

Somers Senior Center ~ May 2021 Newsletter



19 Battle Street Somers CT 06071

860-763-4379



Senior Center Staff

Jillian Connors	SC Supervisor
Florence Hurley	SC Coordinator
Melinda Burnham	Transportation Coordinator
Ed Hart	Driver
John Morrison	Driver
Richard Day	Driver
Donna LaValle	Driver

Social Services Staff

619 Main Street Somers CT 06071	860-265-7551
Allison Maynard	Social Services Director
Christina Hurdle	Social Services Coordinator

Counseling Services Available

Somers Social Services, in partnership with Stafford Family Services, is offering FREE mental health services to youth ages 10+ through Adult. Counseling services are available to any Somers resident, regardless of insurance status, and will be provided by a licensed Social Worker. Daytime and evening hours are available. Please call Somers Social Services at (860) 265-7551 for more information.

Renters' Rebate

Now accepting applications for Renters' Rebate. If you are 65 and older and rent, you may be eligible for a rebate through the State of Connecticut. Contact Social Services for more information (860) 265-7551.

Welcome Spring

Ladies and Gentlemen,

The Town has successfully completed our FY 2021-22 Budget and the citizens will have the opportunity on the May 4, 2021 Annual Town Meeting to comment and then adopt the Budget and send it to Referendum on May 11, 2021 for the vote of acceptance by the citizens.

The COVID restrictions made the crafting of a responsible and timely Budget a challenging task but thanks to the hard work/dedication of the various Town Directors and the BOE we were able to deliver a Budget with a minimal 1.02 % increase over the current budget while maintaining essential services and actually adding services/options in critical areas like : Public safety, Recreation, Land Use and Social Services.

BUDGET HI-LITES:

- 1...The Town Budget is \$ 52,374 and 0.63 % less than the current Budget.
- 2...The BOE Budget increased \$ 549, 773 or 2.23 % over the current Budget.
- 3...The average annual Budget growth is only 2.31% from FY 2015 to FY 2022.
- 4...Debt service payments are decreasing after the \$ 10 million bond approval. (i.e Lower interest costs)
- 5...Projected mil rate will be 26.66 vs the current 27.37 mil rate. Three (3) consecutive years at a mil rate of 27.37 (No tax increase)
- 6...The current Fund Balance is extremely healthy at 16.7 % or two months of operating expenses.
- 7...Somers has the lowest mill rate in Tolland County (13 towns) and the second lowest in Hartford County that includes 29 towns.
- 8...Somers has a very high quality credit position and its Aa2 rating is slightly above the U.S. cities median rating of Aa3. We are in a very strong financial position which has enabled us to navigate the COVID pandemic and its impact as well as putting us in a very favorable position for future bonding needs at competitive/low interest rates.

I am pleased to report that the Town is in a solid position from a financial, strategic and organizational standpoint.

Please vote " YES" in the very important Budget Referendum on May 11, 2021.

Warmly,

C. G. Bud Knorr, Jr.

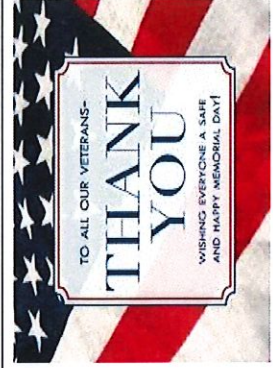
First Selectman



3. MONDAY	4. TUESDAY	5. WEDNESDAY	6. THURSDAY	7. FRIDAY
9:00am Outdoor Qigong 10-11:30am Knitting 12:00pm Hand Weights	9:00am Coffee Talk 10:15am Chair Aerobics 11:00am Home Helpers Support Group with Nicole 12:00pm Grab & Go Lunch 12:30-1:30pm Dance Fitness	9:00am Outdoor Qigong 10:00-11:00am Bay Path Bowling Games 10:30am - 12:00pm Wednesday Walkers	9:00-11:00am Hearing Testing 10:00am Yoga Stretch 1130am Art Group	9:00am Coffee Talk 10:15am Chair Aerobics 1:00pm Ice Cream and Flowers for Mother's Day
10. MONDAY	11. TUESDAY	12. WEDNESDAY	13. THURSDAY	14. FRIDAY
9:00am Outdoor Qigong 10-11:30am Knitting 12:00pm Hand Weights	9:00am Coffee Talk 10:15am Chair Aerobics 12:30-1:30pm Dance Fitness 1:30pm Advisory Mtg.	9:00am Outdoor Qigong 10:00-11:00am Bay Path Energy Conservation 10:30am - 12:00pm Wednesday Walkers	8:30am Footcare (call for an appointment) 10:00am Yoga Stretch 11:30am Art Group 1:00pm Movie Matinee "The Lion King"	9:00am Coffee Talk 10:15am Chair Aerobics
17. MONDAY	18. TUESDAY	19. WEDNESDAY	20. THURSDAY	21. FRIDAY
9:00am Outdoor Qigong 10-11:30am Knitting 12:00pm Hand Weights	9:00am Coffee Talk 10:15am Chair Aerobics	9:00am Outdoor Qigong 10:00-11:00am Bay Path Chair Yoga 10:30am - 12:00pm Wednesday Walkers 12:00pm Grab & Go Lunch By Senior Citizens' Club (lasagna)	10:00am Yoga Stretch 11:30am Art Group	9:00am Coffee Talk 10:15am Chair Aerobics 11:30am Tech Support 1:00-2:30pm Zoom-Celebrate Older Americans Month
24. MONDAY	25. TUESDAY	26. WEDNESDAY	27. THURSDAY	28. FRIDAY
9:00am Outdoor Qigong 10-11:30am Knitting 12:00pm Hand Weights	9:00am Coffee Talk 10:15am Chair Aerobics 12:30-1:30pm Dance Fitness	9:00am-1:00pm National Senior Health & Fitness Day at Field Road Rain Date May 27th	8:30am Footcare (call for an appointment) 10:00am Yoga Stretch 1130am Art Group	9:00am Coffee Talk 10:15am Chair Aerobics

31. MONDAY

CLOSED
Memorial Day




May 2021

Mobil Food Share 1:00pm—1:30pm
May 12th and 26th at Somers Congregation Church
Champ's Place Monday's 10:00am to 12:00pm



Health and Fitness

OUTDOOR Qigong Join Ritch Ryan for movement & breathing to enhance health and wellness Provides a simple approach with the benefits of balance, strength, & flexibility	Monday & Wednesday 9:00 am	Outdoor Class 45 minute class \$25 Month
Yoga Stretching Stretch while sitting or standing Provided by Somers Yoga & Wellness	Thursday 10:00 am	All Levels Welcome Limit 15 Participants Indoors (Zoom Option) Sit or Stand \$25 Month ZOOM Option Available
Chair Aerobics Follow along to a classic chair fitness program	Tuesday & Friday 10:15 am	All levels welcome Limit to 15 Participants Indoor
Seated Hand Weight Class 45 minute Guided Instruction With Lisa Build strength and endurance	Monday 12:00 pm	Bring your own light hand weights or bands Limit 15 Participants Indoors (Zoom Option) All levels welcome \$25 Month ZOOM Option Available
Ping Pong by Appointment 	Daily 9-12	1 hour timeslots available for 2-4 players (With Masks)
Dance Fitness Provided by Riley's School of Dance	4/4, 4/11, & 4/25 12:30pm	Instructor lead Dance Program for all levels Move , shake, and laugh ... seated option available. \$20 for all 3 classes
Wednesday Walkers	10:30-12	Walk for a few minutes or a few hours Meet in the Senior Center Parking Lot/ Weather Permitting
Classes are ongoing weekly Sessions Vary depending on Month		Registration is Required for all Programs, Masks required For more Info Call the Senior Center @ 860 763 4379 Or stop in to Register

PRE REGISTRATION IS REQUIRED FOR ALL CLASSES and EVENTS...

**SOMERS RESIDENTS CAN REGISTER STARTING 4/28/2021 and
NON RESIDENTS STARTING 4/30/2021**

Special Events

Home Helpers®



Grab and Go Lunch Sponsored by Home Helpers

Registration is Required as space is limited.

Stop in or call the Senior Center

Upcoming Dates

May 4, 2021 @ 12:00pm

June 1, 2021 @ 12:00pm

Home Helpers®

Senior Support Group is Back at the Senior Center

The First Tuesday of Every Month

At 11:00 am

Limited to 15 Participants ~ Registration Required



This Meeting offers Home care tips, Senior Support, & end with a bit of Trivia Fun for questions or more info

Reach out to Nicole nmatson@homehelperscare.com



Coffee and Conversation

Every Tuesday and Friday at 9 am

Join Senior Center Staff for a coffee, tea and light conversation.

Limited to 15 Participants per day



Comfort Keepers®

Small Group Technology Assistance

with Audra from Comfort Keepers

Now being offered in person at the Senior Center.

Audra will be here to assist you with cell phones, tablets, laptops, email, zoom and any other device questions you may have.

Audra will be here monthly starting

May 21, 2021 @ 11:30am

Join us in a Mothers Day Tribute

May 7, 2021

1:00 PM Outdoor Event * Bring Your Lawn chair

Registration Required

Ice Cream & Mothers Day Treat Provided

Sponsored By Dispatch Health, Blue Chip Ice Cream & Stateline Senior Services



Special Events

Hearing Screening

John Caswell from Discount Hearing will
do free hearing tests

Location : Somers Senior Center

Date: Thursday May 6th

Time: 9:00 am to 11:00 am.

By Appointment Only



Occupational Therapy Program

May Class Schedule

Wednesdays from 10am-11am

5/5 ~ Bowling Games

5/12 ~ Energy Conservation Techniques

5/19 ~ Chair Yoga

5/26 ~ Will be at Senior Health & Fitness
Day (Teaching how to play Corn Hole)

Registration Required for all Dates

Individual Services are available by Appointment

Virtual Presentation

Celebrate Older Americans Month

Registration required for ZOOM Link



Save
the
Date

CT Virtual Senior Center

**CELEBRATE OLDER
AMERICANS MONTH**

MAY 21ST FROM 1 - 2:30PM
VIA ZOOM

CT Healthy Living
COLLECTIVE



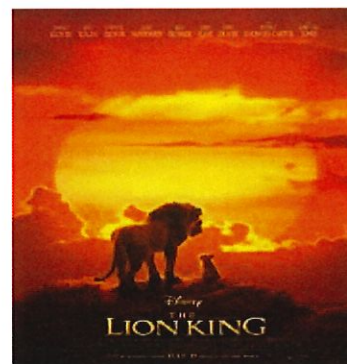
AARP
Real
Pursuits
Connecticut

SENIOR CENTER MOVIE MATINEE

Date ~ THURSDAY May 13, 2021 @ 1:00pm

Location ~ Somers Senior Center

Showing ~ Disney's "The Lion King"



Limit 15 Participants ~ Registration Required

Join the Art Group

Bring your supplies and share your ideas with others, all levels and mediums welcome

Thursdays

from 11:30am-1:00pm



Knitting is Back

Mondays

10am –11:30am



Join the knitting group and share ideas tips and tricks with fellow knitters!



SOMERS SENIOR CITIZENS' CLUB

DRIVE THRU LUNCHES

Pick Up at Somers Senior Center

Wednesday, May 19, 2021

Meat Lasagna – Green Beans – Coleslaw

Wednesday, June 16, 2021

Roast Turkey – Stuffing – Mashed – Squash

Wednesday, July 21, 2021

Choice of Roast Beef or Turkey Grinder – Chips

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 Gulmond To Order

NEW: Must Order By Noon Monday Prior to Lunch

860-749-9943

=> Please Pay 2021 Annual Dues \$2.00 <=

SOMERS CULTURAL COMMISSION

**600 MAIN STREET SOMERS, CONNECTICUT
06071**

Questions? Call Ann Levesque at

860-749-2630

[www.somersct.gov/boards-and-commissions/
cultural-commission](http://www.somersct.gov/boards-and-commissions/cultural-commission)

SPRING CONCERT SERIES

Saturday Afternoons 1 to 3 p.m.

(Rain Date on Sunday)

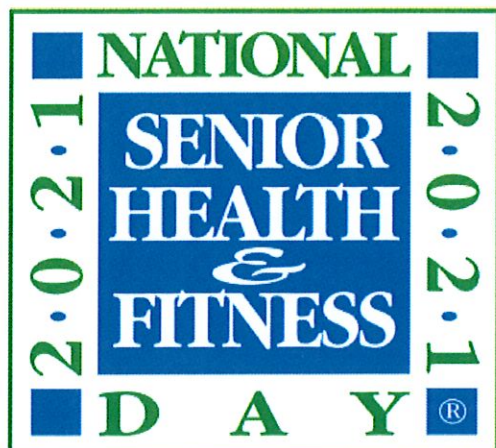
May 1 ~ The Cartells – Party Band

May 8 ~ Decades Experience Dance Band

May 15 ~ Tribute to Rod Stewart with Rick Larrimore

May 22 ~ Floyd Patterson Band & LaDawn - Motown, Soul,
R & B

May 29 ~ Truck Stop Troubadours – Country & Western



REGISTER & MARK YOUR CALENDARS

MAY 26, 2021

RAIN DATE MAY 27, 2021

Time 9am –1pm Cost FREE

Location * Field Road Park * 96 Field Rd Somers

Limit to 50 Participants Social Distancing & Masks Required

Registration Required by May 19, 2021

860-763-4379

DAY OF EVENTS

LOCAL VENDOR FAIR

RAFFLE PRIZES & GIVEAWAYS

QIGONG DEMO

WITH RITCH RYAN

SEATED YOGA STRETCH

WITH SOMERS YOGA & WELLNESS

STRENGTH & STRETCH DEMO

WITH SUPERIOR FITNESS

ANYTIME FITNESS

BLOOD PRESSURE SCREENING

BALANCE SCREENING

INTRO TO PICKLE BALL

INTRO TO CORN HOLE

TECHNOLOGY SUPPORT

SPONSORED SNACKS & LUNCH

VENDORS &

SPONSORS

BAYPATH UNIVERSITY

HARBOR CHASE SOUTH WINDSOR

HOME HELPERS

SOMERS SENIOR CITIZENS CLUB

COMFORT KEEPERS

DISPATCH HEALTH

THE IVY

VISITING NURSE & HEALTH SERVICES OF CT

BROOKDALE SOUTH WINDSOR

STONEBROOK VILLAGE

OCTOBER KITCHEN

SHEAR MAGIC

SOMERS VILLAGE GIFTS

UNTIED HEALTHCARE

JACQUI CAMPBELL REGISTERED DIETICIAN

MARIO'S STONEBAKED RISTORANTE

AND MANY MORE ...

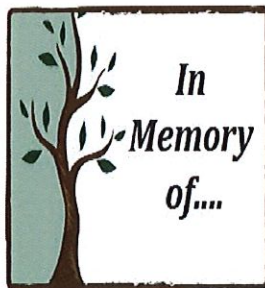
Remember we will be outdoors please use sunscreen, bug spray, dress comfortably

Please bring a sturdy lawn chair for seated fitness if required

Somers Senior Center
19 Battle Street
Somers CT 06071



SOMERS DIAL A RIDE UPDATE 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



**Memorial Donations Made to the
Somers Senior Center**

on behalf of ...

Katey Austin & Alice Kibbe

Special Thanks to

Marie Williams

Dance Fitness w/ Riley's Dance Studio

Move, Shake, and Dance while getting a good workout and learning some new moves!!

May 4, 11, & 25 @ 12:30pm \$20 for 3 classes



MEALS ON WHEELS

If you or someone you know is homebound and unable to grocery shop or prepare meals, they may be eligible for Meals on Wheels. This program is available to residents of Somers who are considered homebound.

We are in need of volunteers to deliver Meals on Wheels. If you or someone you know is willing to donate your/time to this important program

VOLUNTEERS NEEDED!



For more info on home meal delivery or volunteering please contact Christina for more information 860 265 7551