




Somers Senior Center

JULY-AUGUST 2019 NEWSLETTER

A Publication of the Town of Somers Human Services Department



Somers Senior Center

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 Like us on Facebook!

A NOTE FROM OUR FIRST SELECTMAN

Ladies and Gentlemen,
I am pleased to report that our citizens voted to approve the FY 2019-20 Budget in the May 14th Referendum by 293-121. The budget as approved indicates no cuts in service, no changes in operating hours, no lay-offs, no increase in capital improvement funding, a (3.94%) reduction in debt payments, a proposed use of \$511,723 of unrestricted Fund Balance to provide revenue to offset the need for a mill increase with our existing mill rate to remain the same as last year's 27.37 and...NO TAX INCREASE !

I extend my compliments to all of our Town Directors, our financial professionals and the Board of Finance for their diligent work in crafting a responsible Budget that meets the needs of our citizens with no tax increase while mitigating the impact of reduced State aid.

Somers mill rate is the lowest of all towns and municipalities in Hartford and Tolland counties . I am also pleased to report that Somers fiscal health ranks 17th out of 169 towns in the state according to an independent Yankee Institute of Public Policy report.

SENIOR CITIZENS DAY-AUGUST 21ST

According to Medicare a senior is 65 years old or older. If you're 55 and you visit the local Dunkin' Donuts, a movie theatre in Enfield, Geissler's on Tuesdays or a multiplicity of services you will receive a senior discount. We like being seniors because of these discounts, the preferred parking we are entitled to, the respect/courtesy we receive from younger people when they address us as "Sir" or "Mam", the enjoyment of having grandchildren and the knowledge/pleasure of having lived a full, fruitful and contributing life. Wrinkles should merely indicate where the smiles have been because there isn't too much we haven't seen or experienced. As I always say... "An unexamined life isn't worth living" .

My favorite architect Frank Lloyd Wright said... "The longer I live the more beautiful life becomes." Mark Twain said... "Age is an issue of mind over matter and if you don't mind, it doesn't matter." The famous and ageless professional baseball pitcher Satchel Paige once remarked, "Don't look behind ya 'cause they may be gaining on ya." and "How old would you be if you didn't know how old you was?"

I think we all like being the age that we are because we reached this age when we can tell someone that tells us to wear socks that we really don't have to and/or apologize for a social faux pas that has been invented by the younger generation to which we have no clue about what they are talking about!

My very BEST WISHES to my fellow seniors as we celebrate Seniors Citizens Day.

DEANNA SCHUETZ

It is with reluctance that the Board of Selectmen accepts the resignation of Deanna Schuetz as the Human Services Director effective May 31, 2019.

Deanna's contribution to the success and vibrancy of the Senior Center along with her advocacy in support of our seniors, the Somers Comes Together initiative, the Season of Giving, Municipal Agent for the Elderly, coordination with Woodcrest, Local Prevention Council Chair, her community outreach/involvement with citizens in need, her tireless work with various Local and state agencies in support of Somers residents, her effective and enjoyable social events and trips that have become the hi-lite for all participants, the Senior Newsletter, Advisory Committee and so many other initiatives that demonstrated Deanna's proactive and caring approach so evident in her daily contributions. I and the BOS will miss you Deanna and wish you the very best on your next career choice.

"A single sunbeam is enough to drive away many shadows"...St Francis of Assisi
Warmly,
BUD

SPECIAL EVENTS IN JULY/AUGUST

- 7/1 Home Helpers Luncheon/Support Group
- 7/7 Trip: *Tanglewood*
- 7/10 Balance Screening
- 7/16 Trip: *CT Lighthouse Cruise*
- 7/16 Parkway Pavilion Luncheon
- 7/16 Medical Equipment Check
- 7/18 Healthy Breakfast
- 7/19 Suffield by the River Luncheon
- 7/23 SCamper Series: *Family Feud*
- 7/30 SCamper Series: *CHOPPED*
- 8/1 Healthy Breakfast/Nutrition Presentation
- 8/5 Home Helpers Luncheon/Support Group
- 8/6 SCamper Series: *Minute To Win It*
- 8/12 Trip: *Kenny & Dolly Tribute*
- 8/13 SCamper Series: *Scavenger Hunt*
- 8/16 Trip: *Mohegan Sun*
- 8/20 Parkway Pavilion Luncheon
- 8/28 Trip: *Lake George Cruise*

*****Sign up is required for all events*****
Please see the monthly calendar for other regularly scheduled activities.

A Very Fond Farewell

In my nearly five years with the Town of Somers, we have sure made some wonderful memories at the Senior Center! Some of my personal favorites were the 25th Anniversary Celebration, the Volunteer Appreciation Events, the New Year's "Eve" parties, and the SCamper Series (especially CHOPPED)! I truly enjoyed helping to create new opportunities for socialization, education, and travel for the seniors of Somers. I was thrilled to form partnerships with Home Helpers and Parkway Pavilion to offer regular meals at the Somers Senior Center. And while my duties as Human Services Director expanded well beyond seniors and the Senior Center, it was the time that I was able to dedicate to this "hat" that I enjoyed the most. Words cannot begin to express what an absolute joy and privilege it has been to serve this community. I have met some of the most wonderful people and am so proud of the progress and accomplishments that have been made at the Somers Senior Center and in the Somers community over the past several years. I am extremely grateful for the opportunity to have served you. The Somers Senior Center and all who have passed through its doors in my time here will always have a very special place in my heart.

Very sincerely,
Deanna Schuetz

The Somers Senior Center will be closed on Thursday, July 4th in observance of Independence Day. Happy Birthday, America!



The Town of Somers Senior Center and activities offered through the Senior Center are open to all individuals ages 55+. Registration is FREE and all seniors are welcome! It is our goal to create a warm and welcoming environment where seniors can take part in recreational, educational and social 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.



Making Life Easier™

Home Helpers provides a **complimentary 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. July's luncheon will be held on **Monday, July 1st at 12pm**. The menu will include pizza, salad and Italian Ice. August's luncheon will be held on **Monday, August 5th at 12pm** and the menu will feature Hot Dogs, Hamburgers, Potato Salad, pickles and Ice Cream! Home

Helpers also facilitates a **Senior Support Group** immediately following the luncheons. The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering this monthly luncheon and support group, ensuring that the seniors of Somers are able to enjoy regular meals and socialization. Home Helpers also partners with Louis and Clark Medical Equipment and Supply to provide **medical equipment check-ups!** 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 **Tuesday, July 16th, from 11:30am-12:30pm** Home Helpers will be on site to inspect your medical equipment free of charge!



Parkway Pavilion graciously provides a **complimentary lunch** each month! On **Tuesday, July 16th at 12:00pm** they will be providing a salad bar! On **Tuesday, August 20th at 12:00pm**, the menu will feature ziti, meatballs, sausage, salad and dessert. We would like to extend our sincere gratitude to Parkway Pavilion for providing monthly meals to the seniors of Somers.



PARKWAY PAVILION
HEALTH & REHABILITATION CENTER
A Wachusett Healthcare Facility

***Important note: For Somers residents, sign-ups for Home Helpers or Parkway Pavilion luncheons begin on the 15th of the month prior to the event. Should the 15th fall on a weekend or holiday, sign-up will begin the next business day. Non-residents will have the opportunity to sign up 5 business days after resident sign-up begins.**

SUFFIELD *by the River*

Pot Roast Luncheon Friday, July 19th~ 12pm

Suffield by the River, a senior residential community, will provide a delicious, hot lunch at the Somers Senior Center on Friday, July 19th, from 12:00pm-1:00pm. The menu consists of pot roast, carrots & potatoes, and apple crisp. We would like to extend our appreciation to Suffield by the River for offering this complimentary luncheon for the seniors of Somers.

BALANCE SCREENINGS

The Somers Senior Center partners with Stonebrook Village at Windsor Locks to bring you quarterly balance screenings. Falls are the leading cause of fatal and non-fatal injuries in older Americans and one in four Americans aged 65+ falls each year (source: www.ncoa.org). A balance screening is one way to reduce your risk of a fall. Regina Krupczak, MS-RCEP (Registered Clinical Exercise Physiologist) and Mike Levandowski, Certified Exercise Physiologist at Stonebrook Village will provide balance screenings with simple balance exercises to test balance and reduce the risk of falls. At Stonebrook Village in Windsor Locks, Regina and Mike teach daily fitness classes to get residents to a functional fitness level. Stonebrook Village will be at the Somers Senior Center from **11:30am-12:30pm on Wednesday, July 10th**. Be sure to sign-up for a time slot!

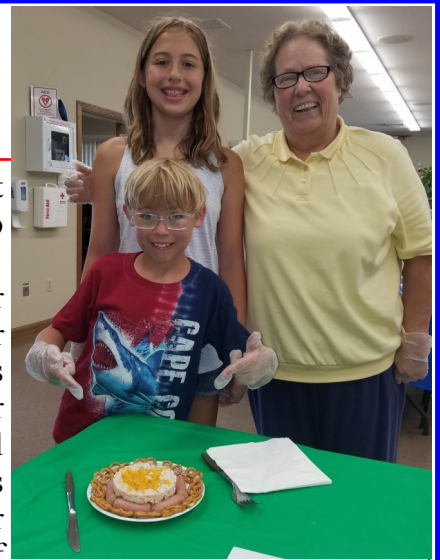


Michelle Mattia, Registered Dietician Nutritionist at Enfield's Shop-Rite, will give a presentation on nutrition on **Thursday, August 1st at 8:45am** (during Healthy Breakfast). Those who attend will receive overnight oats containers with Muesli samples and yogurt coupons. Be sure to sign-up (and remember to sign-up for Healthy Breakfast as well if you would like to enjoy breakfast!).

SCamper Series 2019!!

Senior

The SCamper Series is back for it's fourth year! If you haven't participated in this series yet, what are you waiting for?! Those who have attended tell us it is one of their favorite Senior Center events! "SCamper" comes from combining letters from the words "Senior Center" and the word "camper". For this series, the Somers Senior Center partners with the Somers Recreation Department and brings together seniors and Somers Recreation Day Camp kids for four weeks of fun and engaging activities. "Intergenerational programming," as defined by the National Council on Aging, involves "activities or programs that increase cooperation, interaction or exchange between any two generations. It involves the sharing of skills, knowledge or experience" between youth and older adults. Each generation has something they



can learn from another and, when they come together, the experience can be truly magical. Each Tuesday, starting July 23rd and continuing for four weeks, campers from Somers Day Camp will travel to the Somers Senior Center for a structured intergenerational activity. We are bringing back the favorites from previous years sure to pique the interest of all generations involved. Sign-up for one week or every week! Space is limited for this very special experience! Refreshments will be served and prizes will be awarded!

All sessions are held on Tuesdays and begin at 1pm



July 23rd: FAMILY FEUD

Survey says.....that this is going to be a whole lot of fun!! Join us for the SCamper Series version of the classic television game show where contestants compete to name the most popular responses to survey questions!



July 30th: CHOPPED

Chopped is a reality-based cooking television game show on the Food Network in which chefs compete to incorporate unusual combinations of ingredients into dishes that are then evaluated by judges. Join us for the SCamper Series version of this super fun contest as seniors pair up with campers to create unique culinary creations! It has easily become the most looked forward to week of the entire SCamper Series!

August 6th : MINUTE TO WIN IT

Just like the popular television game show, SCamper Series contestants will take part in 60-second challenges that use objects commonly available around the house. Have you ever tried moving M&Ms from a plate into a cup with only a drinking straw?? Well we have! We've had so much fun that we are bringing this one back with all new wacky, wild, and fun challenges!



August 13th: SCAVENGER HUNT

We're going on a Scavenger Hunt! Work together as a team and be the first to complete the mission! This is bound to be an adventure you'll remember! And, as is the case with all of our SCamper Series activities, prizes will be awarded!!



Summer Concert Series

The Somers Cultural Commission's annual concert series begins in June! Concerts are held on **Thursday evenings at 6:30pm** at the "Gazebo on the Common", located next to the Senior Center. Concerts are free of charge. Don't forget to bring your chairs! Our very own Dial-a-Ride driver, Melinda Burnham, will be serving up gourmet hot dogs from her Gourmet Jazz Dogs cart for all outdoor shows! *Important note: If the scheduled concert should need to be moved indoors, it will be held at Pleasant View Farm Banquet Hall at 452 South Rd.* Donations made during the concerts are very much appreciated and enable the Cultural Commission to continue to bring you the quality of entertainment you have been so fortunate to enjoy.

June 27th	Country Classics with Dee Reilly
July 11th	Rock 'n' Roll with the Knightsmen Band
July 18th	Creedence Clearwater Revival Tribute with Bad Moon Rising
July 25th	International & Caribbean with Jose Paulo & Band
August 1st	Tribute to Rod Stewart with Rick Larrimore
August 8th	The Best of Jimmy Mazz Variety Show

Somers Public Library Survey



The Somers Public Library would like to know how they can improve their services to the community. A survey has been developed to help answer this question. There are two ways to respond. If you have internet access, the survey can be found on the library web site (www.somerspubliclibrary.org) and can be filled out online. If you would prefer to fill out a paper copy, they can be picked up at the Senior Center or at the Library.

Somers Public Schools are looking for Substitute Teachers!



- Do you have a four year degree?
- Would you like to earn some income?
- Would you like to work with children?
- Would you like to choose your workdays?

If this appeals to you - Apply!

Please go to the Somers Public Schools website (www.somers.k12.ct.us) and then to District Information tab and it will drop down and you will see Employment. You will see Employment Opportunities and click on current opportunities line. This will take you to FrontLine and on left side select SUBSTITUTE and you will see the positions available (make sure you scroll down). You will apply there and, when complete, the information will be sent to the school. This is an excellent opportunity for retirees looking to earn some extra income!



The Social Services Department is now accepting monetary donations for our Back-to-School Program. If you would like to make a monetary donation, cash or checks made payable to the Town of Somers Back-to-School Program are greatly appreciated. If you know of a family in need, please send them our way! School is back in session August 29th and every child deserves a good start to their school year! Contact Christina at 860-265-7551 or Ccenac@somersct.gov for more information.

You can apply for the Operation Fuel Summer Program for assistance with your electric bill if you have a shut-off notice or are 30 days or more past due. Please call Christina Cenac at 860-265-7551 for more information and to see if you qualify. Applications are accepted by appointment only.



Farmers' Market Vouchers will soon be available. These vouchers can be used at Farmers' Markets throughout the State of Connecticut! Please contact Christina Cenac at 860-265-7551 for more information on availability and eligibility criteria. If you are a Woodcrest resident, you will receive notification of when vouchers will be distributed on site!

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 3rd, 2019. 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.***



Is getting out to the grocery store and preparing your own meals becoming difficult? The Town of Somers Meals on Wheels Program may be able to help! The Town of Somers independently operates a Meals on Wheels program for our elderly residents and disabled residents age 18+ who are having difficulty obtaining or preparing their own meals on either a short term or long term basis. Meals are graciously prepared by the Hometown Kitchen Restaurant. Meals can be provided on any day, or combination of days Monday through Saturday. Clients may opt to receive either a hot meals, cold meals, or both. Medically necessary dietary restrictions can be accommodated. A complimentary beverage is also provided, if desired. Meals are normally delivered between 11:00AM and 12:30PM, and are delivered by volunteers. Volunteers are required to undergo background checks prior to being approved to deliver Meals on Wheels. Currently, the price of a hot meal is \$4.00 and a cold meal is \$3.00, and bills are sent on a monthly basis for meals prepared. A payment assistance program is available for those who meet certain income and asset guidelines, and is funded solely through donations to the program. ***Please call Christina Cenac at 860-265-7551 if this program could be a benefit to you or someone you know!***



Trips & Travel



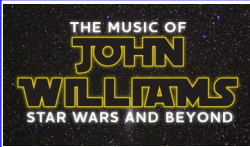
Transportation for following trips is provided via tour company. You may sign up for these trips as soon as they are posted and you should sign as early as possible if interested. If passenger minimums are not met, the trip will be canceled and payment will be refunded. Otherwise, payment is non-refundable unless insurance has been purchased. These trips are open to both Somers residents and non-residents of all ages. Please visit the Somers Senior Center to obtain full flyers for all trips.



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday, June 21st~ Bus departs at 8:30am

The David Gwilliam Mohegan Sun Trip is a deal that can't be beat! This trip includes round trip deluxe motor coach, \$20 in gaming vouchers, \$15 in food vouchers and driver's gratuity! **\$30 per person non-refundable payment due upon sign up. Open to all! Bus departs from the Somers Senior Center at 8:30am. Passengers are encouraged to park at the Kibbe Fuller Community Center if possible. The Senior Center doors do not open until 8:00am. *Deadline to sign-up is Thursday, June 13th.***



BOSTON POPS AT TANGLEWOOD

Sunday, July 7th

If you've never experienced Tanglewood, it is truly a beautiful place to enjoy music surrounded by nature. You will enjoy lunch at one of the spectacular local restaurants before heading to the 210-acre Tanglewood estate to enjoy an evening of music from composer, John Williams, performed by the famous Boston Pops Orchestra with special guest Ann-Sophie Mutter, renowned violinist. Mr. Williams' iconic scores include that of *Star Wars*, *Memoirs of a Geisha*, and *Schindler's List*. **\$140 per person includes motorcoach transportation, complete luncheon, reserved concert seating, taxes, and gratuity.**



LIGHTHOUSE CRUISE

Tuesday, July 16th

Get a new perspective on the history of Southern New England and Long Island when you do your sightseeing from the water aboard a comfortable, climate controlled, high-speed vessel! Enjoy lunch at The Steak Loft and some time on your own in lovely Mistick Village! **\$106 per person includes motorcoach transportation, cruise, food & beverage, taxes, and gratuity.**

MACKINAC ISLAND

September 24th - October 1st

If a trip to Mackinac Island isn't on your bucket list, it should be! No motorized vehicles, only the clip clop of horses. Please be sure to visit the Somers Senior Center to obtain the full itinerary for this amazing adventure. Highlights include the Henry Ford Museum, the Rock & Roll Hall of Fame, breakfast at the famous Grand Hotel, Frankenmuth, and Niagara Falls! Please note that a valid passport is required. **\$1531 pp/double (\$1941 single) includes deluxe motorcoach, 7 nights hotels, 7 breakfasts, 6 dinners, sightseeing & admissions, and a Friendship Tours Escort.**



KENNY & DOLLY TRIBUTE

Monday, August 12th

Enjoy a scrumptious meal at the beautiful Aqua Turf while enjoying an unforgettable performance by the renowned Kenny Rogers and Dolly Parton tribute act. **\$97 per person includes motorcoach transportation, entertainment, food & beverage, taxes, and gratuity.**

COVERED BRIDGES OF NH

Wednesday, October 16th

Grab your camera and explore the incredible covered bridges of New Hampshire on a guided driving tour. This trip also includes a stop at Cameron's Winery for a tasting of five wines as well as lunch at the historic Fitzwilliam Inn, which has been an anchor in the community for over 200 years. **\$100 per person includes motorcoach transportation, food and beverage, taxes, and gratuity.**



BERKSHIRE RAILROAD FOLIAGE EXPRESS

Saturday, September 21st

All aboard! The new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum is a 10-mile, hour-long, round-trip train ride experience between offering beautiful views. Enjoy a 3 course hot lunch at the Freight Yard Pub like atmosphere. A visit to Whitney's Farm & Market on the way home is the perfect ending to your fall foliage adventure! **\$93 per person includes motorcoach transportation, railway attraction, food & beverage, taxes, and gratuity.**

BARRY MANILOW TRIBUTE

Sunday, October 20th

Join us for the amazing and bountiful Sunday Brunch at the Log Cabin in Holyoke, MA where we will enjoy entertainment from Barry Manilow tribute artist, Jonathan Elgart. You'll hear hits like "Mandy", "Weekend in New England", "Copacabana", "I Write The Songs" and many more! **\$84 per person includes motorcoach transportation, food/beverage, entertainment, taxes, and gratuity.**





Trips & Travel

(continued)



CRANBERRY BOG

Thursday, November 7th

A.D. Makepeace Company is the world's largest cranberry grower! You will get an up close view of their wet cranberry bogs and receive a cranberry goodie bag souvenir as well as narrated bus tour. This trip also includes lunch at Lindsey's Family Restaurant, known for their hearty New England fare, as well as a stop at Dorothy Cox Chocolates Factory & Store. This is going to be one sweet day! **\$95 per person includes motorcoach transportation, tour, food/beverage, taxes, and gratuity.**

NEWPORT PLAYHOUSE

Wednesday, December 11th

Christmas Eve is tough for private investigator Cactus O'Reily, a white-hot redhead with the holiday blues. Christmas turns into a Dickens of a holiday for Cactus as she solves mysteries, delivers small miracles, and takes a second chance on love and sleuthing. You'll enjoy a delicious buffet and, after dining, will take your reserved seats in the theater. After the play, you'll return to the dining room for the Cabaret Show! **\$103 per person includes, motorcoach transportation, food/beverage, entertainment, taxes and gratuity. Sign-up begins July 1st.**



ESCORTED WESTERN CARIBBEAN CRUISE *February 2-16, 2020*

Escape the winter blues for two full weeks aboard the brand new Norwegian Bliss! The Bliss features a revolutionary observation lounge and the most spectacular entertainment at sea including the Broadway production **JERSEY BOYS!** *Please stop by the Somers Senior Center for more information on this excursion. An amazing value starting at \$1799 pp/twin inside cabins and \$2399 pp/twin balcony!*



Town of Somers Dial-a-Ride

Senior/disabled transportation service ("Dial-a-Ride") is available to all Somers residents age 60+. Somers residents between the ages of 18-59 are also eligible for service if receiving 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 aide/friend/family member, etc. accompany them. Aides *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. We cannot provide transportation to medical appointments scheduled after 2pm. **Passengers must call AT LEAST one week in advance to schedule transportation.** Medical appointments always take priority. In addition to medical appointments, transportation is provided to the Somers Senior Center, Adult Day Centers, employment, Somers Public Library, voting, grocery shopping, personal appointments/errands, and other activities. Our service area includes the Town of Somers, the Town of Enfield, and transportation to Johnson Memorial Medical Center in Stafford. There is no fee required for this service, but donations are encouraged and appreciated. When you call to schedule your transportation, please ensure you have the following information available:

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

Please be sure to inform us when you call if you will be utilizing a wheelchair or motorized scooter.

Please call the Somers Senior Center at 860-763-4379 to register and to obtain our full transportation brochure which contains everything you need to know about traveling with us. Registration is required prior to utilizing the transportation service.

1. MONDAY	2. TUESDAY	3. WEDNESDAY	4. THURSDAY	5. FRIDAY
10:00-11:00 Chair Aerobics 11:30-12:30 BP/BS <i>12:00pm Home Helpers Luncheon</i> <i>1:15pm Senior Support Group</i>	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group	1:00-3:30 Dominoes <i>Please note the time change for the following:</i> 2:00-3:30 Wii Bowling 2:00-3:00 Pitch Card Group	CLOSED 	9:00-12:00 Art Group 9:15-9:45 Qigong
8. MONDAY	9. TUESDAY	10. WEDNESDAY	11. THURSDAY	12. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group	11:30 Balance Screening 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong
15. MONDAY	16. TUESDAY	17. WEDNESDAY	18. THURSDAY	19. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 9:45am Trip: CT Lighthouse Cruise 12:00pm Parkway Pavilion Lunch 12:30pm Medical Equipment Check-up 12:30 -3:30 Pinochle Group	12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 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 12:00 –1:00 Suffield By The River Luncheon
22. MONDAY	23. TUESDAY	24. WEDNESDAY	25. THURSDAY	26. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00pm SCamper Series	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 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
29. MONDAY	30. TUESDAY	31. WEDNESDAY	July 7th– Boston Pops @ Tanglewood	
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00pm SCamper Series	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<p><i>*Mobile Foodshare (behind Somers Congregational Church): July 10th & 24th from 1pm-1:30pm</i></p> 	



**Mobile Foodshare (behind Somers Congregational Church): August 7th & 21st from 1pm-1:30pm*

			1. THURSDAY	2. FRIDAY
			8:30am Healthy Breakfast 8:45am Talk on Nutrition 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
5. MONDAY	6. TUESDAY	7. WEDNESDAY	8. THURSDAY	9. FRIDAY
10:00-11:00 Chair Aerobics 11:30-12:30 BP/BS 12:00pm Home Helpers Luncheon 1:15pm Senior Support Group 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00pm SCamper Series	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong
12. MONDAY	13. TUESDAY	14. WEDNESDAY	15. THURSDAY	16. FRIDAY
10:00-11:00 Chair Aerobics 10:00am Trip: Kenny & Dolly 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00pm SCamper Series	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	8:30am Trip: Mohegan Sun 9:00-12:00 Art Group 9:15-9:45 Qigong
19. MONDAY	20. TUESDAY	21. WEDNESDAY	22. THURSDAY	23. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:00pm Parkway Pavilion Lunch 12:30-3:30 Pinochle Group	12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30-3:30 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
26. MONDAY	27. TUESDAY	28. WEDNESDAY	29. THURSDAY	30. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group	7:45 Trip: Lake George Cruise 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong