



# Somers Senior Center March-April 2019 Newsletter

*A Publication of the Town of Somers Human Services Department*



## Somers Senior Center

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## SPECIAL EVENTS IN MARCH/APRIL

\*AARP Tax Aide: 3/1, 3/15, 3/29, 4/5\*

- 3/4 Home Helpers Luncheon/Support Group
- 3/7 Monticello-Hillsdale Discussion
- 3/7 Healthy Breakfast
- 3/8 Twister Trivia
- 3/12 Advisory Committee for Seniors
- 3/18 Sizzling Salad Cooking Demo
- 3/19 Trip: *Gaelic Meets Garlic*
- 3/21 Healthy Breakfast
- 3/22 Friday Matinee: *Only the Lonely*
- 3/26 Parkway Pavilion Luncheon
- 3/28 Trip: *Cheesecake Factory*
- 4/1 Home Helpers Luncheon/Support Group
- 4/3 Medical Equipment Check
- 4/4 Healthy Breakfast
- 4/5 Trip: *Washington DC (departs)*
- 4/9 Advisory Committee for Seniors
- 4/10 Balance Screening
- 4/12 Trip: *Mohegan Sun*
- 4/15 Volunteer Appreciation Event
- 4/16 AARP Fraud Watch Presentation
- 4/17 Trip: *Music Man @Goodspeed*
- 4/18 Parkway Pavilion Breakfast
- 4/22 Korean Lanterns Program
- 4/25 Trip: *Harvard Glass*
- 4/26 Friday Matinee: *Calendar Girls*
- 4/26 Trip: *Bermuda Cruise (departs)*
- 4/27 Prescription Drug Take Back Day

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

***Please see the monthly calendar for other regularly scheduled activities.***

## A NOTE FROM OUR FIRST SELECTMAN

Ladies and Gentlemen,

I recently had the opportunity to interact with all of the Democratic and Republican leadership of the state and I wanted to share the comments that they made relating to the anticipated budget negotiations for FY 2020.

# Both parties indicated that municipal aid to towns ‘would mostly likely not be cut’ but that remains to be seen.

# Economic Cost sharing (ECS) will probably increase by \$115 million.

# \$270 million has been promised to the Transportation System with an additional \$400 million being earmarked for low income families.

# The \$2.9 billion estimated rainy Day fund by 2020 which Gov. Lamont says he will not tap is questionable. With the commitments for tax relief for low income families, aid to towns and the transportation system, the math doesn’t add up and I suspect he will use part of this windfall.

# Tolls and marijuana will most likely occur.

# The Volatility Cap which was implemented to save excess tax receipts tied to investment earnings can be overturned with a 3/5<sup>th</sup> vote from the general Assembly ( 91 votes in the House and 23 votes in the Senate ). Another tempting target for money to be tapped to pay for all of the aforementioned largess. Look for this to happen since expenses outstrip revenues and are forecasted to do so in the future.

# Teacher pension debt is only 40 % funded and is a ticking debt time bomb. There will not be a push to have towns take on 1/3 rd of this responsibility. The state borrowed \$42 billion to shore up the Teachers Fund. This money was borrowed at 5.5 % interest and the state is forecasting an 8% return??? When was the last time anyone of us got a guaranteed 8% return ???

# Connecticut ranks seventh from the bottom of all states with its ability to weather a recession forecasted for late 2020 and beyond.

# STEEP grants will remain.

# Regionalization was discussed with emphasis on school district consolidation but don’t look for this to happen any time soon.

In essence the state’s current fiscal dilemma ( i.e. \$ 4 billion projected deficit over the next two year) is like borrowing on one credit card to pay off another credit card along with ignoring the reality that is obvious over the next few budget cycles. We are going to have to become more self -reliant as a town, husband our dollars along with the need to focus on expanding our economic opportunities as a way to mitigate the pressure to continually raise real estate taxes.

\*\*\*\*\*

I and the Board of Selectmen thank all of our volunteers for their many contributions to the Somers community.

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor “.

Warmly,  
Bud Knorr



The safety of our seniors is of utmost importance to us. Therefore, our Senior Center follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, Senior Center activities including transportation will be delayed/canceled as well. Please tune into WFSB Channel 3 or NBC30 and look for "Somers Senior Center" for up to date information on delays/closings.

*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.*



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. March's luncheon will be held on **Monday, March 4th at 12pm**. The menu will include macaroni & cheese, salad, and cookies. April's luncheon will be held on **Monday, April 1st at 12pm** and the menu will feature pinwheel sandwiches, pickles, chips, and cookies. 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 **Wednesday, April 3rd 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 or breakfast** each month! On **Tuesday, March 26th at 12:00pm** they will be serving lunch and the menu includes baked ziti with meat sauce, garlic bread, salad and cake for dessert! On **Thursday, April 18th at 8:30am**, it's breakfast! The menu will include pancakes, sausage, fruit, and juice. We would like to extend our sincere gratitude to Parkway Pavilion for providing monthly meals to the seniors of Somers.

**\*Important note: For Somers residents, sign-ups for Home Helpers luncheons and Parkway Pavilion meals 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.**



The Somers Senior Center is thrilled to announce that, after two years of being unable to offer the service, AARP will once again be providing an income tax preparation site in Somers! 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. AARP Foundation Tax-Aide is offered in coordination with the IRS. Appointments for tax preparation in Somers are being offered on an extremely limited basis, so you are encouraged to call early to schedule. **Appointments are now being scheduled.** AARP will be on site **at the Somers Senior Center** on March 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>, and April 5<sup>th</sup>.

In preparation for your appointment, please note the following:

- You should arrive 15 minutes early to complete paperwork,
- If the return is a joint return for a married couple, both spouses need to be present.
- It is very helpful if you are able to bring a copy of your return from last year.
- You must bring identification (name and social security number) with you.
- You should bring your checkbook (or routing number and account number) if you want to get a direct deposit of your refund.

The Somers Senior Center would like to extend our sincere appreciation to AARP and its volunteers for helping to bring this extremely valuable program back to Somers.



### **MONTICELLO-HILLSDALE PROPOSAL DISCUSSION** **Thursday, March 7th~ 8:15am (during Healthy Breakfast)**

Former Probate Judge Tim Keeney and Dr. Paul Salva, President of the Somers Education Foundation will present a description of Presley & Helen Blake's plan to create an Education Center for Ethics & Entrepreneurship with their properties on Hall Hill Road in Somers. The Center will partner with Hillsdale College of Hillsdale, Michigan and host seminars and academic programs for teachers and students alike. Tim and Paul will discuss the potential opportunities and benefits this project will present to Somers. Adult education and land conservation will be a top priorities. There will be time for questions and answers.

## TWISTER TRIVIA!

Friday, March 8th~ 1pm

Twister Trivia is the perfect way to reconnect with that old game we used to play when we were able to bend and twist in all different ways! Now it's time to take out the old game and recycle it into new fun, by using it as our trivia game board. But

this time around the only physical ability you'll need is to throw a beanbag onto the Twister game. This game is in need of your brain power more than your coordination. So please put on your thinking cap, get ready for some questions about geography, history, and culture, and join us! Cookies and Coffee will be served! Savannah Ragali (Director of Admissions at Stonebrook Village) and Phyllis Liebman (Assistant Director of Life Enrichment) will be heading the program.



## Sizzling Salad Cooking Demonstration

Monday, March 18th~ 1pm

Tired of the same old salad? Come to this free cooking demo! Taste the dish, grab a recipe card, and put some sizzle in your salad! This demonstration is courtesy of Suffield by the River. *Deadline to sign up is March 11th.*



## Korean Lotus Lanterns

April 22nd~ 1pm

The Korean Spirit and Culture Promotion Project will lead us



in making paper and wire lanterns in the shape of Lotus flowers. Lotus flowers are a symbol of purity, nobility, and sublimity. Following the craft project, we will see a short documentary and enjoy homemade traditional Korean desserts. This craft project is lovely, and very educational, and the food so tasty! The garb worn by the presenters is BEAUTIFUL! The Korean Spirit & Culture Promotion Project is a not-for-profit organization that was formed in September of 2005 to promote Korean history and culture. *\$5.00 per person to cover the cost of materials is due upon sign-up. Deadline to sign up is April 8th.*

## FRIDAY MATINEES

Join us at the Somers Senior Center for a movie, popcorn, and refreshments!



### Only the Lonely

March 22nd~1pm

It's that time of year that brings out the Irish in us all, even if we aren't Irish! In this romantic comedy, Maureen O'Hara, stars as an overbearing Irish mother who has trouble letting go of her 38 year old son, Danny, played by the late great John Candy. When Danny falls in love with a Polish girl, he must choose between loyalty to his mother or love.

Rated: PG13 Running Time: 105 minutes

### Calendar Girls

April 26th~ 1pm

April is National Humor Month! Helen Mirren was nominated for a Golden Globe Award for her performance in this hilarious comedy in which eleven middle-aged Englishwomen pose nude for their annual Women's Institute calendar as a fundraiser for the local hospital and quickly become a media sensation!

Rated: PG13 Running Time: 108 minutes



## The Con Artist's Playbook Fraud Watch Network

Tuesday, April 16th~ 1pm

The Con Artist's Playbook is an inside look at how scammers think. The program was developed based on hundreds of undercover fraud tapes and hours of interviews with victims and con artists and shines a spotlight on the common strategies scammers use. Participants will walk away armed with the tools they need to keep themselves and their families safe.



Are you a senior who lives alone and has little to no support nearby? Would you be interested in meeting others who are in a similar situation so that you may form a network of support and discuss the challenges of living independently? If so, please stop by the Senior Center or call us and reference the "Friendship Network". Everyone needs support and no one should ever feel alone.

## April is National Volunteer Month

### Our Volunteers Rock!



We would like to take this opportunity to thank the many individuals in the community who graciously volunteer their time to the Town of Somers 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 volunteering at the Senior Center...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 our annual Volunteer Appreciation event on Monday, April 15th. This event is *by invitation only*. If you have volunteered in one of the aforementioned capacities and do not receive an invitation, please do not hesitate to contact us so that we may ensure you have the details of this event. On behalf of the Somers Human Services Department and the residents we serve, we offer a very heartfelt thank you to all of our volunteers! We think you rock!





## PREScription DRUG TAKE BACK EVENT

Somers Comes Together, your Local Prevention Council, in collaboration with the Somers Resident Troopers and Somers Fire Department, will be hosting their second Prescription Drug Take Back event at the Somers Senior Center on Saturday, April 27th from 10am-2pm. Somers Comes Together will be on site to provide information and **free giveaways!** Bring your prescription medication for disposal and **enter into a drawing to win a \$50 gift card.** Drive thru option is available! If you would rather not get out of your vehicle, we will come to you! This is free and anonymous. Proper disposal of prescription medications keeps medications out of the wrong hands, protects our environment, and helps prevent theft. At the last event, 105 pounds of medication was collected!



The Operation Fuel Program is open. You can apply for Operation Fuel for *all energy sources*. **You can also now apply for Operation Fuel for assistance with your water bill!** Maximum gross annual income is \$42,958 for an individual and \$56,175 for a couple. Please call Christina Cenac at 860-265-7551 for more information on program guidelines. **Applications are accepted by appointment only.**



**The deadline to apply for the 2018-2019 CT Energy Assistance Program is fast approaching.** Deadlines differ by heat type. Please contact Christina Cenac at 860-265-7551 for more specific information on deadlines and eligibility. **Applications are accepted by appointment only.**

### 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, April 10th.** Be sure to sign-up for a time slot!



### Property Tax Relief Program

- Are you a resident of Somers?
- Do you own your home or have life use of your home?
- Were you **or** your spouse 65 years old or older in 2018, or are you receiving permanent total disability benefits?
- Was your 2018 adjusted gross income plus any other income not included in your adjusted gross income \$36,000 or less for an individual or \$43,900 or less for a married couple?



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 between February 1st and May 15th with your 2018 Federal Income Tax Return, if you filed one, plus all of your 2018 1099s. *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 do not hesitate to call Karen at 860-763-8202 to schedule a visit or to answer any questions you may have concerning this program.*



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. 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 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.



# Trips & Travel



A ★ symbol indicates a newly advertised trip!

Transportation for the two trips below is provided by the Town of Somers Dial-a-Ride bus. Due to limited seating, priority must be given to Somers residents. Somers residents are eligible to register for trips as of the date indicated on a first-come, first-served basis. Non-Somers residents aged 60+ will be placed on a waitlist. One week (7 days) prior to the trip or the sign-up deadline (if one is indicated), non-residents on a wait list will be moved to the active trip list in the order in which they signed up IF seats are available. All trips on our Town of Somers Dial-a-Ride buses must have at least 10 passengers signed up by one week prior to the deadline indicated. If the 10 passenger minimum is not met, the trip will be canceled. Note: You must have a Dial-a-Ride registration form on file prior to utilizing the Dial-a-Ride bus.

## ★ CHEESECAKE FACTORY

Thursday, March 28th~ Bus departs at 11:00am

Let's do lunch! We're heading to Blue Back Square in West Hartford to dine at the popular Cheesecake Factory. With over 30 varieties of cheesecake, be sure to leave room for dessert! **Sign-up for this trip begins March 1st for Somers residents.**



## ★ MUSIC MAN- GOODSPEED OPERA HOUSE Wednesday, April 17th~ Bus departs at 10:00am

You got trouble in River City! Professor Harold Hill and Marian the Librarian march into their first appearance at Goodspeed in a rousing new production of this great American musical. When huckster Harold promises to save an Iowa town by selling the dream of a boys' band, Marian is the only skeptic. Until she starts to buy his pitch. Fall in love all over again with "76 Trombones," "The Wells Fargo Wagon," "Trouble" and "Till There Was You." A glorious classic that will have you parading in the streets! **We will enjoy lunch at the historic Gelston House prior to the performance. \$95.00 per person due upon sign-up includes transportation, lunch, theater ticket, taxes and gratuity. Sign-up for this trip begins March 1st for Somers residents. Non-Somers residents aged 60+ will be eligible to sign up as of March 8th if seats are still available. The deadline to sign-up for this trip is March 15th.**

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.



## GAELIC MEETS GARLIC Tuesday, March 19th

We are heading to the beautiful Grand Oak Villa for an unforgettable day of comedy and music! Comedian George Casey will serve up good, clean comedy and belly laughs while vocalist Tony Riccio celebrates his Italian background with all the standards you know and love. You'll enjoy complimentary carafes of red and white wine and crackers and cheese with pepperoni upon your arrival. The family style menu will include corned beef and cabbage, chicken parmesan, garden salad, pasta, roasted potato, vegetable, and zeppole for dessert. **\$90 per person includes motorcoach transportation, food & beverage, entertainment, taxes, and gratuity.**

## GLASS MUSEUM & MAPPARIUM Thursday, April 25th

Picture a giant, hollow ball made of glass, completely indoors, surrounded by lights, and skewered through its middle by a footbridge. Now, stain the inside of the glass ball as if it were a political map of the Earth turned inside out. You are inside the Mapparium at the Mary Baker Eddy Library. This huge globe shows the world's boundaries frozen in time circa 1935 - see how much has changed! Enjoy a three-course family-style Italian lunch at Maggiano's Little Italy where the menu will include Stuffed Mushrooms, Crispy Zucchini Fritte, Garden Salad, Chicken Marsala, Eggplant Parmesan, Baked Ziti & Sausage, Desserts & Coffee. Next, be amazed by the realistic flowers made of blown glass at The Glass Flowers exhibit in the Harvard Museum of Natural History. Between 1886 to 1936, Austrian glass makers created glass models of 700 species of flowers & plants. Every single bit of these flowers including the roots, stems, leaves, & even dirt are made of glass. Enjoy a guided tour of the Glass Flowers exhibit. **\$116 per person includes motorcoach transportation, food & beverage, admissions, taxes, and gratuity.**



## ★ DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday April 12th~ Bus departs at 8:30am

The David Gwilliam Mohegan Sun Trip is back!! 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, April 4th.\***



## THE SICILIAN TENORS Wednesday, May 15th

A must see show filled with the power and beauty of delightful tenor voices. The Sicilian Tenors: Aaron Caruso, Elio Scaccio & Sam Vitale, take the audience on a romantic journey from Hollywood to Broadway to Italy. "Be My Love," "O Sole Mio" & "Nessun Dorma" are a few of the selections they will perform. The tenors recently were on stage at Carnegie Hall singing to a sold out audience. This performance will take place at the elegant Aqua Turf. You'll enjoy coffee & donuts upon arrival and the family style lunch menu will include Garden Salad, Pasta, Chicken Piccata, Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage. **\$96 per person includes motorcoach transportation, food & beverage, entertainment, taxes, and gratuity.**



# Trips & Travel



## JAZZ BRUNCH CRUISE

**Sunday, June 9th**

See New York City...from a new perspective!

We will sail on one of Hornblower's luxury vessels in the beautiful New York Harbor. You will even get up close and personal with the lovely Lady Liberty! This is a 2 hour cruise, including an upscale Sunday Buffet Brunch, Jazz entertainment followed by a DJ for dancing! **\$118 per person includes motorcoach transportation, cruise, food & beverage, entertainment, taxes, and gratuity.**



## ★ BOSTON POPS- 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.**



## 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.**



## LAKE GEORGE CRUISE

**Wednesday, August 28th**

Enjoy a two hour luncheon buffet cruise with live entertainment aboard the Lac du Saint Sacrement, the largest cruise ship on Lake George. Following our cruise we'll spend time in Lake George Village, the heart of this resort area. **\$103 per person includes motorcoach transportation, cruise, food & beverage, entertainment, taxes, and gratuity.**



## 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!**

## 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.**



## 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.**



## ★ 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.**



## 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.**



## ★ 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.**





# March

*\*Mobile Foodshare (behind Somers Congregational Church): March 6th & March 20th from 1pm-1:30pm*

## 1. FRIDAY

*\*AARP Taxes (by appt. only)*

9:00-12:00 Art Group

9:15-9:45 Qigong

## 4. MONDAY

10:00-11:00 Chair Aerobics

**12:00pm Home Helpers Luncheon**

**1:15pm Senior Support Group**

1:30-3:30 Cribbage

## 5. TUESDAY

9:00-11:00 Knitting Group

12:30 -3:30 Pinochle Group

1:00-3:00 Pitch Card Group

## 6. WEDNESDAY

1:00-3:30 Dominoes

1:00-3:30 Wii Bowling

1:00-3:00 Pitch Card Group

## 7. THURSDAY

**8:15am Monticello-Hillsdale discussion**

**8:30am Healthy Breakfast**

10:00-11:00 Chair Aerobics

12:00-3:30 Bingo

6:30-9:30 Bridge Club

## 8. FRIDAY

9:00-12:00 Art Group

9:15-9:45 Qigong

**1:00pm Twister Trivia**

## 11. MONDAY

10:00-11:00 Chair Aerobics

1:30-3:30 Cribbage

## 12. TUESDAY

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**

## 13. WEDNESDAY

1:00-3:30 Dominoes

1:00-3:30 Wii Bowling

1:00-3:00 Pitch Card Group

## 14. THURSDAY

10:00-11:00 Chair Aerobics

12:00-3:30 Bingo

6:30-9:30 Bridge Club

## 15. FRIDAY

*\*AARP Taxes (by appt. only)*

9:00-12:00 Art Group

9:15-9:45 Qigong

## 18. MONDAY

10:00-11:00 Chair Aerobics

**1:00-2:00 Sizzling Salad Cooking Demonstration**

1:30-3:30 Cribbage

## 19. TUESDAY

9:00-11:00 Knitting Group

**9:45 Trip: Gaelic & Garlic**

12:30 -3:30 Pinochle Group

1:00-3:00 Pitch Card Group

## 20. WEDNESDAY

12:30-3:30 Dominoes

1:00-3:30 Wii Bowling

1:00-3:00 Pitch Card Group

## 21. THURSDAY

**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

## 22. FRIDAY

9:00-12:00 Art Group

9:15-9:45 Qigong

**1:00pm Friday Matinee: Only the Lonely**

## 25. MONDAY

10:00-11:00 Chair Aerobics

1:30-3:30 Cribbage

## 26. TUESDAY

9:00-11:00 Knitting Group

**12:00-1:00 Parkway Pavilion Luncheon**

12:30 -3:30 Pinochle Group

1:00-3:00 Pitch Card Group

## 27. WEDNESDAY

**11:30-12:30 BP/BS**

1:00-3:30 Dominoes

1:00-3:30 Wii Bowling

1:00-3:00 Pitch Card Group

## 28. THURSDAY

**8:30-3:30 Foot care (Call 860-763-4379 for appt.)**

10:00-11:00 Chair Aerobics

**11:00 am Trip: Cheesecake Factory**

12:00-3:30 Bingo

6:30-9:30 Bridge Club

## 29. FRIDAY

*\*AARP Taxes (by appt. only)*

9:00-12:00 Art Group

9:15-9:45 Qigong

<b>1. MONDAY</b> 10:00-11:00 Chair Aerobics <b>12:00pm Home Helpers Luncheon</b> <b>1:15pm Senior Support Group</b> 1:30-3:30 Cribbage	<b>2. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>3. WEDNESDAY</b> <b>11:30-12:30 Medical Equipment Check-up</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>4. THURSDAY</b> <b>8:30am Healthy Breakfast</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>5. FRIDAY</b> <b>*AARP Taxes (by appt. only)</b> <b>*Washington DC trip departs</b> 9:00-12:00 Art Group 9:15-9:45 Qigong
<b>8. MONDAY</b> 10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	<b>9. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group <b>1:30pm Advisory Committee for Seniors</b>	<b>10. WEDNESDAY</b> <b>11:30-12:30 Balance Screening</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>11. THURSDAY</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>12. FRIDAY</b> <b>8:30am Trip: Mohegan Sun</b> 9:00-12:00 Art Group 9:15-9:45 Qigong
<b>15. MONDAY</b> <b>12pm Volunteer Appreciation Event</b>  <i>*All regularly scheduled activities are canceled</i>	<b>16. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group <b>1:00pm AARP Fraud Watch</b> 1:00-3:00 Pitch Card Group	<b>17. WEDNESDAY</b> <b>10:00am Trip: The Music Man @ Goodspeed</b> 12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>18. THURSDAY</b> <b>8:30-3:30 Foot care (Call 860-763-4379 for appt.)</b> <b>8:30am Parkway Pavilion Breakfast</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>19. FRIDAY</b>  <p style="text-align: center;"><b>CLOSED</b></p>
<b>22. MONDAY</b> 10:00-11:00 Chair Aerobics <b>1:00pm Korean Lanterns Program</b> 1:30-3:30 Cribbage	<b>23. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>24. WEDNESDAY</b> <b>11:30-12:30 BP/BS</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>25. THURSDAY</b> <b>7:00 Trip: Harvard Glass</b> <b>8:30-3:30 Foot care (Call 860-763-4379 for appt.)</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>26. FRIDAY</b> <b>*Bermuda Cruise departs</b> 9:00-12:00 Art Group 9:15-9:45 Qigong <b>1:00pm Friday Matinee: Calendar Girls</b>
<b>29. MONDAY</b> 10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	<b>30. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<p><i>*4/27: Prescription Drug Take Back Event</i></p> <p><i>*Mobile Foodshare (behind Somers Congregational Church): April 3rd &amp; April 17th</i></p>		

