Somers Senior Center October 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
Donna LaVallee	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.

DRUG TAKE BACK DAY OCTOBER 23, 2021

Location Somers Senior Center Parking

The Senior Center Staff is excited to offer a wide variety of programming this fall! We appreciate you using our new registration page for all programming even if offered free. Some programs continue to have limited numbers and registration is required to confirm a spot. Also check out our survey on the registration page!

Thank you to all who came out and made our Senior Center Cookout a success! A special thanks to Audra from Comfort Keepers and Valerie from Suffield by the River for their donations and time! Thank you to all the seniors that helped out as well, without you our programs would not be possible!

For information or registration please call 860-763-4379

To be added to our email list reach out to

fhurley@somersct.gov.

SOMERS DIAL A RIDE **Please remember to schedule your transportation 7 days in advance when possible. For More Information on scheduling or becoming a registered rider please call the**

Senior Center 860 763 4379 or email mburnham@somersct.gov

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 please contact Somers Social Services.

For more info on home meal delivery or volunteering please contact **Christina for more information**

www.somersct.gov *Like us on Facebook!*

Somers Senior Center Registration Form

October 2021 Classes, Events, & Trips

Name: _____ **Email:** _____

Address: _____ **Phone:** _____

Program Name	Date	Fee (When Applicable)
Cash/Credit/Checks **Payable to Town of Somers**	**Total Due**	
Survey Questions?	**Please Circle One**	**Comments**
Would You be interested in a Bus Trip to the Casino within the next 3 months?		
Would you be interested in making seasonal crafts... wreaths, ornaments, etc...		
Are you interested in learning a new skill? Music, cooking, sewing, etc..		
Do you have interest in early evening programs?		

All Fees are payable at the time of registration unless otherwise noted.

Registration Begins September 27, 2021 for Somers Residents, & September 30, 2021 for Non Residents

Please remember to register, if you plan to attend any event!

Mobile Food Share 1:00pm—1:30pm
Oct. 13th and 27th at Somers Cong. Church
Champ's Place Monday's 10:00am to 12:00pm

1. FRIDAY	4. MONDAY	5. TUESDAY	6. WEDNESDAY	7. THURSDAY	8. FRIDAY
9:00 Coffee Talk **Healthy Breakfast** **Veggi & Meat Egg Cups** 10:15 Chair Aerobics	9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights 1:00 Cornhole	9:00 Coffee Talk 10:15 Chair Aerobics **12:00 Home Helpers Lunch** **1:00 Home Helpers** **(Support Group)**	8:30 Wednesday Walkers 9:00 Outdoor Qigong 1 0:00 Bay Path **1:00 Poison Control Awareness'** 1:00 Dominoes	9:00 Pickle Ball @ Field Rd. 10:00 Yoga Stretch **12:00 Bingo** 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics
11. MONDAY	**12. TUESDAY**	**13. WEDNESDAY**	**14. THURSDAY**	**15. FRIDAY**	
CLOSED HAPPY Columbus Day	9:00 Coffee Talk 10:15 Chair Aerobics **1:00 Movie "Ghostbusters"** **1:30 Advisory Mtg.**	8:30 Wednesday Walkers 9:00 Outdoor Qigong 10:00 Bay Path **1:00 Set Back** (High, Low Jack and Game) 1:00 Dominoes	**8:30 Footcare** 9:00 Pickle Ball @ Field Rd. 10:00 Yoga Stretch **12:00 Bingo** 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics **11:00 Tech Support with Audra**	
18. MONDAY	**19. TUESDAY**	**20. WEDNESDAY**	**21. THURSDAY**	**22. FRIDAY**	
9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights 1:00 Cornhole	9:00 Coffee Talk 10:15 Chair Aerobics **11:00 Hearing Testing Discount Hearing** **12:00 Lunch put on by October Kitchen**	**8:00 Trip Harvest Bistro Train** 8:30 Wednesday Walkers 9:00 Outdoor Qigong 10:00 Bay Path **12:00 Grab & Go Club Lunch** **1:00 Set Back** (High, Low Jack and Game) 1:00 Dominoes	9:00 Pickle Ball @ Field Rd 10:00 Yoga Stretch **12:00 Bingo** 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics 	
25. MONDAY	**26. TUESDAY**	**27. WEDNESDAY**	**28. THURSDAY**	**29. FRIDAY**	
9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights 1:00 Cornhole	9:00 Coffee Talk 10:15 Chair Aerobics **11:30 Lunch by The Ivy** **1:00 History Guy "The Life and Times of Gene Pitney"** 2:30 Hike & Be Happy **Field Road Park**	8:30 Wednesday Walkers 9:00 Outdoor Qigong 10:00 Bay Path **1:00 Set Back** (High, Low Jack and Game) 1:00 Dominoes	**8:30 Footcare** 9:00 Pickle Ball @ Field Rd 10:00 Yoga Stretch **11:30 Parkway Lunch Shepard's Pie** 5:30 Bridge	**9:00 Coffee Talk** **Halloween Theme Breakfast** 10:15 Chair Aerobics	

Special Events

Home Helpers®

Lunch Sponsored by Home Helpers

Registration is Required as space is limited.

Stop in or call the Senior Center

Upcoming Dates

October 5, 2021 @ 12:00pm

November 2, 2021 @ 12:00pm

Senior Support Group

following the Lunch at 1pm

Open to all this meeting offers home care tips, support, and some fun activities to end the hour!

Lunch Hosted by

The Ivy of Ellington

October 26, 2021

11:30am

THE Ivy
Assisted Living Residential Communities

Registration Required

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, lap-tops, email, zoom and any other device questions you may have.

Audra will be here monthly

Friday October 15, 2021 @ 11:00am

Join us for Healthy Breakfast

October 1, 2021 Veggi & Meat Egg Cups

October 29, 2021 Halloween/Fall Breakfast Special

(Join us in costume if you dare)

Registration is Required!

Wednesday October 6th @1pm

Poison Control Center Presentation

with Robert Kanehl Community Education Specialist

He will be Discussing the Poison Control Center, & How to prevent accidental poi-soning at home!

Hearing Screening

Provided by Discount Hearing

October 19, 2021

11am-12:30pm Registration Req.

THURSDAY's

BINGO

Dates: October 7, 14, & 21

Time : 12pm-3pm

Registration Is Required

Special Events

BAY PATH UNIVERSITY

Occupational Therapy Program with Bay Path

Fall Focus will be movement! Dates & Times TBA

SENIOR CENTER MOVIE MATINEE

Date ~ Tuesday October 12, 2021 @ 1:00pm

Location ~

Somers Senior Center

Showing ~ "Ghostbusters"

Set Back Group starting

October 13th @ 1pm

Future dates on the calendar

HIGH LOW JACK GAME

New and Returning Players

Welcome!!

Minimum of 4 players needed!

Parkway Pavilion Luncheon will be held the

4th Thursday of each month

October 28, 2021 11:30-12:30

Serving Shepard's Pie a Fall Favorite!

Registration Required to reserve a seat.

PARKWAY PAVILION
HEALTH & REHABILITATION CENTER
A Wachusett Healthcare Facility

October Kitchen LLC

Tuesday October 19th @ 12pm

Lunch Provided by October Kitchen

They make eating delicious, simple, & easy

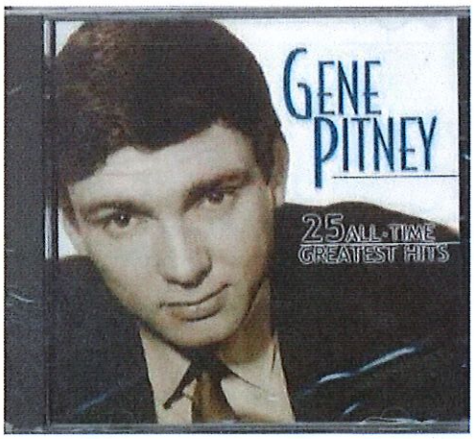
Family Owned and Operated since 2000
Creating chef curated meals focused on wellness.

Joseph Ouellette Presents…

History for Fun!

Presenting

"The Life & Times of Gene Pitney"



October 26, 2021 @ 1:00pm

Registration is Required to attend.

Health and Fitness

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 (Indoor option for inclement weather) 45 minute class $25 Month , **$40 punch card for 10 classes** ***Try your first class FREE***
Yoga Stretching Stretch while sitting or standing Provided by Somers Yoga & Wellness	Thursday 10:00 am	All Levels Welcome Sit or Stand $25 Month ***ZOOM Option Available*** ***Try your first class FREE***
Chair Aerobics Follow along to a classic chair fitness program	Tuesday & Friday 10:15 am	All levels welcome FREE
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 All levels welcome $25 Month ***ZOOM Option Available*** ***Try your first class FREE***
Ping Pong by Appointment	Daily 9-12	1 hour timeslots available for 2-4 players
Wednesday Walkers **NEW TIME**	**8:30-10:00am**	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** 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 9/27/2021 and NON RESIDENTS STARTING 9/30/2021

ART GROUP All Mediums Welcome Bring Your Ideas	Mondays 10:00am		**FREE** BRING YOUR SUPPLIES
KNITTING PLUS CROCHET, CROSS STICH, QUILTERS ETC	Mondays 10:00am		**FREE** BRING YOUR IDEAS AND SUPPLIES
DOMINOES NEW AND EXPERIENCED PLAYERS WELCOME	Wednesdays 1:00-3:30pm		**FREE** Minimum numbers required to play
PICKLE BALL Field Road	Thursdays 9am Field Road Park		Spots are Limited Register Early
HIKE & BE HAPPY	Last Tuesday 2:30 pm		Dates & Location noted on Calendar
COFFEE & CONVERSATION	Tuesdays & Fridays 9am		**FREE** Donations Welcome for Supplies
BINGO	Thursday s 12-3pm		Dates Listed on the monthly calendar.
Afternoon Corn hole **Simple Bean Bag Game**	Mondays 1:00pm		Weekly round robin play

ONGOING WEEKLY ACTIVITIES Registration is Required

Upcoming Bus Tours

Newport Playhouse & Cabaret Restaurant

Presents... "A Christmas for Carol"

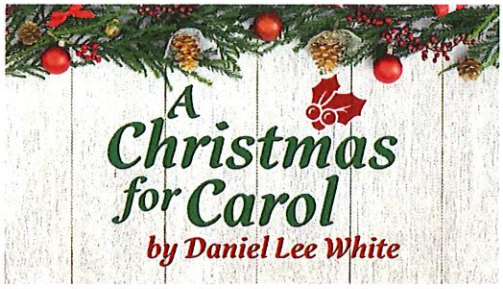
December 9, 2021

$140 per person

Join Friendship Tours for the premiere of the hilarious Christmas Farce! This is a unique dinner theater with a staff served buffet, play performance, and a Cabaret Show!

Departs Somers Senior Center 8:00am

Estimated Return 7:00pm



Radio City Christmas Spectacular

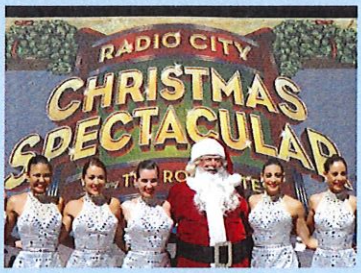
November 20, 2021

$185 per person

Depart for the "city that never sleeps"

Enjoy the busy city with decorations galore, with free time to explore the city decorated for the Holiday.

You will enjoy an early evening show at Radio City Music Hall, with orchestra seats to the all new Radio City Christmas Spectacular!



Departs Somers Senior Center 9:15am

Estimated Return 10:15 pm

Registration Starts 9/1/21

SOMERS CULTURAL COMMISSION

600 MAIN STREET SOMERS, CONNECTICUT

Questions? Call Ann Levesque at

860-749-2630

www.somersct.gov/boards-and-commissions/cultural-commission

Fall Concert Series

Saturdays 1-3pm (Rain date Sunday)

Oct. 2 Tribute to Elvis w/ A-Ray of Elvis

Oct. 9 Acoustic Rick

SOMERS SENIOR CITIZENS' CLUB

DRIVE THRU LUNCHES

Pick Up at Somers Senior Center

Wednesday, October 20, 2021
Stuffed Chicken Breast – Rice - Peas

Wednesday, November 17, 2021
Shepherd's Pie – Mashed Potatoes - Corn

Wednesday, December 15, 2021
Chicken Parmesan – Ziti – Green Beans

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

Happy Halloween to All!