

January 2021

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
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,

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-Bio N Tech 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.

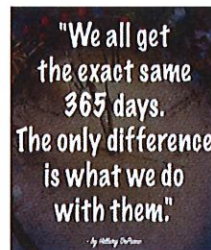
The Senior Center staff has been working on creating some fun and engaging programs for the coming months. We want to encourage all to take part in some way, try something new, maybe see some new faces!

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.



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

Allison MaynardDirector of Social Services
Christina HurdleSocial Services Coordinator

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@somersct.gov

Virtual Activities	Day and Time
Coffee & Conversation	Tuesday and Fridays 9am
Trivia with Melinda	Second Wednesday of the month 10:30am
Movie Matinee	Second Thursday of the month 12:00pm
TED TALK THURSDAY	First & Third Thursday of the month 12:00pm
See Calendar for exact dates	Contact Senior Center for ZOOM Link Info

Virtual Fitness	Day & Time	Cost per Session
Seated Hand Weights	Monday 12:00pm	\$25.00 for 5 class session
Yoga Stretch	Thursday 10:00am	\$25.00 for 5 class session
Chair Aerobics	Tuesday & Friday 10:00 am	FREE
Qigong	Monday 9:00am	FREE Follow DVD
Pre Registration is Required	Contact Senior Center	860 763 4379

Senior Center by Appointment

Medical Equipment	Call ahead for availability
Books, Puzzles, & Computer Wi-Fi use	Call Ahead to Stop In check out materials or access computer
Technology Assistance	30 Minute time slots by appointment
Foot care	By Appointment

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.

GRAB AND GO EVENTS

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

**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



GRAB AND GO PIE & COFFEE

SPONSORED BY HARBOR CHASE

of SOUTH WINDSOR

Wednesday January 27, 2021 @ 12:30

Registration is Required Space is Limited

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

Comed 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



JANUARY 2021

Registration Required for Events and Zoom Access

1. FRIDAY					CLOSED Happy New Year				
4. MONDAY	5. TUESDAY	6. WEDNESDAY	7. THURSDAY	8. FRIDAY					
9:00am Zoom Qigong 1:00pm Zoom Senior Support Group With Home Helpers	9:00am Zoom Coffee & Conversation 10:00am Chair Aerobics 12:00pm Grab & Go Lunch By Home Helpers (Sign-up required)	10:00am - 12:00pm Wednesday Walkers (SC Parking Lot) 1:00pm-1:30pm Foodshare Somers Cong. Church	12:00pm Zoom Ted Talk "How to create Meaningful connections while apart" Priya Parker	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics					
11. MONDAY	12. TUESDAY	13. WEDNESDAY	14. THURSDAY	15. FRIDAY					
9:00am Zoom Qigong 12:00pm Zoom Hand Weights	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics 1:30pm Zoom Senior Advisory	10:00am - 12:00pm Wednesday Walkers (SC Parking Lot) 10:30am Zoom Trivia	8:30-FOOTCARE (call for an appointment) 10:00am Zoom Yoga Stretch 12:00pm Zoom Movie Matinee "The Bucket List"	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics					
18. MONDAY	19. TUESDAY	20. WEDNESDAY	21. THURSDAY	22. FRIDAY					
<div>CLOSED</div> <div> </div>	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics 2:00pm Zoom Friendship Tours-"Guided Tour of The Boston Freedom Trail"	10:00am - 12:00pm Wednesday Walkers (SC Parking Lot) 12:00pm Grab & Go Lunch By Senior Club (pot roast) 1:00pm-1:30pm Foodshare	10:00am Zoom Yoga Stretch 12:00pm Zoom Ted Talks "Sleep is your Superpower" With Matt Walker	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics					
25. MONDAY	26. TUESDAY	27. WEDNESDAY	28. THURSDAY	29. FRIDAY					
9:00am Zoom Qigong 12:00pm Zoom Hand Weights	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics	10:00am - 12:00pm Wednesday Walkers (SC Parking Lot) 12:30 Grab & Go Dessert Coffee and Pie Provided By Harbor Chase S.Windsor	8:30am-FOOTCARE (call for an appointment) 10:00am Zoom Yoga Stretch	9:00am Zoom Coffee & Conversation 10:00am Zoom Chair Aerobics					

Somers Senior Center
19 Battle Street
Somers CT 06071



Boston's Freedom Trail

with Bob Read

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.

Closed Monday 1/18/21 in Observance of Martin Luther King Jr

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



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*