



Somers Senior Center
MARCH & APRIL 2020 NEWSLETTER
A Publication of the Town of Somers Senior Center



Somers Senior Center
 19 Battle St.~ Somers, CT 06071
 Phone 860-763-4379 Fax: 860-763-8229
 www.somersct.gov
Like us on Facebook!



Somers Senior Center Staff

Jillian ConnorsSenior Center Supervisor
 Florence Hurley.....Senior Center Coordinator
 Melinda Burnham.....Transportation Coordinator/Driver
 Chris Boucher.....Director of Rec & Leisure
 Richard Day.....Dial-a-Ride Driver
 Ed Hart.....Dial-a-Ride Driver
 John Morrison.....Dial-a-Ride Driver

A Note From Our First Selectman

Dear Ladies and Gentlemen,

I welcome the opportunity to communicate with you through this Newsletter and I'm cognizant of the need to make these communications pertinent, timely, informative, and interesting. I would appreciate you dropping me a note to let me know what topics you would like for me to address in future newsletters. My interests/topics are varied but they may not particularly excite you so your input is welcomed and appreciated.

BKnorr@somersct.gov

In the interim the following "pot pourri/tid -bits and Bullets from Bud" will hopefully suffice to whet your appetites for future missives.

BUDGET

We have essentially completed our FY 2020 Budget which will be presented at the April 21ST Public Hearing/Presentation for voters comments/input. The Annual Town meeting will follow on April 27th with the Budget Referendum scheduled for May 12th. Voter turnout is critical because it's your money and we've worked very hard on this budget with the objective of maintaining essential town services while keeping taxes low. Approval of a proposed \$ 35 million budget deserves voters input. Past budgets have been approved with less than 15% of registered voters taking the time to vote. We can and should do better than this to participate in the democratic process. I HOPE TO SEE YOU AT THE POLLS !

MILL UP DATE

We are in the process of signing an Exclusive developer Agreement with KCG Industries for a proposed \$ 20 million mixed use apartment/commercial complex at the remediated Somersville Mill site. This is the first step in a long process that will involve scope/design changes, financing options and multiple public meetings. I will keep everyone informed on a timely basis as we proceed with his exciting project.

"Blessed is he who expects nothing, for he shall never be disappointed"...Alexander Pope
 "Keep thy heart with all diligence; for out of it are the issues of life."... Proverbs 4:23
 "It's amazing what ordinary people can do if they set out without pre-conceived notions."...Charles Kettering
 "No good deed will go unpunished"...Walter Annenberg
 "Don't look back. Something might be gaining on you."...Satchel Paige

Warmly,
 BUD



Somers Social Services
 619 Main St. ~ Somers CT 06071
 Phone 860 265 7551

Allison MaynardDirector of Social Services
 Christina CenacSocial Services Coordinator

Somers Social Services

The Somers Social Services Department mission is to provide holistic services to enhance the well-being of Somers residents.

We offer the following services to all Somers residents:

Case Management and Crisis Intervention

The department provides short-term case management including crisis intervention, advocacy, information, and referral.

CHOICES Certified Counseling

The department provides health insurance counseling for seniors and disabled persons.

Emergency Assistance

Through the Salvation Army and donation funds, the department provides limited emergency assistance.

Energy Assistance

The department serves as an intake site for the Energy Assistance Program, provides emergency fuel and utility assistance through the Somers Emergency Fund and Operation Fuel, and processes applications for utility forgiveness programs.

Entitlement Programs

The department assists the elderly, disabled, and families applying for Federal and State programs. Home visits are available for homebound residents.

For any concerns or issues that may arise in your life, you may reach out to us and we will be glad to assist.

(860) 265-7551

Please note our new location at 619 Main Street.

New to the Somers Senior Center

Mindfulness

The First Wednesday of the Month at 10:00 am ~ Starting March 4, 2020

The Somers Social Services Department will be providing a session in Mindfulness, which will include a brief introduction to mindfulness and a 20-minute guided meditation. Mindfulness is a practice that teaches you how to be present in the current moment. Studies have shown that the practice of Mindfulness is helpful in reducing anxiety, stress and depression.

Introducing Somers Yoga & Wellness

Keely Smith will be introducing a Chair Yoga/stretch **class beginning March 2 at 1:30 pm**. Keely began practicing yoga for 20 years as a student and after seeing the benefits of her practice decided to delve deeper and obtain her 200 hr. teaching certification in 2017 at Heartsong Yoga in East Longmeadow, MA. In addition to this, she has taken many courses to enhance her teaching. In November she opened Somers Yoga and Wellness on Main St. in Somers. Keely will show you the benefits of chair yoga and how this will positively impact your life. Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve blood circulation, your flexibility, concentration and strength while boosting your mood, and reducing stress and joint strain. This is a gentle form of yoga that is adaptable to "any body!" Come on in, have some fun and try the first class for free. After the first class, the cost will be \$10 a person. All levels Welcome! **Mondays 1:30-2:30**

Game On

Join us the First and Third Tuesdays of the month 1:30-3:00 pm for some good old board game FUN!!! We are bringing out some of the classics like Trivia Pursuit, Uno, Mastermind, scrabble, or bring your own to share with the group. So beat these cold winter afternoons grab a group of friends or just drop in and we will have the coffee and tea going.

Smarty Pants Trivia

Put your noggin to work and bring your competitive spirit. The **last Tuesday of each month** we will host an afternoon of Trivia from 1:30-3 pm. Each month we will select a different group of categories to really get your brain working! Pair up into Teams and see who can BUZZ in the fastest. Light Refreshments, Coffee & Tea Provided. **March 31, 2020 & April 28, 2020**

NEW Qigong Instructor

Ritch Ryan is an experienced health and physical education instructor with over 35 years of experience. Join us Mondays and Fridays at 8:30 am for a 45 minute class. If you become a regular participant you will earn a free t-shirt & DVD \$5 per class



Home Helpers provides a *complimentary lunch* at the Somers Senior Center on the first Monday of every month (date subject to change contingent upon holidays). Come join us for a delicious lunch and an opportunity to chat with friends and neighbors. **Sign-up is required, March's** luncheon will be held on **Monday, March 2nd at 12pm**. The menu will include Ziti Bolognese, salad, rolls and Cookies. **April's** luncheon will be held on **Monday, April 6th at 12pm** and the menu will feature Croissant sandwiches, chips, pickles and cookies. Home Helpers also facilitates a **Senior Support Group** immediately following the luncheons. The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering this monthly luncheon and support group, ensuring that the seniors of Somers are able to enjoy regular meals and socialization.



Parkway Pavilion graciously provides a *complimentary lunch* each month! **Tuesday, March 10th at 12:00am** they will be serving Chicken Stew with biscuits and dessert! **Tuesday, April 21st at 12:00pm** they will be serving Meatloaf, baked potato, and dessert. We would like to extend our sincere gratitude to Parkway Pavilion for providing monthly meals to the seniors of Somers.

***Important note: For Somers residents, sign-ups for Home Helpers luncheons and Parkway Pavilion meals begin on the 15th of the month prior to the event. Should the 15th fall on a weekend or holiday, sign-up will begin the next business day. Non-residents will have the opportunity to sign up 5 business days after resident sign-up begins.**

Health & Fitness Programs

Qigong Join New Instructor Ritch Ryan for movement & breathing to enhance health and wellness Provides a simple approach with the benefits of balance, strength, & flexibility	Monday 8:30 am Friday 8:30 am	First Class Free \$5 per class	Drop-in Class 45 minute class Starting March 2, 2020
Chair Aerobics Class follows a DVD program	Monday 10:00 am Thursday 10:00 am	Free	Drop in Class All Levels Welcome
Yoga Stretching Stretch while sitting or standing Provided by Somers Yoga & Wellness	Monday 1:30 pm	\$10 per class Free Trial Class 03/02/2020	Drop-in Class All Levels Welcome Sit or Stand
<i>Classes are ongoing weekly</i>			

SPECIAL EVENTS & ACTIVITIES

***** Sign Ups Required for Many Events *****

March 2020	Special Events & Activities	Time
03/02/2020	Home Helpers Luncheon/Support Group	12:00 pm
03/02/2020	Blood Pressure/Blood Screening	11:30-12:30pm
03/03/2020	Balance Testing	10:30 am
03/04/2020	Mindfulness ~ Guided Meditation	10:00 am
03/05/2020	Healthy Breakfast	8:30 am
03/06/2020	Book Review: "Senior Frenzy"	1:00 pm
03/10/2020	Parkway Pavilion Lunch	12:00 pm
03/12/2020	Trip: Gavin's Irish Country Inn	Departs 8:00am
03/13/2020	AARP Tax Preparation	9-1:00
03/19/2020	Comfort Keepers Healthy Breakfast	8:30 am
03/24/2020	Cooking Demonstration with Suffield by the River	1:00-2:00pm
03/26/2020	Out to Lunch Bunch visits Vanilla Bean Café	Departs 10:45am
03/27/2020	AARP Tax Preparation	9:00-1:00pm
03/31/2020	Smarty Pants Trivia	1:30 pm

April 2020	Special Events & Activities	Time
04/01/2020	Mindfulness ~ Guided Meditation	10:00 am
04/02/2020	Healthy Breakfast	8:30am
04/03/2020	AARP Drivers Safety Course	8:30-12:30pm
04/06/2020	Trip: Newport Playhouse "Sex Please, We're Sixty"	Departs 8:00am
04/06/2020	Home Helpers Luncheon/Senior Support Group	12:00 pm
04/06/2020	Blood Pressure/Blood Screening	11:30-12:30pm
04/10/2020	CLOSED Good Friday	
04/13/2020	AARP Tax Preparation	9:00-1:00pm
04/14/2020	Advisory Committee for Seniors	1:30 pm
04/15/2020	Out to Lunch Bunch visits East Side Restaurant	Departs 10:30am
04/16/2020	Comfort Keepers Healthy Breakfast	8:30 am
04/17/2020	Greater Hartford Legal Aide Topic: Your Home & Title 19	1:00 pm
04/20/2020	Trip: Mohegan Sun Bus Tour	Departs 8:30am
04/21/2020	Parkway Pavilion Lunch	12:00 pm
04/22/2020	Trip: Goodspeed Opera House "South Pacific"	Departs 10:30am
04/24/2020	Volunteer Appreciation Luncheon (Invitation Only)	12:00pm
04/28/2020	Smarty Pants Trivia	1:30 pm

*** Please See Monthly Calendar for a Full Listing of Scheduled Activities ***

We Continue to Bloom & Grow Thanks to Our Volunteers

We would like to take this opportunity to thank the many individuals in our community who graciously volunteer their time to the Town of Somers Social Services Department, and Senior Center. There are so many ways in which volunteers impact our community, and make Somers a wonderful place to live. We will again be hosting a Volunteer Appreciation lunch on April 24, 2020 at 12 pm, this is an invitation only luncheon as space is limited. If you feel you have volunteered your time within our Senior Center or with Social Services Dept. and did not receive an invitation please do not hesitate to reach out to Senior Center staff for the event details. On behalf of the Somers Senior Center, Social Services Department, and the residents we serve we Thank you for all your time and dedication. Invites will be mailed end of March 2020.



Guest speaker /Book Discussion "SENIOR FRENZY"

With Susan Winter Smith she will talk about her new book she just published. She will have books on hand if you want to buy one.

March 6, 2020 @ 1:00 pm

"Senior Frenzy" is humor for senior citizens coping with our changing world—a comical look at finding something to wear among the clothes made for the young, enjoying meals within *healthier* menus, using complicated technologies, navigating a complex medical system, and coping with unexpected financial issues, while still enjoying life.

Cooking Demo March 24, 2020 @ 1:00pm "Tired of the same old soup?"

Put some *zip on your lips* with this "Stuffed Pepper Soup" cooking demo by Suffield by the River! Join Chef Carlos on Tuesday, March 24, at 1:00 P.M. Taste the dish, grab a recipe card, and enter a drawing for a free dinner for two at Suffield by the River."



Veterans Coffee House The Town of Somers announces "Roastmaster's Red-eye Reveille (R3), a supportive environment for veterans in the form of a coffee shop. Open to all veterans of ALL military service eras. Coffee house will start Friday March 27, 2020 from 8-10 am For more Info Contact David McCaffrey 860 604 0634



Town of Somers
Department of Veterans Affairs
600 Main Street
Somers, CT 06071

David P. McCaffrey, CTACS, USN, Ret.
Director of Veterans Affairs
Phone: 860-604-0634
Email Somers.Vets1@gmail.com

Sherri A. Marquis, JO1, USN, Ret.
Deputy Director of Veterans Affairs, Woman's Veteran Outreach
Phone: 413-318-4651
Email: Somers.Vets2@gmail.com

"Clue-In" about Somers "NEW" Veterans Affairs Office

Our Pledge: Veteran's deserve dignified services and together, here in our Somers community, we PLEDGE to leave no one behind!

Office Hours: Monday 9:00AM to 12:00 PM and by appointment

The Town of Somers Department of Veterans Affairs is staffed with two appointed military veterans standing by to assist fellow veterans and their family members with information about the following (not all inclusive):

- Awards and Medals • Benefits • Burial/Graves • Disability Claims • Education
- Elder Services • Employment • Flags and Markers • Financial Assistance • Food
- Housing • License Plates • Medical Assistance • Military Records/DD-214 • Pensions
- Pharmaceuticals • Real Estate Tax • Exemption • Review of Discharge • Transition
- Women Veteran Outreach



*Expect confidentiality – your personal information is valuable and will not be collected or used except for the purpose of determining your eligibility for benefits.

The Town of Somers Department of Veterans Affairs staff interact with local veterans to determine initial and continuing eligibility for benefits, provides assistance with initiating claims for service-connected disabilities, responds to inquiries, provides information and makes referrals relative to veterans' benefits, housing monetary support, medical/mental health assistance. The department also works closely with many organizations throughout Connecticut and neighboring states to provide educational programs on housing, transitioning from active-duty, careers, health and wellness, drug and alcohol use and suicide prevention.

The staff works in unison with Connecticut Department of Veterans Affairs and Connecticut legislators to obtain benefits and funding for our area veterans. The office is also proud of its working relationship with the Connecticut Department of Veterans Affairs, Office of Advocacy and Assistance, the Soldiers/Sailors/Marine Fund administrators, the Somers Department of Social Services as well as the Somers Senior Center to provide a multitude of benefits, financial assistance, recreation and no-cost local transportation to Somers veterans.



We will be closed Friday April 10, 2020 Good Friday

***** Happy Easter *****



ADDITIONAL SIGN UPS FOR 2020 TOURS & TRIPS

Essex Steam Train & Riverboat w/Lunch May 26, 2020

\$116 per person

Friesians of Majesty Townshend, VT June 9, 2020

\$108 per person

Mainly Maine Kittery, ME July 16, 2020

\$92 per person

Atlantic City Airshow August 25-27, 2020

\$375 per person (double/triple occupancy)

\$569 per person (single occupancy)

Saints & Sinners Tour ~ Bethlehem & Lancaster

September 9-11, 2020

\$519 per person (Double/triple occupancy)

\$659 per person (single occupancy)

Canyon Country Experience

September 30, 2020 - October 6, 2020 \

\$3249 per person

Mohegan Sun Round Trip Tour

No age restriction, open to all residents and non residents!

What a Deal for a FUN day out!!

\$35.00pp

Includes Round trip deluxe bus, 2 /\$10 gambling vouchers, \$15 food voucher, & Drivers gratuity

Now taking Reservations for...

Monday April 20, 2020

Monday June 15, 2020

Monday, August 17, 2020

Monday, October 19, 2020

Goodspeed Opera House Presents "SOUTH PACIFIC"

Our Senior Center Bus will be headed out for Lunch and a Show!
Wednesday April 22, 2020

\$100 per person includes Bus, Lunch, and show Admission!

Seats are limited & Sign ups Start
March 2, 2020

Non-residents may sign up 7 days prior to event

Trips & Travel



Out to Lunch Bunch

Seats are limited & Sign ups for both Start
March 2, 2020

Non-residents may sign up 7 days prior to event

Thursday, March 26, 2020 ~ Bus Departs 10:45 am
Vanilla Bean Café in Pomfret, CT

The Vanilla Bean Café opened in 1989 with a seating capacity of 16, today they seat 90 inside and 40 outside!

Located in a restored, early 19th century barn in scenic Pomfret, Connecticut. The Vanilla Bean Café is owned and operated by the Jessurum Family: Barry and Brian with occasional appearances with the help from the rest of the family.

<http://www.thevanillabeancafe.com/what-were-about/>

Wednesday, April 15, 2020 ~ Bus Departs 10:30 am
East Side Restaurant in New Britain CT

Hearty German-American Fair, in a family friendly atmosphere. Enjoy lunch and live entertainment. It's a little of the old world and new world Germany combined and as always "NO Passport Required" Ticky tocky ticky tocky oy oy oy. Other dining options available.

<https://www.eastsiderestaurant.com/ViewofHeidelberg>



NEWPORT PLAYHOUSE

Monday April 6, 2020 Bus Departs @ 8:00 am
Cost: \$96.00 per person

Sex Please, We're Sixty



Mrs. Stancilffe's Rose Cottage Bed & Breakfast successfully draws guests (mainly women) who return year after year. It may be due to her neighbors, "Bud the Stud" and Henry the retired chemist. Henry has developed a blue pill for women called "Venusla", after Venus the goddess of love. An American Farce; get ready for a good giggle.

This unique dinner theatre is a favorite for locals & visitors since 1983.

ALL FOOD IS PREPARED ON THE PREMISES & ENJOYED IN THE MAIN DINING ROOM.

After dining, take your reserved seats in the theater.

After the Play, return to the dining room for the Cabaret Show.

Registration Required, Seats are Limited

Registration is required for all our trips and tours, seats are limited

For more details on each event stop in to the Senior Center, visit our Facebook Page, or check out our webpage at www.somersct.gov

AARP Safe Drivers 4 Hour Course

Friday, April 3rd 2020 ~ 8:30 to 12:30



The AARP Safe Drivers course is recognized as an approved Mature Driver accident prevention course for drivers sixty years of age and older by the State of Connecticut Department of Motor Vehicles. This course will refresh your driving skills and knowledge of the rules of the road and learn techniques for handling left turns, right-of-way and roundabouts.

Please check with your insurance company to see if you qualify for a discount.

\$15 for AARP members \$20 for non members

Somers Senior Citizens' Club

PO BOX 531 Somers, CT 06071

OUR Mission: To promote friendship, recreation, sociability, kindness, and service to all Senior Citizens

Want to Join the Somers Senior Citizens' Club? Call Dori Bynack at 860-749-6956

GREETINGS FROM THE PRESIDENT

Dear Somers Senior Citizens'
Club Members:

Welcome to the start of a renewed partnership with the Somers Senior Center. Supervisor Jillian Connors and her Team are eager to collaborate with Club members on programming and activities. Club programs and weekly lunch menus will now return to and be published in the Senior Center Newsletter. New members are always welcome to join the Senior Club – call Dori at 860-749-6956.

Senior Club members are invited to join us weekly for Continental Breakfast (coffee and pastries) on Tuesdays from 8:30 a.m. to 9:30 a.m. and Lunch on Wednesdays from Noon to 1:00 p.m. The Luncheon Menus for March and April in 2020 are listed on this page.

Our biennial election of Officers will be held at our Wednesday, March 18th Annual Membership Meeting. The Senior Club Nominating Committee chaired by Gail Tishler proposes this slate of officers:

President – Daniel Fraro

Vice President – Beverly Guimond

Second Vice President –

Marie Williams

Treasurer – Dori Bynack

Assistant Treasurer – Lise Wood

Secretary – Marilyn Gaskell

Assistant Secretary – Ann Murphy

See you at Senior Club events!

Cordially,
Dan Fraro
Senior Club President
860-749-7108

MARCH 2020

Wednesday, March 4, 2020

BBQ Boneless Chicken Thighs
Roast Potatoes – Green Beans
Salad & Rolls
Birthday Cake

Wednesday, March 11, 2020
St. Patrick's Day Celebration!
Corned Beef & Cabbage
Boiled Potatoes - Carrots
Salad & Rolls
St. Patrick's Day Cupcakes

Wednesday, March 18, 2020

Pizza
Salad
Ice Cream Sandwiches
Club Membership Meeting

Wednesday, March 25, 2020

Grinders with Potato Chips
Potato Salad - Coleslaw
Brownies

**WEEKLY LUNCH FOR
SENIOR CLUB
MEMBERS
NOON on WEDNESDAYS
SOMERS SENIOR
CENTER**

**SIGN UP DUE BY 9 AM
TUESDAY PRIOR**

APRIL 2020

Wednesday, April 1, 2020

Baked Ham & Pineapple
Au Gratin Potatoes – Beets
Salad & Rolls
Birthday Cake

Wednesday, April 8, 2020

Pot Roast with Gravy
Mashed Potatoes – Corn
Salad & Rolls
Brownies

Wednesday, April 15, 2020

Pizza
Salad
Ice Cream Sandwiches
Club Membership Meeting

Wednesday, April 22, 2020

Swedish Meatballs & Noodles
Green Beans
Salad & Rolls
Bakery Cookies

Wednesday, April 29, 2020

Baked Stuffed Chicken Breast
Rice - Peas
Salad & Rolls
Apple Squares

Questions? Call Beverly Guimond at 860-749-9943

2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
9:00 Coffee & Conversation 8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 11:30-12:30 BP/BS 12:00 Home Helpers Lunch 1:15 Senior Support Group 1:30-2:30 Yoga 1:30-3:30 Cribbage	8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 10:30 Balance Testing 12:30-3:30 Pinochle Group 1:30-3:00 Game Day	10:00-11:00 Mindfulness 12:00-1:00 Senior Club Lunch 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-9:30 Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	8:30-9:15 Qigong 10:00-12:00 Art Group 1:00 Book Review "Senior Frenzy"
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
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16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
9:00 Coffee & Conversation 8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 1:30-2:30 Yoga 1:30-3:30 Cribbage	8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:30-3:30 Game Day 	12:00-1:00 Senior Club Lunch 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-9:30 Healthy Breakfast Sponsored by Comfort Keepers 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	8:30-9:15 Qigong 10:00-12:00 Art Group
23. MONDAY	24. TUESDAY	25. WEDNESDAY	26. THURSDAY	27. FRIDAY
9:00 Coffee & Conversation 8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 1:30-2:30 Yoga 1:30-3:30 Cribbage	8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:30-3:30 Game Day 	12:00-1:00 Senior Club Lunch 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 Foot care (Call 860-763-4379 for appt.) 10:45 Trip "Out to Lunch Bunch" <i>The Vanilla Bean Café</i> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-1:00 Taxes 8:00-10:00 Veterans Coffee House 8:30-9:15 Qigong 10:00-12:00 Art Group

<p>30. MONDAY</p> <p>9:00 Coffee & Conversation 8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 1:30-2:30 Yoga 1:30-3:30 Cribbage</p>	<p>31. TUESDAY</p> <p>8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:30- Smarty Pants Trivia</p>
<p>Mobile Foodshare (Behind Somers Congregational Church) March 12th & 26th @ 1:00pm</p>	
 <h1>March 2020</h1> 	



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10:00-11:00 Mindfulness 12:00-1:00 Senior Club Lunch 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30 - 9:30 Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	8:30-12:30 AARP Drivers Safety Course 8:30-9:15 Qigong 10:00-12:00 Art Group
4. THURSDAY	5. FRIDAY	6. SATURDAY
8:00 Trip Newport Playhouse 8:30-9:15 Qigong 9:00 Coffee & Conversation 10:00-11:00 Chair Aerobics 11:30-12:30 BP/BS 12:00 Home Helpers Lunch 1:15 Senior Support Group 1:30-2:30 Yoga 1:30-3:30 Cribbage	8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:30-3:00 Game Day	CLOSED
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9:00 Coffee & Conversation 8:30 Trip Mohegan Sun 8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 1:30-2:30 Yoga 1:30-3:30 Cribbage	8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:00 Parkway Lunch 12:30 -3:30 Pinochle Group 1:30-3:00 Game Day	8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:00 Parkway Lunch 12:30 -3:30 Pinochle Group 1:30-3:00 Game Day
22. WEDNESDAY	23. THURSDAY	24. FRIDAY
12:00-1:00 Senior Club Lunch 10:30 Trip Goodspeed 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 Foot care (Call 860-763-4379 for appt.) 10:00-11:00 Chair Aerobics *Please note Bingo and Bridge club will not be held today.	8:30-9:15 Qigong 12:00 Volunteer Appreciation Lunch (by invitation only) *Please note Art Group will not be held today
25. THURSDAY	26. FRIDAY	27. SATURDAY
8:30-9:30 Foot care (Call 860-763-4379 for appt.) 10:00-11:00 Chair Aerobics *Please note Bingo and Bridge club will not be held today.	8:30-9:15 Qigong 12:00 Volunteer Appreciation Lunch (by invitation only) *Please note Art Group will not be held today	CLOSED
28. TUESDAY	29. WEDNESDAY	30. THURSDAY
8:30-9:30 Senior Club Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:30-3:00 Smarty Pants Trivia	12:00-1:00 Senior Club Lunch 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club
31. FRIDAY	32. SATURDAY	33. SUNDAY
9:00 Coffee & Conversation 8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 1:30-2:30 Yoga 1:30-3:30 Cribbage	8:30-9:15 Qigong 10:00-11:00 Chair Aerobics 1:30-2:30 Yoga 1:30-3:30 Cribbage	Behind Somers Congregational Church April 9th & 23rd @ 1:pm 2020