



Somers Senior Center

AUGUST 2018-SEPTEMBER 2018 NEWSLETTER



A Publication of the Town of Somers Human Services Department



Somers Senior Center

Monday thru Friday 8:00am-4:00pm

19 Battle St.

Somers, CT 06071

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www.somersct.gov

Somers Senior Center Staff

Christina Cenac.....Human Services Assistant
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 Deanna Schuetz.....Human Services Director
 Melinda Burnham.....Dial-a-Ride Driver
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 Ed Hart.....Dial-a-Ride Driver
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SPECIAL EVENTS IN AUG./SEPT. 2018

8/2 Parkway Pavilion Breakfast
 8/4 Trip: *Locks & Lunch Cruise*
 8/6 Home Helpers Luncheon/Senior Support Group
 8/7 SCamper Series: *Ice Breakers*
 8/10 Friday Matinee: *Book Club*
 8/13 Presentation: *Parkinson's Disease*
 8/14 Advisory Committee for Seniors
 8/16 Trip: *Bobby Rydell*
 8/17 Presentation: *Challenges of Aging*
 8/21 National Senior Citizens Day Celebration
 8/24 National Peach Pie Day!
 8/27 Overnight Trip: *Jesus*
 9/7 Presentation: *Skin Care*
 9/10 Home Helpers Luncheon/Senior Support Group
 9/11 Parkway Pavilion Luncheon
 9/11 Presentation: *Champ's Place*
 9/11 Advisory Committee for Seniors
 9/12 Balance Screening w/Stonebrook Village
 9/14 Painting Demonstration
 9/17 Coffee Talk
 9/18 Trip: *Big E*
 9/21 Friday Matinee: *How to Make an American Quilt*
 9/24 National Senior Center Month Celebration
 9/26 Trip: *Turkey Train*

****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

Ladies and Gentlemen,

Given the response I had about my last letter on Big Bands, I would like to continue to write about things of interest to me in the hope that you too will find these subjects of interest for you.

I was inspired to write about painting after meeting with Neil Connell, a superb local artist whose paintings are frequently exhibited in the Town Hall offices as well as the wonderful series on the History Channel about Pablo Picasso starring Antonio Banderas. My mother was also an artist and she passed onto me her love of art and its appreciation.

I am particularly fond of the Impressionist painters of the 19th century with such artists as Claude Monet, Edgar Degas, Paul Cezanne, Henri Matisse, Renoir and Vincent Van Gogh. Impressionism was an art movement characterized by relatively small, thin, yet visible brush strokes that have always appealed to me because of their subject matter involving landscapes, nature, subtle lighting and the effects conveyed in "broken colors." Art is truly in the eyes of the beholder and I found myself fascinated by how these painters presented their perceptions of their subjects in a graceful/delicate/muted and subdued manner.

The Impressionist movement was named after Claude Monet's famous painting "Impression Sunrise". Monet was one of the original founders of Impressionism along with Matisse, Renoir, Degas and Cezanne. My personal favorite has always been Monet and his wonderful paintings: Water Lilies, Impression Sunrise, Giverny and Japanese Footbridge. If you are not familiar with these GEMS, please take a moment to enjoy their splendor.

I also like Renoir who worked with Cezanne and Degas. Degas was famous for his paintings of dancers that depicted movement as epitomized in Little Dancers, Ballet Rehearsals and Arabesque. Most people are not aware that Degas was a sculptor. Nancy and I have a beautiful reproduction of a Degas prancing horse sculpture in motion.

Van Gogh was a major Post-Impressionist Dutch artist portrayed by Kirk Douglas in the movie Lust for Life. Van Gogh suffered from depression and mental illness and eventually committed suicide at the age of 37 after cutting off his left ear in a fit of depression. Unfortunately, he never became famous until after his death. His best works of Starry Nights, Sunflowers, Wheat-Fields with Crows and the Potato Eaters were painted in the last two years of his life. Van Gogh was the classic starving artist and most remembered by the movie and Don McLean's song Starry Night.

Picasso was considered a Post-Impressionist but also a sculptor, printmaker, and a poet that produced ceramics, pioneered the art form cubism, surrealism, expressionism with a career that generated over 50,000 pieces of artwork. An incredible and prolific artist that literally made

millions of dollars in his lifetime. His most famous paintings out of the 1885 canvasses that he produced were GUERNICA, Old Guitarist, Weeping Woman and Three Musicians. In addition to his numerous paintings, he did 12,000 drawings and over 1228 sculptures. He was also married numerous times, sired many children and was known for keeping multiple mistresses.

Picasso was/is a true GIANT in the world of art....I trust I have spurred your interest to better appreciate art and its impact on our culture.

Warmly,

Bud Knorr

First Selectman



The Somers Senior Center will be closed on Monday, September 3rd in observance of Labor Day. We will reopen on Tuesday, September 4th.

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.

NATIONAL SENIOR CITIZEN'S DAY CELEBRATION



Hear ye! Hear ye! In honor of National Senior Citizens Day, we hereby proclaim that the Somers Senior Center shall honor you as kings and queens with a royal celebration!

In his Presidential Proclamation in August of 1988, President Ronald Reagan stated: "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute.

We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older." August 21st was thereby proclaimed National Senior Citizens Day! Join us on **Tuesday, August 21st at 12pm** when you will enjoy a "feast fit for a king" including turkey, mashed potato, stuffing, squash, gravy, rolls and butter, and dessert! You will then be royally entertained by The Cartells! This band transcends the boundaries of style and is one of the most popular bands in Connecticut. Jazz, swing, motown, R&B, rock and roll, and popular music of all styles are equally represented in their impressive repertoire, and their dedication to defining and fulfilling the wants and needs of their audience results in every appearance being an event to remember. **IMPORTANT NOTE: This is a FREE event for Somers residents. However, you must obtain a ticket at sign-up and present your ticket for entry. Tickets are available 8-1-18. If you sign up for this event and do not attend, you will be assessed a \$10 fee to cover the cost of your meal. Tickets available to non-residents for \$12. Last day to sign up is 8-13-18, unless the event reaches capacity before this date.**



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. August's luncheon will be held on **Monday, August 6th at 12pm**. The menu will include pizza, salad, and dessert. September's luncheon will be held on **Monday, September 10th at 12pm** and the menu will feature Pasta Bolognese, salad, rolls, and dessert. Home Helpers also facilitates a Senior Support Group immediately following the luncheon. 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.**

Parkway Pavilion graciously provides a **complimentary lunch or breakfast** each month! On **Thursday August 2nd at 8:30am** they will be serving up pancakes and bacon for breakfast and on **Tuesday September 11th at 12pm** it's meatloaf for lunch! 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.**



National Senior Center Month Celebration Monday September 24th~ 12:00pm

September is National Senior Center Month and we certainly feel that the Somers Senior Center is something worth celebrating! Come reminisce with us about all the fun we have had this past year and learn about some of the regular activities we offer that you may not even be aware of! We will enjoy a delicious catered lunch and entertainment. The menu will include BBQ pulled pork, baked beans, macaroni & cheese, tossed salad, corn bread, and dessert!

We'll have raffles, Senior Center trivia, and entertainment by Airborne! Airborne performs a variety of songs, styles and genres from jazz to Caribbean to Motown! They are a lively bunch sure to get your hands clapping and your feet tapping!

IMPORTANT NOTE: This is a FREE event for Somers residents. However, you must obtain a ticket at sign-up and present your ticket for entry. Tickets are available 9-4-18. If you sign up for this event and do not attend, you will be assessed a \$10 fee to cover the cost of your meal. Tickets available to non-residents for \$12. Last day to sign up is 9-14-18, unless the event reaches capacity before this date.



FRIDAY MATINEES

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



The Next Chapter is Always the Best.
Book Club

BOOK CLUB

August 10th~ 1:00pm

Book Club stars Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen as four lifelong friends whose lives are turned upside down to hilarious ends when their book club tackles the infamous *Fifty Shades of Grey*. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.

Rated: PG-13

Running Time: 104 minutes

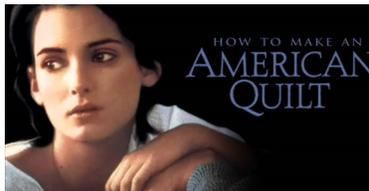
HOW TO MAKE AN AMERICAN QUILT

September 21st~ 1:00pm

Soon-to-be-wed graduate student Finn Dodd (Winona Ryder) develops cold feet when she suspects her fiancé is cheating on her. In order to clear her head, Finn visits her grandmother, Hy (Ellen Burstyn), and great aunt, Gladys Joe Cleary (Anne Bancroft), in Grasse, California. There, Finn learns that Hy and Gladys Joe are members of a group of passionate quilters, and over the course of her visit she is regaled with tales of love and life by women who have collected rich experiences and much wisdom. Based on the novel by Whitney Otto, *How To Make An American Quilt* received a nomination for the Screen Actors Guild Award for Outstanding Performance by a Cast in a Motion Picture.

Rated: PG-13

Running time: 117 minutes



Artist Demonstration

Friday, Sept. 14th~12:30pm



Please join us as we welcome artist, Danny DeFilipo! Danny is a self-taught artist who grew up in the small town of Molise, Italy. He is a member of the Wilbraham Art League and Scantic River Artisans. Danny will be demonstrating his composition “Sunflower” using a brush and palette knife. Please stop in, grab a cup of coffee, and watch Danny create a beautiful work of art!

HAPPY GRANDPARENTS DAY



In 1978, President Jimmy Carter proclaimed that **National Grandparents**

Day would be celebrated every year on the first Sunday after Labor Day. Marian McQuade of Oak Hill, West Virginia, has been recognized nationally by the United States Senate as the founder of this day. She made it her goal to educate youth in the community about the important contributions seniors have made throughout history. Happy Grandparents Day from all of us at the Somers Senior Center!



NATIONAL PEACH PIE DAY! August 24th~1:00pm

Did you know that the phrase “You’re a real peach” originated from the tradition of giving a peach to a friend you liked? August 24th is National Peach Pie Day and, since we sure like you a lot, we would like to celebrate by serving up slices of fresh peach pie from LuAnn’s Bakery! Be sure to sign-up! We promise you the afternoon will be just “peachy”! **Sign-up begins on 8-1-18 and the last day to sign-up is 8-16-18.**

SCamper Series!!!

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There is only one week of the SCamper Series remaining! If you didn’t participate in this series in 2017 or you haven’t participated yet this year, what are you waiting for?! Those who attended last year gave nothing but rave reviews! The name of this series was developed by combining letters from the words “Senior Center” and the word “camper”. For this series, the Somers Senior Center partners with the Somers Recreation Department and brings together seniors and Somers Recreation Day Camp kids for several weeks of fun and engaging activities. “Intergenerational programming,” as defined by the National Council on Aging, involves “activities or programs that increase cooperation, interaction or exchange between any two generations. It involves the sharing of skills, knowledge or experience” between youth and older adults. Each generation has something they can learn from another and, when they come together, the experience can be truly magical. For each of the four weeks of this series, campers from Somers Day Camp travel to the Somers Senior Center for a structured intergenerational activity. This year, we brought back some of last year’s favorites and also introduced some fantastic new activities sure to pique the interest of all generations involved. Space is limited for this very special experience! Refreshments will be served and prizes will be awarded!



August 7th~ 1:00pm: ICE BREAKERS



Ice breakers are all about interacting and getting to know one another in fun and hilarious ways! We promise these ice breakers will be some of the coolest things you do all summer!

Parkinson's Disease Presentation Monday, August 13th~ 1:00pm



Approximately one million Americans and more than 10 million people worldwide are currently living with Parkinson's disease (PD), which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease (or Amyotrophic Lateral Sclerosis). Incidence of

Parkinson's disease increases with age and men are 1.5 times more likely to have Parkinson's disease than women. And while so many people are affected by this disease, the general public's understanding of disease symptoms is often limited to what is seen in the media. Many people only know Parkinson's as the disease that Muhammad Ali had, or Michael J. Fox has. (Source: www.parkinson.org)

Please join us on **Monday, August 13th at 1pm** as Fresh River Healthcare shares with you an introduction to Parkinson Disease. We will speak of the symptoms, the challenges, the support services, the Speech and Language therapies, physical medicine and rehabilitation services, all put in place to ease the way for patients and their families. Fresh River Healthcare is one of the few skilled nursing facilities with the training, equipment, personnel and community supports to offer a dedicated and comprehensive program to support patients with Parkinson's Disease.



Skin Care Presentation

Friday, September 7th~ 1:00pm



Join us at the Somers Senior Center to learn how to take care of your skin, what foods you should eat to promote healthy skin, and to make your own hand scrub! Alison Billings, LPN, will be talking about skin care, and we will be making a hand scrub from scratch that you can take home to keep your hands soft. There is no charge and you will have a choice between

Rose Petal hand scrub and a **Mango hand scrub**.

Alison Billings works for Senior Moments Adult Day Center in Tolland, CT where she helps provide activities and health care for people with Dementia and Alzheimer's disease, as well as support for their care givers.



Coffee Talk

It's time for more Coffee Talk! It has been a while, but, given as where September is National Senior Center Month, it is the perfect time to have some coffee and conversation about YOUR Senior Center! **Join us on Monday, September 17th at 1pm.** We would like to discuss the newly implemented Conduct Policy and answer any questions you may have regarding the policy. We are also interested in hearing about what new programs/events/trips would you like to see. We will open the floor to additional topics, questions, concerns, or suggestions as time permits. All Senior Center staff will be present to answer your questions and hear your concerns or suggestions during this open forum discussion. If you prefer to submit your questions/concerns anonymously, you can drop them into the "coffee can" at the Senior Center at any time before the event. When you sign up for this event, please be sure to enter your name in the drawing to win a fantastic prize. You must be present for the entire Coffee Talk session to win.

Let's continue to grow together through open communication!



Challenges of Aging Presentation Friday, August 17th~ 1:00pm

Aging is a life-long process. We start aging at birth. Through the younger years to adulthood challenges are mostly manageable without significant interventions. Advanced aging comes with a whole different set of physical, psychological and social challenges.

Although aging is conventionally determined by chronology, successful aging with avoidance of disease and disability, maintenance of high physical and cognitive function, sustained engagement in social and productive activities may all be reality with awareness and interventions.

Please join us on **Friday, August 17th at 1pm** for an insightful and informative presentation by Dr. Gopal Sakar, Internal Medicine Physician at Eastern Connecticut Health Network. Dr. Sarker serves as the President of Society of Hospital Medicine Western Mass chapter. He is a Fellow of American College of Physicians and a Senior Fellow of Society of Hospital Medicine. His specific interests include Preventive care and health maintenance, Chronic disease management, managing utilization and quality during transitions of care.

BALANCE SCREENINGS

The Somers Senior Center is pleased to announce that we have partnered with Stonebrook Village at Windsor Locks to bring you quarterly balance screenings. Falls are the leading cause of fatal and non-fatal injuries in older Americans and one in four Americans aged 65+ falls each year (source: www.ncoa.org). September 22 is National Falls Prevention Awareness Day. A balance screening is one way to reduce your risk of a fall. Regina Krupczak, MS-RCEP (Registered Clinical Exercise Physiologist) and Mike Levandowski, Certified Exercise Physiologist at Stonebrook Village will provide balance screenings with simple balance exercises to test balance and reduce the risk of falls. At Stonebrook Village in Windsor Locks, Regina and Mike teach daily fitness classes to get residents to a functional fitness level. Stonebrook Village will be at the Somers Senior Center from **11:30am-12:30pm on Wednesday, September 12th.** Be sure to sign-up for a time slot!





Trips & Travel



EASTERN STATES EXPOSITION

Tuesday Sept. 18th~ Bus departs 9:15am

We're off to one of New England's best annual events- the fifth-largest fair in the nation! Stroll through the Avenue of States, see the animals, do some shopping, enjoy the entertainment, and, of course....bring your appetite!! Sample the famous Big E Cream Puff, grab a baked potato or lobster roll in the Maine building, enjoy a bowl of clam "chowdah" in Massachusetts, or pick up some Vermont cheddar cheese! Are more traditional fair foods your thing? Funnel cakes, corn dogs, and so much more can be found around every corner. Admission for seniors 60+ is \$12. Please be sure to bring your \$12 (cash) with you on the day of the trip. Bus will return at 3:30pm. **Sign-up begins September 4th for Somers residents.**

***Important note: Transportation for this 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 this trip as of the date indicated on a first-come, first-served basis. You must have a Dial-a-Ride registration form on file prior to utilizing the Dial-a-Ride bus. Non-Somers residents aged 60+ will be placed on a waitlist. One week (7 days) prior to the trip date, 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. This trip must have at least 10 passengers signed up by one week prior to the trip date. If the 10 passenger minimum is not met, the trip will be cancelled.**

RADIO CITY

CHRISTMAS SPECTACULAR

Friday November 16th

The Radio City Christmas Spectacular featuring the world-famous Rockettes is one of America's favorite holiday traditions! A new show will be introduced with a bounty of exciting segments and special effects, yet still retaining your favorite classical Christmas sights and songs. Upon arrival in NYC, we will enjoy lunch at the famous Italian restaurant **CARMINE'S**. Your meal will be served family style with platters of Rigatoni & Broccoli and Chicken Marsala. After lunch, we will depart for Radio City Music Hall where you will enjoy the 2018 Edition of the Radio City Christmas Spectacular! There is just nothing quite like New York City at Christmas time. This is a Holiday Getaway that can't be missed! **Total cost is \$204 per person due upon sign-up and includes motor coach transportation, theater ticket, lunch, taxes and gratuity. Sign-up begins August 1st. Deadline to sign up is October 1st.**



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 has begun 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. *Please call or visit the Somers Senior Center to obtain a full itinerary and more information on this adventure! Hurry! Time is running out to sign-up for this amazing adventure!*



Town of Somers Dial-a-Ride

Senior/disabled transportation service ("Dial-a-Ride") is available to all Somers residents age 60+. Somers residents between the ages of 18-59 are also eligible for service if receiving Social Security Disability. Service is "curb to curb", meaning that we are not permitted to enter private driveways and passengers must be able to reach the bus without the assistance of our driver. Drivers are not permitted to physically assist passengers or enter passenger's homes or apartments.

If a passenger requires assistance boarding or disembarking from the bus, the passenger must have an aide/friend/family member, etc. accompany them. Aides *are permitted* to travel with passengers. Our hours of operation are 8am-4pm Monday through Friday. Medical appointments must be scheduled between 8:30am and 2pm. We cannot provide transportation to medical appointments scheduled after 2pm. **Passengers must call one week in advance to schedule transportation.** Our service area includes the Town of Somers, the Town of Enfield, and Johnson Memorial Medical Center in Stafford Springs. Medical appointments always take priority. In addition to medical appointments, transportation is provided to the Somers Senior Center, Adult Day Centers, employment, Somers Public Library, voting, grocery shopping, personal appointments/errands, and other activities. There is no fee required for this service, but donations are encouraged and appreciated. Please call the Somers Senior Center at 860-763-4379 to register and to obtain our full transportation brochure which contains additional information about traveling with us. Registration is required prior to utilizing the transportation service.



Champ's Place Presentation

Tuesday, September 11th~ 12:00pm

During the Parkway Pavilion Luncheon on Tuesday, September 11th, staff and volunteers from one of our local food pantries, Champ's Place, will be on site to provide information on how the food pantry works, who is eligible, how you can help, and more! This is valuable information for everyone!

If you are age 60 or older and your gross annual income falls below \$22,459 for an individual or \$30,451 for a couple, you may be eligible to receive \$18 in free vouchers to use at any authorized Farmers' Market statewide! Vouchers can be used for fruits, vegetables, fresh cut herbs, and honey. You must be on a means tested program such as Energy Assistance, SNAP, or MSP. Please call Christina Cenac at 860-265-7551 for more information.



Operation Fuel, Inc.

You can apply for Operation Fuel for your electric bill if you have a shut-off notice or are 30 days or more past due. Maximum gross annual income is \$42,958 for an individual and \$56,175 for a couple. Please call Christina Cenac at 860-265-7551 for more information.

The Social Services Department is now accepting monetary donations for our Back-to-School Program. If you would like to make a monetary donation, cash or checks made payable to the Town of Somers Back-to-School Program are greatly appreciated. If you know of a family in need, please send them our way! School is back in session August 29th and every child deserves a good start to their school year! Contact Christina at 860-265-7551 or Ccenac@somersct.gov for more information.



energy assistance

It's time to start preparing for Energy Assistance! The Town of Somers Social Services Department is an intake site for the Connecticut Energy Assistance Program and will begin taking applications on September 4, 2018. Please contact Christina Cenac at 860-265-7551 for more information about how to apply and documentation you will need. **Applications are accepted by appointment only.**

NEW MEDICARE CARDS ARE NOW BEING MAILED!

Do you have Medicare or care for someone with Medicare? Medicare is mailing new cards with new Medicare numbers to all people with Medicare. Instead of your Social Security Number, the new card will have a new unique identification number.

- Your new card will automatically come to you. **You don't need to do anything as long as your address is up to date.** If you need to update your address, contact Social Security at 1-800-772-1213.
- Once you get your new Medicare card, **destroy your old Medicare card and start using the new one right away.**
- Mailing all of the cards will take time, so you might get your card at a different time than your spouse, friend, or neighbor.
- Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.
- New cards remove signature, Social Security numbers and gender.
- Only the Medicare card and number are changing. Your Medicare benefits and Social Security number will remain the same. There is no impact on supplemental plans, Medicare Advantage Plans, or Medicare prescription drug plans.
- WATCH OUT FOR SCAMS!** No one from Medicare will ever call or contact you uninvited to ask for your personal/private information to get your new Medicare number and card. Scam artists may try to get your personal information (such as your current Medicare number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call at 1-800-MEDICARE (1-800-633-4227)



Emergency preparedness starts with you

be prepared



make a plan



build a kit



stay informed

Did you know that, in the event of an emergency, you can tune to **89.7FM** for up to date information from Somers Emergency Management? If internet is still available, information can also be found at www.somersct.gov or the Town of Somers facebook page. Do you require electricity for health purposes such as oxygen or diabetic supplies? You may qualify for medical protection from Eversource. It is important to sign-up for medical protection if you are eligible so that, in the event of an emergency, Eversource is aware that restoration of your service is urgent.



AUGUST

*Saturday 8/4: Trip- Locks & Lunch

*Mobile Foodshare (behind Somers Congregational Church):
August 8th & 22nd

		1. WEDNESDAY	2. THURSDAY	3. FRIDAY
		1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30am Parkway Pavilion Breakfast 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
6. MONDAY	7. TUESDAY	8. WEDNESDAY	9. THURSDAY	10. 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 1:00pm SCamper Series: Ice Breakers	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 Friday Matinee: Book Club
13. MONDAY	14. TUESDAY	15. WEDNESDAY	16. THURSDAY	17. FRIDAY
10:00-11:00 Chair Aerobics 1:00 pm Presentation: Parkinson's Disease	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	12:30-3:30 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.) 8:30am Healthy Breakfast 10:30 Trip: Bobby Rydell 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: Challenges of Aging
20. MONDAY	21. TUESDAY	22. WEDNESDAY	23. THURSDAY	24. FRIDAY
10:00-11:00 Chair Aerobics	12:00pm National Senior Citizen's Day Celebration *Please note all regularly scheduled activities are canceled today*	11:30-12:30 BP/BS 12:30-3:30 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 National Peach Pie Day
27. MONDAY	28. TUESDAY	29. WEDNESDAY	30. THURSDAY	31. FRIDAY
10:00-11:00 Chair Aerobics 7:30am Overnight Trip: Jesus	9:00-11:00 Knitting Group 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	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



SEPTEMBER



***Mobile Foodshare (behind Somers Congregational Church): September 5th & 19th**

3. MONDAY	4. TUESDAY	5. WEDNESDAY	6. THURSDAY	7. FRIDAY
CLOSED	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30am Healthy Breakfast 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: Skin Care
10. MONDAY	11. TUESDAY	12. WEDNESDAY	13. THURSDAY	14. FRIDAY
10:00-11:00 Chair Aerobics 12:00pm Home Helpers Luncheon 1:15pm Senior Support Group	9:00-11:00 Knitting Group 12:00pm Parkway Pavilion Luncheon & Champ's Place Presentation 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors	11:30-12:30 Balance Testing 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 12:30pm Art Demonstration
17. MONDAY	18. TUESDAY	19. WEDNESDAY	20. THURSDAY	21. FRIDAY
10:00-11:00 Chair Aerobics 1:00 pm Coffee Talk	9:30am Trip: Big E 9:00-11:00 Knitting Group 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	8:30am Healthy Breakfast 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 1:00 Friday Matinee: How to Make an American Quilt
24. MONDAY	25. TUESDAY	26. WEDNESDAY	27. THURSDAY	28. FRIDAY
12:00pm National Senior Center Month Celebration *Please note all regularly scheduled activities are canceled today*	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	8:30 Trip: Turkey Train 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