEDNESDAY</b></p> <p>12-2pm *Lunch &amp; entertainment: Baked Stuffed Pork, roasted potatoes, carrots, salad, rolls &amp; cupcakes</p> <p>1:00- 3:30 Dominoes</p> <p>2:00- 3:30 Wii Bowling</p> <p>2:00- 3:30 Pitch Card Group</p>	<p><b>16. THURSDAY</b></p> <p>8:00-3:30 Foot care: Call (860-763-4379) for appt.</p> <p><b>8:30-Healthy Breakfast</b></p> <p><b>10:00 Trip: Saint Clements Castle</b></p> <p>10:00-11:00 Chair Aerobics</p> <p>12:00 -3:30 Bingo</p> <p>6:30 -9:30pm Bridge Club</p>	<p><b>17. FRIDAY</b></p> <p>9:00-12:00 Art Group</p> <p>11:00 -11:30 Qigong</p> <p><b>1:00- Friday Matinee: "The Revenant"</b></p>
<p><b>20. MONDAY</b></p> <p><b>*Chair Aerobics will not be held today.*</b></p> <p><b>1pm "Magic &amp; Munchies"; a Father's Day Celebration</b></p>	<p><b>21. TUESDAY</b></p> <p>8:30am *Coffee &amp; Donuts</p> <p>9:00-11:00 Knitting Group</p> <p>12:30-3:30 Pinochle Group</p> <p>1:00-3:30 Pitch Card Group</p>	<p><b>22. WEDNESDAY</b></p> <p>11:30-12:30 BP/BS</p> <p>12-1pm *Lunch: Pizza, salad &amp; Ice Cream Sandwiches</p> <p>1:00- 3:30 Dominoes</p> <p>1:00- 3:30 Wii Bowling</p> <p>1:00- 3:30 Pitch Card Group</p>	<p><b>23. THURSDAY</b></p> <p>10:00-11:00 Chair Aerobics</p> <p>12:00 -3:30 Bingo</p> <p>6:30 -9:30pm Bridge Club</p>	<p><b>24. FRIDAY</b></p> <p>9:00-12:00 Art Group</p> <p>11:00 -11:30 Qigong</p>
<p><b>27. MONDAY</b></p> <p>10:00-11:00 Chair Aerobics</p> <p><b>12:00-Lunch &amp; Learn w/ HomeCare Hands</b></p>	<p><b>28. TUESDAY</b></p> <p>8:30am *Coffee &amp; Donuts</p> <p>9:00-11:00 Knitting Group</p> <p>12:30-3:30 Pinochle Group</p> <p>1:00-3:30 Pitch Card Group</p> <p><b>9:45am Trip: Essex Steam Train &amp; Riverboat Excursion</b></p>	<p><b>29. WEDNESDAY</b></p> <p>12-1pm *Lunch: Finger sandwiches, salad, chips &amp; cookies</p> <p>1:00- 3:30 Dominoes</p> <p>1:00- 3:30 Wii Bowling</p> <p>1:00- 3:30 Pitch Card Group</p>	<p><b>30. THURSDAY</b></p> <p>10:00-11:00 Chair Aerobics</p> <p>12:00 -3:30 Bingo</p> <p>6:30 -9:30pm Bridge Club</p>	<p><b>JUNE 2016</b></p> 

Somers Senior Center  
19 Battle Street  
PO Box 308  
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## Renters' Rebate Program



Connecticut State law provides for a direct, partial reimbursement of rent and utility bills of certain elderly and totally disabled renters. Qualifying utilities are electricity, gas, water and fuel. You can apply for the program from

now until October 1. Pat Juda, Somers' Assessor, will arrange to visit you in your home to assist you with applications in the event it is difficult for you to visit the Town Hall. Please do not hesitate to call Pat at 860-763-8202 to schedule a visit or to answer any questions you may have concerning this program.

- Recipient or spouse must be 65 years of age or older by December 31, 2015; or be 50 years of age or older and the surviving spouse of a renter, who had qualified and was entitled to tax relief under this chapter; or be 18 years of age or older and permanently and totally disabled.
- Must meet a one-year Connecticut residency requirement. The one-year residency requirement applies to any one-year period.
- Claimant's qualifying income in the calendar year 2015 must not exceed \$35,200 if unmarried, or \$42,900 if married.

You can apply for Operation Fuel for your electric bill if you have a shut-off notice or are 30 days or more past due. Maximum gross annual income is \$33,132 for an individual and \$43,327 for a couple. Operation Fuel closes on June 24th but will reopen July 11th. Please call Christina Cenac at 860-265-7551 for more information.



Operation Fuel, Inc.

Our knitting group is still in need of yarn! Donations of yarn are being accepted at the



Senior Center Monday thru Friday between 8am and 4pm. Our knitting group meets Tuesday mornings from 9am-11am. Feel free to stop in and deliver directly to the group! The knitting group is open to all who are interested.



## GIVE AND TAKE TECHNOLOGY

Do you have a particular area of expertise? Are you a wiz on a smart phone? A professional "Googler"? Would you be willing to GIVE some of your time and knowledge to teach others? Or, is there something specific you need to learn that we haven't mentioned? Please contact us and let us know if you have something to "give" or if there is something you need to "take"!