



Somers Senior Center

MARCH 2017 NEWSLETTER

A monthly publication of the Town of Somers Human Services Department



Somers Senior Center

Monday thru Friday 8:00am-4:00pm
19 Battle St. ~P.O. Box 308
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Somers Senior Center Staff

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Pam McCormick.....Senior Center Assistant
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Melinda Burnham.....Dial-a-Ride Driver
Richard Day.....Dial-a-Ride Driver
Donna LaVallee.....Dial-a-Ride Driver
John Morrison.....Dial-a-Ride Driver

SPECIAL EVENTS IN MARCH 2017

- 3/2 Blair Manor Breakfast
- 3/3 Diabetes Support Group
- 3/10 Friday Matinee: *Sully*
- 3/13 St. Patrick's Day Celebration
- 3/14 Advisory Committee for Seniors
- 3/17 Trip: *Mohegan Sun*
- 3/20 Trip: Buckland Hills Mall
- 3/23 Trip: Jersey Boys
- 3/24 SCIT Dinner: "Generation Gap"
- 3/27 Lunch & Learn: *Nutmeg Senior Rides*
- 3/28 Trip: *Harvest Bakery*

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

The Town of Somers Senior Center and activities offered at the Senior Center are open to all individuals ages 55+. There is no membership required. All seniors are welcome! It is our goal to create a warm and welcoming environment where seniors feel at home and 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. If you are in need of information on how to obtain these types of services, please contact us at 860-763-4379. We will be happy to provide you with the resources you need.

A NOTE FROM OUR FIRST SELECTMAN

Dear Friends,

Happy Spring!! I'm writing this as I look out the window during the February snowstorm and I can't help but laugh. Oh yeah, "Happy Spring"... right before I go out to start shoveling through 16 inches of snow! Do you remember the movie Grumpy Old Men, the scene where Walter Matthau sings "We're having a heat wave..."? That always puts me in a better mood when it snows. Try it, it works! So, it is with much enthusiasm that I wish you all a Happy Spring First Day of Spring on March 20th.

It's Spring, a time of rebirth and renewal. If you haven't noticed my letters have a kind of theme to them...be positive and kind...let go of the ugly...surround yourself with joy and optimism, etc. So I'm curious, what is your reaction to them? Hopefully, it's made you think about things and how you can improve your outlook, maybe it's helped you to go easy on yourself or the people around you or maybe you remembered a similar incident in your own life, something that you forgot but then fondly remembered. Or maybe it's had no effect and you are reading this thinking...blah, blah, blah get to the point! Well, I'm getting there.

I'm not sure if you heard, but I had the opportunity to go to the Presidential Inauguration on January 20th. It was a very last minute opportunity. I flew into DC, hopped on the Metro and stood outside all day long to watch the swearing in ceremony and the parade. Now, I really don't care who you voted for and I don't want to get into a debate of how big the crowd size was and how many protestors there were. Stop by the office if you would like to hear some stories though! What I do want to share with you is what an amazing day to be there to witness the peaceful transition of power. It was a tremendous opportunity, something that I will most likely never do again. To see the Joint Chiefs of Staff march so proudly right in front of you followed by the military bands and then the President surrounded by the Secret Service. All I can say is "Wow!" It is great to be an American. And I wasn't the only one that felt like that. There was a lot of waiting in line to get through security checkpoints and then waiting for things to begin. That means that there was a lot of chatting with everyone around you. And there was a lot of patriotism on display. We do have the greatest nation in the world and being able to witness something that many on this earth can't even comprehend reinforces the fact that we have a great responsibility to support the success of our nation, our state and our community. Notice those three little words "support the success". You can do that by being proactive and by working together for solutions. To do anything else is nothing but a copout. Negative behavior and anger only serve to create chaos and division. And where do you think that is going to get you? Absolutely nowhere!

So, since it's time for Spring Cleaning lets practice...Throw out the ugly, get rid of the things that are tying you down and practice kindness and good will and patience and charity. Be good to others, as you will see it is much better for the soul to love than to hate.

Selectmen Kathy Devlin and Bud Knorr and I wish you all a Happy Saint Patrick's Day!

XO

Lisa Pellegrini
First Selectman

St. Patrick's Day Celebration

Monday March 13th @1pm

Join us for a Sham-rockin' good time as we welcome Celtic duo "Ringrose & Freeman", who will entertain us with traditional Irish and Celtic music, with a touch of contemporary folk. Featured on Connecticut Public Television, this group incorporates stories, humor, and even some poetry into all of their shows. Snacks, sweets, and beverages will be served (think green!).

This is a FREE event but, as always, sign up is required!



LUNCH & LEARN



Nutmeg Senior Rides

Monday March 27th @ 12pm

Nutmeg Senior Rides is coming to the Somers Senior Center! Available 365 days a year to seniors age 50+ and to vision impaired adults ages 18+, Nutmeg Senior Rides is a transportation program with an annual membership and mileage-based fees. Come enjoy a complimentary lunch and learn about this valuable transportation option.



GENERATION GAP GAMES

Friday March 24th 4pm-6pm

Are you willing to bridge the Generation Gap and work with some "whippersnappers" while playing some fun games? Come and enjoy an evening of games with the youngins' and dine on some mixed generation goodies. Dinner will blend generational favorites; meatloaf sliders, coleslaw, macaroni salad, sweet potato fries, classic jello mold, and cupcakes for dessert. This is an annual event sponsored by the Mabelle B. Avery Student Community Involvement Team (SCIT). Come and learn more about SCIT and the amazing things they do in your community!

Tickets are \$5 and available at the Senior Center now!



Mark your calendars for **Monday April 3 @ 1pm** when staff from the Public Utilities Regulatory Authority (PURA) will be at the Somers Senior Center to provide you with extremely valuable information on how to save money on your electric bill. PURA does not work for Eversource, UI, or suppliers. They work for you, Connecticut's ratepayers. Did you know that customers of Eversource and United Illuminating can choose their electric supplier? Staff from PURA can explain this process, help you to understand the information on your electric bill, how you may reduce your monthly electric bill by switching suppliers and whether choosing a supplier is right for you. PURA's presentation will cover:

- Where to find information about choosing an electric supplier;
- New information provided on the first page of your electric bill;
- The opportunity to lower your bill;
- How to block supplier switching;
- Being cautious in this market, and more.

Those who attend are encouraged to bring a copy of their most recent electric bill and speak individually with PURA representatives following the presentation.

Do not miss this opportunity to gain a better understanding of your electric bill and to learn how you may be able to save on your monthly utility expenses.



TECHNOLOGY ASSISTANCE

Appointments are now available on Mondays, Thursdays, and Fridays at 3pm to meet individually with student volunteers that can assist you with operating your smart phone (iPhones or Androids) and/or iPad (or other tablet). Please call the Senior Center staff at 860-763-4379 or visit the Senior Center to schedule your appointment. These volunteers will work with you one on one to help you to operate your devices with increased independence!



FRIDAY MATINEE : Sully

Friday March 10th @1pm

This 2016 film by Clint Eastwood is based on the autobiography, *Highest Duty*, written by Chesley Sullenberger and Jeffrey Zaslow. The film follows the 2009 emergency landing of US Airways Flight 1549 on the Hudson River in which all 155 passengers and crew survived with only minor injuries, and the subsequent publicity and investigation. Tom Hanks plays the role of Captain Sullenberger. *Popcorn will be served!*
Rated: PG-13 Running Time: 96 min.



Diabetes Support Group

Friday March 3rd @2pm

Blair Manor is facilitating a monthly diabetes support group. The group meets the first Friday of the month from 2-3pm to discuss the challenges of diet, exercise and health. *We would like to extend our appreciation to Blair Manor for facilitating this support group, as well as for providing the seniors of Somers with complimentary breakfast and lunch every month.*

The winter months have been long so if you're looking for some ideas to perk you up during these last long winter days these ideas could help.



- * Hang out with positive people. Individuals who associate with positive, happy people are more likely to be positive and happy themselves.
- * Dress for your mood. Most of us get lazy about our appearance in winter – you know – wearing the baggy sweat suit or the same old sweater. A study found that what you wear strongly affects your mood. So dress up a little.
- * Perform random acts of kindness. It doesn't have to be something big. Compliment a stranger; let someone with just a few items cut in front of you in line at the store; call a lonely person to chat.
- * Make a book and movie list. Winter is a great time to catch up on books and movies you've been meaning to read and watch. Include some comedy. "Laughter is the best medicine."
- * Try something new. Trying something new essentially rewires our brain. Try a new card game; cook something different; learn more about your smart phone or iPad.
- * Volunteer. Sometimes thinking about others makes us feel better about ourselves. Ask if you can help at the Senior Center or at church or Meals on Wheels.
- * Start a project. Clean out drawers and closets; organize your photos; look through your bookshelves. Give extras away.
- * Go for a walk outside. See if you can find some signs of spring – the first crocus, a bluebird or robin.

Spring is just around the corner.

Info from www.everydayhealth.com

Article submitted by Ailene Henry

Property Tax Relief Program



- Are you a Somers' resident?
- Do you own your home or have life use of your home?
- Were you **or** your spouse 65 years old or older in 2015, or are you receiving permanent total disability benefits?
- Is your 2016 adjusted gross income plus any other income not included in your adjusted gross income \$42,900 or less?

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 2016 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 860.763.8206 to schedule a visit or to answer any questions you may have concerning this program.*



As a reminder, due to a lack of volunteers, AARP will be unable to offer an income tax preparation site in the Town of Somers this tax season. If you are in need of AARP tax preparation services, you may attempt to obtain an appointment at a nearby site. We encourage you to do so early in the season to have the best chance of being accommodated. The following AARP tax preparation sites are closest in proximity to Somers:

Ellington Senior Center	860-870-3133
Enfield Senior Center	860-763-7425
Vernon Senior Center	860-870-3680
Tolland Senior Center	860-870-3730

We are hopeful that volunteers will come forward so that the program will be reinstated in Somers in the future. To learn more about volunteering with AARP, visit www.aarpfoundation.org/taxaide or call 1-888-OUR AARP (1-888-687-2277).

Life Line Screening will be offering their services at the Somers Senior Center on **April 10th**. Five screenings will be offered that scan



for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. You can register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event, please call 1-888-653-6441 or visit: www.lifelinescreening.com/communitycircle**



VOLUNTEERS NEEDED!

Medicare loses over 60 billion dollars each year due to fraud, errors, and abuse. The Senior Medicare Patrol (SMP) program is looking for volunteers to be trained to educate seniors how to PROTECT their personal identity, DETECT potential errors,

fraud, and abuse and how to REPORT it! The next SMP Foundation Training will be held on Thursday April 20th from 10 a.m. to 3:00 p.m. at North Central Area Agency on Aging (NCAAA), 151 New Park Ave., Hartford (near the West Hartford line). Participants for this training must complete a personal interview by April 6th in order to attend this training. Contact Carol Walsh, Senior Medicare Patrol Volunteer Coordinator, carol.walsh@ncaaact.org, or phone (860)724-6443 ext. 271. To learn more please visit www.smpresource.org and www.ncaaact.org

If you are interested in this opportunity but are not comfortable driving to Hartford, we will provide you with transportation. Please call us to discuss transportation arrangements no later than April 6th.

If you have oil or propane heat, *the deadline to apply for the CT Energy Assistance Program is March 15th.* Please contact Christina Cenac at 860-265-7551 for more information. **Applications are accepted by appointment only.**



VOLUNTEER CHOICES COUNSELOR TRAINING

What is CHOICES? CHOICES, Connecticut's State Health Insurance Assistance Program (SHIP) is part of a national network of programs that offer free confidential counseling, education and assistance to Medicare beneficiaries and their caregivers. CHOICES is a partnership between the CT State Department on Aging, the five Area Agencies on Aging, and The Center for Medicare Advocacy.



Who should take the CHOICES New Counselor Training? Individuals who would like to make a positive difference in the lives of Medicare beneficiaries. Interested applicants should have good listening skills, as well as, computer and internet skills.

What do I need to do? Every year, each of the five Area Agencies on Aging offers one CHOICES New Counselor Training in their area. A volunteer application must be completed prior to participating in the training. To obtain an application, you may contact your local Area Agency on Aging, download one from their website or call CHOICES. Participants must attend a mandatory orientation, as well as, all five training sessions. Additionally, you must pass the CHOICES certification exam and sign the CHOICES Memorandum of Understanding. You may also be subject to a background check.

How much does the CHOICES Training Cost? The training is FREE for volunteers! Insurance agents, brokers and financial planners are not eligible to take the training.



American Eagle Financial Credit Union
20 Western Blvd, Glastonbury

Contact: Cynthia Del Favero, NCAAA 860-724-6443 ext .251

Orientation Date: April 27th @ 9am

Training Dates: May 4, 11, 18, 25, and June 1 9am – 3:30pm

The Operation Fuel Program is currently open. You can apply for Operation Fuel for *all energy sources.* Maximum gross annual income is \$33,881 for an individual and \$44,305 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.**



Are you in need of a cane, walker, wheelchair, commode, or shower seat? The Senior Center has a large supply of gently used medical equipment available for you to utilize for as long as you should need it free of charge! If you are in need of a specific item, please contact us to inquire on availability.



FREE HAIRCUTS! NEW ENGLAND New England GoldCare Adult Day Care Center, located at 179 Main Street in Somers, is offering free haircuts to seniors in Somers! Haircuts will be provided on the **first Friday of each month from 10am-1pm** and provided by a licensed cosmetologist. **Call 860-878-9828** to schedule an appointment! Thank you to New England GoldCare for offering this valuable service to the seniors of Somers!



Cribbage anyone??

If you or someone you know may be interested in playing cribbage at the Somers Senior Center, please call us at 860-763-4379.





Trips & Travel



At the Somers Senior Center, two types of trips are offered: trips that are offered directly through the Senior Center and trips that are offered through tour companies. For trips offered directly through the Senior Center, we utilize our own Town of Somers buses. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. Due to the limited seating, these trips are open to Somers Seniors only. These trips are typically to destinations within an hour to 90 minutes from the Senior Center. Due to the high likelihood of inclement weather, we do not run trips on our Town of Somers buses in January or February. All trips on our Town of Somers buses must have at least 10 passengers signed up by one week prior to the scheduled date of the trip. If the 10 passenger minimum is not met, the trip will be canceled. Trips that are offered through tour companies utilize motor coaches (or cruise ships!), offer a wider variety of destinations, and can travel much further distances. You can sign up for these trips as soon as they are posted and you should sign up right away if interested. Some trips are shared with other senior centers and we are allotted a certain number of seats. These trips are open to both Somers residents and non-residents.

*******PAYMENT IS DUE UPON SIGN-UP FOR ALL TRIPS*******

Payments for all trips are non-refundable unless you find a substitute or have purchased insurance. Payments will be reimbursed only if the trip itself is cancelled. Checks should always be made payable to the Town of Somers, unless otherwise noted. The Somers Senior Center now also accepts MasterCard, Visa, and Discover!



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday March 17th– 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. **\$25 per person non-**

refundable payment due upon sign up. Open to all! This is a very popular trip and seats fill fast!



BUCKLAND HILLS MALL

Monday March 20th~10am departure

Did you receive some gift cards for the holidays? Let's go shopping! Leave the driving to us and enjoy free time to have lunch and shop till you drop! ***Sign-up begins March 1st. Open to Somers residents only, as seating is limited.***



HARVEST CAFÉ BAKERY

Tuesday March 28th~8:15am departure

Our last breakfast adventure was such a big hit, we've decided to do it again! This time, we are heading to the Harvest Café and Bakery in Simsbury. This winner of the 2016 Best of Hartford Magazine Reader's Poll offers omelets, breakfast sandwiches, "benedicts", frittatas, quiche, and much more. Bring your appetite! ***Sign up begins March 1st. Open to Somers residents only, as seating is limited.***

WEST POINT DRESS PARADE

Saturday April 29

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds. The cadets march in full uniform, in cadence with the military music, presenting arms in unison. You will enjoy a bountiful buffet lunch at the West Point Club featuring a wonderful assortment of salads, hot & cold entrees and delicious desserts. A guided tour of West Point will include Cadet Chapel, Trophy Point, and the Hudson River lookout. All passengers are required to bring valid identification. ***Total cost is \$99pp and includes motor coach transportation, buffet lunch, parade and tour. Deadline to sign up is March 29th. Sign up early before seats sell out! Open to all!***



MAMMA MIA! -WESTCHESTER BROADWAY

Wednesday May 24th

Westchester dinner theater located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch. After lunch, it's a matinee performance of "Mamma Mia!": Abba's greatest hits woven into 3 wonderful love stories. A young girl about to be married, her mother about to confront the past, and the best love story of all. A great, fun show with lots of energy! ***Total cost is \$101pp and includes motor coach transportation, lunch, and theater ticket. Deadline to sign up is April 24th. Open to all!***



Trips & Travel



BOSTON HARBOR LIGHTHOUSE BRUNCH CRUISE

June 11th

Relax and enjoy a scrumptious buffet brunch

as you savor the sights, treasured landmarks, and picturesque lighthouses of Boston's inner and outer harbor on this unique 2 1/2 hour cruise. Fully narrated by an area historian and storyteller, this cruise offers fantastic views of The Graves Light (tallest in Boston), Deer Island Light (first of its kind "pole light" in the US), Boston Light (North America's first lighthouse) and Long Island Light (solar powered). Spectacular photo opportunities! Once back on land, you will have the opportunity to visit Quincy Market, Boston's famous indoor-outdoor marketplace. **Total cost is \$104pp and includes motor coach transportation, brunch, and cruise. Deadline to sign up is May 11th. Open to all!**

NEWPORT PLAYHOUSE LOBSTERFEST

June 26th

This unique dinner

theater is a favorite for locals and visitors since 1983. Enjoy a great buffet featuring boiled lobster (1 per person), shrimp cocktail, clam chowder, a wide variety of salads, hot & cold entrees, desserts, and beverages. All food is prepared on the premises and enjoyed in the main dining room. After dining, you will take your reserved seats in the theater to see "Lunch With Mrs. Baskin"; the story of a sweet, retired widow who has no intention of buying anything, yet continuously sets up appointments with sales people just to have lunch and conversation with them. After the play, return to the dining room for the Cabaret Show! **Total cost is \$96pp and includes motor coach transportation, buffet lunch, and theater tickets. Deadline to sign up is May 26th. Open to all!**



ICE CREAM TRAIN

July 12th

All aboard with Conductor Kalbfus as we enjoy a nostalgic train ride along Aquidneck Island with

views of Narragansett Bay. Ride and dine in the grand tradition of the "Streamliner" era on the Grand Bellevue, for a fun lunch train experience. After lunch, savor a delicious treat on board—the country's only 1950's moving ice cream parlor! Build your own ice cream sundae—3 flavor options with assorted toppings! You will also have time to explore Bowen and Bannister Wharf in scenic, downtown Newport! **Total cost is \$79pp and includes motor coach transportation, train excursion, lunch and dessert. Deadline to sign up is June 12th. Seats are filling fast! Open to all!**

STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN

October 8-16

A truly unique experience not to be missed! Reviews for the American Queen have been off the charts. This excursion from Memphis to Nashville includes a sightseeing tour including Graceland, roundtrip flights, all meals included during cruise featuring the acclaimed cuisine of chef Regina Charboneau, professional showboat style entertainment, dancing nightly in the Grand Saloon, and lectures by the Riverlorian (the onboard historian). So many extras! Sign up EARLY!

From \$2899 pp twin inside cabin including air!



ALASKA

THE BEST OF ALASKA; LAND & CRUISE

June 26-July 9

**Please note that this is a change from the dates originally offered for this excursion. The original dates (June 12-June 25) are filled and no longer available. This excursion is VERY POPULAR and fills extremely fast. If you are interested, you are encouraged to sign up immediately, as availability for these dates is very limited.*

6 Night Land Tour & 7 Night Cruise

*Fairbanks *Denali *Anchorage *Seward *McKinley Explorer Domed Train between Denali & Anchorage *7 night Cruise aboard Holland America's Zaandam with Glacier Bay! *Flights and Motor coach to airport included

From \$4149 pp twin inside cabin including air!

MARCH



~Mobile Foodshare (behind Somers Congregational Church) on March 8 & 22
 ~ Free supper @ Somers Congregational Church on March 15th

*Denotes a Somers Senior Citizen's Club event

		1. WEDNESDAY	2. THURSDAY	3. FRIDAY
		12-1pm *Lunch: Lasagna, peas, salad, rolls, Birthday Cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:30am Blair Manor 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 2:00 Diabetes Support Group
6. MONDAY	7. TUESDAY	8. WEDNESDAY	9. THURSDAY	10. FRIDAY
10:00-11:00 Chair Aerobics	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Yankee Pot Roast w/gravy, mashed potatoes, green beans, salad, rolls and assorted cookies 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling	8:00-3:30 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: "Sully"
13. MONDAY	14. TUESDAY	15. WEDNESDAY	16. THURSDAY	17. FRIDAY
10:00-11:00 Chair Aerobics 1:00-2:00 St. Patrick's Day Celebration	8:30am *Coffee & Donuts 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 (Town Hall)	12-1pm *Lunch: Corned Beef Cabbage, boiled potatoes, carrots, salad, rolls and St. Patrick's Day Cupcakes 12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:00-3:30 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	8:30am Trip: Mohegan Sun 9:00-12:00 Art Group 9:15-9:45 Qigong
20. MONDAY	21. TUESDAY	22. WEDNESDAY	23. THURSDAY	24. FRIDAY
10:00-11:00 Chair Aerobics 10:00 Trip: Buckland Mall	8:30am *Coffee & Donuts 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 12-1pm *Lunch: Pizza, salad and Ice Cream sandwiches 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling	10:00-11:00 Chair Aerobics 11:00 Trip: Jersey Boys 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong 4:00-6:00pm S.C.I.T Dinner: Generation Gap Games
27. MONDAY	28. TUESDAY	29. WEDNESDAY	30. THURSDAY	31. FRIDAY
10:00-11:00 Chair Aerobics 12:00 Lunch & Learn: Nutmeg Senior Rides	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 10:00 Trip: Harvest Café 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Baked Ham, scalloped potatoes, corn, salad, rolls and brownies 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 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

Somers Senior Center
19 Battle Street
PO Box 308
Somers, CT 06071

PRSTD STD
US POSTAGE
PAID
HARTFORD, CT
PERMIT #158



TOWN OF SOMERS DIAL-A-RIDE

Senior/disabled transportation service is available to Somers residents age 60+ or to individuals age 18+ on Social Security Disability. Our hours of operation are 8am-4pm Monday through Friday. Our service area includes the Town of Somers, the Town of Enfield, and transportation to 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, Somers Public Library, voting,

shopping/errands, hair and nail appointments, and other activities.

Registering for transportation is easy! Simply call us at 860-763-4379 to request a registration form. We will be happy to mail the form to you. We will also send you a complete transportation brochure. Once you have completed the registration form, you may return it to us by mail or hand it to the driver on your first trip. However, you must have your form completed before you will be able to utilize our service. Passengers under 60 years of age who are eligible for transportation based upon disability are required to provide proof of disability with their registration form. There is no required fee for this service, but donations are encouraged and help to offset our costs. Donations can be made at the Senior Center via cash or check made payable to "Town of Somers Dial-a-Ride".

You must call 860-763-4379 to schedule your ride one week in advance in order to guarantee accommodations.

When you call to schedule your transportation, please ensure you have the following information available:

- Full name of passenger
- Passenger's address and telephone number
- Date and time of appointment
- Destination information: address, telephone number, physician's name (if applicable)
- Passenger's approximate return time

The safety of our passengers as well as our drivers is of utmost importance to us. Therefore, our transportation service follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, our services will be delayed/canceled as well. Please tune into WFSB Channel 3 or NBC30 and look for "Somers Senior Center" for up to date information on delays/closings.