



Somers Senior Center

FEBRUARY 2017 NEWSLETTER

A monthly publication of the Town of Somers Human Services Department



Somers Senior Center

Monday thru Friday 8:00am-4:00pm
19 Battle St. ~P.O. Box 308
Somers, CT 06071
Phone 860-763-4379
Fax: 860-763-8229
www.somersct.gov



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 FEBRUARY 2017

2/2 Healthy Breakfast
2/3 Diabetes Support Group
2/6 Presentation: *Crop Circles*
2/10 Candy & A Classic: *The Way We Were*
2/14 Advisory Committee for Seniors
2/16 Healthy Breakfast
2/21 Blair Manor Lunch
2/24 Memory Screenings

****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. Please note, Senior Center staff cannot physically assist or act in the capacity of an aide to residents 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. If you are in need of information on how to obtain these types of services, please contact us at 860-763-4379. We will be happy to provide you with the resources you need.*

A NOTE FROM OUR FIRST SELECTMAN

Happy Valentine's Day Friends!!

I have friends that have the cutest little hotdog of a puppy called "Cupid". Every time I see that dog I turn into mush and nine times out of ten I end up on the floor playing with "Cupie". This winter "Cupid" has been decked out in a cute little red sweater with big white embroidered hearts (what else) scattered across it. I love that dog, especially when he looks at me with one little ear down and one little ear up. I know that he does it only because he knows that he going to get lots of little snacks, but really who cares, he is very cute. I just love that dog! So this Valentine's Day I hope everyone has a little "Cupid" in their life that they can spoil!

So it is February and we are midpoint through winter. Yay!! Spring is right around the corner and I for one cannot wait. I am a big planner and while I start planning new projects for my garden, we also begin planning the town budget for the new year. I won't bore you with the gloom and doom because it really isn't productive. Negativity just gets in the way and sucks up all your energy. What I'd like to focus on are the things that the Board of Selectmen are looking at for the future. Our community is growing and there is much engagement with regard to senior programs and youth recreational programs. We understand that for a town to be successful positive engagement in community activities builds strong bonds and those bonds create the fabric that unites a community. Strong communities survive challenging times because they band together to work together. It's that unity that allows for a vision to be developed and development of that vision is the foundation for a thriving future.

You may be reading this and think that it is a lot of pie in the sky chatter but let me share with you how we are going forward to identify what we need to do to make Somers a successful community now and in the future. It begins with an understanding of what you have, what you need to work on/improve upon and knowing what you want. We recently completed a comprehensive Building Needs Assessment for all Town Buildings, including the schools and the library. We also updated our Roads Assessment and we are in the process of working with a company to create a survey to help us identify recreational improvements. These assessments document what we need to work on to ensure the quality of our infrastructure. It also gives us an indication of how much it will cost the community and provides us with the framework to plan for future improvements and upgrades. Now, we can't do everything all at once as it would cost millions but we need to plan as to what comes first, what follows and what needs to happen a few years down the road. To determine this the Board of Selectmen have created a Strategic Planning Committee to review projects for possible future bonding. This committee will be taking a look at various topics including roads, senior center, community center and public safety just to name a few. The Committee will begin its work soon and I for one can't wait to support them on this journey. I hope you will all join me in supporting them and all of our Board and Commission Members on the work they do to make Somers a wonderful place to live. The work isn't glamorous but their commitment and courage is inspiring for us all.

Selectmen Kathy Devlin and Bud Knorr and I wish you all a very happy and healthy Valentine's Day!

Hugs and Kisses,
Lisa Pellegrini
First Selectman



The Town of Somers Human Services Department would like to extend a very heartfelt THANK YOU to all residents who participated in the

Season of Giving. Whether you sent a donation to the Town Emergency Fund, volunteered to ring the bell for the Salvation Army Kettle Campaign, contributed to the Stuff-a-Cruiser event, brought some food to one of the local food pantries, or you were a donor for the Holiday Adopt-a-Child Program...please know that you made a difference and helped to make the season brighter for residents in need in your community. We would also like to extend our sincere gratitude to the following local businesses, civic, and faith based organizations for their contributions and participation:

Colonial Flower Shoppe

Dunkin' Donuts

Geissler's Supermarket

Ladies Aide Society of the Somers Congregational Church

Somers Baptist Church

Somers Beautification Committee

Somers High School Girls Soccer Team

Somers Lions Club

Somers Oil

Somers Rotary Club

Somersville Congregational Church Missions

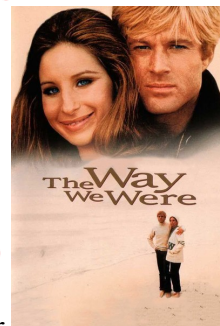
Candy & Classic

**Friday Feb. 10
1:00pm**

Join us for some sweet treats and cinema! February is the month of love and we'll celebrate with some candy, chocolate covered strawberries, cake pops and one of the great romantic classics "The Way We Were" starring Barbra Streisand and Robert Redford.

Rated: PG

Running time: 118 min.



THE MAGIC & MYSTERY OF CROP CIRCLES

Join naturalist, John Root, on **Monday Feb. 6th at 1pm** for an exploration of this phenomenon. The presentation will feature images of these complex designs found annually in farmer's crops and other locations worldwide, descriptions of their effects on soil, plants, animals, and human visitors, and theories about their origins and meaning. Don't forget to sign up for this unique and interesting presentation!



TECHNOLOGY ASSISTANCE

We've heard you!! There has been no shortage of requests for assistance with learning how to operate smart phones and iPads and are thrilled to announce that we are finally able to offer some relief! **Appointments are now available on Mondays, Thursdays, and Fridays at 3pm** to meet individually with student volunteers that can assist you with operating your smart phone (iPhones or Androids) and/or iPad. Please call the Senior Center staff at 860-763-4379 or visit the Senior Center to schedule your appointment. These volunteers will work with you one on one to help you to be able to more successfully operate your phone or tablet!



MEMORY SCREENINGS

Friday February 24th @ 1pm

Memory loss is one of the more common complaints of aging. For most, occasional memory lapses are a normal part of the aging process. A memory screening is a simple and safe evaluation screen that checks your memory. Screenings are being offered by a social worker from Evergreen Healthcare Center.



GENERATION GAP GAMES

Friday March 24th 4pm-6pm

Are you willing to bridge the Generation Gap and work with some "whippersnappers" while playing some fun games? Come and enjoy an evening of games with the youngins' and dine on some mixed generation goodies. Dinner will blend generational favorites; meatloaf sliders, coleslaw, macaroni salad, sweet potato fries, classic jello mold, and cupcakes for dessert. This is an annual event sponsored by the Mabelle B. Avery Student Community Involvement Team (SCIT). Come and learn more about SCIT and the amazing things they do in your community!

Tickets are \$5 and available at the Senior Center now!





The State of Connecticut Office of the Treasurer has released a special publication of more than 95,000 new names of individuals, businesses, and organizations who have unclaimed property. It is available at www.ot.ct.gov or at www.CTBigList.com. You can call 1-800-833-7318 if you have questions or wish to check on the status of a claim.

Property Tax Relief Program



- Are you a Somers' resident?
- Do you own your home or have life use of your home?
- Were you **or** your spouse 65 years old or older in 2015, or are you receiving permanent total disability benefits?
- Is your 2016 adjusted gross income plus any other income not included in your adjusted gross income \$42,900 or less?

If you answered yes to the questions above, you may qualify for property tax relief. Tax Credits on your real estate tax bill are funded by the State of Connecticut and the Town of Somers and never need to be repaid. Simply go to Town Hall with your 2016 Federal Income Tax Return, if you filed one, plus your 1099's from Social Security between now and May 15th. *Karen Neal of the Assessor's Office 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 Karen at 860.763.8206 to schedule a visit or to answer any questions you may have concerning this program.*



As a reminder, due to a lack of volunteers, AARP will be unable to offer an income tax preparation site in the Town of Somers this tax season. If you are in need of AARP tax preparation services, you may attempt to obtain an appointment at a nearby site. We encourage you to do so early in the season to have the best chance of being accommodated. The following AARP tax preparation sites are closest in proximity to Somers:

Ellington Senior Center	860-870-3133
Enfield Senior Center	860-763-7425
Vernon Senior Center	860-870-3680
Tolland Senior Center	860-870-3730

We are hopeful that volunteers will come forward so that the program will be reinstated in Somers in the future. To learn more about volunteering with AARP, visit www.aarpfoundation.org/taxaide or call 1-888-OUR AARP (1-888-687-2277).

Be Kind to Your Feet



Healthy feet are a key to being physically active so good foot care is essential and doubly so if you are diabetic.

Some ideas for good foot care:

- * Make sure your feet stay clean and dry. Wash them daily and dry thoroughly between your toes. Don't soak your feet for extended times or put lotion between your toes. It makes them too moist and susceptible for infections. Lotion on the rest of your feet is fine.
- * Change your socks daily and try not to wear the same shoes every day.
- * Inspect your feet daily. Small cuts and sores can become big problems. If you can't see well, ask a friend or family member to look or use a mirror to see the bottoms. Contact your doctor if you have a foot sore that doesn't begin to heal quickly.
- * Trim nails straight across to prevent ingrown toenails. If your nails become abnormally thick and discolored, these signs might indicate a fungal infection and you should see a podiatrist (foot doctor).
- * Wear shoes that fit properly and support your feet appropriately.
- * Don't walk barefoot.
- * To help your circulation, put your feet up when you're sitting. Wiggle your toes and rotate your ankles.

As we get older, sometimes it hard to bend over to cut nails and do foot care. A foot care nurse comes to the Senior Center twice a month to do **non-diabetic** foot care. There is a charge of \$29 per visit. Home visits are also available for an additional charge. Call 860-763-4379 for an appointment or for more information. If you are diabetic and have diabetic peripheral neuropathy, Medicare will pay for most foot care. Check with your podiatrist.

Info from www.nih.gov and www.mayoclinic.org

Article submitted by Ailene Henry

Life Line Screening will be at the Somers Senior Center on Monday, April 10. Ultrasound screenings to identify risk factors for cardiovascular disease



include; carotid artery (plaque buildup-a leading cause of stroke), abdominal aortic aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), peripheral arterial disease (hardening of the arteries in the legs), a heart rhythm screening (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an osteoporosis risk assessment for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early. You may register online at www.lifelinescreening.com/advantageclub to receive an Advantage Club discount and preferred appointment.



TOWN OF SOMERS DIAL-A-RIDE

Senior/disabled transportation service is available to Somers residents age 60+ or to individuals age 18+ on Social Security Disability. Service is “curb to curb”, meaning that passengers must be able to reach the bus independently. Drivers are not permitted to physically assist passengers or enter passenger’s homes or apartments. If a passenger requires assistance boarding or disembarking from the bus, the passenger must have an aid/friend/family member, etc. accompany them. Aids *are permitted* to

travel with passengers. Our hours of operation are 8am-4pm Monday through Friday. Medical appointments must be scheduled between 8:30am and 2pm. Our service area includes the Town of Somers, the Town of Enfield, and transportation to Johnson Memorial Medical Center in Stafford Springs. Medical appointments always take priority. In addition to medical appointments, transportation is provided to the Somers Senior Center, Somers Public Library, voting, shopping/errands, hair and nail appointments, and other activities.

Scheduling Transportation

You must call 860-763-4379 to schedule your ride one week in advance in order to guarantee accommodations.

You may call anytime Monday thru Friday between the hours of 8am-4pm to schedule transportation. If an urgent situation should arise and you are unable to provide a 1 week notice, we will make every attempt to accommodate you, but cannot guarantee availability.

When you call to schedule your transportation, please ensure you have the following information available:

- Full name of passenger
- Passengers’ address and telephone number
- Date and time of appointment
- Destination information: address, telephone number, physicians’ name (if applicable)
- Passengers’ approximate return time

Please be sure to inform us when you call if you are in a wheelchair or motorized scooter.

Other Transportation Resources

Nutmeg Senior Rides: Available 365 days a year to seniors age 50+ and to vision impaired adults ages 18+, Nutmeg Senior Rides is a transportation program with an annual membership and mileage-based fees. Call 860-758-7833 for more information. The Somers Senior Center can also provide you with additional information and an application.

American Cancer Society: Transportation is offered to cancer related medical appointments. You must call two days in advance (4 days is preferred). Call 1-800- 227-2345. Passenger must be able to get to and from the vehicle without assistance.

Logisticare: Transportation is available to medical appointments only to those on *Medicaid* (not Medicare) by calling 1- 888-248-9895. A minimum of 2 days’ notice is required. Insurance will cover maximum of 15 miles to appointment and 15 miles back.

Inclement Weather Policy

The safety of our passengers as well as our drivers is of utmost importance to us. Therefore, our transportation service follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, our services will be delayed/canceled as well. Please tune into WFSB Channel 3 or NBC30 and look for “Somers Senior Center” for up to date information on delays/closings.

Registration/Cost

Registering for transportation is easy! Simply call us at 860-763-4379 to request a registration form. We will be happy to mail the form to you. Once you have completed the form, you may return it to us by mail or hand it to the driver on your first trip. You must have your form completed, however, before you will be able to utilize our service. Passengers under 60 years of age who are eligible for transportation based upon disability are required to provide proof of disability with their registration form.

There is no required fee for this service, but donations are encouraged and help to offset our costs. Donations can be made at the Senior Center via cash or check made payable to “Town of Somers Dial-a-Ride”.

Important Reminders

- Be sure to provide a one week notice in order to guarantee your ride
- We will provide you with an approximate pick up time. However, we ask that you be ready for your ride 15 minutes prior to the pick-up time and be prepared to wait up to 15 minutes after your scheduled pick-up time.
- Contact the Somers Senior Center at 860-763-4379 to make reservations or changes to existing reservations. DO NOT call the driver or inform the driver directly.
- Don’t forget to call the Senior Center at 860-763-4379 to cancel if you no longer need a ride you have scheduled.
- Medical appointments must take priority. Medical appointments are scheduled first and, if the schedule permits, we will then accommodate all other requests. *No medical appointments after 2pm.*



Trips & Travel



At the Somers Senior Center, two types of trips are offered: trips that are offered directly through the Senior Center and trips that are offered through tour companies. For trips offered directly through the Senior Center, we utilize our own Town of Somers buses. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. Due to the limited seating, these trips are open to Somers Seniors only. These trips are typically to destinations within an hour to 90 minutes from the Senior Center. Due to the high likelihood of inclement weather, we do not run trips on our Town of Somers buses in January or February. All trips on our Town of Somers buses must have at least 10 passengers signed up by one week prior to the scheduled date of the trip. If the 10 passenger minimum is not met, the trip will be canceled. Trips that are offered through tour companies 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. 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. Payments will be reimbursed only if the trip itself is cancelled. Checks should always be made payable to the Town of Somers, unless otherwise noted. The Somers Senior Center now also accepts MasterCard, Visa, and Discover!



DAVID Gwilliam MOHEGAN SUN CASINO TRIP

Friday March 17th- 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! This is a very popular trip and seats fill fast!



JERSEY BOYS

Thursday March 23rd

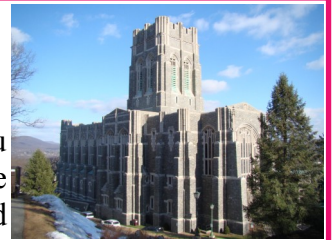
Follow the rags to rock to riches tale of four blue collar kids working their way through the streets of Newark to the heights of stardom. They wrote

their own songs, invented their own sounds and sold 175 million records worldwide...all before they were thirty. Jersey Boys is presented in a documentary style format that dramatizes the formation, success, and, eventual breakup of The Four Seasons. "Big Girls Don't Cry", "Sherry", and "Can't Take My Eyes Off of You" are just a few of the hits performed in this Broadway production, coming to the Bushnell for a limited number of performances. This is a matinee performance. Be sure to grab a bite to eat before we depart or bring a snack with you. **Total cost is \$99pp and includes motor coach transportation and theater ticket. Sign up has begun. Open to all!**

WEST POINT DRESS PARADE

Saturday April 29

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds. The cadets march in full uniform, in cadence with the military music, presenting arms in unison. You will enjoy a bountiful buffet lunch at the West Point Club featuring a wonderful assortment of salads, hot & cold entrees and delicious desserts. A guided tour of West Point will include Cadet Chapel, Trophy Point, and the Hudson River lookout. All passengers are required to bring valid identification. **Total cost is \$99pp and includes motor coach transportation, buffet lunch, parade and tour. Deadline to sign up is March 29th. Sign up early before seats sell out! Open to all!**



MAMMA MIA! -WESTCHESTER BROADWAY

Wednesday May 24th

Westchester dinner theater located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch. After lunch, it's a matinee performance of "Mamma Mia!": Abba's greatest hits woven into 3 wonderful love stories. A young girl about to be married, her mother about to confront the past, and the best love story of all. A great, fun show with lots of energy! **Total cost is \$101pp and includes motor coach transportation, lunch, and theater ticket. Deadline to sign up is April 24th. Open to all!**



Trips & Travel



BOSTON HARBOR LIGHTHOUSE BRUNCH CRUISE

June 11th

Relax and enjoy a
scrumptious buffet brunch

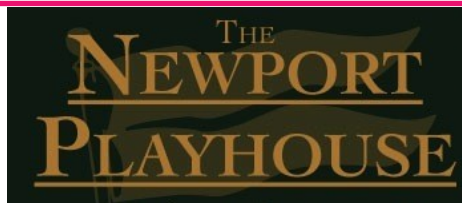
as you savor the sights, treasured landmarks, and picturesque lighthouses of Boston's inner and outer harbor on this unique 2 1/2 hour cruise. Fully narrated by an area historian and storyteller, this cruise offers fantastic views of The Graves Light (tallest in Boston), Deer Island Light (first of its kind "pole light" in the US), Boston Light (North America's first lighthouse) and Long Island Light (solar powered). Spectacular photo opportunities! Once back on land, you will have the opportunity to visit Quincy Market, Boston's famous indoor-outdoor marketplace. **Total cost is \$104pp and includes motor coach transportation, brunch, and cruise. Deadline to sign up is May 11th. Open to all!**

NEWPORT PLAYHOUSE LOBSTERFEST

June 26th

This unique dinner

theater is a favorite for locals and visitors since 1983. Enjoy a great buffet featuring boiled lobster (1 per person), shrimp cocktail, clam chowder, a wide variety of salads, hot & cold entrees, desserts, and beverages. All food is prepared on the premises and enjoyed in the main dining room. After dining, you will take your reserved seats in the theater to see "Lunch With Mrs. Baskin"; the story of a sweet, retired widow who has no intention of buying anything, yet continuously sets up appointments with sales people just to have lunch and conversation with them. After the play, return to the dining room for the Cabaret Show! **Total cost is \$96pp and includes motor coach transportation, buffet lunch, and theater tickets. Deadline to sign up is May 26th. Open to all!**



RIVER ROSE CRUISE August 3rd

The River Rose is an authentic New Orleans paddle wheeler that departs from Newburgh, NY and heads south offering a 2

hour narrated tour of historically significant sites such as Bannerman's Island, Catskill water aqueduct, Storm King Mountain, Breakneck Mountain, Village of Cold Spring, and West Point. Lunch will be at the River Grill located in Newburgh's historic district on the Hudson River. The restaurant features delicious food and magnificent water views. Menu choices include Penne Al a Vodka, Filet of Sole Stuffed with Crabmeat, Chicken Marsala, or Grilled Flank Steak. **Total cost is \$96pp and includes motor coach transportation, cruise, and lunch. Deadline to sign up is July 3rd. Open to all!**

STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN

October 8-16

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! Sign up EARLY!

From \$2899 pp twin inside cabin including air!



ALASKA

THE BEST OF ALASKA; LAND & CRUISE

June 26-July 9

***Please note that this is a change from the dates originally offered for this excursion. The original dates (June 12-June 25) are filled and no longer available. This excursion is VERY POPULAR and fills extremely fast. If you are interested, you are encouraged to sign up immediately, as availability for these dates is very limited.**

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 Motor coach to airport included

From \$4149 pp twin inside cabin including air!



		1. WEDNESDAY 12-1pm *Lunch: Shepherd's Pie, mashed potato, corn, salad, rolls, birthday cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	2. THURSDAY 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	3. FRIDAY 9:00-12:00 Art Group 9:15-9:45 Qigong 2:00 Diabetes Support Group
6. MONDAY 10:00-11:00- Chair Aerobics 1:00 -2:00 Presentation : "Crop Circles" by John Root	7. TUESDAY 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	8. WEDNESDAY 12-1pm *Lunch: Grinders, potato salad, coleslaw, chips and brownies 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	9. THURSDAY 8:00-3:30 Foot care (Call 860-763-4379 for appt.) 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	10. FRIDAY 9:00-12:00 Art Group 9:15-9:45 Qigong 1:00 Candy & A Classic: The Way We Were
13. MONDAY CLOSED	14. TUESDAY 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)	15. WEDNESDAY 12-2pm *Valentine's Day Lunch & Show: Baked stuffed chicken, rice, peas, salad & rolls , Valentine's Day cupcakes 12:30-3:30 Dominoes 2:00-3:30 Wii Bowling 2:00-3:30 Pitch Card Group	16. THURSDAY 8:00-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	17. FRIDAY 9:00-12:00 Art Group 9:15-9:45 Qigong
20. MONDAY CLOSED	21. TUESDAY 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:00 Blair Manor Lunch 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	22. WEDNESDAY 11:30-12:30 BP/BS 12-1pm *Lunch: Pizza, salad and Ice Cream sandwiches 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	23. THURSDAY 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	24. FRIDAY 9:00-12:00 Art Group 9:15-9:45 Qigong 1:00 Memory Screenings
27. MONDAY 10:00-11:00- Chair Aerobics	28. TUESDAY 8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	~ Mobile Foodshare (behind Somers Congregational Church) on Feb. 8th & 22nd ~ Free supper @ Somers Congregational Church on February 15th *Denotes an Somers Senior Citizen's Club event		



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

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HARTFORD, CT
PERMIT #158



FREE HAIRCUTS!

New England GoldCare Adult Day Care Center, located at 179 Main Street in Somers, is offering free haircuts to seniors in Somers! Haircuts will be provided on the **first Friday of each month from 10am-1pm** and provided by a licensed cosmetologist. **Call 860-878-9828** to schedule an appointment! Thank you to New England GoldCare for offering this valuable service to the seniors of Somers!

If you or someone you know is no longer able to get out and about to grocery shop or can no longer prepare their meals, they may be eligible for the Meals on Wheels Program. Meals are available for delivery for a cost of \$4.00 per hot meal and \$3.00 per cold meal. Meals are graciously prepared by Hometown Kitchen and delivered by dedicated volunteers. Financial aid available to those who qualify.



Diabetes Support Group

Friday February 3rd @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.*

Applications are still 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.***



Medical Equipment Available!

Are you in need of a cane, walker, wheelchair, commode, or shower seat? The Senior Center has a large supply of gently used medical equipment available for you to utilize for as long as you should need it free of charge! If you are in need of a specific item, please contact us to inquire on availability.

The Operation Fuel Program is currently open. You can apply for Operation Fuel for *all energy sources*.



Maximum gross annual income is \$33,881 for an individual and \$44,305 for a couple. Please call Christina Cenac at 860-265-7551 for more information on program guidelines, as you must meet various criteria depending on if you wish you apply for assistance with your primary heat or your secondary heat. ***Applications are accepted by appointment only.***