



Somers Senior Center December Newsletter

19 Battle Street Somers CT 06071

860-763-4379



Senior Center Staff

Maureen Parsell	Director, Rec & Leisure
Jillian Connors	SC Supervisor
Florence Hurley	SC Coordinator
Pamela Caso	SC Administrative Assistant
Melinda Burnham	Driver
Ed Hart	Driver
Donna LaVallee	Driver

Social Services

619 Main Street	860-265-7551
Somers CT 06071	
Allison Maynard	Social Services Director
Christina Hurdle	Social Services Coordinator

Energy Assistance

As we prepare for the colder weather, please give us a call if you are in need of Energy Assistance. Our department has several programs available to help offset your heating costs of the winter. If your annual income is less than \$39,027 (single person), \$51,035 (two people), you may be eligible for assistance.

Meals on Wheels

Meals on Wheels is always available to accommodate new participants. Meals are delivered Monday through Friday. Contact Christina Hurdle at (860) 265-7551 or churdle@somersct.gov.

The Tradition of Christmas.....

Christmas ... Christmas Day, December 25th, became a federal holiday in the United States in 1870 under President Ulysses S. Grant. Popular customs included the attending of church, exchanging of gifts, sharing a meal with family & friends and of course, waiting for **Santa**

Claus to arrive. In ancient Rome, December 25th was a celebration of "The Unconquered Sun" marking the return of longer days. It followed the festival of *Saturnalia* where people feasted and exchanged gifts. Other similar holidays celebrated at the same time are *Hanukkah* an eight day celebration of the "Festival of Lights", *Kwanza* which is celebrated from December 26—January 1 celebrating the first fruits of the harvest, and *Boxing Day* celebrated on December 26th where servants, tradespeople and the poor traditionally were presented with gifts. (Wikipedia)





Somers Senior Center Registration Form

December 2021 Classes, Events, & Trips

Name: _____

Email: _____

Address: _____ Phone: _____

Program Name	Date	Fee (When Applicable)
Cash/Credit/Checks	Total Due	
Payable to Town of Somers		

All Fees are payable at the time of registration unless otherwise noted.

Registration Begins Nov 24, 2021 for Somers Residents, & Nov 29, 2021 for Non Residents



December 2021

				1. WEDNESDAY	2. THURSDAY	3. FRIDAY
				9:00 Qigong 10:00 Wednesday Walkers 1:00 Dominoes 1:00 Card Group	9:00 Bay Path 10:00 Yoga 12:00 Bingo	9:00 Coffee Talk 10:15 Chair Aerobics Holiday Festival 5:30-8:00pm
6. MONDAY	7. TUESDAY	8. WEDNESDAY	9. THURSDAY	10	FRIDAY	
9:00 Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics 12:00 Home Helpers Lunch 1:00 Home Helpers Support Group	9:00 Qigong 10:00 Wednesday Walkers 11:00 Crafts 1:00 Dominoes 1:00 Card Group	8:30 Footcare 10:00 Yoga 12:00 Bingo 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics		
13. MONDAY	14. TUESDAY	15. WEDNESDAY	16. THURSDAY	17. FRIDAY		
9:00 Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights 1-3:00 Wrapping Social	9:00 Coffee Talk 10:15 Chair Aerobics	9:00 Qigong 10:00 Wednesday Walkers 11:30-12:30 Senior Club Lunch 1:00 Card Group 1:00 Dominoes	9:00 Bay Path 12:00 Bingo 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics 11:00 Tech Support with Audra		
20. MONDAY	21. TUESDAY	22. WEDNESDAY	23. THURSDAY	24. FRIDAY		
9:00 Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights 1:00 "Veterans" Benefit Presentation	9:00 Coffee Talk 10:15 Chair Aerobics 11:30 Parkway Lunch 12:30 Movie "Elf" Serving Cookies & Cocoa	9:00 Qigong 10:00 Wednesday Walkers 1:00 Card Group 1:00 Dominoes	8:30 Footcare 12:00 Bingo 5:30 Bridge	9:00 Holiday Breakfast With Pam 10:15 Chair Aerobics		
27. MONDAY	28. TUESDAY	29. WEDNESDAY	30. THURSDAY	31. FRIDAY		
9:00 Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics 11:00-12:00 B/P & B/S 11:30 Lunch by The Ivy	9:00 Qigong 10:00 Wednesday Walkers 1-3pm Holiday Gathering With Magician "Rich Gilbert" 1:00 Dominoes	12:00 Bingo 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobic		HAPPY NEW YEAR 2022!



Special Events

*Home*Helpers®

Lunch Sponsored by Home Helpers

Registration is Required as space is limited.

Stop in or call the Senior Center



Upcoming Dates

December 7, 2021 @ 12:00pm

January 11, 2022 @ 12:00pm



Senior Support Group

following the Lunch at 1pm

Open to all this meeting offers home care tips, support, and some fun activities to end the hour!

Lunch Hosted by

The Ivy of Ellington

Tues December 28th

11:30am

Registration Required



Blood Pressure & Blood Sugar Screening

Tues Dec 28th 11:00-12:00pm

Sandy Wood/ECHN

PLEASE BE WELL HYDRATED prior to screening



Wrapping Social!

Monday Dec 13th 1-3pm

Don your favorite holiday sweater while enjoying an afternoon learning how to make bows and creative ways to wrap your presents! Bring your favorite paper & ribbon (some materials will be provided)



PARKWAY PAVILION
HEALTH & REHABILITATION CENTER
A Wachusett Healthcare Facility

Parkway Pavilion Luncheon will be held

Tuesday December 21st 11:30-12:30

Registration Required to reserve a seat.

Serving : Ham Dinner with sides



Comfort Keepers®

Small Group Technology Assistance

with Audra from Comfort Keepers

Friday December 17, 2021 @ 11:00am

SOMERS DIAL A RIDE

Please remember to schedule your transportation 7 days in advance when possible. For More Information on scheduling or becoming a registered rider please call the

Senior Center 860 763 4379

or email pcaso@somersct.gov

MASKS ARE REQUIRED FOR ALL RIDERS



Attention Seniors

Thursday Jan 13th 12:00pm

**At the Somers Congregational Church
599 Main Street**

**Please bring your lunch and join us as we
discuss Health Insurance & Financial Help
Programs available to you.**

Sponsored by Somers Social Services

Please Pre-Register

By Calling

**Somers Congregational Church
(860)763-4021**



**If you served your country you and/
or your family may be eligible for
benefits!**

**Please join us for A Veterans Benefits
Presentation**

By Somers Dept of Veterans Affairs

Monday, December 20th 1:00pm

At Somers Senior Center

The Somers CT Department of Veterans Affairs is responsible for providing assistance, counseling, and representation to veterans and their families in accessing a variety of local, state, and federal benefits. Our gratitude to ALL who serve and sacrifice for AMERICA.



Crafters Corner

with Lisa

December 8th @ 11am

**Join us to
create A
Winter
Gnome**

**Registration
Required
\$5pp**



Occupational Therapy Program

With Alexis Ferioli "Lexi"

Thursdays 9:00—10:00AM

**December 2nd—Holiday Themed Karaoke with
Instruments**

**December 16th-Holiday OT Party with Movement
Relay Race Holiday Themed Games**

**Come Join The
FUN!**



Health and Fitness

Qigong Join Ritch Ryan for movement & breathing to enhance health and wellness Provides a simple approach with the benefits of balance, strength, & flexibility	Monday & Wednesday 9:00 am	Indoor 45 minute class \$25 Month , \$40 punch card for 10 classes <i>Try your first class FREE</i>
Yoga Stretching Stretch while sitting or standing Provided by Somers Yoga & Wellness	Thursday 10:00 am	All Levels Welcome Sit or Stand \$25 Month ZOOM Option Available <i>Try your first class FREE</i>
Chair Aerobics Follow along to a classic chair fitness program	Tuesday & Friday 10:15 am	All levels welcome FREE
Seated Hand Weight Class 45 minute Guided Instruction With Lisa Build strength and endurance	Monday 12:00 pm	Bring your own light hand weights or bands All levels welcome \$25 Month ZOOM Option Available <i>Try your first class FREE</i>
Ping Pong by Appointment	Daily 9-12	1 hour timeslots available for 2-4 players
Wednesday Walkers NEW TIME	10:00am	Walk for a few minutes or a few hours Meet in the Senior Center Parking Lot/ Weather Permitting
<i>Classes are ongoing weekly</i> <i>Sessions Vary depending on Month</i>		Registration is Required for all Programs For more Info Call the Senior Center @ 860 763 4379 Or stop in to Register




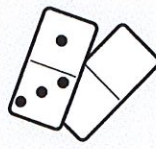




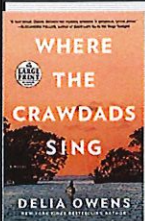


Ongoing Weekly / Monthly Activities



Registration is required

Crafters Corner Lead by Lisa	Wednesday Dec 8th 11:00 AM		Fee for Supplies \$5 Project Noted on Calendar
ART GROUP All Mediums Welcome Bring Your Ideas	Mondays 10:00am		FREE BRING YOUR SUPPLIES
KNITTING PLUS CROCHET, CROSS STICH, QUILTERS ETC	Mondays 10:00am		FREE BRING YOUR IDEAS AND SUPPLIES Supplies Available @ SC
DOMINOES NEW AND EXPERIENCED PLAYERS WELCOME	Wednesdays 1:00-3:30pm		FREE Minimum numbers required to play
COFFEE & CONVERSATION	Tuesdays & Fridays 9am		Dates Listed on the monthly calen- dar.
BINGO	Thursday s 12-3pm		FREE Donations Welcome for Supplies
Card Group ~ Set Back	Wednesdays 1pm		Minimum numbers Required to play



ATTENTION BOOK WORMS! We Have formed a Senior Center Book Club! 'Where the Crawdads Sing' by Delia Owens will be our first Selection. Please contact Pamela Caso at the Senior Center if you would like her to reserve a copy for you at the Somers Public Library. Part murder mystery, part love story spanning the 50's—70's that will surely keep you engrossed!

Special Events



Monday, December 6th @ 1:30pm
At the Somers Senior Center
Popcorn served

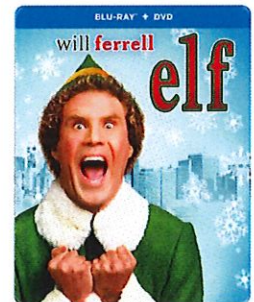
SENIOR CENTER MOVIE MATINEE

Tuesday December 21, 2021

@ 12:30pm

Location ~ Somers Senior Center

Serving Christmas Cookies & Cocoa!!



SOMERS SENIOR CITIZENS' CLUB DRIVE THRU LUNCHES

Pick Up at Somers Senior Center

Wednesday, December 15, 2021
Chicken Parmesan - Ziti - Green Beans

Wednesday, January 19, 2022
Yankee Pot Roast - Roast Potatoes - Carrots

Wednesday, February 16, 2022
Roast Turkey - Mashed Potatoes - Squash

Sweet Treat with Each Meal!

Pick Up Time: 11:30 a.m. - 12:30 p.m.
Cost: \$5.00 Each To Be Paid at Pick Up

****ORDER IN ADVANCE REQUIRED****

Call Beverly Gulmond To Order
Must Order By Noon Monday Prior to Lunch

860-749-9943

Happy Holidays to All!

Holiday Gathering December 29th

1:00 pm—3:00 pm

Please Join Us at the Senior
Center for some Holiday Cheer to
Toast the New Year

Appetizers & Show by Rich Gilbert, Magician

(Dessert provided by Harbor Chase)

