



Somers Senior Center

SEPTEMBER 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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www.somersct.gov



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Pam McCormick.....Senior Center Assistant
Deanna Schuetz.....Human Services Director
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Richard Day.....Dial-a-Ride Driver
Donna LaVallee.....Dial-a-Ride Driver
John Morrison.....Dial-a-Ride Driver

SPECIAL EVENTS IN SEPTEMBER 2017

9/8 Presentation: *Guardian Angel Trusts*
9/11 Trip: *Pennsylvania Dutch overnight*
9/11 Home Helpers Luncheon
9/12 Advisory Committee for Seniors
9/15 Friday Matinee: *Florence Foster Jenkins*
9/18 Coffee Talk
9/19 Blair Manor Luncheon
9/20 Trip: *Oklahoma!*
9/22 Trip: *Mohegan Sun*
9/25 National Senior Center Month Celebration
9/26 Trip: *The Big E*
9/29 Presentation: *Re-Invent Yourself*

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

Please see the monthly calendar on page 7 for all regularly scheduled activities and 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 Ladies and Gentlemen,

September is National Senior Center Month. Our national celebration of Senior Centers began in 1979 with Senior Center Week. The concept gained support of other organizations as well as the full Senate and House Select Committees on Aging with President Reagan signing a Proclamation officially designating September as National Senior Center Month.

I thought it appropriate that I share with you my and the Board of Selectmen's feelings/objectives regarding our Senior Center and its importance to the Town of Somers and our growing population of seniors.

Kathy Devlin and I are both seniors and as such we have made it a priority to expand the many opportunities and options that we feel are appropriate for our fellow seniors. Seniors are not a monolithic group where "one size fits all" but a diverse, energetic, focused, interested and active group of seasoned citizens that want diversity in activities and options.

We have stressed the need to address the expansion of options and have given this mandate to Deanna Schuetz. Through her efforts and those of her staff, she has been accomplishing these goals. She has implemented an agenda that focuses on LEARNING (i.e. stimulating educational opportunities to keep minds sharp), INDEPENDENCE (i.e. programs focused on remaining healthy, economic/financial issues as well as aging positively), FRIENDS/SOCIAL ACTIVITIES (i.e. lunches, healthy breakfasts, trips/travel, speakers, etc.). Programs all designed to make our Senior Center a "go to place" and a "hub" that connects older adults and the community but, more importantly, is a fun and vibrant center of activity.

The response to this expanding agenda has been very gratifying as evidenced by the increasing interest/support and growing participation by all seniors. We want to continue this trend and the Board of Selectmen urges all of you to continue to offer suggestions about programs/activities that you feel would be of interest and contribute to making our Senior Center even better.

I'm reminded of the saying...."Just because you're all grown up it doesn't mean settling into the doldrums of predictability. Surprise people; surprise yourself because age is measured by your dreams and not your age."

We want to "surprise" our seniors by continuing to up-grade, add to, improve, and refine the many benefits that all of you are entitled to!

I wish you all well along with enjoying the remaining days of summer.

Warmly,
Bud

National Senior Center Month Celebration!!

Monday September 25th @12pm

September is National Senior Center Month and we certainly feel that the Somers Senior Center is something worth celebrating! Our friend Muriel Scully gets credit for this gorgeous autumnal photo of our facility. Now come reminisce with us about all the fun we have had inside of it 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 Chicken Francaise, garlic mashed potato, mixed vegetables, dinner rolls, and dessert! After lunch, we will be treated to a unique performance by Bobby and the Gadgets! At 16 years old, Bob Hennessy first

encountered a Hohner model 260 Chromatic Harmonica in a New York City pawn shop and has been playing his heart out ever since! The harmonica is a worldwide instrument voicing the music of hundreds of cultures. And one simple reason could be its size. It fits right in your pocket! What has intrigued many in the music community is its ability, when played by masters, to encompass all genres of musical style with not just credibility but with critical acclaim. From Classical to Jazz to Near Eastern to Irish to Blues to Country etcetera. The list grows day by day. This fast paced musical program is both entertaining and educational. The all-ages show will delight and perhaps even move you to try the harmonica yourself!

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. 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 are available September 1st for Somers residents and will be available to non-residents for \$10 as of September 8th. Last day to sign up is September 15th. However, you are encouraged to get your tickets early before they run out!



FRIDAY MATINEE:

Florence Foster Jenkins

FRIDAY SEPTEMBER 15th @1PM

This is the true story of the world's worst singer! Meryl Streep was nominated for her 20th Academy Award for her role in this film as Florence Foster Jenkins, a New York heiress who became an opera singer known for her painful lack of singing skill. Hugh Grant plays

her husband and manager, English Shakespearean actor, St. Clair Bayfield. This 2016 dramatic comedy was also nominated for a Golden Globe for Best Picture. As always, popcorn will be served!

Sign up begins September 1st for Somers residents and September 8th for non-residents. Rated: PG-13 Running Time: 111 minutes

In 1978, President **HAPPY Grandparents Day** Jimmy Carter proclaimed that  **N a t i o n a l**

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!

CREATIVE WORKSHOP

Halloween 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 begins September 1st for Somers residents and September 8th for non-residents.



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RE-INVENT YOURSELF

A special presentation by Jo Anne Harrison-Becker, MS (Gerontology)

FRIDAY SEPTEMBER 29th @ 1pm

In addition to being National Senior Center Month, September is also Healthy Aging Month! Healthy Aging Month is a national annual observance designed to focus attention on the many positive aspects of growing older. September is the perfect time to celebrate

since it is when many people think about getting started on new undertakings after the summer's end. The observance is aimed at encouraging people to rejuvenate, invigorate, and focus on positive measures that can impact and improve the areas of physical, social, nutritional, intellectual, emotional, and memory wellness. During this one hour workshop, we will discuss 25 tips/strategies for re-inventing yourself during Healthy Aging Month. **Sign up begins September 1st for Somers residents and is open to non-residents on September 8th.**

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. September's luncheon will be held on **Monday, September 11th at 12pm**. The menu will include Ziti Bolognese, broccoli with lemon-garlic crumb topping, dinner rolls, 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 lunch! Join us on September 19th!

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.

Guardian Angel Trusts: How to Leave Your Legacy



Attorney Bryan M. Etter of Wiley Etter, LLC will lead an informative session at the Somers Senior Center on **Friday, September 8th at 1pm**. This course is designed to open your eyes to an estate planning tool most of us don't know much about—Revocable Living Trusts.

While we may have a solid grasp on what a Will is meant to accomplish, the confusing world of Trusts currently resides outside most of our comfort zones. The law allows for carefully drafted Trusts to protect money and other assets against divorce, lawsuits, creditors, bankruptcy, and even our loved ones' silly spending habits! What's more—these documents act as a blank canvas— anxiously awaiting the chance to reflect their creator's personalized wishes regarding gifts, timing and purpose of distributions, etc. This creates a unique opportunity to act as the "Guardian Angel" for our family members, even after we're gone.

The framework for learning will focus on a compare/contrast between Wills v. Trusts, and will blend in humorous examples to highlight the overwhelming benefits the latter can provide. The presentation will also tackle the common misconceptions about estate planning in general, as well as discuss the importance of documents designed to further support your family members (i.e., Powers of Attorney, Living Will, HIPAA Authorization, etc.). An open-ended Q&A session will wrap up this informative session. **Sign-up has begun.**

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 seemed the perfect time to have some coffee and conversation about what you would like to see happening at YOUR Senior Center! **Join us on September 18th at 1pm**. What new programs or events would you like to see? Is there something you would change? There have been some new policies and procedures put into

effect recently and we are open to your feedback and input on that as well. Although the Senior Center will be the specific focus for this session, we will also 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. If you haven't already gotten your picture taken for My Senior Center, this would be the perfect time to do so. When you sign up for this event, please be sure to enter your name in the drawing to win a fantastic prize generously donated by Tina Toohey. You must be present for the entire Coffee Talk session to win. *Let's continue to grow together through open communication!*



It's cool and rainy as I write this morning and it seems like every joint in my body is stiff. I don't feel like moving but I know that activity will make me feel more limber. If we're over 65 we all probably have osteoarthritis to some degree.

Osteoarthritis, commonly known as wear and tear arthritis, is the most common type of arthritis. It's associated with a breakdown of cartilage in joints and is most common in the weight bearing joints like hip, knees and spine. The chance of developing osteoarthritis increases with age, with obesity, with injury and with joint overuse.

Cartilage is a firm, rubbery material that covers the ends of bones in joints and acts as a "shock absorber". Osteoarthritis causes the cartilage to lose its elasticity and, over time, wear away. As cartilage deteriorates, tendons and ligaments stretch, causing pain. If the condition worsens, the bones could rub together.

Osteoarthritis is usually treated by a combination of treatments including:

Exercise: 30 minutes of moderate exercise 5 days a week like walking, swimming, biking, dancing, gardening.

Weight loss if needed: For every pound you lose, there is a 4 pound reduction in the load exerted on your knees.

Physical therapy with muscle strengthening exercises: Keeping the muscles strong around the joints is important to prevent injuries.

Anti-inflammatory medications: Talk to your doctor.

Injections of medications to the joint and use of supportive devices like canes or walkers.

Surgery may be helpful to relieve pain when other treatments have not been helpful. Arthroscopic surgery can clean out damaged cartilage or repair tissues. Joint replacement surgery is also an option.

Just keep moving!

Information from www.cdc.gov

Article submitted by Ailene Henry



FLU CLINIC

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, Connecticut, Wellcare or \$35.00 cash accepted. United Healthcare, Anthem and Cigna cannot be accepted at this time. **Somers residents can schedule appointments as of September 1st. Non-residents may schedule as of September 8.**

AARP Driver Safety Course
Friday October 27th
8:30am-12:30pm



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 begins September 1st for Somers residents and is open to non-residents on September 8th.**



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!

Connecticut Insurance Commissioner Katharine L. Wade is advising consumers to be wary of a phone caller who identified herself as an Insurance Department employee and is asking people for their insurance information.



Commissioner Wade said the Department is aware of at least two instances that have occurred and one of the individuals called was a senior citizen.

"The Department does NOT make unsolicited calls to individuals and we urge everyone to be vigilant if you are the recipient of such a call," Commissioner Wade said. "Always be safe and never give out personal or financial information without verifying who the caller is. If you have any questions, do not hesitate to contact the Department or your local law enforcement agency."

For further assistance with this or any insurance issue, visit the Connecticut Insurance Department at www.ct.gov/cid or call, 800-203-3447 or email at: insurance@ct.gov

Connecticut Insurance Department
153 Market Street
Hartford, CT 06103
(860) 297-3800
www.ct.gov/cid

The time has come to say farewell to Ronnie McAlmond, our dedicated foot care nurse. Ronnie has been providing quality foot care to our seniors for many years but is now embarking on new adventures. We wish Ronnie well in her new endeavors and thank her for many years of dedicated service to the seniors of Somers. More information to come on foot care services as we work through this transition.





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. These trips are open to individuals aged 60+. **EFFECTIVE AUGUST 1, 2017, Somers residents are eligible to register for these trips on the date indicated for each trip 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, those on the wait list will be moved to the active trip list in the order in which they signed up IF seats are available.** 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 with no age restrictions.

*******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 accepts MasterCard, Visa, and Discover.



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday September 22nd– 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 has begun.**



EASTERN STATES EXPOSITION

Tuesday September 26th~9:15am departure

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. Pay at the gate or get your ticket in advance at Big Y (available Sept. 14th)! Bus will return at 3:30pm. **Sign-up begins September 1st for Somers residents.**

JACK-O-LANTERN SPECTACULAR

Wednesday October 18th

Experience the glow of thousands of pumpkins set in a magical display of artistry during this early evening spectacular! Take a leisurely walk through Roger Williams Park Zoo in Providence, RI where you will gaze upon hundreds jack-o-lanterns artfully carved with painstaking detail and amazing intricacy. This event has been featured on the Today Show, CNN, and hailed by USA Today as "extraordinary". Prior to the Jack-O-Lantern Spectacular, you will enjoy free time at Providence Place Mall for shopping and dining. **Only \$62pp which includes motor coach transportation and admission. Sign-up has begun.**



WINTER WONDERETTES & SALEM CROSS INN

Join us on Saturday, December 9th for some festive holiday fun! The Winter Wonderettes are returning to the Stageloft Theater in Sturbridge, MA for a performance featuring great 60s versions of all the great holiday classics. You will also enjoy lunch at the Salem Cross Inn, a restored 18th century farmhouse rich with history nestled on 600 acres of New England countryside. Lunch will include your choice of Chicken Pot Pie or Yankee Pot Roast. This energetic and glittering holiday package is sure to delight!

\$90.00 per person due upon sign-up includes motor coach transportation, lunch, theater ticket, taxes and gratuity. Sign-up has begun.



Do you like to play cards? Here at the Somers Senior Center we have several card groups always looking for new players!

Pinochle: Tuesdays @ 12:30pm

Pitch: Tuesdays & Wednesdays @ 1pm

Bridge: Thursdays @ 6:30pm

We are having a little trouble getting our Cribbage group off the ground! If you are one of the many people who have expressed interest in playing, please be sure to join us on Monday September 11th at 1pm!



Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis that has become increasingly popular amongst seniors in the past several years. Did you know that the Somers Recreation Department has a pickleball net, balls, and paddles available? At the Field Road Park tennis courts there are three courts lined for pickleball. If you are interested in borrowing the pickleball equipment, please call Chris Boucher, Director of Recreation, at 860-265-3840 to make arrangements. There are some excellent videos on You Tube about pickleball if you are interested in learning more!



Qi (pronounced “chee”) means the life force or vital energy that flows through all things in the universe. Gong (pronounced “gung”) means accomplishment or skill that is cultivated through steady practice. **Qigong helps to improve balance, coordination, flexibility, and to reduce stress.** Our instructor, Shar Christman, is certified in Tai Chi for Health & Balance. Qigong meets on **Fridays from 9:15am-9:45am.**



Come give it a try! \$5 per class. ***Your first class is free!***



Our knitting group meets **Tuesday mornings from 9am-11am** and is open to all who are interested of all skill levels.



Our dominoes group meets on **Wednesdays at 1pm (12:30pm on the third Wednesday of the month).** The group is open to anyone and will welcome new players! You are encouraged to call ahead to ensure the game is on. We have a great group that is looking to expand!



B I N G O takes place here at the Somers

Senior Center every **Thursday from 12pm to 3:30pm.** A special thank you to Nancy O’Konis, our dedicated BINGO caller!

Chair aerobics is a free class done along with an instructional video. Join us on **Mondays and Thursdays at 10am!** This is a great low-impact workout!



The Art Group

Our extremely talented Art Group meets on **Friday mornings from 9am-12pm.** They are one of the longest running and most well established groups at the Somers Senior Center. Artists bring their own supplies. All skill levels and all mediums are welcome to participate!

THE SOMERS STRIKERS

Our Wii bowling team, “The Somers Strikers” meets every **Wednesday at 1pm** and welcomes new players! Wii bowling is wonderful exercise and a whole lot of fun! For a little friendly competition, we even host teams from other Senior Centers!



If you have any interest in line dancing, please let us know! You can add your name to the list at the Senior Center or just give us a call. It is a lot of fun and fantastic exercise. If we have enough interest, we can start a class!



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.



- Free supper at Somers Congregational Church on September 15th
- Mobile Foodshare (behind Somers Congregational Church) Sept. 6th & Sept. 20th

* Denotes Somers Senior Citizen's Club Event (CLUB MEMBERS ONLY)

				
<ul style="list-style-type: none"> • Free supper at Somers Congregational Church on September 15th • Mobile Foodshare (behind Somers Congregational Church) Sept. 6th & Sept. 20th <p>* Denotes Somers Senior Citizen's Club Event (CLUB MEMBERS ONLY)</p>				1. FRIDAY 9:00-12:00 Art Group 9:15- 9:45 Qigong
4. MONDAY	5. TUESDAY	6. WEDNESDAY	7. THURSDAY	8. FRIDAY
CLOSED	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: Cold cut grinders, potato salad, coleslaw, chips and birthday cake 1:00-3:30 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	9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Presentation: "Guardian Angel Trusts: How to Leave your Legacy"
11. MONDAY	12. TUESDAY	13. WEDNESDAY	14. THURSDAY	15. FRIDAY
*Penn Dutch Trip departs 10:00-11:00 Chair Aerobics 12:00pm Home Helpers Lunch 1:00pm Alzheimer's/Dementia Caregivers Support Group 1:00pm Cribbage	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	12-1pm *Lunch: Meatloaf w/ gravy, Mashed potatoes, carrots, salad rolls and brownies 1:00-3:30 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.) 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 pm Friday Matinee: Florence Foster Jenkins
18. MONDAY	19. TUESDAY	20. WEDNESDAY	21. THURSDAY	22. FRIDAY
10:00-11:00 Chair Aerobics 1:00pm Coffee Talk 1:00pm Cribbage	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:00pm Blair Manor Lunch 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	10:00am Trip: "Oklahoma!" 12-1pm *Lunch: Pizza, salad and Ice Cream sandwiches 12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 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 8:30am Trip: Mohegan Sun
25. MONDAY	26. TUESDAY	27. WEDNESDAY	28. THURSDAY	29. FRIDAY
12:00pm National Senior Center Month Celebration *Chair Aerobics and Cribbage are canceled today*	8:30am *Coffee & Donuts 9:15am Trip: Big E 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: Baked stuffed chicken breast, rice, corn, salad rolls and apple pie 12:30-3:30 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 1:00pm Presentation: "Re-Invent Yourself"

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We regret to inform you that, due to the lack of a state budget, the Farmer's Market Voucher program has been suspended. If you have already received checks, unfortunately, they are no longer valid and cannot be used.

The Town of Somers Meals on Wheels program is very much in need of volunteers to deliver meals. Volunteers can deliver once a month, once a week, or whenever their schedule permits. This program cannot run without the help of volunteers. If you are or someone you know is interested in volunteering, please contact Christina Cenac at 860-265-7551 or Ccenac@somersct.gov.



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. Please call Christina Cenac at 860-265-7551 for more information.



 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 1, 2017. 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.***

Connecticut State law provides for a direct, partial reimbursement of rent and utility bills of certain elderly and totally disabled renters. Qualifying utilities are electricity, gas, water and fuel.



- Recipient or spouse must be 65 years of age or older by December 31, 2016; or be 50 years of age or older and the surviving spouse of a renter, who had qualified and was entitled to tax relief under this chapter; or be 18 years of age or older and permanently and totally disabled.
- Must meet a one-year Connecticut residency requirement. The one-year residency requirement applies to any one-year period.
- Claimant's qualifying income in the calendar year 2016 must not exceed \$35,200 if unmarried, or \$42,900 if married.

Program ends October 1. Arrangements can be made 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 Neal, Assistant Assessor, at 860.763.8202 to schedule a visit or to answer any questions you may have concerning this program.