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

www.somersct.gov Like us on Facebook!
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>3.</td>
<td>9:00am Outdoor Qigong</td>
<td>9:00am Coffee Talk</td>
<td>9:00am Outdoor Qigong</td>
<td>9:00-11:00am Hearing Testing</td>
<td>9:00am Coffee Talk</td>
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<td>10:11:30am Knitting</td>
<td>10:15am Chair Aerobics</td>
<td>10:00-11:00am Bay Path</td>
<td>10:00am Yoga Stretch</td>
<td>10:15am Chair Aerobics</td>
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<td></td>
<td>Bowling Games</td>
<td>1130am Art Group</td>
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<td>6.</td>
<td>12:00pm Hand Weights</td>
<td>11:00am Home Helpers Support Group with Nicole</td>
<td>12:00pm - 12:00pm Wednesday Walkers</td>
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<td>1:00pm Ice Cream and Flowers for Mother’s Day</td>
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<td>10.</td>
<td>9:00am Outdoor Qigong</td>
<td>9:00am Coffee Talk</td>
<td>9:00am Outdoor Qigong</td>
<td>8:30am Footcare</td>
<td>9:00am Coffee Talk</td>
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<td>10:11:30am Knitting</td>
<td>10:15am Chair Aerobics</td>
<td>10:00-11:00am Bay Path</td>
<td>(call for an appointment)</td>
<td>10:15am Chair Aerobics</td>
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<td>Bowling Games</td>
<td>10:00am Yoga Stretch</td>
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<td>Energy Conservation</td>
<td>11:30am Art Group</td>
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<td>13.</td>
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<td>10:30am - 12:00pm Wednesday Walkers</td>
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<td>17.</td>
<td>9:00am Outdoor Qigong</td>
<td>9:00am Coffee Talk</td>
<td>9:00am Outdoor Qigong</td>
<td>10:00am Yoga Stretch</td>
<td>9:00am Coffee Talk</td>
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<td>Energy Conservation</td>
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<td>11:30am Tech Support</td>
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<td>1:00-2:30pm Zoom-Celebrate</td>
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<td>Older Americans Month</td>
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<td>24.</td>
<td>9:00am Outdoor Qigong</td>
<td>9:00am Coffee Talk</td>
<td>9:00am-1:00pm National Senior Health &amp; Fitness Day at Field Road Rain Date May 27th</td>
<td>8:30am Footcare</td>
<td>9:00am Coffee Talk</td>
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<td></td>
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<td><strong>CLOSED</strong></td>
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**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

Happy Mother’s Day
## Health and Fitness

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Notes</th>
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<tbody>
<tr>
<td><em>OUTDOOR</em> Qigong</td>
<td>Monday &amp; Wednesday</td>
<td>9:00 am</td>
<td>Outdoor Class</td>
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<td>45 minute class</td>
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<td>$25 Month</td>
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<tr>
<td>Yoga Stretching</td>
<td>Thursday</td>
<td>10:00 am</td>
<td>All Levels Welcome</td>
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<td>Limit 15 Participants Indoors (Zoom Option)</td>
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<td>Sit or Stand</td>
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<td>$25 Month</td>
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<tr>
<td>Chair Aerobics</td>
<td>Tuesday &amp; Friday</td>
<td>10:15 am</td>
<td>All levels welcome</td>
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<td>Limit to 15 Participants Indoor</td>
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<tr>
<td>Seated Hand Weight Class</td>
<td>Monday</td>
<td>12:00 pm</td>
<td>Bring your own light hand weights or bands</td>
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<td>Limit 15 Participants Indoors (Zoom Option)</td>
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<td>All levels welcome</td>
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<td>$25 Month</td>
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<tr>
<td>Ping Pong by Appointment</td>
<td>Daily</td>
<td>9-12</td>
<td>1 hour timeslots available for 2-4 players (With Masks)</td>
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<tr>
<td>Dance Fitness</td>
<td>4/4, 4/11, &amp; 4/25</td>
<td>12:30pm</td>
<td>Instructor lead Dance Program for all levels</td>
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<td>Move, shake, and laugh ... seated option available.</td>
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<td>$20 for all 3 classes</td>
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<tr>
<td>Wednesday Walkers</td>
<td>10:30-12</td>
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<td>Walk for a few minutes or a few hours</td>
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<td>Meet in the Senior Center Parking Lot/ Weather Permitting</td>
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</tbody>
</table>

*Classes are ongoing weekly*

*Sessions Vary depending on Month*

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**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

Virtual Presentation
Celebrate Older Americans Month
Registration required for ZOOM Link

SENIOR CENTER MOVIE MATINEE
Date ~ THURSDAY May 13, 2021 @ 1:00pm
Location ~ Somers Senior Center
Showing ~ Disney's "The Lion King"

BAY PATH UNIVERSITY
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
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!

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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 Guimond 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

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
United 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 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

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