



Somers Senior Newsletter

Somers Senior Center
19 Battle Street
P.O. Box 194
Somers, CT 06071



Volume I Issue III

May - June 2009

Senior Center Quick Notes:

The Somers Senior Center is open daily from 8am – 4pm. We are located at 19 Battle Street in Somers, next to the Somers Historical Society building. The center is closed when schools are closed due to severe weather and we observe most holidays when Town Hall offices are closed. You may contact the main Senior Center number at 763-4379 or Jenifer Charette, the Municipal Agent for the town of Somers @ 749-7160. The Senior Center is always open to donations of lightly used computers and monitors too! Our current project, a big screen tv for the center, has been realized thanks to the generosity of the Somers Rotary. This will greatly enhance our movie showings, wii games and other activities. If you are interested in making a donation to the center, please contact Jenifer @ 749-7160. Please check out our **NEW** link on the town of Somers website! Go to somersct.gov, click on town departments & then senior services. We will be updating this site continuously with new and important information for the seniors in town. Please feel free to contact Jenifer at the Senior Center with any comments or ideas for new programs. If you are reading this newsletter, but are not on our mailing list, please contact the Senior Center today - We will add you to the mailing list for the next issue!

A NEW feature in the Somers Senior Newsletter...

In this and subsequent issues of the Somers Senior Newsletter, you will now see advertisements from local merchants. This new feature will enable us to bring you a newsletter that not only has more information, but can be more widely distributed at a lower cost. The sponsor ads will appear at the bottom of the newsletter pages in each issue.

If you are a local merchant that may be interested in purchasing an ad, please contact Donna Doyker @ 763-8210 or Barbara Flebotte @ 749-5821. If you are a senior receiving this newsletter:

Please support your Newsletter Sponsors!



INSIDE THIS ISSUE:

Upcoming Events & Health & Wellness
Info: Pages 2 - 3

Town of Somers
Info: Pages 4 - 5

Senior Center Weekly Activities & New Programs:
Pages 6 - 7

Director's Corner & Elderly Advisory Committee: Page 8

Senior Citizens' Club News:
Pages 9 - 11

Senior Information Directory: Page 12

Newsletter Name CONTEST!!!

We're looking for a "New" name for our Newsletter....

If you have a suggestion, please contact the Senior Center @ 763-4379.

We'll be "voting" on the winning entry at our next Elderly Advisory Committee meeting and the winner will receive a months' worth of vouchers good for catered lunches at the Senior Center!

Upcoming Events Information

TRAVEL EXPO

AT THE SOMERS SENIOR CENTER

Join us on May 5th at 7pm at the Senior Center for a fun and informative evening! Representatives from travel wholesalers will be on hand to answer your travel questions.

There will also be prizes and a Trip give away!

Please join us for this GREAT evening.

Refreshments will be served. No registration needed - call the Senior Center @ 763-4379 for more information!

Somers Summer Concerts on the Green

Join us for these very popular Free concerts on the green by the Somers Historical Society. Parking is available at the Senior Center for these events. Bring your lawn chair and a picnic dinner and sit back and enjoy the concerts!

Buddy Halpin Band: July 10th

Windham Concert Band: July 17th

Amy Gallatin: July 24th

Flamingo: July 31st

Digger Stevens Band: August 7th

Caregiver Support Network Attention

Caregivers:

Avoid stress, frustration, and despair in your care giving duties by following these suggestions from the National Family Caregiver's Association.

1. Learn as much as you can about your loved one's illness.
2. Know your personal limits.
3. Accept your feelings as a caregiver
4. Confide in others about your care-giving duties and feelings.

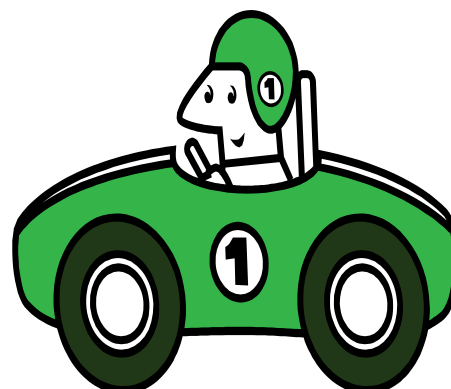
If you are interested in learning more about the Caregiver Support Network please contact The Somers Senior Center @ 749-7160.

AARP Driver Safety Course

The next 1 day class of the AARP Driver Safety Program will be held on Sat. June 6 @ the Senior Center from 8:30am - 5pm. Fee is \$12 for AARP members \$14 for non members. Insurance companies in Connecticut are mandated to give AT LEAST a 5% discount on the liability portion of the premium to all policy holders age 60 and over who complete the course.

That discount lasts from 2 - 3 yrs, depending on the company, before a refresher course is needed.

For information regarding AARP membership, information about two-day classes in the area or registration for the Somers class, please call Bev Morin @ 749-3605.



Health & Wellness Information

Pedi-Care Service at the Senior Center

Pedi-Care provides an ongoing program of foot care at the Somers Senior Center by Ronnie McAlmond, a specially trained, registered nurse.

The services offered at the Senior Center Clinics include:

General assessment of the feet and lower extremities

Trimming, filing and cleaning of nails

Reduction of thickened toenails

Smoothing of corns and calluses

Massaging, lotioning and powdering of feet

Referrals to a doctor or podiatrist if needed.

Fee is \$28 for a 1/2 hour appointment - To schedule an appointment, please call the Senior Center @ 763-4379 between 8am & 4pm Monday - Friday.

Upcoming Pedi-Care Service Dates: 5/5, 6/4 & 6/11 .

Town of Somers Community Wellcare Programs

Blood Pressure & Blood Sugar Screenings

B.P./B.S.: Tuesday, May 5: 8:00 - 9:00am @ Somers Senior Center

B.P.: Wednesday, May 13 & 27: 11:30 - 12:30pm @ Somers Senior Center

B.P./B.S.: Monday, May 18: 10:00 - 11:00am @ Woodcrest

BP./BS.: Tuesday, June 2: 8:00 - 9:00am @ Somers Senior Center

B.P.: Wednesday, June 10 & 24: 11:30 - 12:30pm @ Somers Senior Center

B.P./B.S.: Monday, June 15: 10:00 - 11:00am @ Woodcrest

For info on all the services your VNA offers, please contact the Senior Center, or Home & Community Health Services, Inc.

(formerly Enfield VNA, Inc.)

101 Phoenix Avenue, Enfield, CT 06083

860-763-7600 www.cthomecare.org

860.763.7600 ■ 860.763.7613 (fax)

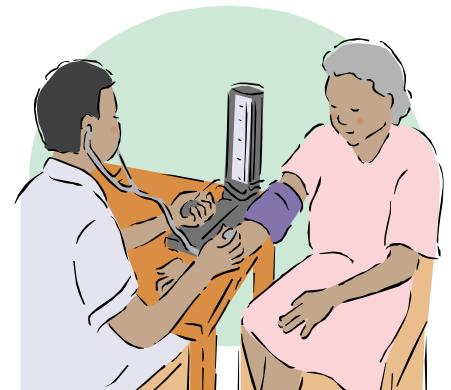
Web: www.johnsonhealthnetwork.com



Schedule your yearly physical today! Visit your dentist regularly!



Your Hometown VNA & Hospice



Town of Somers Information

Page 4

Somers Senior Newsletter

You could be eligible for Property Tax Relief!

- Are you a Somers resident?
- Do you own your own home or have life use of your home?
- Are you or your spouse 65 years of age or older, or are you receiving permanent disability benefits?
- Is your 2008 adjusted gross income plus any other income not included in your adjusted gross income \$37,300 or less?

If you answered yes to the questions above, you may qualify for property tax relief. Tax Credits up to 75% of your real estate tax bill are funded by the State of Connecticut and the Town of Somers and never need to be repaid.

Simply come to Town Hall with your 2008 Federal Income Tax Return, if you filed one, plus your 1099's from Social Security, **until May 15th**. The Assessor's staff will assist you in completing the paperwork.

Pat Juda, Somers' Assessor, will arrange to visit you in your home to assist you with the application in the event it is difficult for you to visit the Town Hall. Please do not hesitate to call Pat at 763-8202 to schedule a visit or to answer any questions you may have concerning this program.

Fuel Assistance Information - Not Just For HEAT

If you are a senior in need of assistance to pay your utility bills, please contact the Social Services Office @ 763-8224. Depending on your situation, you may qualify for assistance from the ACCESS program, Operation Fuel and CL&P. Please don't suffer this summer without air conditioning...We can also assist with state aid applications, medicare, choices & social security info.

Call Ann at the Social Services office or Jenifer Charette at the Senior Center today.

Dial - Ride Bus Service

Our Senior bus service operates Monday - Friday from 8am - 4pm, taking seniors and disabled passengers to their appointments, shopping and other activities in Somers, Enfield and Stafford. The fee is a mere \$1 per ride. To schedule a ride on the Senior bus, please contact the Senior Center @ 763-4379 at least 2 days in advance if possible. If you are a first time rider, please request a copy of the Senior Bus Operating Procedures.

Get out of the house and get active!

Meals on Wheels - Drivers Needed

The Somers Meals on Wheels Program is looking for volunteer drivers. Delivery days are Monday - Saturday; deliveries are made once a day around lunch time. You can volunteer one or more days/month. If you are interested, please contact Susan King @ 749-9648.

**What a great way to help
out in your community!**

Town of Somers Information

Volume I Issue III

Page 5

SOMERS OFFERS MEALS ON WHEELS

- By Susan King

If you or anyone you may know of is homebound for any reason (post-surgery, arthritis, bedrest, etc.) and is unable to prepare a home cooked meal, please let us help. The Somers Meals on Wheels program offers the delivery of a HOT or COLD (or a combination of the both) with a complimentary beverage, Monday through Saturday between the hour of 11:00 a.m. and 12:00 noon. We take into account special diets and other special concerns (like cutting up food) when plating up the meals. Our HOT meals range from \$4.00-\$3.00 and our COLD meals range from \$3.00-\$2.00 per day, and we can deliver any day that you wish between the days of Monday through Saturday. Please give Susan King a call at 749-9648 (leave message) with any questions or concerns you may have.

Bon appetite!

DON'T BE A TARGET OF HEALTHCARE FRAUD!

TUESDAY, JUNE 9TH @ 9:30AM SOMERS SENIOR CENTER

Join us as a representative from the NCAAA CHOICES SMP program discusses ways to protect yourself and your healthcare benefits from potential Fraud, Abuse, Errors and Scams! This presentation empowers individuals through heightened awareness of Identity theft and fraud—especially related to Medicare - And helping you know where to turn when and if you or someone you know is a victim. Conveniently following Tuesday coffee & donuts! No pre-registration needed—call 763-4379 for more info.

Dial - A - Ride Bus Services...

Not just for Doctor's Appointments!

The Town of Somers has been the recipient of a grant to benefit the Dial-A-Ride Bus Service Program. We are very fortunate here in Somers... We have 2 buses at our disposal. This grant will enable us to provide additional service during regular operating hours, after hours and on weekends. Plans are now underway for a day trip to the "Magic Wings Butterfly Conservatory" in Massachusetts. We can also make weekly/monthly shopping trips to areas other than Enfield Square and maybe begin an "Out to Lunch Club" If you have an idea for a day trip or a group that would like to get away for a day, please contact Jenifer Charette at the Senior Center and we'll make all the arrangements for your special trip.

- Companionship
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HC 100154

Somers Senior Center Regular Weekly Activities

Page 6

Somers Senior Newsletter

Quilters Wanted!

By Marj

It's no ordinary play time...It's 3 hours of socializing with friends old and new and at the same time, creating a beautiful quilt. The Lost Needle Quilters are in need of a few new members. If you are interested in joining this group of talented quilters, please come down to the Senior Center any Friday from 12:30 - 3:30pm.



Artist Workshops

Join other experienced and beginner "artists" at the Senior Center every Friday from 9am - 12. Work on your own creation and enjoy the company of other local artists. This is a fun way to enjoy a hobby, a passion, get some tips, critique and socialize. No registration necessary! In addition to the workshops, The Tobacco Valley Artist's Association meets the 3rd Wednesday of each month at the Senior Center @ 7pm.



BINGO!!!! The Bingo Group is in need of More Players!!!!

Every Monday & Thursday: 12noon – 3:30pm.

Empty your pockets and purses of that loose change and be ready for fun!

Pinochle – Dominoes – Bridge

Pinochle: Tuesdays 12:30-3pm **New Players Wanted!**

Dominoes: Tuesdays 1:30 - 4pm

Bridge: Thursdays 7-9:30pm

These weekly activities are a great way to meet new friends and have some fun at the Center. There's always room for new players; come down to the Senior Center today for Bingo, Dominoes, Pinochle or Bridge! For more information just drop in or call 763-4379.

Tuesday Morning Coffee & Donuts!

Come down to the Senior Center every Tuesday morning for FREE coffee, donuts and good conversation. What a great way to start your day, meet friends old and new and catch up on the latest news around town. The donuts are courtesy of The Whole Donut in Hazardville, they are delivered by our own George Stephens and the coffee is brought to you by the Senior Citizens' Club. Make sure to grab a copy of the Springfield Republican paper on your way out! FREE

Somers Bridge Club News

The Somers Senior Bridge Club is looking for some new players. We have 2-3 tables going every Thursday night at 7pm. All levels of ability are welcome, but should at least know the fundamentals of the game. We are a friendly group - no "cut throat" players here!

CHAIR AEROBICS: Mondays & Thursdays @ 10am

Chair Aerobics is a mild, but effective activity that promotes circulation throughout the body. For further info, please call 763-4379. No pre-registration is needed.

TOPS Club: Tuesdays: 130-230pm TOPS Encourages healthy lifestyles through support groups. Club meetings emphasize nutrition and exercise education. For further info please call 763-4379. No pre-registration is needed.

Starting soon at the Somers Senior Center... We already have weekly Bridge, Pinochle and Dominoes... There is great interest in beginning a **CHESS CLUB** which would meet weekly and possibly compete with Chess Clubs from surrounding Senior Centers. If you are interested in joining this fledging new group, please contact the Senior Center @ 763-4379.. If you have interests in other games such as scrabble, backgammon, poker, puzzle making or cribbage, please contact the Center today!

FREE ART LESSONS!!!

4 Wednesdays: June 3, 10, 17 & 24 2 - 4pm

Beginning June 3rd, the Tobacco Valley Art Association is offering art lessons at the Somers Senior Center.

Take advantage of this wonderful opportunity to learn a new hobby or "brush" up on something you haven't done in a while.

Artists from the TVAA will be instructing these classes in various medias;

FREE of charge to Somers seniors.

All materials are included.

Pre registration is necessary. Please contact the Senior Center @ 763-4379 for more information and to register.

ZUMBA GOLD FITNESS: FREE Introductory Class!!!

Tuesday, May 19 @ 4pm

New moves and music choreography is what you will find with the Zumba GOLD Fitness class. This version of the popular ZUMBA exercise program is specifically geared towards seniors and those with a little more limited mobility. The class is lead by Certified Zumba GOLD Fitness instructor, Mary Harrington. This Latin inspired cardio group exercise program features interval training sessions where rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest and you've got Zumba! Follow Mary's lead and learn steps from dances like Salsa, Cumbia, Flamenco, Cha Cha Cha, etc. No previous dance experience is required. The Zumba motto is "DITCH THE WORKOUT, JOIN THE PARTY" Call the Senior Center @ 763-4379 to reserve your space in this FREE class. If there's enough interested attendees, we will begin a June session.

BRIDGE LESSONS

Want to learn how to play Bridge?

This is your opportunity to find out...

We are looking to form a bridge lesson group at the Senior Center during the day. The first few sessions will be geared towards those new to the game; later sessions will be directed toward improving your skill in bidding, use of conventions, play of the hand, opening leads on defense and more. Lessons with instructor Gil Rivard will last from 1 hour to 1 1/2 hours per/week for approximately 6 weeks. Thursdays, depending upon interest. After the 6 sessions you will be able to play at a respectable level. **Please contact Gil Rivard @ 749-6573 if you are interested in joining the Bridge Night group or Bridge Lessons.**

Senior Newsletter: Director's Corner - Advisory Committee to the Elderly

Volume I Issue III

Page 8

Director's Corner:

I am sure you are all as happy as I am that the warmer weather is finally here. It has been a very long winter and although we have all been keeping busy here at the Senior Center, it sure feels good to get outside and enjoy the fresh air.

This spring we have a few new programs and ideas for our seniors. First of all, the big screen tv has become a reality! Thanks to the Somers Rotary, we will now be able to see our movies, sports and other events on a 52 inch HD TV! Also coming this spring to the Senior Center is a Senior Community Garden. This was a project I suggested to the Somers Boy Scouts at a recent meeting and we were lucky enough to be chosen by one of the scouts for his Eagle Scout Project. Soon we will have a beautiful vegetable and flower garden right behind the Senior Center for all of you to enjoy! Look for information in the Center on a new "walking" club...we all need to get out there and exercise! Some important up coming events at the Center that I hope you will take part in include our 1st Travel Expo on May 5th. Not only will we be able to meet representatives from local travel wholesalers, there's also a trip giveaway! This event is brought to you in part by our friends at Travel Dreams in Somers. We now have the opportunity to utilize the 2nd senior bus on a regular basis; if you have any ideas for local day trips, please let me know! I am in the process of creating a special area in the center for up to date Senior Info; please consult this and somersct.gov often for up coming events and new programming. If you have not stopped by my office here in the Center, please do so soon; I look forward to meeting you,

Jenifer B. Charette

**Need some help with your Yard work this spring?
Call "Rent - A - Scout" and have a local Boy Scout help with
your spring clean up.
For more information, call Bill Duhrels @ 749-3907**

Please Support Our Sponsors!!!!



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A message from the Senior Citizens' Club President:

First, I hope you all had a wonderful & safe Easter Holiday. I would like to take this opportunity to personally thank everyone (and you know who you are) that has made donations in one way or another, to the Center.

We have had everything from money, soda, snacks, movies, donated for the pleasure & enjoyment of others. We are a family, and it's nice when family takes care of their own! The free gift table has been doing very well! So many of you have brought in items, and also taken home items. The free gift table seems to be a great success that we will continue into the future.

We have an "Idea Basket", which some of you have written out movies you like to see, or ideas for trips, etc... I would like you all to continue giving me you idea's, but to add more to it. Please tell me what idea's you have or thing's you like to see the Center itself being used for. The weekends and most evenings the Center empty. Let's put it to good use. Whether it is for auctions, craft sales, art exhibits, learning to play cards or some other card/board game(s), theWii game or a variety of crafts. We could even get some local Musicians, Magicians, Comedians, to perform in the Center; the skies the limit. It never hurts to ask them for a free performance as long as we know that a decent number of seniors will attend. So please start thinking of fun and enjoyable things, and keep sending me your ideas. The Idea Basket will be on the table outside my office by Norma Meyer's desk.

With Much Love, Thank You All,
Arlene Yarnes



**Arlene Meets the
Easter Bunny!**

The Somers Senior Citizens' Club Scholarship

The Somers Senior Citizens' Scholarship Committee has been working very diligently on the scholarship applications they have received from many Somers students. The scholarship committee is reviewing the applications and the recipient will be announced at the Somers High School Awards Night.

Save Your Aluminum Tabs, Can Tabs, Pop Tops, Pet Food Tops!

Shriners Hospitals for Children in Springfield and Boston have been collecting pull-tabs or "pop-tops" from beverage cans since 1989, recycling them, and putting the money toward programs that directly benefit children. The money received from the recycling of the tabs is used to buy medical and non-medical items for Shriners Hospitals for Children.

The next time you drink a soda, think twice before you recycle the whole can.

One twist on the tab and you help a child. Drop off your tabs at the Somers Senior Center!

A special thank you to Joan Kocot who volunteers to pick up and deliver the pull tabs on a weekly basis. Thank you Joan!

Somers Senior Citizens' Club News

Volume I Issue III

Page 10

Center of Attention

Somers Seniors enjoy a green St. Patrick's Day, the meal was delicious and the center was alive with enjoyment, and lots of cheer. Ray Trask won the table decoration drawing of a St. Patrick potted flower.

Ray Trask



David Gwilliam

Easter Luncheon

Easter brought with it the beginning of spring! The tables were decorated, large crowd arrived, bright colors and sunshine. And, a special guest arrived...the Somers Senior Citizens' Center Bunny "Thumper". Peter Cottontail is very busy this time of year!



What's Goin' On `Round Here!?

Upcoming Events at the Senior Center

Free Popcorn and a Movie on Sunday afternoons.

Showing starts at 2:00 P.M.

To check on Movie Cancellations Call Club President Arlene at: 749-7387

Suggestions for Movies to be shown are welcomed.

Bringing a Movie to show is appreciated!

Special Guests at the May 6th Luncheon

On May 6th we shall have some VERY Special Guests

2 Police Officers, a K 9 and his/her Handler will be coming to the Center to tell us all about the training both Officer must go through to be called "K 9 Unit". Both Officers will stay for lunch and special gifts shall be presented. Join us and learn from 2 of Connecticut's Finest!

Ezra Blount's 100th Birthday!!! Please come down to the Senior Center and join us in celebration of longtime Somers resident Ezra's 100th birthday. If you are not joining us for lunch, join us for cake ... and remember to sign the card! Festivities begin at 12noon!

Somers Senior Citizens' Club News

Page 11

Somers Senior Newsletter

New York Holiday Trip

Wednesday, December 9, 2009

Fee: \$33.00 (includes Drivers tip)

The Bus leaves the Senior Center at 7am.

Departs from New York City at 7pm.

To sign up for this trip please call the Senior Center @763-4379.

Stops into New York will be made at: The Museum of Art , Rockefeller Center and Downtown at Battery Park.

Checks should be made payable to :

"Somers Senior Citizens' Club"

Somers Senior Center

19 Battle St. Somers, CT

Any questions about the Trip, please call

David Gwilliam at (860)-749-9175.

Call NOW - We had a great time on our spring trip! This trip will sell out fast!

Senior Luncheon Menu

For May - July

May 6: Chicken Francais - Birthday

May 13: Manicotti

May 20: Pot-luck & Membership Mtg.

May 27: Pot Roast

June 3: Meatloaf - Birthday

June 10: BBQ Chicken

June 17: Pot-luck & Membership Mtg.

June 24: Pork Roast

July 1: Pot Roast - Birthday

July 8: Sausage, Peppers & Pasta

July 15: Lemon Pepper Chicken

July 22: Ham

July 29: Sloppy Joes

Call 763-4379 to reserve your lunch by each Tuesday. \$5/pp Take out available. Chicken is always available for those who request ahead.

Local Events Calendar

Somers High School Drama Club presents "The Sound of Music"

May 7th, 8th, and 9th 2009 Somers High School Auditorium

Show times are 6 pm on May 7th, and 7 pm on May 8th and 9th.

Purchase tickets at the door up to one hour prior to show time or at the Somers Public Library. Admission is \$13, with prices for Senior Citizens \$7. For additional information, contact 860-749-1992

SOMERS VOLUNTEER FIRE DEPARTMENT

24th ANNUAL WILLIAM J. SAVIOLI MEMORIAL GOLF TOURNAMENT

May 13th 2009 – Public welcome! Location: Cedar Knob Golf Course, Somers, CT

Start Time: 10:00 a.m. Details: 4 ball scramble golf, golf carts, buffet dinner, trophies and prizes are included. \$ 85.00 per person More info Contact Frank Falcone: 749-7626

SOMERS RELAY FOR LIFE: Saturday and Sunday May 30 & 31st Pleasant View Farm, Somers. Join a team or come and watch the events and ceremonies. For more info go to www.relayforlife.org/somersct A representative for Somers Relay will be at our May 13th luncheon with more information.

Herbfest 2009 June 6th from 10am - 4pm Pleasant View, Somers. Call 763-5206 for info.

CARS ARE THE STARS SHOW AND SHINE: Saturday June 23rd 11:00 – 4:00pm

(rain date June 30) Pleasant View Café and Golf Center 452 South Rd. on Rt. 83.

The Annual Paul Bowers Memorial Lacrosse Tournament: June 7th 8am – dark MBA fields, Pinney Farm, Somers. More info at www.somerslacrosse.org

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Senior Information Directory

May & June 2009

Municipal Agent to the Elderly

Jenifer B. Charette
Office Phone: 749-7160
Cell Phone: 860-234-2680
Fax: 763-8228

Office Hours @ the Senior Center

8am - 12noon: Monday - Friday
email: jcharette@somersct.gov

Norma Meyer: 763-4379
Hours: M - F :12 - 4pm

Social Services & Recreation Office Hours:

1 - 4pm M, T, W & Thurs. 4 - 7pm

Woodcrest Housing: 749-4658

Senior Citizens' Club

Meets at the Senior Center @
12:45pm on the 3rd Wednesday of
each month. September - June,
except December. The Public is
Welcome to attend! Monthly
meetings of the Executive Board
occur September - June; exact date
and time of meeting TBD by the
board.

Executive Board members:

Arlene Yarnes - President
Cathy Butkus - 1st Vice President
Jim Burgess - 2nd Vice President
Theresa Beardsley - Secretary
Beverly Guimmond - Asst.
Secretary
Avonne Robbins - Treasurer
The Club is looking for an Assistant
Treasurer; please contact Arlene if
you're interested @ 763-4379.

Advisory Committee to the Elderly

This town committee meets at the Sen-
ior Center every 2nd Tuesday
of each month @ 11:00am.
The public is welcome to attend.

Committee Members:

Chairman: Jenifer Charette
Secretary: Elaine Bemont
MOW Coordinator: Susan King
Senior Citizens' Club: Arlene Yarnes
Communications: Barbara Flebotte
Senior Support Services: Pat Bachetti
Senior Lunches: Arlene Yarnes
Senior Center Sign: Donna Doyker
Public School Liaison: Donna Doyker
Woodcrest Rep: Dorothy Hillman