A Note From Our First Selectman

Dear Ladies and Gentlemen,

We are at the beginning of the end of the scourge of the COVID-19 virus with the recent announcement of two and maybe four very effective vaccines (i.e. 94-96% effective) based upon documented clinical trials that indicate that the vaccines have shown high levels of efficacy and safety.

The distribution of the Pfizer-BioNTech vaccine is currently underway in a phased roll-out with the goal that all Connecticut residents will have access to the vaccination by late Spring or early Summer next year. The state’s distribution plan developed by the Department of Public Health (DPH), the Governor’s COVID-19 Vaccine Advisory Group and recommendations from the CDC will vaccinate the vulnerable populations and critical workforce members first based upon the following tentative timetable.

As soon as Vaccine Received—Healthcare Workers, Long Term Care Residents, First Responders, Hospitals

January-May—Critical Workforce, Other Congregate Settings, Over 65, High Risk under 65

June-December—Remaining Adult population, and under 18

These vaccines offer hope and are a critical first step to fight and overcome this virus and provide an opportunity to return to a sense of normalcy in our lives. In the interim please continue to follow social distancing and all safety measures previously outlined.

Sincerely,

C.G. Bud Knorr, Jr.
First Selectman
Town of Somers

Happy New Year 2021

With the new year upon us we look forward to a year full of happiness, health, and positivity.

The Senior Center staff has been working on creating some fun and engaging programs for the coming months. We want to encourage all to take part in some way, try something new, maybe see some new faces!

Our programs and classes will continue to be a mix of drive-thru, outdoor, and virtual for the coming weeks until we get the ok to host indoor programs again.

The Senior Center will continue to be available by appointment, you can stop in to look for a book, take a puzzle home, use our Wi-Fi computer, medical equipment, knitting and other supplies we just ask you call before entering. We are continuing to schedule technology support and foot care by appointment.

Please remember to call and register for all programs.
Senior Center Staff will continue to be available for assistance Monday-Friday 8am-4pm.

Seasons Greetings from Social Services.

We hope that the end of this year brings a sense of closure to what has been a very challenging year and hope for the year ahead. As always, if you find yourself in need of our services, please contact our office at (860) 265-7551. We are here for you!

Sending you our best,
Christina and Allison.

SOMERS DIAL A RIDE UPDATE

We are now providing transportation for all needs with the priority given to medical and employment transportation. At this time we can only accommodate 2 riders on the bus at any given time to adhere to the 6ft distancing rule. We are also requiring all passengers wear a face mask covering mouth and nose at all times.

Please remember to schedule your transportation 7 days in advance.
For More Information please call the Senior Center 860 763 4379 or email mburnham@somerset.gov
**Virtual Activities**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day and Time</th>
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</thead>
<tbody>
<tr>
<td>Coffee &amp; Conversation</td>
<td>Tuesday and Fridays 9am</td>
</tr>
<tr>
<td>Trivia with Melinda</td>
<td>Second Wednesday of the month 10:30am</td>
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<tr>
<td>Movie Matinee</td>
<td>Second Thursday of the month 12:00pm</td>
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<tr>
<td>TED TALK THURSDAY</td>
<td>First &amp; Third Thursday of the month 12:00pm</td>
</tr>
<tr>
<td>See Calendar for exact dates</td>
<td>Contact Senior Center for ZOOM Link Info</td>
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</tbody>
</table>

**Virtual Fitness**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day &amp; Time</th>
<th>Cost per Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated Hand Weights</td>
<td>Monday 12:00pm</td>
<td>$25.00 for 5 class session</td>
</tr>
<tr>
<td>Yoga Stretch</td>
<td>Thursday 10:00am</td>
<td>$25.00 for 5 class session</td>
</tr>
<tr>
<td>Chair Aerobics</td>
<td>Tuesday &amp; Friday 10:00 am</td>
<td>FREE</td>
</tr>
<tr>
<td>Qigong</td>
<td>Monday 9:00am</td>
<td>FREE Follow DVD</td>
</tr>
<tr>
<td>Pre Registration is Required</td>
<td>Contact Senior Center</td>
<td>860 763 4379</td>
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**Senior Center by Appointment**

<table>
<thead>
<tr>
<th>Service</th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>Medical Equipment</td>
<td>Call ahead for availability</td>
</tr>
<tr>
<td>Books, Puzzles, &amp; Computer Wi-Fi use</td>
<td>Call Ahead to Stop In check out materials or access computer</td>
</tr>
<tr>
<td>Technology Assistance</td>
<td>30 Minute time slots by appointment</td>
</tr>
<tr>
<td>Foot care</td>
<td>By Appointment</td>
</tr>
</tbody>
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**SOMERS SENIOR CITIZENS’ CLUB**

**WINTER DRIVE THRU LUNCHES**

*Pick Up at Somers Senior Center*

**Wednesday, January 20, 2021**

**Pot Roast - Mashed Potatoes – Green Beans**

**Wednesday, February 17, 2021**

**Stuffed Chicken Breast – Rice - Peas**

**Wednesday, March 17, 2021**

**Corned Beef & Cabbage – Potatoes - Carrots**

*Sweet Treat with Each Meal!*

**Pick Up Time:** 11:30 a.m. – 12:30 p.m.  
**Cost:** $5.00 Each To Be Paid at Pick Up

**ORDER IN ADVANCE REQUIRED**

Call Beverly Guimond to Order  
**Must Order By 9 a.m. Tuesday Prior to Lunch**

**860-749-9943**

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**SOMERS SENIOR SUPPORT GROUP**

*supported by*  
Somers Senior Center  
With Nicole Matson

*Home Helpers®*

*The First Monday of Every Month*

1:00 pm

Just Email Nicole to RSVP or if you have any questions about it, please feel free to call her as well.  
**nmatson@homehelpershomecare.com**

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**GRAB AND GO EVENTS**

A Grab and Go Lunch Sponsored by Home Helpers  
**January 5, 2021 @ 12:00pm**  
Registration is required Space is Limited

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**GRAB AND GO PIE & COFFEE**

*SPONSORED BY HARBOR CHASE of SOUTH WINDSOR*

*Wednesday January 27, 2021 @ 12:36*

Registration is Required Space is Limited

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**Somers Senior Voices**

**Volunteer Social Calling Program**

During a time where we are all feeling more isolated, consider joining our Somers Senior Voices. This is a great way to connect with your fellow seniors via telephone. If you would like to participate by calling others or would like to receive a call from someone, call the Senior Center for more details on how to participate.
<table>
<thead>
<tr>
<th>4. MONDAY</th>
<th>5. TUESDAY</th>
<th>6. WEDNESDAY</th>
<th>7. THURSDAY</th>
<th>8. FRIDAY</th>
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<tbody>
<tr>
<td>9:00am Zoom Qigong</td>
<td>9:00am Zoom Coffee &amp; Conversation</td>
<td>10:00am-12:00pm Wednesday Walkers (SC Parking Lot)</td>
<td>12:00pm Zoom Ted Talk &quot;How to create Meaningful connections while apart&quot; Priya Parker</td>
<td>9:00am Zoom Coffee &amp; Conversation</td>
</tr>
<tr>
<td>1:00pm Zoom Support Group With Home Helpers</td>
<td>10:00am Chair Aerobics</td>
<td>1:00pm-1:30pm Foodshare Somers Cong. Church</td>
<td>10:00am Zoom Chair Aerobics</td>
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</tr>
<tr>
<td>12:00pm Zoom Hand Weights</td>
<td>12:00pm Grab &amp; Go Lunch By Home Helpers (Sign-up required)</td>
<td>10:30am Zoom Trivia</td>
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<td>8:30-FOOTCARE (call for an appointment)</td>
<td>9:00am Zoom Coffee &amp; Conversation</td>
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<td>12:00pm Zoom Hand Weights</td>
<td>10:00am Zoom Chair Aerobics</td>
<td>10:00am Zoom Yoga Stretch</td>
<td>10:00am Zoom Chair Aerobics</td>
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<tr>
<td>1:30pm Zoom Senior Advisory</td>
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<td>12:00pm Zoom Yoga Stretch &quot;The Bucket List&quot;</td>
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<tr>
<td>CLOSED Martin Luther King Jr. Day</td>
<td>9:00am Zoom Coffee &amp; Conversation</td>
<td>10:00am Zoom Yoga Stretch</td>
<td>9:00am Zoom Coffee &amp; Conversation</td>
<td>10:00am Zoom Chair Aerobics</td>
</tr>
<tr>
<td>2:00pm Zoom Friendship Tours &quot;Guided Tour of The Boston Freedom Trail&quot;</td>
<td>10:00am-12:00pm Wednesday Walkers (SC Parking Lot)</td>
<td>12:00pm Zoom Yoga Stretch &quot;Sleep is your Superpower&quot; With Matt Walker</td>
<td>10:00am Zoom Chair Aerobics</td>
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<th>25. MONDAY</th>
<th>26. TUESDAY</th>
<th>27. WEDNESDAY</th>
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<tr>
<td>12:00pm Zoom Hand Weights</td>
<td>10:00am Zoom Chair Aerobics</td>
<td>12:30pm Grab &amp; Go Dessert Coffee and Pie Provided By Harbor Chase S.Windsor</td>
<td>10:00am Zoom Yoga Stretch</td>
<td>10:00am Zoom Chair Aerobics</td>
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Somers Senior Center
19 Battle Street
Somers CT 06071

Wednesday Walkers
Gather here at the Senior Center parking lot to take advantage of sidewalks and a level walking route. We encourage walkers to stop in between 10am-12pm get a bit of fresh air and a little exercise even if the temps are cold. Walk for a few minutes or 2hrs and see some friendly faces, masks encouraged for all.

Mobile Foodshare
1:00-1:30pm
Somers Congregational Church
January 9 & 23
February 3 & 17
March 3, 17, & 31

Champs Place
Somers Congregational Church
Every Monday from
10am-12pm
Or 6pm-7pm

Let’s Connect & Explore Boston’s Freedom Trail from the comfort of home with our Tour Director, Bob Read, and Friendship Tours. All the sights and history without sore feet, weather worries, crowds or traffic. Thanks to Zoom, you’ll be able to see and visit with your fellow travelers via video chat. January 19 @ 2pm Register with the Senior Center.

Registration and sign in is required for all Activities
For more details on each event call (860) -763 - 4379, visit our Facebook Page, or check out our webpage at www.somersct.gov