

Somers Senior Center

APRIL 2018-MAY 2018 NEWSLETTER

A Publication of the Town of Somers Human Services Department



Somers Senior Center
 Monday thru Friday 8:00am-4:00pm
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 www.somersct.gov



Somers Senior Center Staff

Christina Cenac.....	Human Services Assistant
Florence Hurley.....	Senior Center Coordinator
Pam McCormick.....	Senior Center Assistant
Deanna Schuetz.....	Human Services Director
Melinda Burnham.....	Dial-a-Ride Driver
Richard Day.....	Dial-a-Ride Driver
John Morrison.....	Dial-a-Ride Driver

SPECIAL EVENTS IN APRIL/MAY 2018

- 4/4 Medical Equipment Check
- 4/5 Parkway Pavilion Breakfast
- 4/6 Friday Matinee: *Saving Mr. Banks*
- 4/9 Home Helpers Luncheon/Senior Support Group
- 4/10 Advisory Committee for Seniors
- 4/13 Presentation: *Laugh for the Health of It*
- 4/16 Volunteer Appreciation Event
- 4/17 Trip: *CT Science Center-Crossword Puzzles*
- 4/19 Healthy Breakfast
- 4/19 Trip: *Culinary Institute*
- 4/20 Painting Class
- 4/27 Presentation: *Assisted Living at The Ivy-Ellington*
- 4/30 Presentation: *How Well Are You Sleeping?*
- 5/1 Parkway Pavilion Luncheon
- 5/3 Healthy Breakfast
- 5/4 Presentation: *Tours of Distinction Hawaiian Cruise*
- 5/7 Home Helpers Luncheon/Senior Support Group
- 5/8 Advisory Committee for Seniors
- 5/10 Trip: *Steaming Tender Restaurant*
- 5/11 AARP Driver Safety Course
- 5/11 Presentation: *Chocolate Demonstration*
- 5/15 Trip: *Mohegan Sun*
- 5/17 Healthy Breakfast
- 5/18 Friday Matinee: *The Greatest Showman*
- 5/21 Presentation: *Sepsis Stories*
- 5/22 Trip: *NY Landmarks Cruise*
- 5/25 Presentation: *Juniper Homecare*

*****Sign up is required for all events*****

Please see the monthly calendars for all regularly scheduled activities and events.

A NOTE FROM OUR FIRST SELECTMAN

Dear Ladies and Gentlemen,

The months of April and May we celebrate Volunteer Appreciation Week and Older Americans Month which is apropos for all of us active seniors that put service above self. Volunteer Appreciation Week is an opportunity to recognize and thank volunteers who lend their time, talent, voice, and support to causes they care about here in Somers. In that vein I would especially like to acknowledge and thank those citizens that volunteer to serve on the many Commissions we have here in Somers (i.e. Advisory Committee for Seniors, Meals on Wheels, Somers Comes Together, Cultural, Housing Authority, etc.) whose selfless contributions along with their irreplaceable impact of their time, energy, and caring make a difference in the lives of so many.

A special “ shout out” goes to: Pat Bachetti, Ailene and Roland Henry, Phyllis Gwilliam, Joan Sizer, Dave Pinney, Tim Welch, Eileen Fedorowich, Elaine Bemont, Dan Fraro, Dori Bynack and our wonderful/dedicated Senior Center staff that goes above and beyond their job descriptions for the benefit of all. I apologize if I have not acknowledged certain individuals by name but all of you know who you are and the contributions you make every day. The Board of Selectmen thanks all of you!

The month of May is the national observance of Older Americans Month that celebrates the many ways in which older adults make a difference in our community and dovetails with the aforementioned Volunteer Appreciation Week. America is “graying” and getting older with the 65 year old demographic population having increased in the last 10 years by 30% to over 47 million. It is further forecasted to double to 98 million by the year 2040. We’re all living longer with over 770,000 people now reaching the century mark of 100.

Seniors are becoming a major force in shaping the political landscape and will push for new policy approaches on aging like: Improved health/well-being initiatives, long term care policies, strengthening/preserving Social Security and Medicare, livable communities where we can age in place, alternative housing options, caregivers choices, etc. We as seniors are not like our parents because we’re active, involved, focused, interested, healthier, knowledgeable, politically astute and more importantly.... WE VOTE.

BUDGET UPDATE

The Town has completed its budget and we will be approximately \$287,000 BELOW last year’s budget. This was achieved through aggressive cuts, reorganization of our police function, switching our medical coverage to the State Connecticut Partnership Plan and the total cooperation/involvement of all Town employees. Our budget for Fiscal 2019, despite the cuts, maintains essential Town services and ensures the safety of all citizens as it relates to Police, Fire, EMT, and the schools. (i.e. School Resource Officer)

This budgetary process was the most difficult one I’ve been involved with despite my extensive background in business finance because we were faced with a fait accompli from the state where they significantly cut and continue to cut our state aid thus severely limiting our options. The end result is that we will no longer be able to rely on historic amounts of state aid. This reality leaves us with only three (3) options to balance our future budgets....Cut service/continue to tighten our belts, raise taxes, or look for controlled economic development/opportunities to

mitigate the impact of future tax increases. We as a Board are evaluating all three of these options.

“Our ability to handle life’s challenges is a measure of our strength of character”.

“Challenges are meant to be met and overcome”.

My best wishes to all of you go with this Newsletter.

Warmly,
 C.G. Bud Knorr, Jr.
 First Selectman
 Town of Somers

The Town of Somers Senior Center and activities offered through the Senior Center are open to all individuals ages 55+. Registration is FREE and all seniors are welcome! It is our goal to create a warm and welcoming environment where seniors can take part in social, educational and recreational activities. All activities within this newsletter take place at the Somers Senior Center, unless otherwise noted. Please note, Senior Center staff cannot physically assist or act in the capacity of an aide to residents who are unable to ambulate independently. If you find that you are experiencing difficulty ambulating independently and require extra assistance via a friend, family member, or aide, the Somers Senior Center encourages you to bring your companion with you when you attend activities and events so that you may continue to enjoy all that the Senior Center has to offer.



The Somers Senior Center will be closed on Monday, May 28th in observance of Memorial Day. We would like to extend our gratitude and appreciation to all who have served in our country's armed forces and sacrificed in an effort to protect our freedoms and keep us safe.



Parkway Pavilion generously provides either a **complimentary lunch or breakfast** each month! On **Thursday, April 5th** they will be serving breakfast and the menu will include pancakes, sausage, and yogurt. On **Tuesday, May 1st** lunch will be served and the menu will feature chicken wraps! We would like to extend our sincere gratitude to Parkway Pavilion for providing monthly meals to the seniors of Somers. **For Somers residents, sign-ups for Parkway Pavilion meals begin on the 15th of the month prior to the event. Non-residents will have the opportunity to sign up 5 business days after resident sign-up begins.**



Home Helpers provides a **complimentary lunch** at the Somers Senior Center on the first Monday of every month (date subject to change contingent upon holidays). Come join us for a delicious lunch and an opportunity to chat with friends and neighbors. Sign-up is required. April's luncheon will be held on **Monday, April 9th at 12pm**. The menu will be sandwiches, chips, pickles, and ice cream sandwiches. May's luncheon will be held on **Monday, May 7th at 12pm** and the menu will include pasta with bolognese sauce, salad, rolls, and cookies. Home Helpers also facilitates a Senior Support Group immediately following the luncheon. If you plan to attend April's support group, please bring a picture of yourself as a baby! The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering this monthly luncheon and support group to the seniors of Somers. We are extremely grateful to Home Helpers for helping to ensure the seniors of Somers are able to enjoy regular meals and socialization. **For Somers residents, sign-ups for Home Helpers luncheons begin on the 15th of the month prior to the event. Non-residents will have the opportunity to sign up 5 business days after resident sign-up begins.** Home Helpers also partners with Louis and Clark Medical Equipment and Supply to provide **medical equipment check-ups!** If you use a cane, walker, or wheelchair, has it recently been checked to ensure it is the right fit for you and in good working condition? On **Wednesday, April 4th, from 11:30am-12:30pm** Home Helpers will be on site to inspect your medical equipment free of charge!



Laugh for the Health of It Friday, April 13th~1:00pm

April is National Humor Month and we are celebrating with a very special presentation by Trevor Smith of Blue Sky Consulting. Trevor delivers programs that focus on using the applications of laughter to improve our health and well being. In Trevor's workshops, participants learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter. Smith has completed training offered by the World Laughter Tour, Inc., to become a Certified Laughter Leader and has organized and facilitated Therapeutic Laughter programs for a variety of different community organizations. "There can be many sensitive issues around humor, such as people not getting jokes or being offended by them," Smith said. "So we skip jokes altogether. We laugh with each other, never at each other. Pearls of genuine happiness-and-health-boosting laughter ring out and roll on."

FRIDAY MATINEES

Join us at the Somers Senior Center for a movie, popcorn, and refreshments!



SAVING MR. BANKS April 6th~ 1:00pm

This Oscar nominated film starring Tom Hanks and Emma Thompson is the story of author P.L. Travers reflecting on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

Rated: PG13 Running time: 126 minutes

THE GREATEST SHOWMAN May 18th~1:00pm

An original musical inspired by the life of P.T. Barnum, this Oscar nominated film stars Hugh Jackman. P.T. Barnum was a visionary who rose from nothing to create the "Greatest Show on Earth," a spectacle and celebration of his larger-than-life imagination that captivated audiences around the globe.

Rated: PG

Running time: 106 minutes



National Volunteer Week: April 15-21, 2018

Our Volunteers Are Out of This World!



We would like to take this opportunity to thank the many individuals in the community who graciously volunteer their time to the Town of Somers Human Services Department. Whether it be delivering Meals on Wheels, ringing the Salvation Army bell at holiday time, serving on our Advisory Committee for Seniors, or volunteering for the Senior Center...there are so many ways in which volunteers are helping to make the Somers Senior Center and this community a wonderful place to be. In honor of our amazing volunteers, we will be hosting our annual Volunteer Appreciation event on Monday April 16th. This event is **by invitation only**. If you have volunteered in one of the aforementioned capacities and do not receive an invitation, please do not hesitate to contact us so that we may ensure you have the details of this event. Thank you to all of our volunteers! We are over the moon for you!!



PAINTING PROJECT

Emily Santanella will be returning to teach a 2 hour acrylic painting class on **April 20th at 1pm**. Emily will provide all of the supplies you need and will guide you through creating your own version of a seasonal painting. The class costs \$15 per person and includes all materials. Everyone is welcome, from beginners to advanced painters! Emily is a Somers native who has been drawing and painting as long as she can remember. She grew up watching her Dad work in his sign shop, memorizing his technique, and she took many years of art lessons from local artist Mary Drayton. She specializes in murals, pet portraits, and pinstriping, but finds the most joy in teaching others to paint. Emily has been teaching classes in this follow-along style for over 3 years. Her goal is to always have the painters in her classes leave feeling accomplished and proud of their work, having discovered or re-discovered their inner artist. She currently lives by Crystal Lake with her husband and three young children. Besides painting, she enjoys working with the local theater group Standing Room Only Productions, and she is Vice President of the Gene Pitney Commemorative Committee. **Payment is due upon sign-up. Cash and Checks are accepted. Checks should be made payable to Emily Santanella. Sign-up begins April 2nd.*

A representative from Assisted Living at The Ivy at Ellington will be here at the Somers Senior Center on **Friday, April 27th at 1pm** for a presentation about Assisted Living, Memory Care, services and everything else you will need to know. Refreshments will be served along with a few door prizes for some lucky winners!



THE IVY
Assisted Living Residential Community

How Well Are You Sleeping? An Overview of Sleep Apnea

Snoring and daytime sleepiness affect millions of us every day and night. Join us on **Monday, April 30th at 1pm** to learn the symptoms and signs of Obstructive Sleep Apnea, a potentially serious condition that can damage your heart and brain (and drive your spouse out of the bedroom!).



Chocolate Making Demonstration Friday, May 11th~ 1:00pm

Jane Kinsley has been making chocolates for over 40 years and she wants to share what she has learned with you! Whether you are a chocolate lover yourself or you would like to learn how to make dazzling and delicious treats for others, Jane will show you how easy chocolate making can be! You will learn the best chocolate to buy and where to buy the supplies. Boxes of chocolate will also be available for purchase...just in time for Mother's Day! And, of course, there will be samples!! There is no charge for this delicious event! **Sign-up begins May 1st!**



Does this endless winter have you dreaming of a tropical getaway? What better way to chase away the winter blues than to start planning a Hawaiian cruise?! Tours of Distinction will be at the Somers Senior Center on **Friday, May 4th at 1pm** to tell you everything you need to know about the Hawaiian cruise being offered in January of 2019 (see trips and travel for more info!)

Sepsis Stories: Preventing and Surviving a Life Threatening Illness

Do you know what disease brought down Superman, a heavy weight champ, and a beloved Pope? Sepsis! Ann Kondracki, R.N is the Infection Prevention/Sepsis Coordinator for Johnson Memorial Hospital and will be at the Somers Senior Center on **Monday, May 21st at 1pm** to provide valuable and potentially life saving information. You will learn how to prevent sepsis, why you may be at risk, and when to seek medical attention. Every minute counts if you suspect sepsis.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday.



About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."



Please join us on **Friday, May 25th at 1pm** for an informative presentation by William Mendoza of Juniper Homecare. Information will be provided on the Adult Family Living Program that is

being offered by the State of CT under the Connecticut Home Care Program for Elders. Under this program, family members or friends can become Direct Care Givers (DCG) for up to three eligible clients within the same home. Unfortunately, husband and wife do not qualify to take care of one another, but could both receive care from a third person. Staff from Juniper Homecare can help eligible clients with applying to this program. Eligible recipients could earn up to \$23,000/yearly completely tax free per client. Clients will also receive a weekly visit from an RN as well as 24/7 nursing support. If a family member is on Title 19/Medicaid all they need to do is fill out an application and Juniper Homecare staff will help send it in as soon as possible. A case worker will then make an appointment to visit their home. The eligibility requirements should be reviewed as the case worker will need to verify that the potential client needs assistance with 2-3 of the activities of daily living such as bathing, feeding, transferring, toileting, etc. Clients must live in a safe home and care givers must be available to take care of the client 24/7 unless the client is under supervision of a respite P.C.A., secondary caregiver, or Adult Day Center with prior approval. This is a program that can greatly improve quality of life for those in need of homecare.

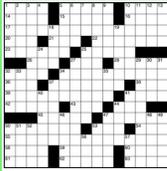
Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!



Trips & Travel



CT SCIENCE CENTER: HOW TO MAKE A NEW YORK TIMES CROSSWORD PUZZLE

Tuesday April 17th-Bus departs at 10:00am

Who makes the crosswords that appear in the *New York Times*? Hundreds of people around the country, all of whom share a love of wordplay and puzzles. Take a look behind the scenes with Eric Berlin, a professional puzzle constructor who has contributed dozens of crosswords to the *New York Times* as well as outlets such as *The Wall Street Journal*, *The Los Angeles Times*, *Games Magazine*, and many more. He'll demonstrate what goes into the creation of a successful crossword puzzle- from coming up with a theme, to making the grid, to devising the clues. Eric has created live puzzle events for the American Crossword Puzzle Tournament, the Connecticut Library Association, and the Milford Public Library. We will be heading to the amazing CT Science Center for this event and your admission to the event includes coffee, tea, and admission to the Science Center. You will have time for lunch on your own at Subway and time to explore all the Science Center has to offer! **\$15 per person . Sign-up begins April 2nd.**



STEAMING TENDER RESTAURANT

Thursday May 10th- Bus departs at 11:00am

****This trip was originally planned for 3/8/18 but was rescheduled due to inclement weather. If you were signed up for this trip in March, you will be contacted by our staff and given first priority.*** Let's do lunch! Palmer,

Massachusetts is New England's top railroad enthusiast location, fondly known as the "Town of Seven Railroads." Set on the grounds of historic Frederick Law Olmsted Park, Steaming Tender Restaurant is situated inside of a 19th century Romanesque style train station. Rail enthusiasts come from all over to watch the trains go by and take photos of the station. The passing trains and the view of the many antiquities furnish the impressive atmosphere making anyone who walks the grounds feel like they've stepped into another time. Visitors are welcome to roam the grounds, watch the trains, and experience the onsite Heritage Museum. **Lunch is at your own expense. *Sign-up for Somers residents begins on May 1st.**

****Important note: Transportation for the 4/17/18 CT Science Center trip and the 5/10/18 Steaming Tender Restaurant trip is provided by the Town of Somers Dial-a-Ride bus. Due to limited seating, priority must be given to Somers residents. Somers residents are eligible to register for these trips as of the date indicated on a first-come, first-served basis. Non-Somers residents aged 60+ will be placed on a waitlist. One week (7 days) prior to the trip or sign-up deadline (if one is indicated), non-residents on a wait list will be moved to the active trip list in the order in which they signed up IF seats are available. All trips on our Town of Somers Dial-a-Ride buses must have at least 10 passengers signed up by one week prior to the scheduled date of the trip or by the deadline indicated. If the 10 passenger minimum is not met, the trip will be canceled. Note: You must have a Dial-a-Ride registration form on file prior to utilizing the Dial-a-Ride bus.***



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Tuesday May 15th- Bus departs at 8:30am

The David Gwilliam Mohegan Sun Trip includes: Round trip deluxe motor coach, two \$10 gambling vouchers, \$15 food voucher and driver's gratuity. **\$30 per person non-refundable payment due upon sign up. Open to all! This is a very popular trip and seats fill fast! Sign-up has begun and you are encouraged to sign-up early. Bus departs from the Somers Senior Center at 8:30am. Passengers are encouraged to park at the Kibbe Fuller Community Center if possible. The Senior Center doors do not open until 8:00am. *Deadline to sign-up is Monday, May 7th.***



WEBSTER LAKE INDIAN PRINCESS CRUISE

Tuesday, June 12th

The official name of Webster Lake is Lake Chargoggagoggmanchauggagoggchaubunagungamaugg! It's probably best if we stick with Webster Lake! Join us for a scenic 90 minute cruise aboard the 19th Century Mississippi Riverboat, the Indian Princess. We will enjoy lunch at the historic Point Breeze Restaurant founded in 1881. The menu will include salad, a choice of Baked Haddock or Champagne Chicken Breast, vegetable, potato, dessert and coffee. After the cruise, browse the produce and products at family owned Foppema's Farm. **Sign-up has begun and is open to all. Cost is \$92 per person due upon sign-up and includes motor coach transportation, cruise, lunch, taxes, and gratuity. *Deadline to sign up is May 10th.***



RETURN TO CAMELOT

Tuesday, July 10th

The legacy of JFK is synonymous with New England, especially in Newport. President Kennedy treasured the City by the Sea, including his wedding at St. Mary's Church and his "Summer White House years" at Hammersmith Farm. Journey back and experience the stories that led to the Camelot legacy. On a narrated driving tour of scenic Ocean Drive, see some of the Kennedy's favorite sites and landmarks. Enjoy lunch at the newly opened Atlantic Resort with views of Easton Pond where the menu will include salad, choice of baked stuffed scrod or chicken with a mustard cream sauce, vegetables, potato, and an ice cream sundae for dessert! Relive the couple's fairytale wedding at St. Mary's Church, where their actual wedding took place on September 12th, 1953. Through vintage photos & black & white film footage during a musical video presentation, you'll feel like a guest at what became America's version of a royal wedding. **Sign-up has begun and is open to all. Cost is \$98 per person due upon sign-up and includes motor coach transportation, lunch, taxes, and gratuity. *Deadline to sign up is June 7th.***

Trips & Travel



LOCKS & LUNCH CRUISE

Saturday, August 4th

The Captain J.P. II is by far the largest and most lavish cruise vessel in the Capital Region of upstate New York with 3 enclosed decks, buffet lunch, and entertainment. Enjoy a 3-hour cruise aboard the Captain JP to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip. It is exciting, informative, and educational. Enjoy a complete hot/cold buffet with onboard entertainment as we sail along. Following our cruise we'll stroll Main Street in Stockbridge. **Sign-up has begun and is open to all. Cost is \$95 per person due upon sign-up and includes motor coach transportation, cruise, lunch, taxes, and gratuity. *Deadline to sign up is July 2.***

BOBBY RYDELL *Thursday, August 16th*



Bobby Rydell's career spans six decades and encompasses every area of the entertainment world, earning him a reputation as a classic performer. A polished performer at a young age, he was the youngest to ever headline the Copacabana. Join us as we travel to the beautiful Aqua Turf and remember the good times with Bobby's hits "Wild One", "Volare", "We Got Love", "Kissin' Time", and "Forget Him", to name a few. Your delicious lunch will include garden salad, pasta, chicken parmesan, and baked salmon with dill sauce, vegetable, potato, rolls, dessert, and beverage. **Sign-up has begun and is open to all. Cost is \$105 per person due upon sign-up and includes motor coach transportation, lunch, entertainment, taxes, and gratuity. *Deadline to sign up is July 13th.***

SIGHT & SOUND THEATER-JESUS *August 27th-29th*



Depart for Lancaster, PA, the heart of the Amish Country for two nights at the Comfort Suites Lancaster. Enjoy a welcome "smorgasbord" dinner at the Bird-In-Hand Family Restaurant. Day 2 will feature the Landis Valley Village Museum, a mini Williamsburg dedicated to the preservation and demonstration of early German life. Enjoy a horse drawn wagon ride around the village, tour through the Victorian village grounds with a guide, enjoy a tasting of sticky buns, snitz, and cider in the 1856 Landis Valley House Hotel & Tavern. And then, the main event...Sight & Sound Theatres invites you to experience the greatest rescue story ever told in the brand new show "Jesus". Vividly bringing to life the most miraculous events of all time, Jesus is an action-packed musical stage adventure that takes you on a journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changes forever. Dinner on day 2 is at the Hershey Farm Restaurant. Before heading home on day 3, we will visit Longwood Gardens, one of the world's premier horticultural display gardens featuring 11,000 different types of plants including a lush world of exotic flowers, cacti, bromeliads, and bonsai in the conservatory. **Sign-up has begun and is open to all. Total cost is \$451 per person (double or triple occupancy) and includes motor coach transportation, 2 nights hotel, 2 breakfasts, 2 dinners, and all tours/admissions/tickets as per itinerary. \$150 deposit per person due upon sign-up. *First deposit is due no later than June 8th.***

TOAST TO THE ARMED FORCES & VETERANS *Tuesday, November 13th*



Join us for a very special day as we honor our armed forces and Veterans. We will travel to the Grand Oak Villa. Cheese/crackers/pepperoni will be served upon arrival followed by a family style meal of garden salad, pasta with homemade house sauce, roast turkey with gravy, Yankee pot roast, roasted potato, vegetable, dessert, and beverage. Carafes of red and white wine will be available on each table. John Banker and his band will perform patriotic songs and medleys in tribute to the armed forces and our Veterans. **Sign up begins February 1st and is open to all. Cost is \$85 per person due upon sign-up and includes motor coach transportation, lunch, entertainment, taxes, and gratuity. *Deadline to sign up is October 12th.***

2019 HAWAIIAN CRUISE

JANUARY 17-29, 2019

Dreaming of some place warm and tropical? Explore Hawaii like never before. Idyllic Islands, a strong Polynesian culture and customized, unique shore excursions await you. Come find your own little piece of Paradise.

Includes

- Roundtrip Airport Transfer and Airfare
- 2 Pre-Cruise Nights in Waikiki Beach
- Baggage Handling
- 7 Shore Excursions (per itinerary)
- 7-Night Cruise on NCL's Pride of America
- All Meals & Nightly Entertainment Onboard Ship
- Pre-paid Onboard Gratuities
- Specialty Dining Package
- Port Charges & Taxes
- Tours of Distinction Tour Director

Featuring

- 2 Nights Pre-Cruise Hotel Honolulu
- Oahu Luau
- Pearl Harbor & USS Arizona Memorial
- Dole Plantation Tour
- Included Tours of Distinction Exclusive Shore Excursions
- Fully Escorted with Tours of Distinction Tour Director
- Kauai & Nā Pali Coast
- Prepaid Service Charges
- Dining Package
- All Gratuities

Inside Stateroom: \$4,659 pp double
Balcony Stateroom: \$4,935-\$5149 pp double
Oceanview Stateroom: \$4,809 pp double

\$200pp early booking bonus!
Book by May 31, 2018 and save!

Please call or visit the Somers Senior Center to obtain a full itinerary and more information on this adventure!

2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
10:00-11:00 Chair Aerobics	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	11:30-12:30 Medical Equipment Check-up 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30am Breakfast by Parkway Pavilion 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong 1:00 Friday Matinee: Saving Mr. Banks
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
10:00-11:00 Chair Aerobics 12:00pm Home Helpers Luncheon 1:15pm Senior Support Group	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 Foot care (Call 860-763-4379 for appt.) 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Presentation: Laughter For the Health of it
16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
12pm Volunteer Appreciation Event *Chair Aerobics is canceled today*	9:00-11:00 Knitting Group 10:00 am Trip: CT Science Museum 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	7:00am Trip Culinary Institute 8:30-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo	9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Painting project with Emily Santanella
23. MONDAY	24. TUESDAY	25. WEDNESDAY	26. THURSDAY	27. FRIDAY
10:00-11:00 Chair Aerobics	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	11:30-12:30 BP/BS 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Presentation: Assisted Living at The Ivy at Ellington
30. MONDAY	*Mobile Foodshare (behind Somers Congregational Church) April 4th & April 18th			
10:00-11:00 Chair Aerobics 1:00pm Presentation: How Well Are You Sleeping?				

	<p>1. TUESDAY</p> <p>9:00-11:00 Knitting Group 12:00 Parkway Pavilion Lunch 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group</p>	<p>2. WEDNESDAY</p> <p>1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group</p>	<p>3. THURSDAY</p> <p>8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club</p>	<p>4. FRIDAY</p> <p>9:00-12:00 Art Group 9:15-9:45 Qigong 1:00 Tour of Distinction Hawaiian Cruise Presentation</p>
<p>7. MONDAY</p>	<p>8. TUESDAY</p>	<p>9. WEDNESDAY</p>	<p>10. THURSDAY</p>	<p>11. FRIDAY</p>
<p>10:00-11:00 Chair Aerobics 12:00 Home Helpers Luncheon 1:15 Senior Support Group</p>	<p>9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors</p>	<p>1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group</p>	<p>8:30-3:30 Foot care (Call 860-763-4379 for appt.) 10:00-11:00 Chair Aerobics 11:00 Trip: Steaming Tender 12:00-3:30 Bingo 6:30-9:30 Bridge Club</p>	<p>8:30-12:30 AARP Driver Safety Course 9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Presentation: Chocolate Making Demonstration</p>
<p>14. MONDAY</p>	<p>15. TUESDAY</p>	<p>16. WEDNESDAY</p>	<p>17. THURSDAY</p>	<p>18. FRIDAY</p>
<p>10:00-11:00 Chair Aerobics</p>	<p>8:30am Trip: Mohegan Sun 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group</p>	<p>12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group</p>	<p>8:30-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club</p>	<p>9:00-12:00 Art Group 9:15-9:45 Qigong 1:00 Friday Matinee: The Greatest Showman</p>
<p>21. MONDAY</p>	<p>22. TUESDAY</p>	<p>23. WEDNESDAY</p>	<p>24. THURSDAY</p>	<p>25. FRIDAY</p>
<p>10:00-11:00 Chair Aerobics 1:00pm Presentation: Sepsis Stories</p>	<p>7:00am Trip: NY Landmarks Cruise 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group</p>	<p>*Fill a Public Works Truck! 11:30-12:30 BP/BS 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group</p>	<p>10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club</p>	<p>9:00-12:00 Art Group 9:15-9:45 Qigong 1:00am Presentation: Juniper Homecare</p>
<p>28. MONDAY</p>	<p>29. TUESDAY</p>	<p>30. WEDNESDAY</p>	<p>31. THURSDAY</p>	<p>*Mobile Foodshare (behind Somers Congregational Church) May 2nd & May 16th</p>
<p>CLOSED</p>	<p>9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group</p>	<p>1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group</p>	<p>10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club</p>	

Somers Senior Center
19 Battle Street
Somers, CT 06071

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The New England chapter of the American Public Works Association is having a food drive during Public Works Awareness Week: May 20th thru May 26th. You can drop off non-perishable goods at Somers DPW (93 Egypt Rd.) from 7am-3pm May 21st-May 25th OR **right here at the Somers Senior Center all day on Wednesday, May 23rd!** All items collected will go to Champ's Place, the food pantry at Somers Congregational Church.

The **AARP Driver Safety Course** is being held on **Friday, May 11th** from **8:30am-12:30pm** at the Somers Senior Center. Taking the AARP Driver Safety Course could keep you safer behind the wheel as well as save you money on your car insurance. The cost is \$15 for AARP members, \$20 for non-members. Sign-up is required. Payment is due to instructor on the day of class. **Open to all.**

Beginning in April, 2018, the Centers for Medicare & Medicaid Services (CMS) will be mailing a new Medicare card to all Medicare beneficiaries. In order to ensure that the delivery of these cards is successful, CMS encourages you to verify that the Social Security Administration (SSA) has your current address. If you are not sure if SSA has your correct mailing address, you should contact SSA. For protection of your identity, your Medicare number will no longer be your Social Security number.

The Operation Fuel Program is currently open. The last day for deliveries of fuel is April 27th. The program will close on May 31st or when funds are depleted. You can apply for Operation Fuel for *all energy sources*. Maximum gross annual income is \$42,350 for an individual and \$55,381 for a couple. Please call Christina Cenac at 860-265-7551 for more information on program guidelines, as you must meet various criteria depending on if you wish you apply for assistance with your primary heat or your secondary heat. **Applications are accepted by appointment only.**

If you have oil or propane heat, **the deadline to apply for the CT Energy Assistance Program has been extended to April 3rd. If you heat with a utility, you have until May 1st to apply or May 15th if you have a shut-off notice.** Please contact Christina Cenac at 860-265-7551 for more information. **Applications are accepted by appointment only.**

Property Tax Relief Program



- Are you a resident of Somers?
- Do you own your home or have life use of your home?
- Were you **or** your spouse 65 years old or older in 2017, or are you receiving permanent total disability benefits?
- Is your 2017 adjusted gross income plus any other income not included in your adjusted gross income \$35,200 or less for an individual or \$43,000 or less for a married couple?

If you answered yes to the questions above, you may qualify for property tax relief. Tax Credits on your real estate tax bill are funded by the State of Connecticut and the Town of Somers and never need to be repaid. Simply go to Town Hall with your 2017 Federal Income Tax Return, if you filed one, plus your 1099's from Social Security between now and May 15th. *Karen Neal of the Assessor's Office will arrange to visit you in your home to assist you with applications in the event it is difficult for you to visit the Town Hall. Please do not hesitate to call Karen at 860.763.8202 to schedule a visit or to answer any questions you may have concerning this program.*