

Echoes From Somers Seniors

Somers Senior Center
19 Battle Street
P.O. Box 308
Somers, CT 06071



Volume I Issue VI
Nov. - Dec. 2009

Somers Community Health & Wellness Association New Name, same Great Organization

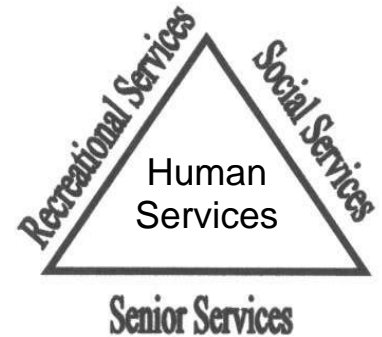
The Somers Community Health and Wellness Association

(formerly The Somers VNA) has provided continuous service of quality health care to our community for close to a century. The main focus of our organization is to provide funding for home health visits, hospice and other services for residents that do not have sufficient health insurance coverage for necessary treatment. Our contract for nursing services also includes blood pressure and blood sugar clinics at the Somers Senior Center and Woodcrest along with our well-attended annual flu clinics.

Our school programs include fluoride treatments for elementary students, nursing scholarships for graduating high school students and this year we provided an assessment teaching tool kit for the special needs pre-school along with another AED to be used during athletic events. At present we are working diligently with the town's civil preparedness committee to do all we can to help stem the impending H1N1 virus.

We are an active organization with a mission to ensure the delivery of home healthcare services, disease prevention, health education and wellness programs to all residents of Somers. *Your suggestions are always welcome.* Since we are a non-profit organization, our main source of funding comes in monetary contributions from the citizens of the town. Your support to continue our work is greatly appreciated and can be sent to PO Box 397, Somers, CT 06071. We look forward to continuing our services to the residents of Somers.

Board of Directors: Judith G. Snyder, President; Katherine Niver, Treasurer; Anne Dickman, Secretary; Elaine Masterson, Clinic Coordinator; Arlene Yarnes, Sr. Center Liaison, Irene Fawthrop, Marie Gedney, Nick Miller, Theresa Morello, Terry LaVallee, Kelly Anderson, Past President.



INSIDE THIS ISSUE:

Upcoming Events & Health & Wellness Info: Pages 2 - 3

Senior Center Weekly Activities & New Programs: Pages 4 - 5

Town of Somers Info: Pages 6 - 7

Director's Corner & Coming in 2010: Page 8

Senior Citizens' Club News: Pages 9 - 11

Senior Information Directory: Page 12

NEWSLETTER NAME CONTEST..... WE HAVE A WINNER!!!

Marj DeLoach... come on in and collect your prize!

Upcoming Events Information - Mark your calendar!

Election Day Tuesday, November 3rd

The Senior Center will be **CLOSED** for activities from **Monday, November 2nd, through Wednesday, November 4th**. Dial-A-Ride Bus Service and Meals on Wheels will still be available. The Senior Center will Reopen on Thursday, November 5th at 8am. We apologize in advance for the inconvenience. Please come down to VOTE on November 3rd & remember to bring your ID.

Will You Be Eligible For Medicare Soon?

* *This 11/4 seminar has been postponed - New date TBD**

GET OUT THERE AND TRAVEL !

Join other active Somers Seniors on these Exciting excursions!

Atlantic City/Philadelphia & New York - Sunday - Tuesday, April 25 - 27, 2010: \$228/pp double occupancy. Trip includes: Luxury motorcoach transportation, 2 nights lodging, 3 meals, Atlantic City with Casino bonus, Guided tour of NY, Guided tour of Philadelphia's historical sites and much, much more!

Niagara Falls & Toronto Canada - Monday - Friday, June 7 - 11, 2010: \$450/pp double occupancy. Trip includes: Luxury motorcoach transportation, all gratuities, 4 nights lodging, 8 meals, guided tours of Niagara falls and Toronto, Journey through the Falls on the "Maid of the Mist", Gaming at Fallview Casino, Casa Loma - Canada's most magnificent castle and much, much more!

Cape Cod - Tuesday - Thursday, October 5 - 7, 2010. \$270/pp double occupancy. Trip includes: Luxury motorcoach transportation, driver gratuity, 2 nights lodging, 4 meals, an exploration of historic seaside Hyannis and Sandwich, visit to Martha's Vineyard, the JFK Museum a visit to the Foxwoods Casino Resort and much, much more!

For more information on any of these exciting trips, please contact the Senior Center @ 763-4379 or email jcharette@somersct.gov.

We hope to have you traveling with us soon!

Fuel Assistance Information

If you are a senior in need of assistance to pay your fuel bills, please contact the Social Services Office @ 763-8224. Depending on your situation, you may qualify for assistance from one of the ACCESS programs. Please don't be left out in the cold...call Ann Procopio at the Social Services office or Jenifer at the Senior Center today for more information or to set up an initial intake interview. Appointments are taken every Thursday between 9:15am - 2:30pm at the Somers Town Hall. For a complete list of the documentation needed for your appointment, please contact the Social Services Office, or pick up a checklist from the Energy Assistance board at the Senior Center.

Cranky Old Doods...



For loads of laughs on many subjects, try this very entertaining site:

<http://crankyolddoods.blogspot.com/>

Health & Wellness Information

Pedi-Care Service at the Senior Center

Pedi-Care provides an ongoing program of foot care at the Somers Senior Center by Ronnie McAlmond, a specially trained, registered nurse.

The services offered at the Senior Center Clinics include:

General assessment of the feet and lower extremities

Trimming, filing and cleaning of nails

Reduction of thickened toenails

Smoothing of corns and calluses

Massaging, lotioning and powdering of feet

Referrals to a doctor or podiatrist if needed.

Fee is \$28 for a 1/2 hour appointment - To schedule an appointment, please call the Senior Center @ 763-4379 between 8am & 4pm Monday - Friday.

Pedi-Care Service Dates: 11/9, 11/16, 12/3, 12/10, 1/7, 1/14

Town of Somers Community Wellcare Programs

Blood Pressure & Blood Sugar Screenings

Upcoming dates at Somers Senior Center & Woodcrest

Tuesday, November 3rd: 8 - 9am: BP/BS @ Senior Center

Wednesday, November 11 & 25, 11:30 - 12:30pm, BP @ Senior Center

Monday, November 16, 10:00 - 11:30am, BP/BS @ Woodcrest

Tuesday, December 1, 8:00 - 9:00am, BP/BS @ Senior Center

Wednesday, December 9 & 23, 11:30 - 12:30pm, BP @ Senior Ctr.

Monday, December 21, 10:00 - 11:30am, BP/BS @ Woodcrest

For info on all the services your VNA offers, please contact the Senior Center, or Home & Community Health Services, Inc.

(formerly Enfield VNA, Inc.)

101 Phoenix Avenue, Enfield, CT 06083

860-763-7600 www.cthomecare.org

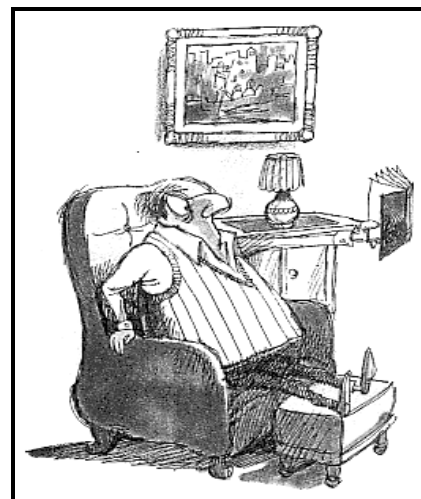
860.763.7600 ■ 860.763.7613 (fax)

Meals on Wheels

Daily hot and or cold meals delivered to your home; what could be more convenient! Our meal program is affordably priced and ensures that clients receive nutritious meals and a friendly visitor each day. If you are interested in receiving meals 1 - 6 days per week, please contact Susan King @ 749-9648 for further information. We would be happy to add you to our delivery schedule.



Your Hometown VNA & Hospice



Somers Senior Center Regular Weekly Activities

Page 4

FUN FOR FREE!

Echoes from Somers Seniors

Quilters Wanted!

The Lost Needle Quilters are in need of a few new members. If you are interested in joining this group of talented quilters, please come down to the Senior Center any Friday from 12:30 - 3:30pm.

BINGO!!!! The Bingo Group is in need of More Players!!!!
Every Monday & Thursday: 12noon – 3:30pm.
Empty your pockets and purses of that loose change and be ready for fun!

Pinochle – Dominoes – Bridge

Pinochle: Tuesdays 12:30-3pm **New Players Wanted!**

Dominoes: Tuesdays 1:00 - 4pm

Bridge: Thursdays 7-9:30pm

There's always room for new players; come down to the Senior Center today for Bingo, Dominoes, Pinochle or Bridge! For more information just drop in or call 763-4379.

Tuesday Morning Coffee & Donuts!

Come down to the Senior Center every Tuesday morning for FREE coffee, donuts and good conversation. What a great way to start your day, meet friends old and new and catch up on the latest news around town. The donuts are courtesy of The Whole Donut in Hazardville, they are delivered by our own George Stephens and the coffee is brought to you by the Senior Citizens' Club.

Artist Workshops

Join other experienced and beginner "artists" at the Senior Center every Friday from 9am - 12. No registration necessary!

Somers Bridge Club News

The Somers Senior Bridge Club is looking for some new players. We have 2-3 tables going every Thursday night at 7pm. All levels of ability are welcome, but should at least know the fundamentals of the game.

We are a friendly group - no "cut throat" players here! Call Gil Rivard for info on lessons @ 749-6573.

CHAIR AEROBICS: Mondays & Thursdays @ 10am

For further info, please call 763-4379. No pre-registration is needed.

TOPS Club: Tuesdays: 130-230pm

TOPS Encourages healthy lifestyles through support groups. For further info please call 763-4379. No pre-registration is needed.



SOMERS STRIKERS UPDATE: By Phyllis Gwilliam

On Saturday, Sept. 12th, 4 dedicated Senior Citizens (Helen Austin, Jordan Chatis, Phyllis and David Gwilliam) from the Somers Center took part in the yearly bowling tournament sponsored by Health Net. This tournament was held at the Enfield Senior Center with teams from South Windsor, East Windsor along with Somers competing against each other. Two of our members arrived with injuries that they had incurred just days before the tournament and since they had no back up people from Somers they decided to do their best with their limited mobility. Spending time with such wonderful people more than compensated for their low scores. In fact, they even felt better after the workout and kept smiling all the time. Why not think about joining the Somers Strikers. You'll have fun, exercise, meet many new people and even be able to eat lunch out for \$1.00! Give it some thought we'd love to have you on the team! For more info, contact the Senior Center or Phyllis Gwilliam @ 749-9175.

VERY GENTLE YOGA for Seniors

Tuesdays: 9:45 - 10:45am @ Somers Senior Center ~ \$15 per 6 week session

New session begins on 11/3 - 12/8

Join Certified Krupala Instructor Pat Baker for an hour of fully instructed, relaxing yoga. This class is designed for individuals who have little or no yoga experience. You will learn breathing techniques while practicing basic yoga postures. **This program is specially geared to seniors** - Come create flexibility, reduce stress, invigorate yourself and calm your mind. .. Please wear comfortable clothes and bring a yoga mat and a blanket if you have one.

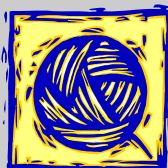
For additional info and to register, please contact Pat at 668-4851 or the Senior Center @ 763-4379.

“Wii Games”

The Wii console isn't just for bowling! Come on down to the Senior Center and participate in the many fun and healthy activities that the Wii system has. From tennis, to boxing and baseball and golf... Wii play is open every morning and some afternoons.

Call the Center for more information or just stop in to play!!

Seniors CRAFTERS Group



Come down to the Senior Center and join other “crafty” seniors... We will be making decorative projects and presents for the upcoming holidays and your homes. Whatever your interest, or specialty is, join us for an afternoon of fun and creativity!



If you have a particular specialty, and would like to teach the rest of us, please provide the Center with a supply list and we will make sure to distribute it to all that are interested. This group is tentatively scheduled to meet on Wednesday and or Friday afternoons beginning the week of November 16th.

Please contact the Senior Center for more information... we look forward to seeing you!

Proverbs & Quotes: This issue's contributions from Ms. Helen Henry

“Those who bring sunshine into the lives of others - cannot keep it from themselves” Sir James Barrie

“Friends are like treasures, for with every year they mean ever more and grow ever more dear” Helen S.Rice

“To be 70 years young is sometimes far more cheerful and hopeful than to be 40 years old”

Justice Oliver Wendell Holmes

Poetry Corner:

I'm growing fonder of my chair, I'm growing thinner in my hair

I'm growing creaky in my bones, I'm growing raspy in my tones

I'm growing weary of my friends, Can't burn the candle at both ends.

I used to talk about theatrics, Now it's all about geriatrics.

I'm growing other things untold, But I'm NOT growing OLD!

If you have an interesting or funny quote, proverb or even your own poetry that you would like to contribute to the next newsletter, please drop it off, email it or snail mail it to the Somers Senior Ctr.

Town of Somers Information

Page 6

Echoes From Somers Seniors

Dial - Ride Bus Service

Our Senior bus service operates Monday - Friday from 8am - 4pm, taking seniors and disabled passengers to their appointments, shopping and other activities in Somers, Enfield and Stafford. The fee is a mere \$1 per ride. To schedule a ride on the Senior bus, please contact the Senior Center @ 763-4379 at least 2 days in advance if possible. If you are a first time rider, please request a copy of the Senior Bus Operating Procedures.

Get out of the house and get active!



Senior Center “Beautification” Project

You may have noticed the new shrubs and plants lining the front of our Senior Center...Thanks to the generous donations from the following local businesses and organizations, our building grounds have been landscaped and look great. We appreciate their generosity and support of our project! Please support these local merchants!

Hawthorne Agway, Enfield Ct - Pell Farms, Somers

Mountain Tree Service, Somers, Rhody’s Lawncare and the Somers Beautification Committee

TROOPER TIPS

If it doesn’t ‘feel right’, it probably ‘isn’t right’.



Be cautious of anyone who shows up at your door unannounced.

Legitimate sales representatives will register with the Town, the Police, and provide identification when requested.

We are sometimes unhappy when our own relatives show up at our doorstep unannounced. Why should it be any different for anyone else? Providers such as the telephone, electric or cable companies will often send out notices advising residents of their need to access utility connections. A notice may also be placed in your bill a month in advance of the anticipated work. You can confirm the information by verifying the telephone number in your local directory or on-line. You can also contact the company directly to confirm any work being done and request individuals to provide identification. If possible, obtain an approximate date and time he/she will be on your property.

Enjoy your holidays, but please remember that ‘bad guys’ never take a break. Police departments experience increases in house break-ins during the holidays. This is especially true during Christmas when many homes are filled with gifts and people travel to visit loved ones. If you observe something or someone suspicious, write down as much information as you can remember and call the Police.

Happy Thanksgiving and Merry Christmas To Everyone

From The Somers Resident State Trooper’s Office

Sincerely,

Town of Somers Information - Mark your calendars!

NEWS FROM WOODCREST

Our last group of residents (28) have moved into the new one story apartments at 63 Battle St. and are settling in quickly. The community center at 63 is also completed, and we have a lovely flagpole in front of the building. This is our last major move for 2009. The remaining one level apartments at 63 should be available by Spring--Summer of 2010. We have also welcomed 5 new residents and are happy to have them join our community. The two story building is now totally secure and you must ring at the front door to gain entrance. Instructions are posted. Stop by and say Hello.

Happy, Happy Holidays, & good health in the New Year,
Cindi Parker, Resident Services Coordinator

AARP Driver Safety Program

There will be an AARP Driver Safety Program class at the Somers Senior Center on Saturday, November 7th from 8:30am - 5pm. The current cost is \$12 for AARP members and \$14 for non-members. All those age 60 and older, who complete the class are eligible for the state mandated insurance discount, There are NO tests. This class and one in Suffield on Dec 1st are the last ones in the area until next spring, If your insurance is up for renewal, you might want to take advantage of these last opportunities, For reservations and information, please call Bev Morin at 749-3605.

SENIOR BUS TRIPS

Our next Senior Bus Trip is to the **Yankee Candle Factory/Store...** Scheduled for Saturday, November 21st. From 9am - 4pm

You can choose to eat at Yankee Candle, or bring your own. Seating is limited to 24 seniors, so call the Senior Center and register today!

Join Somers Seniors for our **2nd Annual trip to Bright Nights** in Springfield, MA. Wed., December 16th... weather permitting. Time TBD... Please contact the Senior Center to register. Open to the first 24 registrants!

- Companionship
- Incidental Transportation
- Live-Ins
- Errands, Shopping
- Meal Preparation
- Medication Reminders
- Laundry, Light Housekeeping
- Grooming, Dressing Guidance
- Personal Care Services:
 - Bathing, Hygiene
 - Incontinence Care



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749-0428

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HCA 100154

Senior Newsletter: Director's Corner & Coming in 2010....

Volume I Issue VI

Director's Corner

Page 8

Greetings to you all! I hope this newsletter finds you happy and healthy. Fall is almost over now, especially with all our early snow in October and winter is rapidly approaching! Remember.....if you are a senior in need of assistance to pay your fuel bills this winter, do not hesitate to contact the Social Services office @ 763-8224. Ann Procopio will do her best to work with you to see if you will qualify for fuel assistance from the ACCESS agency. No senior in Somers should have to be cold this winter. Our First Senior Weekend trip to the Butterfly Conservatory in South Deerfield, Ma on October 3rd was a big success! We have scheduled 2 more trips, one to Yankee Candle and another to Bright Nites... There are only 24 seats available, so sign up quickly! Can you believe we won 1st Prize at the 4 Town Fair Parade! I am looking forward to topping that next year! Think ahead to the spring and summer and the nice weather...why not take a trip with your friends at the Senior Center... Check out the great trips we have planned on page 2... I hope you have noticed the new landscaping around the front of the Senior Center and will support the local merchants who generously donated to make this possible. The Seniors in Somers deserve a place they can be proud of and I think we are on our way. I wish you all a healthy and happy holiday season! Please feel free to contact me or stop by the Center anytime; I look forward to meeting you!

Jenifer Charette - Human Services Director and Municipal Agent

COMING IN THE JAN. - FEB. NEWSLETTER

Meet the Dial-A-Ride drivers, New quotes and proverbs,
Senior Club News, Senior tax assistance info ...and much, much, more!

**Need some help with your Yard work this winter or spring?
Call "Rent - A - Scout" and have a local Boy Scout help
with your fall clean up.**

For more information, call Bill Duhrels @ 749-3907

Please Support Our Sponsors!!!!



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276 Hazard Avenue
Enfield, CT 0608
Phone: 860-749-1247
Fax: 860-749-1251



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Somers Senior Citizens' Club News

Page 9

Echoes From Somers Seniors

The Somers Senior Citizens Club Notes

Club Notes & Pictures Done By Terri Ramsey



A Message from the Center's President.

Hello everyone, the Fairs are Over, School has started, the Holidays are right around the Corner, and the Seasons are changing. It's getting Dark Earlier now; and the Trees are in their Splendor. We have several New Members joined, Trips planned, Holiday Luncheons ahead, and new events, which I hope you all will enjoy... Arlene

New York Holiday Trip

Wednesday, December 9, 2009

Fee: \$33.00 (Driver tip incl)

Bus leaves the Senior Center at 7am.

Departs from New York City at 7pm.

To sign up for this trip please call the Senior Center @763-4379.

Checks should be made payable to:

"Somers Senior Citizens' Club"

Somers Senior Center

19 Battle St. Somers, CT

Any questions about the Trip, please call

David Gwilliam at (860)-749-9175.

Call NOW!!!!

This trip will sell out fast!

Senior Luncheon Menu For November - December

November 4: No Lunch - Election Day

November 11th: Shells With Meatballs - Board Mtg.

November 18th: Thanksgiving Dinner-Membership Mtg.

November 25th: No Lunch

December 2nd: Swiss Steak - Birthday Cake

December 9th: Chicken Chow Mein - Board Meeting

December 16th: Christmas Lunch-Membership Mtg.

December 23rd: Stuffed Sole

December 30th: Roast Pork

*Call 763-4379 to reserve your lunch by each Tuesday. \$5/pp. Take out available. Chicken is always available for those who request ahead.

Want to Contribute to the Center but don't know how?

The following Donations would be appreciated!

Please continue to Drop Off your Un-Needed Eyeglasses or Frames at the Somers Senior Citizens Center! We are also still taking the aluminum pull tabs for the Shriners Hospital, egg cartons, Geissler's register receipts and working cell phones with their chargers.

Somers Senior Citizens' Club News

Volume I Issue VI

Happenings from September - October

Page 10



Enthusiastic Parade participants!



1st Place Trophy!

The Somers Senior Citizens Club was invited to partake in this years 4 Town Fair Parade! Jenifer Charette came to the Center's rescue and decorated our Center's buses with great & humorous signs. Several people arrived to Volunteer to ride aboard

the bus, and wave to the crowds.

The Club won a First Prize trophy for our parade entry!



Red Sox / Yankee Game at the Senior Center - A Reader's Viewpoint

On August 22, Phyllis and David Gwilliam, with the approval of the membership, volunteered to host a TV Ballgame Event for ALL the senior citizens of Somers. They advertised it in the newsletter, put posters in many of the main buildings in town, and mentioned it whenever and wherever they could. To their disappointment, after purchasing and paying for the food, cooking and preparing the food, only 9 people actually showed up for this function. They thought that by offering a free hot dog and soda along with other items they had made, that the baseball day event would interest many more seniors.

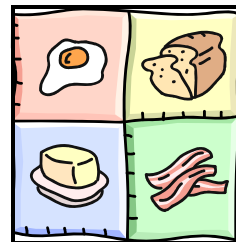
Yes, they were very disappointed as they had hoped to introduce some new faces to the center and perhaps these people would find it to their benefit to join the club and become involved in its functions and make suggestions and add ideas in hopes that the club would grow in number and new functions would be introduced to all members. We find it very difficult to understand why this function wasn't a success and are completely open to reasons why an event of this type did not appeal to some of the seniors from Somers. Please drop us a note or give us a call if you can shed some light on this concern.

Sincerely, Phyllis Gwilliam - 12 Tumblebrook Circle, Somers, CT Phone: 749-9175



SENIOR NUTRITION

Dietician Lisa Romaniello visited the Senior Center to discuss Nutrition, and help seniors pick foods that are healthier, and less fattening.



RECIPE CORNER

Chicken and Dumplings

Use convenience products like low sodium & low fat canned soup, canned biscuits, frozen veggies and rotisserie chicken to get this home-style dinner on the table in no time.

Yield: Makes 4 to 6 servings

Ingredients:

- 1 - 3 1/2- to 4-pound rotisserie chicken, meat shredded
- 1 - 10-ounce package frozen mixed vegetables
- 1 - 10.75-ounce can condensed cream-of-mushroom soup 1/4 teaspoon kosher salt & 1/4 teaspoon black pepper
- 1 - 10-count tube refrigerated biscuits

Preparation:

Heat oven to 400° F.

Combine the chicken, vegetables, soup, salt, pepper, and 3/4 cup water in a large bowl. Transfer the mixture to an oven-safe casserole, cover with foil, and bake for 30 minutes. After 15 minutes, place the biscuits on a baking sheet and bake until the biscuits are golden brown and cooked through, about 15 minutes. Remove both the casserole and the biscuits from the oven. Uncover the casserole, place the biscuits on top, and serve.

OPEN ENROLLMENT FROM NOV. 15TH TO DEC. 31ST

Come learn about your Medicare options for 2010

Friday, November 13th at 1:00 & Friday, December 18th at 1:00

At the Somers Senior Center

Bill McCloskey of Stateline Senior Services will discuss some of the options available to pay for your hospital, medical and prescription drug bills

Learn what new benefits are available for 2010 and how you can qualify for free Medicare D prescription drug coverage. We will discuss the Medicare Advantage programs as well as Medicare Supplements, ConnPace and much more. If you can not attend the workshop, but would like additional information please call **Bill McCloskey at 749-0482**

There is no cost or obligation to attend this information session.

Somers Senior Center
19 Battle Street
P.O. Box 308
Somers, CT 06071

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Senior Information Directory

Nov. - Dec. 2009

Municipal Agent to the Elderly

Jenifer B. Charette

Office Phone: 749-7160
Cell Phone: 860-234-2680
Fax: 763-8228

Office Hours @ the Senior Center

8am - 1pm: Monday - Friday
email: jcharette@somersct.gov
Senior Center Main #: 763-4379

Senior Center Hours

8am - 4pm M - F
CLOSED Holidays & when
schools are CLOSED due to
inclement weather.

Social Services Office Hours:
3 - 4pm M, 2 - 4T, 12:30- 4:30W,
Thurs. 4 - 7pm & 12 - 1pm Fridays

Woodcrest Housing: 749-4658

Senior Citizens' Club

Meets at the Senior Center @
12:45pm on the 3rd Wednesday of
each month. September - June,
except December. The Public is
Welcome to attend!

Executive Board members:

Arlene Yarnes - President
Cathy Butkus - 1st Vice President
Jim Burgess - 2nd Vice President
Theresa Beardsley - Secretary
Beverly Guimmond - Asst. Sec.
Connie Carenzo - Treasurer

**The Club is looking for an
Assistant Treasurer; please
contact Arlene if you're
interested @ 763-4379.**

Advisory Committee to the Elderly

This town committee meets at the
Senior Center every 2nd Tuesday
of each month @ 11:30am.
The public is welcome to attend.

Committee Members:

Chairman: Jenifer Charette
Secretary: Elaine Bemont
MOW Coordinator: Susan King
Senior Citizens' Club: Arlene Yarnes
Communications: Barbara Flebotte
Senior Support Services: Pat Bachetti
Senior Lunches: Arlene Yarnes
Senior Center Sign: Donna Doyker
Public School Liaison: Donna Doyker
Woodcrest Rep: Dorothy Hillman