

Echoes from Somers Seniors

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



Volume II Issue III

May - June 2010

Town News from Lisa Pellegrini

Hello Everyone,

I hope that you are all enjoying the weather and keeping busy. It has been extremely busy at Town Hall and I wanted to share with you some of the things that I have been working on. In the beginning of May we will be starting work on the Kibbe Fuller Building. As you know the building has been closed over the winter due to the presence of mold in the basement. We will be cleaning and repairing the gutters as well as removing the landscaping around the building to install a drain system. This will prevent water from entering the building through the walls. Once the drains are removed the landscaping will be replaced and everything will be as good as new. We will also be building an overhang over one of the entrances. This will divert rain water from entering the basement of the building. These corrective actions should prevent new mold from growing in the basement.

Once the outside work is done we will be contracting a company to complete the mold remediation. The mold will be cleaned and the basement will be sprayed to insure that all mold spores are destroyed. After that is done we will reopen the building. The Senior Fitness Equipment that was moved to Town Hall over the winter will be moved back to Kibbe Fuller for you to enjoy.

You may have noticed in years past that the radiator handles at Kibbe Fuller were always stuck in the high position. This meant that in the winter the heat was on high blast and if you went into the building you needed to open the window. I am happy to report that this was rectified over the winter. The handles were replaced and a new energy efficient furnace was installed. These improvements have already saved a considerable amount of money and they will continue to do so over the coming years.

Spring is the perfect time to spruce up everything and I have the Senior Center on my list for repainting. I also know that Arlene Yarnes has carpet cleaning on her list. I look forward to working with Arlene, Jen Charette and Jimmy Jenkins to coordinate a painting schedule.

Many Seniors have mentioned to me that it would be very nice to have sidewalks leading from Woodcrest to the cemetery and Main Street and I agree with them. We have recently applied for a Small Cities Grant to accomplish that as well as to repave the Senior Center Parking Lot. So keep your fingers crossed and wish me luck. I'll keep you informed as to what happens.

In the meantime I look forward to seeing you and I wish you all a very happy Memorial Day. Please remember that I am always available to listen to your comments and concerns. I am just a phone call away at 860-763-8200. Take care, Lisa Pellegrini - First Selectman



INSIDE THIS ISSUE:

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

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

Town of Somers
Info: Pages 6 - 7

Director's Corner & Upcoming Programs: Page 8

Senior Citizens' Club News:
Pages 9 - 11

Senior Information Directory: Page 12

Upcoming Events Information - Mark your calendar!

HEALTHCARE REFORM INFORMATION

If you're on **Medicare**, find out more about your options for 2011. Bill McCloskey of Stateline Senior Services, LLC will hold an informational workshop at the Senior Center with some of the initial facts about the impact of healthcare reform on people with Medicare. Find out about Medicare Advantage, Medicare supplements, Prescription drug coverage and more.

Date: Wednesday, May 19, 2010 @ 1:00pm

Bring a friend and receive a free gift!

Call Flo @ 860-763-4370 to register

If you would like additional information or would like to make an appointment, please call **Bill McCloskey at 749-0482**. There is no cost or obligation to attend this information session.

Fuel Assistance Information

If you are a senior in need of assistance to pay your non-heat utility bills, please contact the Social Services Office @ 763-8224. Depending on your situation, you may qualify for assistance from one of the ACCESS or Operation Fuel programs. There is no need to be suffering from the heat this summer!! Call Karen Norrie at the Social Services office or Jenifer at the Senior Center today for more information or to set up an initial intake interview. ACCESS appointments are taken on Thursdays 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.

GET OUT THERE AND TRAVEL !

Join other active Somers Seniors on these Exciting excursions!

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!

Movies at the Center! Sunday afternoon movies are BACK!! Sundays at 1pm

Come on down to the Senior Center and watch a new or classic movie each week on our big screen tv! Call Flo at the center each week for this week's movie title and show time.

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 Florence at the Senior Center

@ 763-4379 between 8am & 4pm Monday - Friday.

Upcoming Pedi-Care Service Dates:

5/6, 5/13, 6/10, 6/24, 7/8, 7/22, 8/12 & 8/26

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 info. We would be happy to add you to our delivery schedule. Without our Meals on Wheels Volunteers, this program would not be possible.. Thank you!!!

Town of Somers Community Wellcare Programs

Blood Pressure & Blood Sugar Screenings

Upcoming dates at Somers Senior Center & Woodcrest

At the Senior Center:

Tues. May 4: 8:00 - 9:00 BP/BS

Wed: May 12: 11:30 - 12:30 BP

Wed: May 26: 11:30 - 12:30 BP

Tues: June 1: 8:00 - 9:00 BP/BS

Wed: June 9: 11:30 - 12:30 BP

Wed: June 23: 11:30 - 12:30 BP & Cholesterol Screening (\$15 fee for Cholesterol Screening)

At Woodcrest:

Monday: May 17: 10am - 11:30am BP/BS

Monday: June 21: 10:00 - 11:30am BP/BS

Blood Pressure & Blood Sugar Screenings Sponsored by:



**Somers Community Health
& Wellness Association, Inc.**

For information or suggestions
call 860-749-5411



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 experience or 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 the Center for info on lessons @ 763-4379.

CHAIR AEROBICS: Mondays & Thursdays @ 10am

Gentle but effective exercise program for seniors. Join our group 2 times/week. And it's FREE!

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: NEWS BULLETIN!!!

Come on down to the Center on Monday afternoons and practice your Wii bowling with the Somers Strikers! No Registration necessary.

Get ready for the 2010 Healthnet tournament now, or just come for the exercise.

The Spring Practice League is underway and will end on 6/30/10.

Somers is slated to play on Tuesday, May 25 from 1 - 3pm at the Windsor Locks Senior Center. Regionals and Finals

will be held in June. This is preparation for the Official Healthnet Tournament later in the year!



VERY GENTLE YOGA for Seniors**Tuesdays: 9:45 - 10:45am @ Somers Senior Center ~ \$15 per 5 week session****New session begins 5/11 - 6/14**

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 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.

Cholesterol Screening**Somers Senior Center Tuesday, June 23 ~ 11:30am - 12:30**

Held at the same time as the regular BP Screening..

Fee: \$15 Please call Flo @ 860-763-4379

for more information and to register.

Somers Senior Citizens' GIANT TAG SALE!!!!**Saturday, June 5th ~ 8am - 4pm****Rain or Shine!**

Spaces are Free to Somers Seniors

Non Somers seniors can "Rent-A-Space" for \$10/table



You can keep your profits or donate them to the Somers Senior Citizens' Club. For more information, to reserve your space or if you need assistance getting your items down to the Center, contact Flo at the Senior Center @ 860-763-4379 TODAY!!!

Proverbs & Quotes:

We had NO contributions for this issue... We NEED YOU!!!!

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. by June 1st!

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. Our friendly and courteous drivers will be happy to take you to your destination. 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!



Shape it Up Studio - Now Open!!!!

Join us at Your NEW exercise studio!!!

Temporarily located in the lower level of Somers Town Hall
**All ages welcome, but we specialize in helping all you
“seasoned” women and men get regular exercise and
maintain that physique you’re so proud of!!!!**

We have 10 exercise machines in our circuit, a treadmill, elliptical and free weights. All exercise is fully supervised by our studio coordinator, LeeAnn MacFeat.

We are open Mondays, Wednesdays & Fridays 9am - 12noon

There is a suggested monthly donation of \$20 to join.

Please call Florence at the Senior Center today for more information or to register. **We hope to see you “Shaping it Up” SOON!**

“Senior Fishing Day” Sponsored by Somers Rotary!!

Tuesday, May 11th

8am - 2pm

Billings Road Fishing Derby Pond

**Bring your gear and your bait...
the pond is stocked and waiting!**

**FREE of charge to Somers Seniors
Call 763-4379 for more info.**

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Accepting jobs for mid May**

Aaron Charette - 860-749-7200

Town of Somers Information - Mark your calendars!

Volume II Issue III

Page 7

AARP Driver Safety Program

The next scheduled AARP Driver Safety Program class at the Somers Senior Center is:

Saturday, June 12th 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.

For reservations and information, please call Bev Morin at 749-3605.



AARP TAX ASSISTANCE

The Somers Senior Center would like to thank all of you who participated in our AARP Free Tax Assistance service this year. We were able to schedule enough appointments and complete enough returns to qualify as an official host center for next tax season!

A special thank you goes out to: Paul Antonia, Aileen Motolese, David Reed, Laura Gworek and Christine Carrieri who made it all possible. Begin to look for information this fall on scheduled dates for your 2010 return appointments. *AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.*



Happy Birthday wishes go out to our Senior Citizens' Club Members who are celebrating Birthdays in May & June!



MAY: Sandy Balaska, Whitney Brodey, Jim Burgess, Joan Cassano, Elwood Clifford, Marjorie DeLoach, Sandra Fales, Robert Galbraith, Marge Griswold, Clyde Hurley, Geraldine Jackavons, Joan Kocot, Stefanie Kusia, Helen Lakonski, Martha Lees, Carol O'Brien, Ron Patenaude & John Sizer

JUNE: Theresa Beardsley, Vange Chatis, Barbara Conlin, Rollie Courville, Albert Ginnitti, Judy Guerette, Grace Horka, Noel Preston & Hilda Slattery

- 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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Senior Newsletter: Director's Corner & Upcoming Programs

Volume II Issue III

Director's Corner

Page 8

Greetings everyone,
Well, summer is just about here... the days are getting warmer and longer..
Make sure your air conditioner is in good working condition... we do not want our seniors suffering from the heat and humidity! We have some new and fun programs and seminars lined up for May and June... See the seminar schedule below. We received not a single submission for our "Proverbs & Quotes" section this issue...please send yours in soon, the senior community enjoys reading them! Make sure you are in town on Saturday, June 5, we are having a GIANT Tag Sale at the Senior Center! If you are a Somers Senior you can have a space free of charge, you can also choose to keep your proceeds or donate them to the Senior club. If you are not a senior or not a Somers Senior you can still participate; the fee is a mere \$10/table. Movies and popcorn have started up again and we hope to see more and more of you down here... Remember, if you have any ideas for new programs, please do not hesitate to contact me. I hope you have a lovely spring and a cool summer!
Please stop by the Center soon; I look forward to meeting you. Jenifer Charette, Director

New and Exciting and FREE!!! Upcoming Senior Programs !!! MARK YOUR CALENDARS!!!!

Wednesday, May 5th: **Arthritis Seminar:** following the luncheon

Wednesday, May 19th: **Healthcare Reform Seminar:** 1pm

Wednesday, June 23rd: **Alzheimer's and Dementia:** following the luncheon

You need not attend the luncheons to participate in the seminars.



Senior Citizens' Book Club



We would like to start a Somers Senior Citizen Club's 'Young at Heart' Book Club. No day or time has been decided upon as yet... we would like to see how much interest there is out there. The reading list would be taken from the book of the month list provided by the Library. If you're interested, sign up at the Center or contact the senior center at 860-763-4379. When we have enough interest for a book group we will contact you.



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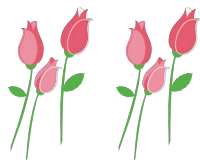
DAVE DOYKER
FRAN DOYKER
JIM HINKLE

23 FIELD ROAD
SOMERS, CT 06071
(860) 763-0711

Somers Senior Citizens' Club News

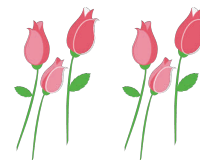
Page 9

Echoes From Somers Seniors



The Somers Senior Citizens Club Notes

Club Notes & Pictures Done By Terri Ramsey



A Message from the Center's Club President:

Hello everyone, we have survived another winter, and I am so looking forward to Spring. I find myself searching the ground looking for Crocus, the first flowers of spring. I hope you all have been very well, we have many news Trips, Crafts, Hobbies & other Activities going on now, stop in and see. We have many new guest speakers lined up, and our Free Popcorn & Movies on Sundays has been ongoing since April. I would like to personally thank everyone for electing & supporting our board. I think we worked very hard for you all and had a good time doing it.

We are just starting our new term, Come in and see what we're up too.

Thanks again, Arlene Yarnes President Somers Senior Citizens Club

ANNUAL "SPRING IN NEW YORK" TRIP!!

Wednesday, May 12, 2010

Fee: \$35.00 (includes Driver tip)

Bus leaves the Senior Center at 7am.

Departs from New York City at 7pm.

Take in a matinee on Broadway or just see the sights on a beautiful spring day!

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

Jenifer or Florence at 763-4379

Call NOW seats are still available!!!!

This trip will sell out fast!



Senior Luncheon Menu For May - June

May 5: Pork Roast

May 12: Swedish Meatballs

May 19: Meat Loaf

May 26: BBQ Chicken

June 2: Beef Stew & Noodles

June 9: Roast Beef

June 16: Chicken Francais

June 23: Salad Bar

June 30: Ziti & Meatballs

*Call 763-4379 to reserve your lunch by each Monday afternoon. \$5/pp. Take out is 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 still taking the aluminum pull tabs for the Shriner's Hospital, Geissler's register receipts and working cell phones, with numbers erased and with their chargers.

Somers Senior Citizens' Club News

Volume II Issue III Somers Senior Citizens' Club Spring Happenings

Page 10

Artist Group Watercolor Classes sponsored by the Tobacco Valley Artist Association



The Somers Senior Citizen's Club 'water color' painting class was organized for several seniors to enjoy. This is the 2nd year for the class and it seems to be a big success. Instructor George Mumblo (far left) was assisted by Pat Mumblo, Bev Irish, Mary Barnes, & Bill Mowere. For those of you who would like to take part in their next session, contact the Center at (860)763- 4379.

Valentine's Day, St. Patrick's Day & Easter 2010



Arlene & Eileen Drumm

March is Heart Healthy Month



On March 3rd we had a guest speaker, Eileen Drumm of the Home and Community Health; formerly Enfield VNA came to the Somers Senior Center to discuss 'Heart Health'. She alerted us to warning signs, nutritional values, exercise steps, similar & different warning signs for men & women, breaking bad habits, starting new trends, see your Doctor often, tell your Doctor the truth about your health, keep notes on any aches & pains so you don't forget to inform your Doctor, and never ignore the slightest symptom, even if it maybe a false alarm, better to be safe than sorry.

Somers Senior Citizens' Club News

Page 11

SPRING SEMINARS

Echoes From Somers Seniors

The Myths of Aging



On March 24th Celina A. Conway, Director of Community Relations, of Ruth's House an Assisted Living Residence. "A Program of Jewish Geriatric Services", came to the Senior Center to discuss the "Myths of Aging", separating the fact from fiction. Celina discussion dispelled many myths of aging like The Senses. Body Functions, Body Structure and Organs, Mental Changes. Changing Roles, Staying Healthy & Meeting your Needs. How Caregivers

can help Aging Family Members, Loved Ones or Friends. Celina wanted us to remember, the aging process is as diverse as the people who go through it. Most older adults are in good health. Normal aging is not linked to a loss of intelligence.



Healthy Cooking Class: On March 23rd Caralynn Della Ripa, M.S., R.D. visited, she does demonstrations for groups such as our senior center and is contracted through the VNA. Her talk consisted of a question and answer portion about senior nutrition, supplements, and cooking for 1 or 2. She explained to everyone how to reduce recipes to make them suitable for 1 or 2 people and how to cook with dietary restrictions. She also explained the "senior" food pyramid and what staple items seniors should keep in their pantries to ensure that they would be able to eat healthy on a daily basis. She made a meal that we were all able to try consisting of: Garlic Rosemary Lemon Chicken, Easy Salt Free Home Fries, Orzo with spinach, cheese and tomatoes and provided the recipes for all. Maybe they can do it again in the fall!

Social Security Information



Arlene & Daniel Morasky

On March 31st, Daniel W. Moraski Public Affairs Specialist from Social Security Administration came to speak with Seniors about Extra Ways to get Help & Save on Prescription Costs. The Medicare Prescription Drug program gives a choice of prescription plans that offer various types of coverage. In addition, you maybe able to get Extra Help to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. You also may be able to get help from your state with other Medicare costs under the Medicare Savings Programs. If you want information about Medicare Savings Programs, Medicare Perscription Drug Plans or how to enroll in a plan, call **1-800-MEDICARE** (TTY1-877-486-2048) or visit www.medicare.gov

Electric Utilities Deregulation

On April 7th, John Manning of John F.X. Manning Associates, Inc., was guest speaker. He came to the Center and spoke to seniors about taking advantage of the **Electric Utility Deregulation**. Some years ago the Connecticut Legislature deregulated the two electric utilities serving the state. The Legislature's goal was to reduce costs to consumers by requiring the utilities to divest themselves of "electric generating capacity", and requiring outsourcing their electricity needs. Annually, the companies lock in a contract for electricity and allow competing firms to offer alternative "**GENERATION SERVICE**". If interested contact John Manning at (860)-763-4140 or JFXMANNING@COX.NET for more information.



John & Arlene

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Senior Information Directory

May - June 2010

Human Services Director Municipal Agent to the Elderly

Jenifer B. Charette
Office Phone: 860-749-7160
Cell Phone: 860-234-2680
Fax: 860-763-8228

Office Hours @ the Senior Center

8am - 4pm: M - TH. 8 - 1 Friday
email: jcharette@somersct.gov
**Florence Hurley at the Senior
Center Main #: 860-763-4379**
The Senior Center is Open
8am - 4pm M - F
CLOSED Holidays & when schools
are CLOSED due to inclement
weather.

Social Services Office:
Ann Procopio & Karen Norrie
860-763-8224

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 Guimond - Asst. Sec.
Connie Carenzo - Treasurer
Florence Hurley - Asst. Treasurer

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
Senior Support Services: Pat Bachetti
Senior Lunches: Arlene Yarnes
Senior Center Sign: Donna Doyker
Jordan Chatis
Woodcrest Rep: Dorothy Hillman