



Echoes From Somers Seniors

December 2016 Newsletter



A Monthly Publication of the Town of Somers Human Services Department

Somers Senior Center

Monday thru Friday 8:00am-4:00pm
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 www.somersct.gov



Somers Senior Center Staff

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 Deanna Schuetz.....Human Services Director
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 Donna LaVallee.....Dial-a-Ride Driver
 John Morrison..... Dial-a-Ride Driver

SPECIAL EVENTS IN DECEMBER 2016

- 12/1 Trip: *Radio City Spectacular*
- 12/2 Diabetes Support Group
- 12/5 Trip: *Stocking Stuffer Holiday Tour*
- 12/6 Beads By Sandy!
- 12/7 Trip: *Jimmy Mazz & Patrick Tobin*
- 12/9 Trip: *Wadsworth Festival of Trees*
- 12/12 Painting Project
- 12/12 Trip: *Holiday Light Fantasia*
- 12/13 Blair Manor Lunch
- 12/13 Advisory Committee for Seniors
- 12/19 Holiday Concert
- 12/30 New Year's Celebration

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

The Somers Senior Center will be closing at 1pm on Thursday December 22 and will reopen at 8am on Tuesday December 27th. From all of us at the Town of Somers Human Services Department, we wish you and yours a joyous and peaceful holiday season and a very Happy New Year. We hope you have made wonderful memories with us this year at the Somers Senior Center. We look forward to many more memorable experiences with you in 2017!



A NOTE FROM OUR FIRST SELECTMAN

Merry Christmas and Happy Holidays Everyone,
 I am writing this article two days after a truly historical presidential election that will no doubt be talked, written and studied about for years to come. The turnout was amazing in Somers, with a record 85% of voters coming out to the polls. Another historical first! While most of the country was pitted against each other in a very emotionally charged election process I can tell you that Somers was hard at work months in advance of election day working to make sure that voting was safe, secure, timely and accessible. From the extremely positive comments that we received from so many residents on and after election day I can say that the efforts were worth it.

We are so incredibly fortunate to have such exceptionally talented and committed staff and volunteers that work together for the community. It begins with Emergency Management meeting with various town departments early to craft a master plan. That plan defines responsibilities and coordinates efforts. And you know how a good plan makes everything look so easy! Our police and State Troopers provided traffic control measures at three separate points on Main Street to increase driver visibility, provide easy entrance and exit points to the polls and ensure pedestrian safety. Our Department of Public Works, assisted by CERT volunteers, were in the parking lot all day directing parking activity and preventing "bumper cars". Watching the operation from the conference room windows it looked like a perfect choreographed orchestra. The orchestra continued once inside the polling place. Our Town Engineer developed a layout for the room and it was brilliant in managing the high turnout. Lines flowed quickly and efficiently. The registrars, poll workers and town clerk's office handled the voting activities, ballots, same day registration activities and absentee ballots and provided excellent competent and friendly service to the thousands of voters turning out. I was there at the end of what was an exhausting day for them to wait for the results and I can verify everyone still had big smiles on their faces. Town Hall staff played a supportive role and were on hand to assist residents in answering questions and holding down the fort during the largest election turnout in the history of Somers. Our political parties were civil, engaged and respectful of one another. Our community participated in the voting process with grace and patience. People were proud to vote and it showed. Once again we demonstrate how we can accomplish so much in Town by just simply working together in a calm, collaborative effort. Selectmen Kathy Devlin and Bud Knorr and I thank everyone so very much for all their hard work and flawless efforts. We are truly blessed.

That sense of cooperation and community creates unity and compassion. Last month the Town unveiled the "Season of Giving" initiative and we are so thankful for the outpouring of donations to the Town Emergency Fund. The "Season of Giving" continues and we hope that you will support the effort to help others in Town.

The Holidays can be a very happy time, but it can also be a very lonely time. That is why coming together is so important. There are lots of activities at the Senior Center so please stop by. Hang out, get involved, volunteer and work on something with a group. If you are feeling down just remember you are valued and wanted. By coming together you create unity and learn to work together as a team. By sharing you also reap the rewards of happiness, peace and joy.

Happy Christmas my friends,
 Lisa Pellegrini
 First Selectman

Important Information

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.

Connecticut Yuletide Carolers

MONDAY DECEMBER 19th @1pm

Join us for a wonderfully unique holiday celebration! Traditionally garbed Victorian Carolers will fill the Somers Senior Center with the bright sounds of the season, bringing holiday cheer to all. We will enjoy gingerbread and cookies, eggnog, hot cocoa, and traditional wassail to help us get into the holiday spirit!

This is a free event, but please remember to sign-up!!



PAINTING PROJECT

What better gift can you give than one you create yourself from the heart? Create your own masterpiece just in time for the holidays! Emily Santanella from Beautiful Mess Art will be teaching a 2 hour acrylic painting class on **December 12th at 1pm**. Emily will provide all of the supplies you need and will guide you through creating your own version of "A Cardinal in Winter." The class costs \$15/person and includes all materials.

Emily is a Somers native who has been drawing and painting as long as she can remember. She grew up watching her Dad work in his sign shop, memorizing his technique, and she took many years of art lessons from local artist Mary Drayton. She specializes in murals, pet portraits, and pinstriping, but finds the most joy in teaching others to paint. Emily has been teaching classes in this follow-along style for almost 3 years. Her goal is to always have the painters in her classes leave feeling accomplished and proud of their work, having discovered or re-discovered their inner artist. She currently lives by Crystal Lake with her husband and three young children. Besides painting, she enjoys working with the local theater group Standing Room Only Productions, and she is Vice President of the Gene Pitney Commemorative Committee. *Cash and Checks are accepted. Checks should be made payable to Emily Santanella. Payment due upon sign-up.

Beads
by
Sandy!



December 6th @ 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.



**Friday December 30th
1pm-3pm**

If you missed this event last year, don't make the same mistake twice! Join us for an unforgettable New Year's "Eve" celebration!

Can't stay up till midnight anymore? Neither can we! So we will make our own midnight, count down to the big moment, and toast to the New Year together....all while it is still daylight! Delicious catered appetizers will be "butlered" to you and we will be entertained by an eight piece swing and jazz band while we dance the "night" away! The only thing missing from this party is Dick Clark himself!

Tickets to this spectacular event are \$3 for Somers residents and \$5 for non-residents.

Get your tickets early! Space is limited, as we will need room to dance!

INCLEMENT
Weather Policy

The Somers Senior Center follows the Somers Public Schools with regards to weather related closings and delays. When schools are closed or delayed, our Senior Center and Dial-a-Ride will be closed/delayed as well. Please tune into WFSB Channel 3 or NBC30 and look for "Somers Senior Center" for up to date information on closings and delays. When in doubt, call before you venture out!

Caring Solutions, a home health care company, will be at the Somers Senior Center on Tuesday December 13th at 8:30am and will be available to provide you with information on their services.



EMERGENCY PREPAREDNESS



While we are hopeful that we will not experience any significant severe storms this coming season, if you should ever find yourself needing to go to a shelter, please be sure to bring the following:

- Photo ID, passport, or driver's license
- Clothes & personal hygiene items
- All medications (in original packaging) and oxygen (if applicable)

Should our town experience a severe weather event this winter, check the following for storm and emergency information:

- www.somersct.gov
- 89.7FM
- Town of Somers and Somers CERT on facebook



How Do I Read Food Labels?

When you go grocery shopping, take time to read the nutrition labels on your purchases. The information may surprise you. One easy way to do "healthier" grocery shopping is to spend more time in the outer aisles of the store where the fresh foods are kept. Spend less time in the middle aisles where packaged foods, snacks and soft drinks are stocked.

The "Nutrition Facts" label contains the Serving Size – If you eat double the serving size listed you need to double the calories, fats and nutrients.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving. If you want to consume less of a nutrient (like saturated fats or sodium), choose foods with a lower %DV – 5% or less. If you want to consume more of a nutrient (like fiber) seek foods with a higher %DV – 20% or more

Calories – This is helpful to know if you are diabetic or trying to lose weight.

Total Fat – Most people need to cut back on calories and fat. Too much fat can contribute to heart disease and cancer.

Saturated Fat – This is a key for raising your blood cholesterol and your risk of heart disease and stroke. The American Heart Assoc. recommends no more than 11 to 13 grams of saturated fat per day (based on a 2000 cal. diet). Replace them with monounsaturated fats like canola oil or olive oil. Stay away from trans fat!

Cholesterol – Too much cholesterol in your blood can lead to heart disease and stroke.

Sodium – Also known as salt. If you have high blood pressure or your doctor tells you to limit salt, keep your sodium intake low. AHA says no more than 1500 mg. per day.

Total Carbohydrate – Emphasize nutrient-dense carbohydrates from fruit, vegetables, beans, legumes and whole grains. Limit sugar-sweetened beverages, desserts and refined grain product (white bread, white pasta).

Dietary Fiber – Fruits, vegetables, whole grains, beans, unsalted nuts and seeds are good sources and can help reduce the risk of heart disease and cancer.

Protein - Protein is an important nutrient. Meat, poultry and dairy should be lean and low fat.

A healthy diet can reduce your risk of heart disease, stroke, diabetes, cancer.

Info from the American Heart Association and www.mayoclinic.com

Article submitted by Ailene Henry

Nutrition Facts

Serving Size: 2 nuggets(30g)
Servings Per Container: 3

Amount Per Serving

Calories 110 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Potassium 270mg **8%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 3g **6%**

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



SEASON OF GIVING

The goal of the Season of Giving campaign has been to raise awareness of programs in Somers that benefit our residents in need in an effort to increase community involvement and contributions. We have received a tremendous response from the community. However, there remains a need for volunteers to assist with the Salvation Army Kettle Campaign and the Town Emergency Fund is still very much in need of contributions. 90% of all funds raised through the

Salvation Army Kettle Campaign stay in our service unit and are used to assist residents in need in this community. The Town Emergency Fund is utilized solely by the Human Services Department to assist low income families and seniors in Somers with basic needs and emergency situations throughout the entire year. The fund is **dangerously low** as we head into the winter heating season and is entirely contingent upon donations. There are policies in place and an application process to avoid any misuse of the fund. Checks can be made payable to Town of Somers Emergency Fund and sent to: Town of Somers Human Services Department 19 Battle Street P.O. Box 308 Somers, CT 06071. Please also keep your two local food pantries in mind, not just during the holiday season, but throughout the entire year. For additional information on the Season of Giving campaign, you can visit www.somersct.gov or contact Deanna Schuetz at 860-265-7550. ***We hope that, if you are able, you will consider making a contribution this holiday season and that this information helps you to know where your contributions will go and who they will help. If you cannot contribute financially, please consider donating your time. Please open your hearts during the Season of Giving.***



We regret to inform you that, due to a lack of volunteers, AARP will be unable to offer an income tax preparation site in the Town of Somers this coming season. The AARP Foundation Tax-Aide Program is very much in need of additional volunteers in order to restore the site in Somers in 2018. Tax-Aide is an AARP Foundation program that offers free tax filing help for those who need it most, especially adults 50 and older, during the tax season. Volunteer tax preparers complete tax preparation training and IRS certification prior to working with taxpayers. There are a variety of roles for individuals at every level of experience who want to make a difference in someone else's life. There is also a need for grass-roots leadership, on-site greeters, those who can provide technical assistance and interpreters who can provide language assistance. To learn more about volunteering with AARP, visit www.aarpfoundation.org/taxaide or call 1-888-OURAARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

If you are in need of AARP tax preparation services, you may attempt to obtain an appointment at a nearby site. We encourage you to do so early in the season to have the best chance of being accommodated. The following AARP tax preparation sites are closest in proximity to Somers:

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

We apologize for any inconvenience this may cause and are hopeful that volunteers will come forward so that the program will be reinstated in Somers in the future.

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 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. CHOICES counseling takes place at the Somers Senior Center during our normal hours of operation (Monday-Friday 8am-4pm). If you are interested in CHOICES counseling, please contact Deanna Schuetz at 860-265-7550 or Dschuetz@somersct.gov. You can also contact Christina Cenac at 860-265-7551 or 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. 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.



OPEN ENROLLMENT ENDS DECEMBER 7th!



Trips & Travel



Join us on an adventure!

At the Somers Senior Center, two types of trips are offered.

1. *Trips that are offered directly through the Senior Center:* We utilize our own Town of Somers buses for these types of trips. They are typically to destinations within an hour to 90 minutes from the Senior Center. 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 Somers Seniors only, due to the limited seating.

EFFECTIVE NOVEMBER 2016: 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 CANCELLED.

2. *Trips that are offered through tour companies:* These types of trips 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. If we run a trip independently, typically at least 40 passengers are required. In either case, if minimums are not met by the deadline indicated, the trip will be cancelled and payment will be refunded. 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. Payment will be reimbursed only if minimums are not met and 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!



**JIMMY MAZZ &
PATRICK TOBIN**

*"Celebrate the holidays with
Frankie & Dean"*

**Wednesday December 7th
Bus departs at 11:00am**

We're off to the Carriage House at Storowton Tavern to enjoy lunch and holiday entertainment! Jimmy Mazz and Patrick Tobin will be ringing in the holidays as they bring you songs from Dean Martin and Frank Sinatra! You will dine on Storowton's famous Yankee Pot Roast, salad, potato, and vegetable. A special holiday dessert plus coffee/tea are also included! **Cost is \$28 and includes your meal, tax, tip, transportation and entertainment!** **Deadline to sign-up is November 30th! Open to Somers residents only due to limited seating.**

***Checks should be made payable to Storowton Tavern**

**WADSWORTH
FESTIVAL OF TREES**

**Friday December 9th
Bus departs at 9:30am**

Established in 1973 by the Women's Committee as a museum fundraising event, Festival of Trees & Traditions has become an annual holiday custom for visitors from throughout the state and beyond. Every year community members, artists and organizations decorate holiday trees and wreaths to be displayed in the galleries throughout the week. All items are for sale, and profits help fund the museum's special exhibitions, educational programs, and operating expenses. Purchase a tree or wreath for your home or donate it to a local charity. Lunch is on your own at the museum café. **Museum admission is \$13. Sign-up begins December 1st. Open to Somers residents only due to limited seating.**



HOLIDAY LIGHT FANTASIA

Monday December 12th~Bus departs at 5pm

Holiday Light Fantasia is a much loved Greater Hartford tradition! The 2-mile show transforms Goodwin Park into a drive-through wonderland of holiday spirit with a beautiful collection of over 1 million lights. Whimsical holiday scenes, familiar characters and local tributes shine bright in larger-than-life lighted scenes and 200 individual displays. Proceeds benefit the

Channel 3 Kids Camp. We will even provide a cup of hot cocoa for the ride! Don't miss out on this annual tradition.

\$2 per person due at sign-up. Somers residents only due to limited seating. Sign-ups begin December 1st!



Trips & Travel



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday January 20th, 2017~ 8:30am departure

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!**



JERSEY BOYS

March 23, 2017

Follow the rags to rock to riches tale of four blue collar kids working their way through the streets of Newark to the heights of stardom.

They wrote their own songs,

invented their own sounds and sold 175 million records worldwide...all before they were thirty. "Big Girls Don't Cry", "Sherry", and "Can't Take My Eyes Off of You" are just a few of the hits performed in this Broadway production, coming to the Bushnell for a limited number of performances. This is a matinee performance. Be sure to grab a bite to eat before we depart or bring a snack with you. **Total cost is \$99 with a deposit of \$60 pp due by January 6th. Cost includes motorcoach transportation and theater ticket. Sign up has begun!**

Here is a sneak preview of just some of the fantastic trips we have planned for you in 2017!

Be sure to mark your calendars!

April 29th: West Point Parade

May 24th: Mamma Mia at Westchester Broadway

June 11th: Boston Lighthouse Cruise

June 26th: Newport Playhouse Lobsterfest

July 12th: Newport Bistro Ice Cream Train

August 3rd: River Rose Cruise

Sept. 24th: Lion King on Broadway!!

Oct. 18th: Providence Jack-o-Lantern Spectacular

Dec. TBD: Old Sturbridge Village
Christmas by Candlelight



STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN OCT. 8-16, 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!

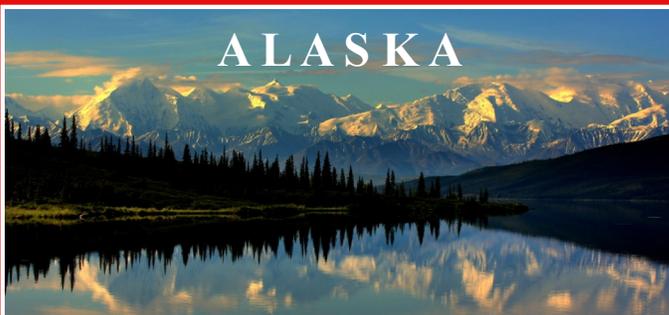
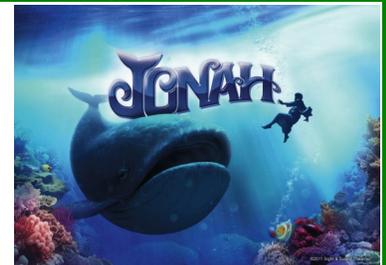
From \$2899 pp twin inside cabin including air!

PENN DUTCH/ JONAH SEPT. 11-13, 2017

Explore Lancaster, PA, the heart of the Amish Country! You'll visit Peddler's Village, tour Ephrata

Cloister (one of America's earliest religious communities) and enjoy two nights at the Cork Factory Hotel (a luxury boutique hotel located in historic downtown Lancaster). Your trip includes reserved seating at Sight & Sound Theatre for a spectacular production of "JONAH". On Day 3, you have the opportunity to visit Philadelphia and One Liberty Observation Deck, the city's newest attraction!

Cost is \$429 pp double. Availability is limited!



ALASKA

THE BEST OF ALASKA; LAND & CRUISE JUNE 12-25, 2017

6 Night Land Tour & 7 Night Cruise

*Fairbanks *Denali *Anchorage *Seward

*McKinley Explorer Domed Train between Denali & Anchorage

*7 night Cruise aboard Holland America's Zaandam with Glacier Bay! *Flights and Motorcoach to airport included

From \$3749 pp twin inside cabin including air!



~Mobile Foodshare (Behind Somers Congregational Church) Dec. 14th & 28th

~Free supper @ Somers Congregational Church on Dec. 15th from 5:30 to 6:30pm

*Denotes an event sponsored by the Somers Senior Citizen's Club (members and non-members welcome)

				1. THURSDAY	2. FRIDAY
				7:00am Trip: Radio City Music 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 9:30-10:00 Qigong 2:00 Diabetes support group
5. MONDAY	6. TUESDAY	7. WEDNESDAY	8. THURSDAY	9. FRIDAY	
10:00-11:00- Chair Aerobics 9:30am Trip: Stocking Stuffer Holiday Tour	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 9:30am Beads by Sandy 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	11:00am Trip: Jimmy Mazz 12-1pm *Lunch: Baked stuffed chicken, rice, peas, salad, rolls 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.) 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:30-10:00 Qigong 9:30am Trip: Wadsworth Festival of Trees	
12. MONDAY	13. TUESDAY	14. WEDNESDAY	15. THURSDAY	16. FRIDAY	
10:00-11:00- Chair Aerobics 1:00pm Painting project 5:00pm Trip: Holiday Light Fantasia	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:00-1:00 Blair Manor Lunch 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors (Town Hall)	12-1pm *Lunch: Holiday Party: Roast beef, mashed potatoes, corn, salad, rolls, holiday cupcakes 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 9:30-10:00 Qigong	
19. MONDAY	20. TUESDAY	21. WEDNESDAY	22. THURSDAY	23. FRIDAY	
10:00-11:00- Chair Aerobics 1:00pm Holiday Concert	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: Pizza, salad & ice cream sandwiches. 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	10:00-11:00 Chair Aerobics *BINGO will not be held today. Senior Center will close at 1pm	CLOSED	
26. MONDAY	27. TUESDAY	28. WEDNESDAY	29. THURSDAY	30. 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: Roast pork, scalloped potatoes, carrots, applesauce salad, rolls, brownies 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	1:00-3:00pm New Years Party * Art Group and Qigong will not be held today	

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 Meals on Wheels Program was instituted in October of 1981 by the Town's Advisory Committee for Seniors. It is a "grassroots" effort, running independently of any state assistance. Meals are graciously prepared by Hometown Kitchen Restaurant for elderly, homebound residents and delivered Monday through Saturday by dedicated volunteers. The elderly population in the community is growing and with that growth comes increased demand for these types of services. The 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.



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

Applications are now being accepted for the Connecticut Energy Assistance Program (heating assistance). Please contact Christina Cenac at 860-265-7551 for more information.

Applications are accepted by appointment only.

Assistance is also available for applying to the Home Energy Solutions Program, an initiative from CT's Energy Efficiency Fund. All homeowners are eligible to apply for this home energy audit and, if you are income eligible, you may receive the audit (a \$124 value) free of charge.



Operation Fuel, Inc.

The Operation Fuel Program will reopen on December 1st, 2016. You can apply for Operation Fuel for *all energy sources*. Maximum gross annual income is \$33,881 for an individual and \$44,305 for a couple. Please call Christina Cenac at 860-265-7551 for more information on program guidelines, as you must meet various criteria depending on if you wish you apply for assistance with your primary heat or your secondary heat. ***Applications are accepted by appointment only.***