



Somers Senior Center April 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

IMPORTANT NOTE: 860-763-4379 is the only telephone number you can call to reach the Somers Senior Center. Our phone system has recently been upgraded and any other telephone numbers that may have been used in the past, with the exception of direct numbers for the Human Services Director or Human Services Assistant, are no longer active. Should you experience any difficulty reaching us, please ensure you are dialing 860-763-4379.

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 APRIL 2017

- 4/3 Presentation: *Electric suppliers*
- 4/4 Blair Manor Lunch
- 4/5 Medical Equipment Check Up
- 4/7 Friday Matinee: *Hope Springs*
- 4/10 Lifeline Screening
- 4/11 Advisory Committee for Seniors
- 4/17 Entertainment: *SFere-Jazz Trio*
- 4/18 Trip: *Old State House*
- 4/21 Entertainment: *Larry Noiva-ventriloquist*
- 4/24 Volunteer Appreciation Event
- 4/25 Trip: *Basketball Hall of Fame*
- 4/28 Presentation: *Laugh out Loud Wellness*
- 4/29 Trip: *West Point*

*****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.

A NOTE FROM OUR FIRST SELECTMAN

Happy Easter Everyone,

Those that know me well know that I am a sucker for inspirational calendars and for the month of March the Inspiration on my calendar is “Collaborate” with a quote from Helen Keller that states “Alone we can do so little; together we can do so much.” When I flipped the page to April the Inspiration is “Brilliance” with the following quote from Vincent Van Gogh; “Great things are done by a series of small things brought together.” After reading both I can’t help but wholeheartedly agree! And, it just happens that it is a perfect segue into our Volunteer Appreciation Event on April 24 at the Senior Center.

When looking at what makes Somers such a great community one of the first things on the list is the spirit of volunteerism. There are so many that generously donate their time to make things better for their neighbors, the environment and the community and local government. Did you know that all of our Boards and Commissions (with the exception of the Board of Selectmen) are made up of unpaid volunteers that commit much time and effort to make Somers a better place to live? The Volunteer Fire Association is another group that supports the community on both the fire service and the ambulance service levels. Our CERT members also volunteer to help during emergencies and times of need. There are also many church based groups that volunteer much time to help those in the Town. You know, as well as I do that this is only a small listing of volunteer groups in and around town. I consider all to be true Community Partners. We look forward to honoring all those who have volunteered at the Senior Center and in the Human Services Department this year on April 24th.

Drug and alcohol addiction touches every family in some way. Addiction doesn’t discriminate and unfortunately we are in the midst of an Opioid Epidemic. In order to help educate and inform on this very important topic, Somers Comes Together will be hosting a Community Forum on Thursday, April 20th at Town Hall. It is our belief that education is the first step in prevention and we hope that you are able to attend. Knowledge is power. Let’s work together to make a difference! After all, they say collaboration leads to brilliance!

Best wishes to you and yours this Easter Holiday.

Lisa Pellegrini
First Selectman

A day without
laughter
is a day
wasted

-Charlie Chaplin 

NATIONAL HUMOR MONTH

It's no joke....April is National Humor Month!! Founded in 1976 by comedian and author Larry Wilde, Director of The Carmel Institute of Humor, National Humor Month is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life. "Since April is often bleak and grim and taxes are due on the 15th, it can be one of the most stressful times of the year," says Wilde, author of 53 books on the subject of humor. "Besides," adds Wilde, "it's the only month that begins with All Fool's Day -- a day which has sanctioned frivolity and pranks ever since the 1500's." The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates that the curative power of laughter and its ability

to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times. Here at the Somers Senior Center, we are celebrating National Humor Month with two very special events!

LARRY NOIVA

AWARD-WINNING VENTRILOQUIST & COMEDIAN

Join us on **Friday, April 21st at 1pm** for a one of a kind performance! Larry Noiva, award winning ventriloquist and stand-up comedian, has been thrilling audiences throughout New England for decades. Noiva and his puppet trio truly deliver as a modern-day ventriloquist act. His act's one-liners, deadpan jokes, and masterful banter create an unbelievably lively show that always pokes at your funny bone and sometimes pulls at your heartstrings. Noiva's been praised widely by professional comedians and audiences of all ages. He was voted Best Male Stand-Up Comedy at the Connecticut Comedy Festival in 2002, and he was the first to win The Hartford Funny Bone's Comedy Idol Award in 2009. Light refreshments will be served!



CAROLYN FINCH

AWARD-WINNING SPEAKER/TEACHER/COACH

When was the last time you laughed? Really really laughed? "Laugh Out Loud Wellness" combines Laughter Yoga, Kinesiology, Reflexology and the insight from Carolyn Finch, Body Language and Communication Lifestyle Expert who has been working with seniors for decades. It reduces stress, improves breathing, releases toxins, incorporates stretching and unique movements and is great for the heart. The simulated laughter, clapping, and rhythm leaves attendees with good color in their faces, energy within and a great feeling of wellness! Join us on **Friday April 28th at 1pm** for this unique experience. Note: No mats, special clothes or floor work. Movements are done in a chair or walking around the room.



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National Volunteer Week: April 23-29, 2017

Volunteers Make The World A Sweeter Place

We would like to take this opportunity to thank the many individuals in the community who graciously volunteer their time to the Human Services Department. Whether it be delivering Meals on Wheels, ringing the Salvation Army bell at holiday time, serving on our Advisory Committee for Seniors, or even committing to return our cans and bottles or help us with Healthy Breakfast every week....there are so many ways in which volunteers are helping to make the Somers Senior Center and this community a wonderful place to be. In honor of our

amazing volunteers, we will be hosting a Volunteer Appreciation event on Monday April 24th. This event is **by invitation only**. If you are a volunteer and did not receive an invitation, please do not hesitate to contact us so that we may ensure you have the details of this event. **"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."**~ Audrey Hepburn





April is *Jazz Appreciation Month!* Jazz Appreciation Month (fondly known as "JAM") was created by the National Museum of American History in 2002 to herald and celebrate the extraordinary heritage

and history of jazz for the entire month of April. JAM is intended to stimulate and encourage people of all ages to participate in jazz - to study the music, attend concerts, listen to jazz on radio and recordings, read books about jazz, and more. *We are honoring JAM by welcoming Jazz Group "SFere" to the Somers Senior Center on Monday April 17th at 1pm.* Light refreshments will be served. Join us and jazz up your month!

 Life Line Screening will be offering their services at the Somers Senior Center on **April 10th**. In order to register for screening, please call 1-888-653-6441 or visit: www.lifelinescreening.com/communitycircle

Somers CERT is sponsoring a free basic CERT emergency preparedness class. The class is 20 hours and will meet April 8, 22, and May 13 from 8 to 4. You will learn how to help your family and neighbors during medical emergencies, small fires, sheltering and evacuation, and terrorist and chemical disasters. After completing the class, you will have the opportunity to join Somers CERT and help our community. For information or to register, contact somersct.cert@gmail.com or Karen Hocking at 860-759-2693.

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 cell phone (any type) 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!

Medical Equipment Available!

Are you in need of a cane, walker, wheelchair, commode, or shower seat? Did you know that the Senior Center has a 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 and to make arrangements for pick up or delivery!

Medical Equipment Check-Ups!

If you do use a cane, walker, or wheelchair, has it recently been checked to ensure it is the right fit for you and in good working condition? On **Wednesday, April 5th, from 11:30am-12:30pm** Home Helpers will be on site to inspect your medical equipment free of charge! Home Helpers partners with Agawam Medical Supply Corp and Connecticut Medical Supply Company to provide this *free* clinic.



FRIDAY MATINEE HOPE SPRINGS



Friday April 7th @1pm

It's National Humor Month so let's have a laugh! Hope Springs stars Meryl Streep and Tommy Lee Jones as a couple of empty nesters who are in need of a little help to help reignite the spark in their marriage. Hilarity ensues when they try to redicover one another via a week of intense marriage counseling with Dr. Bernie Field (Steve Carrell) in a coastal resort town in Maine. *Popcorn will be served!*

Rated: PG-13 Running Time: 1hr. 40 min.



Staff from the Public Utilities Regulatory Authority (PURA) will be at the Somers Senior Center on **Monday April 3 @ 1pm** 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.

Not In My Town

A Community Forum to Discuss the Opioid Epidemic



Thursday, April 20, 2017

Somers Town Hall, 600 Main Street, Somers

5:30 pm refreshments & resource fair

6:00 pm featured panelists & discussion begin

The Somers Comes Together (SCT) Coalition would like to extend an invitation to the community to learn, share ideas and voice concerns about the nationwide opioid epidemic. This is not a problem that affects only parents with young children. Physicians are increasingly prescribing older patients medications to address chronic pain from arthritis, cancer, neurological diseases and other illnesses that become more common later in life. Please join us for this important discussion and hear from several panelists including Lt. Jose Claudio of the Somers Police Department and John Lally, parent and founder of Today I Matter. There will be a resource fair at this event with representation from several organizations such as Today I Matter, ERASE, Narcotics Anonymous, and Community Health Resources (CHR). Big Y Pharmacy will provide demonstrations of Narcan, a life-saving medication being used to reverse opioid overdoses.

*****There will be a drug take back station at this event*****

Somers Police will be on site accepting all unused and unwanted prescriptions. Safely disposing of medications is one of the ways we can work together to combat the opioid epidemic.

For more information on this event, contact Deanna Schuetz, Town of Somers Human Services Director, at 860-265-7550 or Dschuetz@somersct.gov. Complete flyers on this event are available at the Somers Senior Center.

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

I'm Sorry. I didn't hear You.



Does this sound familiar? Approximately one in three people between ages 65 and 74 has hearing loss and this increases to nearly half of people over 75. So you're not alone.

If you think you might have hearing loss and could benefit from a hearing aid your doctor may refer you to an otolaryngologist (ENT doctor) or an audiologist who will measure your hearing loss and recommend an appropriate hearing aid.

There are different styles of hearing aids:

Behind the ear (BTE): A small plastic case is worn behind the ear with a small tube that connects to a small device in the ear.

In the ear (ITE): A plastic device fits completely inside the outer ear.

In the canal (ITC) and Completely in canal (CIC): These are less visible but are small and not recommended for severe hearing loss because the small size limits power and volume and they are hard to handle.

Most hearing aids now are digital (as opposed to analog) and all are powered by a small battery that needs frequent replacement. Digital circuitry gives an audiologist more flexibility in adjusting the aid to a user's need.

A hearing aid will not restore your normal hearing but, with practice, it will increase your awareness of sounds and their sources. It takes time and patience to use aids successfully. Wearing them regularly will help you adjust.

Cost ranges from several hundred to several thousand dollars. Medicare does not pay for hearing aids. If you receive services from the VA, the VA will pay for them.

Don't neglect your hearing loss or be shy about admitting it. Corrected hearing can improve your quality of life.

Caring for Your Hearing Aids:

Keep them away from heat and moisture.

Clean them as instructed. Ear wax can damage them.

Avoid using hairspray or other haircare products when wearing them.

Turn off when not in use.

Replace dead batteries immediately.

Keep aids and batteries away from small children and pets.

Info from: www.nidcd.nih.gov

www.mayoclinic.org

Article submitted by Ailene Henry



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!



OLD STATE HOUSE & CHOWDER POT

**Tuesday April 18th
Bus departs at 9am**

This is where Connecticut's democracy was born! You'll meet people who went from ordinary to history-making by standing up for what they believed: and it will get you thinking about what

"government by the people" truly means. And when you're ready for a break, they have a two-headed calf, Mark Twain's bicycle, and dozens of other pieces of Connecticut's amazing and eccentric history for you to enjoy. After your guided 1 hour tour, we head to the famous U.S.S. Chowder Pot IV for lunch. For over 33 years the Chowder Pot customers have enjoyed award winning seafood, slow roasted prime rib, and USDA Choice steak. You can pick out your own live lobster from their tanks! **Admission to the Old State House is \$5. Lunch is at your own expense. Sign up begins April 3rd. Open to Somers residents only, as seating is limited.**

BASKETBALL HALL OF FAME

**Tuesday April 25th
Bus departs at 9:30am**

Even if you aren't a basketball buff, this trip is not to be missed! The



Naismith Basketball Hall of Fame is home to more than three hundred inductees and more than 40,000 square feet of basketball history. Located on the picturesque banks of the Connecticut River, the museum is a fitting shrine to the game Dr. Naismith invented more than a century ago. The landmark structure is one of the world's most distinctive monuments punctuating the Springfield skyline and just seeing it is reason enough to take the trip! Lunch will be on your own and you can choose from any of the number of dining experiences on site including Max's Tavern, Plan B, Uno Chicago Grill, and Subway. Visit Coldstone Creamery for dessert! **Admission to the Hall of Fame is \$12. Lunch is at your own expense. Sign up begins April 3rd. Open to Somers residents only, as seating is limited.**

LAST CALL



WEST POINT DRESS PARADE Saturday April 29th

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. Sign up TODAY if interested. Time is running out. Open to all!**

Trips & Travel



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday May 26th– 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!**



MAMMA MIA!

MAMMA MIA!

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!**

NEWPORT PLAYHOUSE LOBSTERFEST

Monday 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.**



BOSTON HARBOR LIGHTHOUSE BRUNCH CRUISE

Sunday 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.**

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 the 1/4 mile trail at Roger Williams Park Zoo in Providence, RI where you will gaze upon hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between- all 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. Deadline to sign up is September 18th.**



STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN

October 8th-16th, 2017

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!



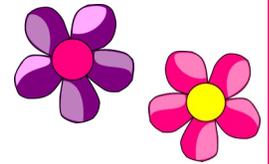


~ Saturday, April 29th– Trip: *West Point*

~ Mobile Foodshare (behind Somers Congregational Church) on April 5th & April 19th

~ Free supper at Somers Congregational Church on April 15th

*Denotes a Somers Senior Citizen’s Club event



3. MONDAY	4. TUESDAY	5. WEDNESDAY	6. THURSDAY	7. FRIDAY
10:00-11:00 Chair Aerobics 1:00pm Presentation: PURA	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	11:30- Medical Equip. check 12-1pm *Lunch: Baked stuffed chicken breast, peas, rice, salad and rolls, birthday cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling	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 Friday Matinee: “Hope Springs” 2:00pm Diabetes support group
10. MONDAY	11. TUESDAY	12. WEDNESDAY	13. THURSDAY	14. FRIDAY
8:30-5:30 Life Line Screening <i>(No regular activities)</i>	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: Roast Pork with applesauce, scalloped potatoes, carrots, salad, rolls, 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 <i>(Call 860-763-4379 for appt.)</i> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	CLOSED
17. MONDAY	18. TUESDAY	19. WEDNESDAY	20. THURSDAY	21. FRIDAY
10:00-11:00 Chair Aerobics 1:00 Entertainment : SFere	8:30am *Coffee & Donuts 9:00am Trip: Old State House 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 12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:00-3:30 Foot care <i>(Call 860-763-4379 for appt.)</i> 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 Entertainment: Ventriloquist Larry Noiva
24. MONDAY	25. TUESDAY	26. WEDNESDAY	27. THURSDAY	28. FRIDAY
10:00-11:00 Chair Aerobics 12:00pm Volunteer Appreciation Event (by invitation only)	8:30am *Coffee & Donuts 9:30am Trip: Basketball Hall of Fame 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Cold cut grinder, coleslaw, potato salad, chips, cookies 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 1:00pm Laugh Out Loud Wellness

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

PRSTD STD
US POSTAGE
PAID
HARTFORD, CT
PERMIT #158

LÔÔK
what's coming
in May!



**Beads by
Sandy!**

May 2@ 9:30am

Create your own piece of jewelry! Sandy has been designing, creating, and selling jewelry for almost 30 years. You will have the opportunity to create something original and unique for yourself or for someone on your holiday shopping list!

Cost is \$3 per person, due at sign-up, plus the cost of the supplies you choose.



We are thrilled to announce that, beginning in May, Home Helpers will be providing a **free lunch** at the Somers Senior Center on the first Monday of every month. Come join us for a delicious lunch and an opportunity to chat with friends and neighbors. Sign-up is required and *you must sign up at least one week in advance*. The first luncheon will be held on **Monday, May 1st at 12pm** and will be catered by LuLu's of Enfield. The menu for May's luncheon will consist of ziti, meatballs, tossed salad, rolls, and dessert. The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering a complimentary monthly luncheon to the seniors of Somers.

Alzheimer's/Dementia Caregiver Support Group

As the caregiver of an individual with Alzheimers/Dementia, you have a distinctive and often perplexing set of care issues and concerns. The goal of this support group is to provide you with needed resources and an opportunity to share like experiences. Home Helpers of NCC is pleased to sponsor this caregiver support group.

The group will meet on the first Monday of each month, beginning May 1st, from 1:00-2:00 pm at the Somers Senior Center.



AARP Driver Safety Course

Monday May 8th: 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.

