



# Echoes From Somers Seniors

A Monthly Publication of the Town of Somers Human Services Department



## October 2016 Newsletter

### Somers Senior Center

19 Battle St. ~P.O. Box 308

Somers, CT 06071

Phone 860-763-4379

Fax: 860-763-8229

Monday thru Friday 8:00am-4:00pm



### Somers Senior Center Staff

Christina Cenac.....Human Services Assistant

Florence Hurley.....Senior Center Coordinator

Pam McCormick..... Senior Center Assistant

Deanna Schuetz..... Human Services Director

Melinda Burnham.....Dial-a-Ride Driver

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

Donna LaVallee.....Dial-a-Ride Driver

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

### SPECIAL EVENTS IN OCTOBER 2016

- 10/3 Flu Clinic
- 10/5 Hearing Tests
- 10/7 Diabetes Support Group
- 10/11 Advisory Committee for Seniors
- 10/12 Medical Equipment Check
- 10/14 Trip: *Taste of Greece*
- 10/17 Presentation: *Arthritis & Exercise*
- 10/18 Blair Manor Lunch
- 10/21 Coffee Talk:  
*Senior Center Improvements*
- 10/23 Trip: *Oktoberfest*
- 10/24 Presentation: *2017 Trips!*
- 10/27 Trip: *Goodspeed Opera House*
- 10/28 Repositioning Cruise Departs!
- 10/28 Friday Matinee:  
*Hello, My Name is Doris*
- 10/31 Halloween Party

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



*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.

### A NOTE FROM OUR FIRST SELECTMAN

Happy Halloween Everyone,

Autumn is here with beautiful cool nights, mums, pumpkins and apples and of course apple pie! It is a wonderful time of the year and a perfect time to concentrate on health prevention measures, especially with regard to colds and flu. This October the Senior Center has a lot of events and activities centered around health. There will be a flu clinic, hearing tests and a very informative presentation on arthritis and exercise. Please plan on attending as your health is so important and all preventive measures adopted early ensures you remain active, healthy and strong for years to come.

I truly believe that with health you have unlimited potential. That's why in 2014 I agreed to get involved in the Connecticut State Health Improvement Plan. This plan is a roadmap for improving the overall health in Connecticut and ensuring that all people in the state have the opportunity to attain their highest potential for health. As described by the Dept. of Public Health (DPH), the plan is based on findings from the Connecticut State Health Assessment. Together these efforts comprise Healthy Connecticut 2020, a state health planning initiative developed by more than 100 partners and organizations in the Connecticut Health Improvement Planning Coalition. The Town of Somers was one of those 100 partners with Selectman Kathy Devlin and I participating in the Kickoff Meeting.

The plan identifies seven focus areas including "Maternal, Infant and Child Health", "Environmental Risk Factors and Health", "Chronic Disease Prevention and Control", "Infectious Disease Prevention and Control", "Injury and Violence Prevention", "Mental Health, Alcohol and Substance Abuse", and "Health Systems". I currently serve on the Advisory Council for the Plan in my capacity as CCM's Public Health and Human Services Chairman and as the First Selectman for the Town, and I also co-chair the Health Systems Committee with Dr. Mario Garcia.

The seven focus areas provide a broad framework that concentrates on prevention and shared responsibility, while also incorporating national concepts such as Healthy People 2020 and the National Prevention Strategy. DPH describes the plan as "Illustrating the need to ensure public health and health services are accessible in every community and for new strategic partnerships to address the social and physical environments in our homes, workplaces, schools and recreational areas affecting our health." I bet now you are saying to yourself..."Well, that's nice but how does it affect me and the Town of Somers. It just sounds like more governmental talk?" (Am I right?) Well, it does affect you and the Town because the Board of Selectmen and many of our Boards and Commissions consider health (and public safety) in most, if not all of our decision making. Tangible results include the purchase of Camp Ayapo and the \$1.8 million Brownfield Remediation Grant for the Somersville Mill. Public health and environmental correlations to public health were detailed in those grant applications and played a strong supporting role in obtaining funding for those projects. Our decisions to install a drug drop off box for unused and expired medications at the police department and to assign a State Trooper as School Resource Officer considered health issues such as substance abuse, violence prevention and mental health (bullying and social media threats) as reasons for support. Our Plan of Conservation and Development highlights various issues that contribute to public health. The list goes on and on. So, do your part and participate in prevention measures to keep your health.

As always, Selectmen Kathy Devlin and Bud Knorr and I wish you a very Happy Halloween and a wonderful autumn season! Be good to each other!!

Lisa Pellegrini, First Selectman



# HALLOWEEN SPOOK-TACULAR!

**Monday October 31st @ 12pm**

We promise it won't be too scary,  
You could dress as a bunny or a blueberry!  
Dress up or don't, just be sure that you're here  
To celebrate Halloween with us this year!



*Our catered Halloween Menu includes:*

*Penne pasta, meatballs, sausages & peppers, salad, rolls, and dessert!*

**Costumes are optional but encouraged, as prizes will be awarded for best dressed!**

*Tickets are \$3 for residents, \$5 for non-residents.*

## Coffee Talk



## Improvements at the Somers Senior Center Friday October 21st @ 1pm

It's time for more Coffee Talk! Due to the positive and productive impact of the Coffee Talk series, the Advisory Committee for Seniors recommends that the Coffee Talk series continue on a quarterly basis with specific topics to be addressed at each session. Although there is a specific focus for each session, we will also open the floor to additional topics, questions, concerns, or suggestions as time permits. All Senior Center staff will be present to answer your questions and hear your concerns or suggestions during this open forum discussion. If you prefer to submit your questions/concerns anonymously, you can drop them into the "coffee can" at the Senior Center at any time before the event. October's focus will be on the recent improvements at the Somers Senior Center. One of the many improvements we will be discussing is the new My Senior Center touch screen system we have implemented and how this is going to help all of us to grow and improve. If you haven't already registered and obtained your key tag, this will be the perfect opportunity! We will also be taking photos for the system, so be sure to bring your smile!

When you sign up for this event, please be sure to enter your name in the drawing! You must be present for the entire Coffee Talk session to win. *Let's continue to grow together through open communication!*

## New faces!



Have you met our new Senior Center Assistant, Pam McCormick? Or how about our new Dial-a-Ride drivers Donna LaVallee and Melinda Burnham? The Somers Senior Center is growing and our staff is too! There are lots of wonderful new people to meet. Please be sure to say hello and welcome them aboard!



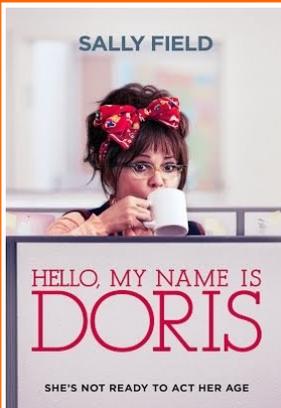
## OCTOBER 24th @ 1pm

Please join us for a presentation by Friendship Tours on some of the exciting trips that will be offered through the Somers Senior Center in 2017! You will receive information on *three* exciting trips coming up next year!

1. *The Best of Alaska! Land & Cruise:* This trip is scheduled June 12-25, 2017 for 14 days/13 nights.
2. *Steamboatin' On the Mississippi:* This trip is scheduled October 8-16, 2017 for 9 days/8 nights.
3. *Penn Dutch/Jonah:* This trip is scheduled for September 11-13, 2017 for 2 nights/3 days.

More information on all of these trips is available in the Trips & Travel section of this newsletter.

Light refreshments will be served!



## FRIDAY MATINEE

### *Hello, My Name Is Doris*

Sally Field stars in this hilarious romantic comedy about a woman in her 60s who concocts a scheme with her best friend's (Tyne Daly) granddaughter to attract the attention of a younger co-worker in her office.

As always, popcorn will be served!

**Friday October 28th @ 1pm**

Rated: R Running time: 95 min.



## Hearing Tests

Hearing loss is the third most common health problem in the United States. Approximately 1 in 3 people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing. Discount Hearing will provide complimentary hearing testing at the Somers Senior Center on **Wednesday October 5th from 9am-11am.**

Sign-up is required.



## AARP Driver Safety Course

**Friday November 4th  
8:30am-12:30pm**

Taking the AARP Driver Safety Course could keep you safer behind the wheel as well as save you money on your car insurance. The cost is \$15 for AARP members, \$20 for non-members. Sign-up is required. Payment is due to instructor on the day of class.

## FLU CLINIC

The Somers Senior Center is partnering with Visiting Nurse & Health Services of Connecticut to provide a flu clinic on **Monday October 3 from 1pm-3pm.** Medicare Part B, Aetna, Anthem Blue Cross, Connecticutare, Healthy CT or \$35.00 cash accepted. United Healthcare and Cigna cannot be accepted at this time. Call or stop in to schedule your appointment.



## Arthritis and Exercise

**Monday October 17th @1pm**

Routine exercise, when performed safely and correctly, can help improve range of motion and strength in joints with arthritis. Evergreen Health Care Center's Physical Therapist will teach simple exercise routines and how they can help improve mobility with arthritis. Light refreshments will be provided courtesy of Evergreen Health Care Center.



## Medical Equipment Check-Up!



If you use a cane, walker, or wheelchair, has it recently been checked to ensure it is the right fit for you and in good working condition? On **Wednesday, October 12th, from 11:30am-12:30pm** Home Helpers will be on site to inspect your medical equipment free of charge! Stop in anytime during the hour. A special thank you to Home Helpers for offering this service to Somers seniors on an ongoing basis.



Making Life Easier®

## For Stroke Think F.A.S.T.

A stroke is a "brain attack". It is a medical emergency. It happens when blood supply is cut off to a part of the brain causing the following signs:

**F**acial weakness occurring suddenly, especially on one side of the body

**A**rm and/or leg weakness occurring suddenly, especially on one side of the body

**S**peech problems and/or confusion that happen suddenly

**T**ime is critical

Other symptoms could be a sudden severe headache with no known cause or sudden trouble seeing in one or both eyes.

If any of these signs happen, call 911 immediately and check the time that they happened. Immediate action is critical because, if given within 3 hours of symptoms, a clot-busting drug called TPA (tissue plasminogen) may reduce long term disability for the most common kind of stroke. TIA (transient ischemic attack) or mini-stroke occurs when a blood clot blocks an artery for a short time. The symptoms are like stroke but usually last a short time. A TIA is a warning. It means that you are likely to have a stroke. If you think you are having a TIA, call 911. If you think you have had a TIA but the symptoms have gone away, you still need to call your doctor right away. If you think you are having a stroke, ask the ambulance personnel to take you to a hospital with a stroke treatment center like Baystate, Hartford Hospital or St. Francis Hospital.

Info from NIH.gov

Article submitted by Ailene Henry

**F**ace



Does the face look uneven? Ask them to smile.



**A**rm



Does one arm drift down? Ask them to raise both arms.

**S**peech



Does their speech sound strange? Ask them to repeat a phrase.

**T**ime



Every second, brain cells die. Call 9-1-1 at any sign of stroke!

# Is it a stroke?

# Check these signs FAST!

# Call 9-1-1 at any sign of stroke.



# Trips & Travel



*Join us on an adventure!*

At the Somers Senior Center, two types of trips are offered.

1. *Trips that are offered directly through the Senior Center:* We utilize our own Town of Somers buses for these types of trips. They are typically to destinations within an hour to 90 minutes from the Senior Center. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. These trips are open to Somers Seniors only, due to the limited seating.
2. *Trips that are offered through tour companies:* These types of trips utilize motor coaches (or cruise ships!), offer a wider variety of destinations, and can travel much further distances. You can sign up for these trips as soon as they are posted and you should sign up right away if interested. Some trips are shared with other senior centers and we are allotted a certain number of seats. If we run a trip independently, typically at least 40 passengers are required. In either case, if minimums are not met by the deadline indicated, the trip will be cancelled and payment will be refunded. These trips are open to both Somers residents and non-residents.

**\*\*\*\*\*PAYMENT IS DUE UPON SIGN-UP FOR ALL TRIPS\*\*\*\*\***

**Payments for all trips are non-refundable unless you find a substitute or have purchased insurance. Payment will be reimbursed only if minimums are not met and the trip itself is cancelled.**



## THE TASTE OF GREECE

**Friday October 14th**

Sign up begins Sept. 30th for this annual celebration of Greek food, culture, and tradition! In Ancient Greece, "Festival" meant "yiorti", a celebration in which Greeks would gather to celebrate either a feast day or a remarkable event for their town or nation-state. The tradition continued into modern times mostly centered around Christian holidays or saint's days within the Church. Whether festivals occurred in remote villages, suburban areas of larger cities or on a distant Greek island, the Greeks gathered to socialize, celebrate and enjoy themselves not at home, but in their favorite cafes, tavernas, and the Church square where their festival was held. Family and friends would be seen during the festival enjoying the variety of food, wines, coffee and desserts. Each year, The Greek Orthodox Church of St. Luke is transformed into a traditional Greek festival with The Taste of Greece. The community becomes the center of the authentic Greek spirit and offers the epicurean delight to all its neighbors and guests. The Taste of Greece offers traditional entertainment in the form of live music and folk dancing exhibition, shopping and cooking demonstrations. In keeping with the ancient Greek tradition of gathering to rejoice, the St. Luke parishioners open their doors to the public to celebrate all that is Greek. **Sign-up begins September 30th. Open to Somers residents only. There is no admission charge for this event.**

## 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!**

## 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. Cost includes motor coach transportation and admission to museum. Lunch is available at the Mess Deck Café at your own expense. *Please note: There is a moderate amount of walking on this trip.*

**Cost is \$76 due at sign up. Open to all.**

# Trips & Travel



## DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday November 18th~ 8:30am departure

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! This is a very popular trip and seats fill fast!**



## 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 at sign up. Open to all!**

## JIMMY MAZZ & PATRICK TOBIN

"Celebrate the holidays with *Frankie & Dean*"

Wednesday December 7th

Bus Departs at 11:00am

We're off to the Carriage House at Storowton Tavern to enjoy lunch and holiday entertainment! Jimmy Mazz and Patrick Tobin will be ringing in the holidays as they bring you songs from Dean Martin and Frank Sinatra! You will dine on Storowton's famous Yankee Pot Roast, salad, potato, and vegetable. A special holiday dessert plus coffee/tea are also included! **Cost is \$28 an includes your meal, tax, tip, transportation and entertainment! Sign-up begins November 1.**

**\*Checks should be made payable to Storowton Tavern**



## STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN OCT. 8-16, 2017

A truly unique experience not to be missed! Reviews for the American Queen have been off the charts. This excursion from Memphis to Nashville includes a sightseeing tour including Graceland, roundtrip flights, all meals included during cruise featuring the acclaimed cuisine of chef Regina Charboneau, professional showboat style entertainment, dancing nightly in the Grand Saloon, and lectures by the Riverlorian (the onboard historian). So many extras!

**From \$2899 pp twin inside cabin including air!**

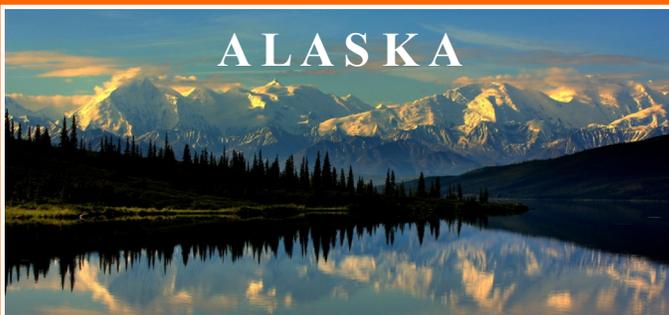
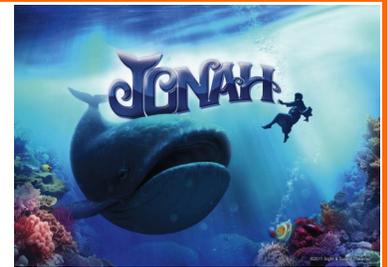
## PENN DUTCH/ JONAH

SEPT. 11-13, 2017

Explore Lancaster, PA, the heart of the Amish Country! You'll visit Peddler's Village, tour Ephrata

Cloister (one of America's earliest religious communities) and enjoy two nights at the Cork Factory Hotel (a luxury boutique hotel located in historic downtown Lancaster). Your trip includes reserved seating at Sight & Sound Theatre for a spectacular production of "JONAH". On Day 3, you have the opportunity to visit Philadelphia and One Liberty Observation Deck, the city's newest attraction!

**Cost is \$429 pp double. Availability is limited!**



## ALASKA

## THE BEST OF ALASKA; LAND & CRUISE JUNE 12-25, 2017

**6 Night Land Tour & 7 Night Cruise**

\*Fairbanks \*Denali \*Anchorage \*Seward

\*McKinley Explorer Domed Train between Denali & Anchorage

\*7 night Cruise aboard Holland America's Zaandam with Glacier Bay! \*Flights and Motorcoach to airport included

**From \$3749 pp twin inside cabin including air!**

You Have  
**CHOICES**



**What is CHOICES?** CHOICES stands for Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening. CHOICES helps Connecticut's older adults and persons with disabilities with Medicare understand their Medicare coverage and healthcare options. Certified counselors across the State provide objective, free person-centered assistance so Medicare recipients can make informed choices about their benefits. CHOICES also provides community outreach, application assistance, and information and referral services on a variety of topics including long term care services and support. CHOICES is managed by the State Department on Aging through a partnership with the Center for Medicare Advocacy and Connecticut's Area Agencies on Aging, with funding from the State of Connecticut and the Administration for Community Living.

**Who are the CHOICES counselors at the Somers Senior Center?** Human Services Director/Municipal Agent Deanna Schuetz and Human Services Assistant Christina Cenac are both certified CHOICES counselors and are available to provide counseling to Somers residents. Deanna received her certification in 2010 and Christina is just recently certified. In the event that Deanna or Christina are unavailable to provide assistance, volunteers from surrounding communities or staff from the North Central Area Agency on Aging may be available to help!

**When is CHOICES counseling available?** CHOICES counseling is available all year long. However, most individuals need to wait until the fall open enrollment period (October 15th-December 7th) to make any changes to their current coverage.

**Where will I receive my CHOICES counseling?** CHOICES counseling takes place at the Somers Senior Center during our normal hours of operation (Monday-Friday 8am-4pm).

**Why should I receive CHOICES counseling?** Over time, your medications and health conditions may change, and your current coverage may no longer be your best option. Being on the wrong plan could be costing you money. CHOICES counseling helps to ensure you are aware of all the coverage options available to you and that you are on the plan that is the best fit for you.

**How do I schedule an appointment with a CHOICES counselor?** If you are interested in CHOICES counseling, please contact Deanna Schuetz at 860-265-7550 or [Dschuetz@somersct.gov](mailto:Dschuetz@somersct.gov). You can also contact Christina Cenac at 860-265-7551 or [Ccenac@somersct.gov](mailto:Ccenac@somersct.gov). You will be asked to complete a short form providing us with all the information we need to assist you and once you have provided us with the necessary information, we will schedule an appointment with you to review your options.

***\*Should you elect to receive Medicare counseling through an agent or broker, please be sure you are well informed about agent/broker behavior that is prohibited and behavior that is appropriate.\****

Insurance agents and brokers can be helpful and informative, particularly with regards to Medicare Advantage Plans. However, agents and brokers must adhere to strict guidelines when providing information/selling policies.

Here are a few examples of appropriate versus prohibited behavior.

**The following information is from the Centers for Medicare & Medicaid Services:**

- An agent or broker *cannot* conduct marketing or sales activities at an educational event (this includes discussing plan benefits). This includes, but is not limited to, discussing plan-specific materials and premiums and/or benefits. An agent *may* schedule appointments with beneficiaries who live in long-term care facilities and other congregate housing only upon request by the beneficiary.
- An agent or broker *cannot* state they are from Medicare or use words or symbols, including "Medicare" in a misleading manner. For example, they cannot say they are approved, endorsed or authorized by Medicare, are calling on behalf of Medicare, or that Medicare asked them to call or see the beneficiary. An agent or broker *may* call a beneficiary who has expressly given advanced permission (e.g. submission of a business reply card or scope of appointment). The permission applies only to the plan or agent/broker the beneficiary requested contact from and specific to the product type(s) selected/requested.

Please contact the Somers Senior Center or contact a CHOICES counselor directly for a complete list of prohibited agent/broker behavior as mandated by the Centers for Medicare & Medicaid Services.

To report concerns or specific complaints about possible inappropriate marketing/sales practices, contact 1-800-MEDICARE

<b>3. MONDAY</b> 10:00-11:00 Chair Aerobics <b>1:00-3:00 Flu Clinic</b>	<b>4. TUESDAY</b> 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>5. WEDNESDAY</b> <b>9:00-11:00 Hearing Testing</b> 12-1pm *Lunch: Meatloaf w/ gravy, potatoes, green beans, salad & rolls, birthday cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	<b>6. THURSDAY</b> <b>8:30am Healthy Breakfast</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>7. FRIDAY</b> 9:00-12:00 Art Group 9:30-10:00 Qigong <b>2:00 Diabetes Support Group</b>
<b>10. MONDAY</b> <b>CLOSED</b> <i>Columbus Day</i>	<b>11. TUESDAY</b> 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors (Town Hall)	<b>12. WEDNESDAY</b> 12-1pm *Lunch: Baked Stuffed Chicken, rice, peas, salad & rolls, brownies 11:30-12:30 Med. Equip. Check 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	<b>13. THURSDAY</b> <b>8:00-3:30 Foot care</b> <i>(Call 860-763-4379 for appt.)</i> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>14. FRIDAY</b> 9:00-12:00 Art Group <b>10:00 Trip: Taste of Greece</b>  <i>*Qigong will not be held today</i>
<b>17. MONDAY</b> 10:00-11:00- Chair Aerobics <b>1:00pm Presentation:</b> <i>Arthritis &amp; Exercise</i>	<b>18. TUESDAY</b> 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group <b>12:00pm Blair Manor Lunch</b> 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>19. WEDNESDAY</b> 12-1pm *Lunch: Pizza, Salad Ice cream sandwiches 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	<b>20. THURSDAY</b> <b>8:00-3:30 Foot care</b> <i>(Call 860-763-4379 for appt.)</i> <b>8:30am Healthy Breakfast</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>21. FRIDAY</b> 9:00-12:00 Art Group 9:30-10:00 Qigong <b>1:00 Coffee Talk</b>
<b>24. MONDAY</b> 10:00-11:00 Chair Aerobics <b>1:00pm Friendship Tours</b> <i>2017 Trips Presentation</i>	<b>25. TUESDAY</b> 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>26. WEDNESDAY</b> 12-1pm *Annual Dion Lunch: Roast Beef, mashed potatos, carrots, salad, rolls & cannolis 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	<b>27. THURSDAY</b> 10:00-11:00 Chair Aerobics <b>10:30 Trip: "Chasing Rainbows" at Goodspeed</b> 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>28. FRIDAY</b> 9:00-12:00 Art Group 9:30-10:00 Qigong <b>1:00pm Friday Matinee:</b> <i>Hello, My Name is Doris</i>
<b>31. MONDAY</b> <b>12:00pm Halloween Party</b> <i>*Chair aerobics will not be held today</i>	<div style="display: flex; align-items: center; justify-content: space-between;">  <h1 style="font-size: 4em; margin: 0;">October 2016</h1> <p style="font-size: 1.2em; text-align: right;">*Denotes an event sponsored by the Somers Senior Citizen's Club</p> </div>			

Somers Senior Center  
19 Battle Street  
PO Box 308  
Somers, CT 06071

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The Human Services Department would like to thank Kathy Birkenshaw, owner of Kathy's Playhouse Plaza Restaurant, for years of dedication to the Town of Somers Meals on Wheels Program and for ensuring a smooth transition of the program to the owners of the new Hometown Kitchen Restaurant. Because of Kathy, the Playhouse Plaza Restaurant staff, and now Hometown Kitchen, this valuable program continues to be available to elderly homebound residents in Somers. If you or someone you know is in need of Meals on Wheels OR you are interested in volunteering, please contact Christina Cenac at 860-265-7550 for more information.



### Farmers' Market Vouchers

If you are over age 60 and your gross annual income falls below \$21,775 for an individual/\$29,471 for a couple, October is the last month you may be able to receive and redeem \$18 in free vouchers to use at any Farmer's Market statewide! Available by appointment. A second booklet may be available for couples! *Please contact Christina at 860-265-7551.*

Applications are now being accepted for the Connecticut Energy Assistance Program (heating assistance). Please contact Christina Cenac at 860-265-7551 for more information. ***Applications are accepted by appointment only.***



**STOP  
DIABETES.**

### Diabetes Support Group: *Friday October 7th @2pm*

Blair Manor is facilitating a monthly diabetes support group. The group meets the first Friday of the month from 2-3pm to discuss the challenges of diet, exercise and health. *We would like to extend our appreciation to Blair Manor for facilitating this support group, as well as for providing the seniors of Somers with complimentary breakfast and lunch every month.*

You have until October 31 to apply for Operation Fuel for your *electric* bill if you have a shut-off notice or are 30 days or more past due. Contact Christina 860-265-7551 to review eligibility guidelines.



The Town of Somers Dial-a-Ride has a new brochure and annual registration form. You must complete have a registration form on file before travelling. Please call 860-763-4379 to request a brochure and registration form. Remember, always call one week in advance for reservations!