



# Somers Senior Center OCTOBER 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  
Somers, CT 06071  
Phone 860-763-4379  
Fax: 860-763-8229  
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  
Donna LaVallee.....Dial-a-Ride Driver  
John Morrison.....Dial-a-Ride Driver

## SPECIAL EVENTS IN OCTOBER 2017

10/2 Home Helpers Luncheon  
10/2 Home Helpers Senior Support Group  
10/4 Medical Equipment Check  
10/5 Blair Manor Breakfast  
10/6 Flu Clinic  
10/6 Friday Matinee: *Practical Magic*  
10/10 Advisory Committee for Seniors  
10/12 Trip: *Brookfield Orchards*  
10/13 Presentation: *Witches in CT*  
10/16 Oktoberfest Celebration  
10/18 Trip: *Jack-O-Lantern Spectacular*  
10/20 Presentation: *Prescription Safety*  
10/23 Creative Workshop: *"Ghost & Goblin"*  
10/27 AARP Driver Safety Course  
10/30 Halloween Party  
10/31 Trip: *American Clock & Watch Museum*

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

**Please see the monthly calendar on page 7 for all regularly scheduled activities and events.**

## A NOTE FROM OUR FIRST SELECTMAN

Dear Ladies and Gentlemen,

Here it is October already and I like you are wondering what happened to the short summer that now seems so long ago. But now I'm ready for Halloween candy, carving pumpkins, beautiful Fall colors, pumpkin bread/donuts, hot chocolate (or a hot toddy if you prefer!), sweaters, a little cuddling and so much more.

As the French philosopher Albert Camus said about the Fall; "Autumn is a second Spring where every leaf is a flower." Let's all enjoy this wonderful change of seasons and remember that the changing leaves of Autumn will become the hopeful flowers of Spring when all life is renewed.

### BULLETS FROM BUD

1. This is election season with two (2) more important elections coming up: October 24th for the Special and November 7th for the General election. Whatever your preference for your candidate of choice, I urge all of my fellow seniors to exercise your mandate and vote. There are important issues facing Somers that will impact all of us as citizens so please do vote and let your voice be heard. The Dial-a-Ride Service does provide transportation if anyone needs assistance getting to vote and, if you do need this service, please be sure to book in advance.

2. The Somersville Remediation work is progressing rapidly and on schedule for completion over the next few months. Once all of the debris (i.e. bricks, steel, lumber, etc.) are removed we will have a nice clean area. We will then invite/solicit developers to present their vision of what they see for the site. Their recommendations/visions will then be vetted with the public and the Zoning Commission to determine the way forward. This will be an exciting time for all of us after the five (5) years of dealing with the burnt out Mill. This is a wonderful and bucolic site with the scenic Mill Pond that should be a destination site for all. I can personally envision a mixed use development with some apartments, restaurant, retail shops, etc.

3. I had the opportunity to tour/visit our Library with Jessica Miller our Library Director to learn more about the many benefits and options they offer for all Somers residents. What caught my attention was their Homebound Delivery Service where any resident that is unable (either on a semi-permanent or permanent basis) due to illness, age, or disability can take advantage of this service and have weekly delivery. If you are interested in taking advantage of this wonderful service please call Francie at 860-763-3501 to arrange a visit.

4. The Board of Selectmen are working diligently with all departments in Town including the Board of Education to navigate the impact of the State's budget cuts that are affecting all towns. We are committed to maintaining essential services

with emphasis on public safety (Fire, Police Ambulance, etc.) but the fait accompli dictated by the State will prove challenging for us. Fortunately, Somers is in a better position than most towns and we feel we can weather the storm. I will keep everyone up-to-date on the status of this critical issue.

5. October is National Talk About Prescriptions Month and it is important that all of us who are on some form of medications be cognizant of the meds we are taking, the possible side effects and their interaction with other prescribed medicines we are taking. Please educate yourself about this important issue, don't be afraid to ask questions of your doctor and pharmacist and be CAREFUL.

6. A few of my favorite sayings....

"Look for something positive in each day even if some days you have to look a little harder."

"People can be mean. Don't take it personally. It says nothing about you but a lot about them."

"Never stop doing your best just because someone doesn't give you credit".

I personally am a very positive person and I always say that, despite the rain, there is sunshine between the raindrops. (One just has to be skinny enough to get between the raindrops!) Be Well.

Warmly,  
Bud

**Important Information**

The Town of Somers Senior Center and activities offered through the Senior Center are open to all individuals ages 55+. Membership 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.

Join us on **Monday October 16th from 12pm-2pm** for our first ever Oktoberfest celebration! Oktoberfest is an annual celebration of German culture that takes place in Munich, Bavaria. The 16-day festival features music, games, amusement rides, beer tents, and a traditional Bavarian fair such as smoked sausages, roasted meats, sauerkraut, cabbage, and pretzels. We are going to do our best to recreate Oktoberfest for you right here in Somers, CT! The menu will include soft pretzels, Bratwurst, sauerkraut, red cabbage, potato salad, spatzle (homemade German noodle), and apple strudel! While you are feasting, you will enjoy the sounds of traditional Oktoberfest as performed by the Happy Five Oompah Band! Note: Did you know that the original Oktoberfest was non-alcoholic? That's right! The largest beer drinking festival in the world once did not include beer at all. In the festival's early days, beer was only served outside the fair grounds. Our celebration will be non-alcoholic....just like the original. **Tickets are available to Somers residents at a cost of \$5 per person beginning October 2nd. Tickets for non-residents are available for purchase on October 10th ONLY at a cost of \$10 per person. Last day to purchase tickets is October 10th. However, you are encouraged to get your tickets early before they run out!**



**ANNUAL HALLOWEEN SPOOK-TACULAR!**

**Monday October 30th @ 12pm**

Think Halloween is just for kids? Think again! Our Halloween Spook-tacular will have you doing the Monster Mash in no time! Games, prizes, fun-filled activities, a costume contest, a delicious catered lunch are sure to get you in the Halloween spirit. Menu will include macaroni and cheese, chicken tenders, and homemade country biscuits from the Country Diner in Enfield.

Cupcakes and cake pops are on tap for dessert! Costumes are optional but encouraged, as prizes will be awarded for the best dressed! **Tickets are available for purchase to Somers residents at a cost of \$5 per person beginning October 2nd. Tickets for non-residents are available for purchase as of October 10th at a cost of \$10 per person. Last day to purchase tickets is October 20th. However, you are encouraged to get your tickets early before they run out!**

**SURPRISES ARE IN STORE FOR ALL WHO DARE TO ENTER THIS HALLOWEEN SPOOK-TACULAR AT THE SOMERS SENIOR CENTER!**



**Hallowæen Gourd Project: "Ghost and Goblin"**

**MONDAY OCTOBER 23rd @1pm**

Join us for this Halloween gourd craft class lead by Somers gourd artist Mary Harrington. Mary brings her unique talent to us with a creative Halloween Gourd project. All supplies are included. The base coat of paint will be applied prior to class.

Mary has been growing and crafting gourds for over 15 years and has been a participant in local craft fairs and shows. The hard shell gourds she grows resemble wood after they are dried and cleaned and last forever. Please stop by the Somers Senior Center to see a sample of the project you can create! **Cost of class is \$15 due upon sign-up. Sign up has begun!**







## FRIDAY MATINEE: Practical Magic

**FRIDAY OCTOBER 6th @1pm**  
Sandra Bullock and Nicole Kidman star in this 1998 romantic comedy that is sure to get you into the

Halloween spirit! Bullock and Kidman play sisters Sally and Gillian Owens, who have always known they were different from each other. Raised by their aunts after their parents' death, the sisters grew up in a household that was anything but typical—their aunts fed them chocolate cake for breakfast and taught them the uses of practical magic. But the invocation of the Owens' sorcery also carries a price—some call it a curse: the men they fall in love with are doomed to an untimely death. Now adult women with very different personalities, the quiet Sally and the fiery Gillian must use all of their powers to fight the family curse and a swarm of supernatural forces that threaten their family.

As always, popcorn will be served! **Sign up begins October 2nd for Somers residents and October 3rd for non-residents.**

*Rated: PG-13 Running Time: 115 minutes*

## WITCHES IN CONNECTICUT:

### *A Presentation by the Connecticut Historical Society*

The harrowing story about the hanging of witches in Colonial New England continues to haunt our present-day imagination. The trials and executions of witches in Connecticut predated the more famous Salem witch panic by over 40 years. Hear the stories of some of the women and men accused, tried, and executed as witches and learn how Connecticut successfully



controlled the spread of witch accusations long before Salem erupted in panic and violence. Join us on **Friday, October 13th at 1pm** for this fascinating traveling presentation by the Connecticut Historical Society. **Sign-up begins October 2nd for Somers residents and October 10th for non-residents.**



## OCTOBER KITCHEN LUNCHEON Friday November 3rd @12pm

Created in the year 2000 by Chef Paul Finney, October Kitchen has become a thriving delivery chef service providing delicious, healthy, and affordable meals. October Kitchen is eager to offer Somers residents information about their meal service as well as a complimentary luncheon so that residents have the opportunity to sample their food for themselves! A brief program entitled “The Five Sins That Lead to Assisted Living” will also be presented. **There is no charge for this luncheon. However, you must obtain a ticket and present this ticket for entry. Tickets are available to Somers residents as of October 2nd and will be available to non-residents as of October 10th.**

## let's do lunch

Home Helpers provides a **free 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. October's luncheon will be held on **Monday, October 2nd at 12pm**. The menu will include assorted sandwiches with chips and cookies for dessert!

The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering this complimentary monthly luncheon 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.

The Somers Senior Center would also like to extend our appreciation to Blair Manor, who provides either a complimentary lunch or breakfast each month as well. This month, it's breakfast! Join us on October 5th!

**For Somers residents, sign-ups for Home Helpers luncheons and Blair Manor 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.**

The support group facilitated by Home Helpers is changing to better suit your needs!



Formerly known as the Alzheimer's/Dementia Caregiver Support Group, this group will now be called “Senior Support”. The group will be open to all seniors and topics will include anything and everything relative to aging and the issues seniors may encounter throughout the aging process. It will serve simply as a forum for seniors to gather and share common experiences and concerns. The group meets immediately following the monthly Home Helpers Luncheon. A special thank you to Kathleen Mack of Home Helpers for facilitating this monthly support group and for tailoring the group to best suit the needs of the Somers seniors!



The Somers Senior Center is partnering with Visiting Nurse & Health Services of Connecticut to provide a **FLU CLINIC** on **Friday October 6th from 10am-12pm**. Medicare Part B, Aetna, ConnectiCare, WellCare or \$35.00 cash accepted. United Healthcare, Anthem and Cigna cannot be accepted at this time. **Sign-up has begun and is now open to all.**

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, October 4th, from 11:30am-12:30pm** Home Helpers will be on site to inspect your medical equipment free of charge!



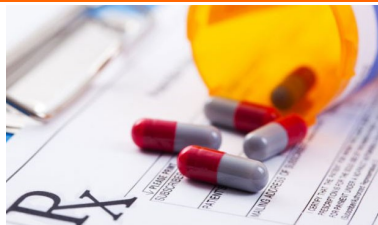
### HOSPICE PROGRAM LUNCHEON Monday November 13th @12pm

Heather Bale of Touchpoints at Chestnut and Fresh River Healthcare and Mary Ann Cirone RN of Home and Community

Health Services will be at the Somers Senior Center to present to a program on the sensitive but importance topic of hospice. Together with Heather and Mary Ann, we will share a meal, plant beautiful bulbs that will fill our homes with Holiday joy, and learn about hospice care that provides choice, comfort, education and support for those with life limiting illnesses and those who care for them. Please join us for this time of conversation and hope. The menu will include Vidalia Chicken with Roasted Vegetables, Thyme and Parmesan Rice, Fresh Baked Italian Bread, and Pumpkin Cookies for dessert. **Space is limited for this program. Sign-up for Somers residents will begin on October 16th and October 23rd for non-residents.**

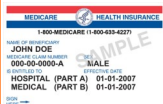
### October is National Talk About Prescriptions Month.

Please be sure to join us on **Friday, October 20th at 1pm** as Brian Reid, Big Y Pharmacist, discusses many important issues pertaining to prescription medications. Topics will include prescription interactions, generics vs. brand names, missing doses, and proper medication storage. We have received a generous donation of brand new prescription medication lock boxes and bags from East of the River Action for Substance Abuse Elimination (ERASE) and will be providing these free of charge to those who attend, while supplies last. This is an extremely important topic, given the increase in prescription drug abuse being seen today. Please be sure to attend. **Sign-up begins October 2nd for Somers residents and October 10th for non-residents.**



### Medicare Current Beneficiary Survey (MCBS)

The Medicare Current Beneficiary Survey (MCBS) is once again in process and you may be contacted regarding your Medicare experience. **This is not a scam.** For more information on the MCBS, contact Municipal Agent, Deanna Schuetz, at 860-265-7550 or Dschuetz@somersct.gov.



### Personal Emergency Response Systems (PERS)



Recently, someone I know fell in her back yard. She was unable to get up, didn't have a cell phone or PERS and couldn't be seen or heard from the road or neighboring houses. Fortunately, a neighbor happened to visit, helped her up and called a family member to come. She was OK but the situation could have been disastrous.

If you live alone it is so very helpful to have a PERS. There are 3 parts to a system – a transmitter which can be a neck pendant or a wrist bracelet, a connection to your phone and an emergency response center. If you need help you only need to press the transmitter button and the emergency responder will talk to you, ask what the problem is and contact either emergency services or a nearby relative or friend depending on the situation.

Prices vary so shop around but usually they are around \$30.00 a month. Units that have a fall detection option are available and there are also units that have a GPS mobile feature. These are more expensive but they may be worth the extra cost. These are some things you might look for:

- No long term contract
- No cancellation fee
- Look for a free trial period
- Free equipment, activation and shipping
- It must be waterproof. Many falls occur in the bathroom so you should be able to wear the unit in the shower.
- Battery back-up for when the power goes off. Ask how long the battery lasts.
- How far is the range (if you don't have a GPS type unit). They range from about 500 feet to over 1000 feet. It's important to test the distance in the actual condition of your home to determine the best place to install the base unit.
- The monitoring system should check the equipment automatically on a regular basis.

Be safe.

Article submitted by Ailene Henry

Info from [www.consumersadvocate.org](http://www.consumersadvocate.org) and [www.aarp.org](http://www.aarp.org)



You Have  
**CHOICES**



**What is CHOICES?** CHOICES stands for Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening. CHOICES helps Connecticut's older adults and persons with disabilities with Medicare understand their Medicare coverage and healthcare options. Certified counselors across the State provide objective, free person-centered assistance so Medicare recipients can make informed choices about their benefits. CHOICES also provides community outreach, application assistance, and information and referral services on a variety of topics including long term care services and support. CHOICES is managed by the State Department on Aging through a partnership with the Center for Medicare Advocacy and Connecticut's Area Agencies on Aging, with funding from the State of Connecticut and the Administration for Community Living.

**Who are the CHOICES counselors at the Somers Senior Center?** Human Services Director/Municipal Agent Deanna Schuetz and Human Services Assistant Christina Cenac are both certified CHOICES counselors and are available to provide counseling to Somers residents. Deanna received her certification in 2010 and Christina was certified in 2016. In the event that Deanna or Christina are unavailable to provide assistance, volunteers from surrounding communities or staff from the North Central Area Agency on Aging may be available to help!

**When is CHOICES counseling available?** CHOICES counseling is available all year long. However, most individuals need to wait until the fall open enrollment period (October 15th-December 7th) to make any changes to their current coverage.

**Where will I receive my CHOICES counseling?** CHOICES counseling takes place at the Somers Senior Center during our normal hours of operation (Monday-Friday 8am-4pm).

**Why should I receive CHOICES counseling?** Over time, your medications and health conditions may change, and your current coverage may no longer be your best option. Being on the wrong plan could be costing you money. CHOICES counseling helps to ensure you are aware of all the coverage options available to you and that you are on the plan that is the best fit for you.

**How do I schedule an appointment with a CHOICES counselor?** If you are interested in CHOICES counseling, please contact Deanna Schuetz at 860-265-7550 or [Dschuetz@somersct.gov](mailto:Dschuetz@somersct.gov). You can also contact Christina Cenac at 860-265-7551 or [Ccenac@somersct.gov](mailto:Ccenac@somersct.gov). You will be asked to complete a short form providing us with all the information we need to assist you and once you have provided us with the necessary information, we will schedule an appointment with you to review your options.

***\*Should you elect to receive Medicare counseling through an agent or broker, please be sure you are well informed about agent/broker behavior that is prohibited and behavior that is appropriate.\****

Insurance agents and brokers can be helpful and informative, particularly with regards to Medicare Advantage Plans. However, agents and brokers must adhere to strict guidelines when providing information/selling policies. Here are a few examples of appropriate versus prohibited behavior.

**The following information is from the Centers for Medicare & Medicaid Services:**

- An agent or broker *cannot* conduct marketing or sales activities at an educational event (this includes discussing plan benefits). This includes, but is not limited to, discussing plan-specific materials and premiums and/or benefits. An agent *may* schedule appointments with beneficiaries who live in long-term care facilities and other congregate housing only upon request by the beneficiary.
- An agent or broker *cannot* state they are from Medicare or use words or symbols, including "Medicare" in a misleading manner. For example, they cannot say they are approved, endorsed or authorized by Medicare, are calling on behalf of Medicare, or that Medicare asked them to call or see the beneficiary. An agent or broker *may* call a beneficiary who has expressly given advanced permission (e.g. submission of a business reply card or scope of appointment). The permission applies only to the plan or agent/broker the beneficiary requested contact from and specific to the product type(s) selected/requested.

Please contact the Somers Senior Center or contact a CHOICES counselor directly for a complete list of prohibited agent/broker behavior as mandated by the Centers for Medicare & Medicaid Services.

To report concerns or specific complaints about possible inappropriate marketing/sales practices, contact 1-800-MEDICARE



# Trips & Travel



## BROOKFIELD ORCHARDS & SPENCER COUNTRY INN

**Thursday October 12th~Bus departs at 10:00am**

Located in picturesque Massachusetts, the Brookfield Orchards have become a landmark where quality is a tradition. The orchards are owned and operated by fourth generation of the Lincoln family. The old-fashioned flavor of our Country Store offers a large selection of apples, cider, cheese, jams, honey, maple products, a "penny candy" corner, a "book nook", old maps, antiques, collectibles, crafts and more. Curiosities abound! After our time at the orchard, we will enjoy lunch in a private dining room at the Spencer Country Inn. The Inn, originally called Sibley Mansion, was built in 1740 on the 700 acre spread known as Sibley Farm. The farm was famous for its prize Jersey Cows. Some of the original barns are still used by local businesses today. The Inn has undergone significant renovations, but much of the original architecture and ambient surroundings remain intact. Today, the Inn stands on 130 acres of quiet rolling fields and unspoiled woodland. **Lunch is at your own expense.**

## AMERICAN CLOCK & WATCH MUSEUM

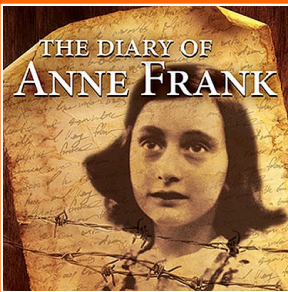
**Tuesday October 31st  
Bus departs at 10:00am**

Join us for a fascinating trip back in time! Enjoy a guided tour and learn about American clock & watchmaking with particular emphasis on Connecticut, once the clock capital of the United States.



Visitors to the museum will find over 5,500 clocks and watches on display including advertising clocks, punch clocks, grandfather clocks, blinking-eye clocks, railroad watches, character watches, and even Hickory Dickory Dock clocks! As visitors travel through the museum's eight galleries, these timekeeping devices chime and strike upon the hour. The museum first opened its doors to the general public on April 10, 1954 and is located in the historic "Federal Hill" district of Bristol. The museum is housed in an 1801 Federal-style home with a sundial garden. Lunch at the 99 Restaurant will follow our time at the museum. **Lunch is at your own expense. \$5 per person due upon sign-up (includes cost of museum admission & tour).**

*Transportation for the 10/12/17 Brookfield Orchards trip and the 10/31/17 American Clock & Watch Museum trip is provided by the Town of Somers Dial-a-Ride bus. Due to limited seating, priority is given to Somers residents. Somers residents are eligible to register for these trips as of October 2nd 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, 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. 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.*



## PLAYHOUSE ON PARK: THE DIARY OF ANNE FRANK

**Tuesday November 7th~ Bus departs at 10:45am**


One of Connecticut's most intimate professional theater's presents, Playhouse on Park in West Hartford, presents The Diary of Anne Frank. This gripping adaptation weaves together newly discovered writings from the diary of Anne Frank with survivor accounts to create a contemporary, impassioned story of the lives of people persecuted under Nazi rule. The Diary of Anne Frank captures the claustrophobic realities of their daily existence- their fear, their hope, their laughter, their grief. Each day of these two dark years, Anne's voice shines through: "When I write I shake off all my cares. But I want to achieve more than that. I want to be useful and bring enjoyment to all people, even those I've never met. I want to go on living even after my death!" Prior to the 2:00pm performance at Playhouse on Park, we will enjoy lunch at the beautiful Pond House Café. **\$25 per person (cost of theater ticket) is due upon sign up. Lunch is at your own additional expense. Transportation is provided by the Town of Somers Dial-a-Ride bus. Due to limited seating, priority is given to Somers residents. Somers residents are eligible to register for this trip as of October 2nd on a first-come, first-served basis. Sign-up for this trip will be open to non-residents as of October 10th. If you are a Somers resident interested in this trip, be sure to sign up before October 10th, at which point registration will be open to all. 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

**Friday November 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! Sign-up now!**

2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
10:00-11:00 Chair Aerobics <i>12:00pm Home Helpers Luncheon</i> <i>1:15pm Senior Support Group</i>	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<i>11:30-12:30 Medical Equipment Check</i> 1:00-3:30 Dominoes 100-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<i>8:30am Blair Manor Breakfast</i> 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 <i>10:00am-12:00pm Flu Clinic</i> <i>1:00pm Friday Matinee: Practical Magic</i>
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
<b>CLOSED</b> <i>(Columbus Day)</i>	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group <i>1:30pm Advisory Committee for Seniors</i>	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<i>8:00am-3:30pm Foot care (Call 860-763-4379 for appt.)</i> <i>10:00am Trip: Brookfield Orchard &amp; Spencer Country Inn</i> 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 <i>1:00pm Presentation: Witches in Connecticut</i>
16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
<i>12:00pm-2:00pm Octoberfest</i>  *Chair Aerobics is canceled today*	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<i>12:00 Trip: Jack O'Lantern Spectacular</i> 12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<i>8:00-3:30 Foot care (Call 860-763-4379 for appt.)</i> <i>8:30am Healthy Breakfast</i> 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 <i>1:00pm Presentation: Prescription Safety</i>
23. MONDAY	24. TUESDAY	25. WEDNESDAY	26. THURSDAY	27. FRIDAY
10:00-11:00 Chair Aerobics  <i>1:00pm Creative Workshop: "Ghost &amp; Goblin"</i>	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<i>11:30-12:30 BP/BS</i> 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	<i>8:30-12:30 AARP Driver Safety</i> 9:00-12:00 Art Group 9:15-9:45 Qigong
30. MONDAY	31. TUESDAY			<i>*Free supper at Somers Congregational Church on October 15th</i>  <i>*Mobile Foodshare (behind Somers Congregational Church) Oct. 4th &amp; Oct. 18th</i>
<i>12:00pm Halloween Party</i>  *Chair Aerobics is canceled today*	9:00-11:00 Knitting Group <i>10:00am Trip: American Clock &amp; Watch Museum</i> 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group			



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

PRSTD STD  
US POSTAGE  
PAID  
HARTFORD, CT  
PERMIT #158



The Town of Somers Social Services Department is an intake site for the Connecticut Energy Assistance Program and has begun taking applications for the 2017-2018 heating season. 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.**

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. Operation Fuel has increased its income guidelines. Maximum gross annual income is \$42,350 for an individual and \$55,381 for a couple. The deadline to apply is October 31st, or when funding runs out. Whichever comes first. Please call Christina Cenac at 860-265-7551 for more information. **Applications are accepted by appointment only.**



Operation Fuel, Inc.

The **AARP Driver Safety Course** is being held on **Friday October 27th** 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. **Sign-up has begun. Open to all.**



## 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. 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 aid/friend/family member, etc. accompany them. Aids *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. 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.