



Somers Senior Center

May-June 2019 Newsletter



A Publication of the Town of Somers Human Services Department

Somers Senior Center

19 Battle Street
Somers, CT 06071
Phone 860-763-4379
Fax: 860-763-8229
www.somersct.gov
Like us on Facebook!



Somers Senior Center Staff

Christina Cenac.....Human Services Assistant
Florence Hurley.....Senior Center Coordinator
Pam McCormick.....Senior Center Assistant
Deanna Schuetz.....Human Services Director
Melinda Burnham.....Dial-a-Ride Driver
Richard Day.....Dial-a-Ride Driver
Ed Hart.....Dial-a-Ride Driver
John Morrison.....Dial-a-Ride Driver

SPECIAL EVENTS IN MAY/JUNE

- 5/2 Healthy Breakfast
- 5/6 Home Helpers Luncheon/Senior Support Group
- 5/10 Mother's Day Tea
- 5/13 Presentation: *Health Care Directives*
- 5/14 Advisory Committee for Seniors
- 5/15 Trip: *Sicilian Tenors*
- 5/16 Healthy Breakfast/Stroke Awareness
- 5/17 AARP Safe Driver Course
- 5/20 Presentation: *Stand Tall, Don't Fall*
- 5/21 Parkway Pavilion Luncheon
- 5/21 Fill a Public Works Truck Food Drive
- 5/24 Painting Project
- 5/28 Trip: *Middletown Military Museum*
- 5/31 Friday Matinee Double Feature: *The Outlaw Josey Wales & The Mule*
- 6/3 Home Helpers Luncheon/Senior Support Group
- 6/6 Healthy Breakfast/Hearing tests
- 6/9 Trip: *Hornblower Cruise*
- 6/11 Advisory Committee for Seniors
- 6/13 Parkway Pavilion Breakfast
- 6/14 Presentation: *Electric Choices (AARP)*
- 6/17 Presentation: *Ain't She Sweet*
- 6/20 Healthy Breakfast
- 6/21 Trip: *Mohegan Sun*
- 6/24 Presentation: *Staying Active*
- 6/27 Trip: *Thimble Islands Cruise*
- 6/28 Friday Matinee: *Green Book*

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

Please see the monthly calendar for other regularly scheduled activities.



The Somers Senior Center will be closed on Monday, May 27th in observance of Memorial Day. We would like to extend our gratitude and appreciation to all who have served in our country's armed forces and sacrificed in an effort to protect our freedoms and keep us safe.

A NOTE FROM OUR FIRST SELECTMAN

Ladies and Gentlemen,

My job as First Selectman in coordination and cooperation with the Board of Selectmen is to control expenses and we've effectively done this over the past years especially in light of the fiscal woes of the State which continue to make our budgeting process a challenge.

I only wish the State had the same emphasis on fiscal restraint as Somers and other towns/municipalities that have judiciously managed their budgets and lived within their means. The reality indicates that these financial challenges will be with us for the foreseeable future. This means we're going to have to become more self-reliant and continue to focus on our fiscal strength by conservative forecasting and managing expenditure growth.

The fiscal 2019-20 budget reflect the BOS's philosophy of financial restraint and expense control. Last year's fiscal 2018-19 budget was equivalent to our budget 3 years ago which represented a 3.1 % decrease of the fiscal 2017-18 budget. We accomplished this through what I call "negative zero based budgeting" where we instructed our departments to reduce their budgets, husband their resources and look for savings through more efficient operations and reorganization of staff where applicable to improve productivity.

I and the BOS are very proud of what our people accomplished in cutting expenses as evidenced by last year's budget. As with all recent budgets we've addressed operating costs to the point where we're now faced with the need to "catch up" on the ever increasing expenses/costs where we have little or no control less we impact service and response for our citizens.

A review of our fiscal 2019-20 budget reflects a 6.97% increase over last year's budget. Taking into account the 3.1% decrease in last year's budget and the need to address increasing fixed cost the net effect is a 3.7% increase when viewed of the last two budget cycles.

HI-LITES OF THE 2019-20 FISCAL BUDGET

PUBLIC SAFETY is emphasized with the addition of two School Resource Officers (SRO), security up-grades at the library, and a reorganization of our police function that resulted in an approximate \$350-400,000 savings. This reorganization and the applicable savings resulted in better utilization of staff, added police coverage and safety response for our citizens. The State has mandated that we provide Life Support (ALS) that includes a paramedic in our ambulances and this has been included in our fiscal 2019-20 budget.

INSURANCE...The Town is now part of the State Insurance plan that has mitigated past double digit cost increases in our insurance premiums. This is made possible by our participation in the larger pool of State employees and the competitive rates offered by insurance companies. This change to the State Plan resulted in an increase of 7.9% instead of a projected increase of between 10-12 % with non- State plans.

DEPARTMENT OF PUBLIC WORKS continues to be an extremely well run and managed department as reflected in their 1% increase in their budget despite operating with minimal staff. If one gets an opportunity thank one of our DPW staff when you see them. Their committed and dedicated efforts especially during storms and emergency responses is admirable.

The Board of Selectmen approach the budgetary process as we would manage our own finances. This means we justify all expenses based upon need and available resources. We, our CFO /staff and the Board of Finance judiciously manage the citizens money as if it was or own. Our General Fund is healthy and our credit rating from Moody's is a desirable Double A which gives us preferred and low interest rates on potential borrowing as evidenced by our recent bond borrowing.

IMPORTANT DATES

March 25, 2019....Board of Finance meeting on the fiscal 2019-20 budget.

May 7, 2019.....Town Meeting

May 14, 2019.....Budget Referendum.....VOTE, VOTE, VOTE !

"You cannot consistently perform in a manner which is inconsistent with the way your see yourself. " -Zig Zigler

"Never esteem anything as of advantage to you that will make you break your word or lose your self-respect" -Marcus Aurelius Antoninus

Warmly,
BUD

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.

Older Americans Month 2019: Connect, Create, Contribute



Each year, more and more older adults are making a positive impact in and around Somers. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

The Somers Senior Center will celebrate OAM by promoting ways that community members of all ages can take part in helping Somers thrive. We encourage you to:

Connect: Visit us at the Somers Senior Center at 19 Battle Street! Participate in any or all of the wonderful activities being offered. Attend our Mother's Day event! Take a trip! Like us on Facebook!

Create: Join us on May 24th for a painting class to explore your creative side. Can't make it? Try the Art Group on Friday mornings or the knitting group on Tuesday mornings! Stop in to check out our selection of adult coloring books anytime. Join us for any of our programs or events aimed at promoting learning, health, and personal enrichment.

Contribute: Bring a donation to the Fill a Public Works Truck Food Drive on May 21st! Consider volunteering for Meals on Wheels! Attend a meeting of the Advisory Committee for Seniors.

*Communities that support and recognize older adults are stronger!
Join us in strengthening our community – this May and throughout the year.*



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. May's luncheon will be held on **Monday, May 6th at 12pm**. The menu will include macaroni & cheese, salad, rolls, and brownies. June's luncheon will be held on **Monday, June 3rd at 12pm** and the menu will feature hot dogs, beans, coleslaw, 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.



Parkway Pavilion graciously provides a **complimentary lunch or breakfast** each month! On **Tuesday, May 21st at 12:00pm** they will be serving lunch and the menu includes a baked potato bar and dessert! **Planning to attend the Parkway Pavilion Luncheon on May 21st? Please consider bringing a donation for the Fill a Public Works Truck Food Drive!** More details below. On **Thursday, June 13th at 8:30am**, Parkway Pavilion is serving up breakfast and baked French toast is on the menu. 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 New England chapter of the American Public Works Association is having a food drive during Public Works Awareness Week: May 19th thru May 25th. You can drop off non-perishable goods at Somers DPW (93 Egypt Rd.) from 7am-3pm May 20th-May 24th **OR right here at the Somers Senior Center all day on Tuesday, May 21st!** All items collected will go to Champ's Place, the food pantry at Somers Congregational Church. Please be sure to check donations for expiration dates.



Mother's Day Tea

Friday, May 10th~ 1pm

Our Mother's Day Tea is back by popular demand! We will enjoy afternoon tea, as well as some delicious treats. Do you have a special tea cup? Maybe an antique? Or one that carries a special meaning for you? Please bring it along! ****In addition to your tea cup, for some extra fun this year, please bring with you a photo of your child/children or a photo of your mother. Don't show anyone! A special activity is planned!**** **Sign-up begins May 1st.**

FRIDAY MATINEES

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

May 31st~ Clint Eastwood Double Feature

May 31st is Clint Eastwood's birthday! So we thought we would celebrate with a double feature.

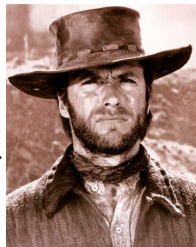
11:30am~ The Outlaw Josey Wales

A true, classic Western, many believe this to be one of Eastwood's best films. This is the story of a Missouri farmer who joins a Confederate guerilla unit and winds up on the run from the Union soldiers who murdered his family. *Rated: PG Run time: 135 min.*

2:00pm~ The Mule

Eastwood directed and starred in this 2018 drama about a 90 year old horticulturist and Korean War veteran turned drug mule for the Mexican cartel.

Rated: R (language throughout, brief sexuality/nudity) Run time: 115 min.



June 28th~ 1pm

Green Book

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. This film won the Oscar for Best Picture as well as the Golden Globe for Best Motion Picture-Musical or Comedy in 2018. *Rated: PG-13 Run time: 130 min.*



PAINTING CLASS

May 24th~ 1:00pm

Emily Santanella will be returning to teach a 2 hour acrylic painting class. Emily will provide all of the supplies you need and will guide you through creating your own version of a beautiful painting. Keep an eye out at the Senior Center for a sample of the painting you will be able to create! The class costs \$15 per person and includes all materials. Everyone is welcome, from beginners to advanced painters! Emily is a Somers native who has been drawing and painting as long as she can remember. She grew up watching her Dad work in his sign shop, memorizing his technique, and she took many years of art lessons from local artist Mary Drayton. She specializes in murals, pet portraits, and pinstriping, but finds the most joy in teaching others to paint. Emily has been teaching classes in this follow-along style for over four years. Besides painting, she enjoys working with the local theater group Standing Room Only Productions, and she is Vice President of the Gene Pitney Commemorative Committee. Her goal is to always have the painters in her classes leave feeling accomplished and proud of their work, having discovered or re-discovered their inner artist. **Payment is due upon sign-up. Cash and Checks are accepted. Checks should be made payable to Emily Santanella. Sign-up begins May 1st.**



May is Stroke Awareness Month. Sandra Wood RN BSN of Visiting Nurse & Health Services of CT, will give a presentation about stroke awareness on **Thursday, May 16th at 8:45am** (during Healthy Breakfast). Topics will include risk factors for stroke, signs and symptoms, types of strokes, and the rehabilitation process. Helpful handouts and resource lists will be available at the presentation. Be sure to sign-up (and remember to sign-up for Healthy Breakfast as well if you would like to enjoy breakfast!).



"AIN'T SHE SWEET"

June 17th~ 1pm

"Ain't She Sweet" is an inspirational & interactive program, detailing the love and lessons shared between a grandmother and granddaughter at a skilled nursing facility over 19 years. Though 67 years apart, they "came of age" together with a host of amazing staff turned family members who supported, encouraged, and cared for them. It was here Anna Levitt who lived until 99 became a prolific blind painter and advocate for others and her granddaughter Lia learned the lesson from her that NOW is the time to try new things, and live the life you want, until you're simply too tired.

Speaker, advocate, and writer Lia Jill Levitt, has happily lived in Connecticut her entire life. As a teenager, her grandmother told her she wasn't destined for an average life, and this remark became the self-fulfilling prophecy that has guided her journey. This journey has always included a passion for seniors, inspired by the love of her grandparents and the experience of "growing up" in a nursing home. Lia is an off the charts extrovert who balances her propensity to speak extemporaneously with her ability to listen empathically. Ultimately, her strongest desire is to live a rich, meaningful life full of experiences and deep friendships, which embody her grandmother's legacy of truly living. Lia has had numerous articles featured in

publications such as Reader's Digest and Grand Magazine. **Please join us for this unique program. Light refreshments will be served.** **This event is being generously sponsored by Suffield by the River.**





BLOOD SUGAR & BLOOD PRESSURE SCREENINGS

Please note, beginning in May, blood sugar/blood pressure screenings will no longer be held on Wednesdays. Screenings will be taking place on the first Monday of each month from 11:30am-12:30pm. Stop in on any of the following dates for your screening:

May 6
June 3
July 1
August 5
September 9
October 7
November 4
December 2

Thank you to ECHN Visiting Nurse & Health Services of CT for providing this beneficial service to our seniors.



HEARING TESTS

John Caswell, Hearing Specialist of Discount Hearing Connecticut, will be at the Somers Senior Center on **Thursday, June 6th from 9am-11am**. Hearing screenings, exams, and wax checks will be conducted at no cost. It is recommended that all persons age 50 and over receive a hearing health screening annually. All questions, and concerns about your hearing will be addressed personally. **Sign-up is required.** Be sure to sign up for Healthy Breakfast if you plan to enjoy breakfast as well!



TECHNOLOGY ASSISTANCE

Appointments are now available on Mondays and Thursdays from 2:30pm-3:30pm to meet individually with a student volunteer that can assist you with operating your smart phone (iPhones or Androids) and/or iPad (or other tablet). Please call the Senior Center staff at 860-763-4379 or visit the Senior Center to schedule your appointment. Volunteers will work with you one on one to help you to operate your devices with increased independence!

ADVANCED HEALTH CARE DIRECTIVES

Monday, May 13th~ 11:00am

Please join us for a presentation by Attorney Marilyn Denny of Greater Hartford Legal Aid (GHLA). Attorney Denny will discuss advanced directives such as **power of attorney** and **health care directives** for seniors. GHLA is a not-for-profit law office providing free civil legal services to seniors and low-income people and can assist with preparation of documents at no cost.

ghla

Greater Hartford Legal Aid

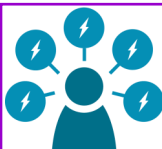


The **AARP DRIVER SAFETY COURSE** is being held on **Friday, May 17th from 8:30am-12:30pm** at the Somers Senior Center. Taking the AARP Driver Safety Course could keep you safer behind the wheel as well as save you money on your car insurance. The cost is \$15 for AARP members, \$20 for non-members. Sign-up is required. Payment is due to instructor on the day of class. **Open to all.**

STAND TALL, DON'T FALL

Monday, May 20th~1pm

Many of us remember the hula hoop from when we were children. It was so much fun challenging ourselves and each other to make the hoop spin! Join us for a new look at how the hula hoop can improve your posture, strength and balance. Kim, the Physical Therapist at Touchpoints at Chestnuts Rehab, has developed a wonderful exercise program that **ANYONE CAN DO** using the hula hoop as the "foundation" of the program. This program has many levels from the beginner class which is primarily performed sitting, to a more dynamic level involving music and dance like movements. The principles of the "foundation" means being able to create a strong foundation of strength, postural alignment and flexibility, all the essential components to effective movement and balance. You will immediately experience the benefits of this unique program in just one class! Please join us for some fun and laughter and see for yourself how this program can help you.



WHAT YOU NEED TO KNOW ABOUT YOUR ELECTRIC CHOICES

June 14th~ 1pm

Presented by AARP, this session will inform participants about their own individual choices when it comes to electric suppliers in Connecticut. Attendees will learn how to make informed decisions based on their unique situations and where to find the most reliable information and data on electric suppliers. This is a free presentation, but sign-up is required. **Attendees are encouraged to bring their electric bill so that they may review and understand its components.**

STAYING ACTIVE

Join the staff of Anytime Fitness Somers on **Monday, June 24th at 11am** for a one-hour session on the importance of keeping active no matter your age! Did you know exercise can reduce the risk of osteoporosis and increase endorphins? They are here to help you! Fitness Coach Jake will be leading the discussion on the importance of physical activity as well as give tips and tricks to how you can keep moving! Every person attending the seminar will **receive a free tee shirt AND a voucher for a free fitness consultation!** Anytime Fitness is a proud partner of Silver Sneakers, Renew Active, and AARP At Your Best programs.

ANYTIME FITNESS

Get to a healthier place.



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. Transportation is available throughout Somers, to Enfield, and to Johnson Memorial Medical Center in Stafford. Please call the Somers Senior Center at 860-763-4379 to obtain a registration form and 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



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-serve 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.



MIDDLETOWN MILITARY MUSEUM

Tuesday, May 28th ~Bus departs at 9:00am

The newly opened Greater Middletown Military Museum pays tribute to State heroes and heroines of the past, honors the veterans of today, and demonstrates the appreciation we hold for their service for generations to come. We invite you to come visit this important Museum, one that honors and remembers all Connecticut veterans over the centuries. Its collection of military memorabilia includes artifacts from every branch of military service such as uniforms, medals, documents, letters, books, photographs, flags, weapons, etc. donated by local veterans and their families. The museum proudly

showcases on the grounds of the museum the SGU National Monument (Secret Guerilla Unit), a Huey helicopter that served in combat areas during the Vietnam War. The museum is adjacent to a very special Connecticut Trees of Honor Memorial Park that pays special homage to Connecticut's fallen service members who died during the Afghanistan and Iraq Wars. The memorial park is an extraordinarily beautiful and somber reminder of the price of freedom. We will have a tour guide, and the museum is handicap accessible and all on one floor. There is no admission charge but donations are appreciated. Following our time at the museum, we will enjoy lunch at the lovely Tuscany Grill. **Sign-up for this trip begins May 1st for Somers residents. Lunch is at your own expense.**

THIMBLE ISLANDS CRUISE

Thursday, June 27th ~Bus departs at 8:30am

Join the crew of the Sea Mist as you tour the famous Thimble Islands off the coast of Branford, Connecticut. The Sea Mist Cruise is one of the more relaxing boat rides around the scenic Thimble Islands. It's a forty-five minute journey that is peaceful and informative. First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd sailed here in 1665 and you can still feel his presence today. This cruise is handicap accessible. After the cruise we will enjoy lunch at the unique and comfortable friendly restaurant called "Home". **Sign-up begins June 3rd for Somers residents. Cost of this trip is \$13 per person for the cruise (paid at time of trip departure) and lunch is at your own expense.**



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.**



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. If you are interested in this trip, you MUST sign up immediately! Time is running out!**





Trips & Travel

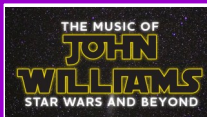


JAZZ BRUNCH CRUISE

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.**



***Mobile Foodshare**
(behind Somers
Congregational
Church): May 1st,
15th, & 29th from
1pm-1:30pm

OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

1. WEDNESDAY		2. THURSDAY		3. FRIDAY
1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group		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
6. MONDAY	7. TUESDAY	8. WEDNESDAY	9. THURSDAY	10. 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 1:00-3:00 Pitch Card Group	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 1:00-2:30 Mother's Day Tea
13. MONDAY	14. TUESDAY	15. WEDNESDAY	16. THURSDAY	17. FRIDAY
10:00-11:00 Chair Aerobics 11:00am Presentation: Health Care Directives 1:30-3:30 Cribbage	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	10:00 Trip: The Sicilian Tenors 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 8:45am Stroke Awareness 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	8:30-12:30 AARP Safe Drivers Course 9:00-12:00 Art Group 9:15-9:45 Qigong
20. MONDAY	21. TUESDAY	22. WEDNESDAY	23. THURSDAY	24. FRIDAY
10:00-11:00 Chair Aerobics 1:00-2:00 Presentation: Stand Tall, Don't Fall 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:00pm Parkway Pavilion Lunch/ Fill a Public Works Truck Food Drive 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	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 1:00 -3:00 Painting Class
27. MONDAY	28. TUESDAY	29. WEDNESDAY	30. THURSDAY	31. FRIDAY
CLOSED	9:00-11:00 Knitting Group 9:00 Trip: Military Museum 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	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 Friday Matinee Double Feature: 11:30am The Outlaw Josey Wales 2:00pm The Mule

JUNE

***Mobile Foodshare (behind Somers Congregational Church): June 12th & 26th from 1pm-1:30pm**

***June 9th: Hornblower Cruise**



3. MONDAY	4. TUESDAY	5. WEDNESDAY	6. THURSDAY	7. 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 1:00-3:00 Pitch Card Group	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30am Healthy Breakfast 9:00-11:00 Hearing Tests 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
10. MONDAY	11. TUESDAY	12. WEDNESDAY	13. THURSDAY	14. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30 Parkway Pavilion 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 1:00 Presentation : Electric Choices
17. MONDAY	18. TUESDAY	19. WEDNESDAY	20. THURSDAY	21. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage 1:00 Presentation: Ain't She Sweet	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:30am Healthy Breakfast 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	8:30 Trip: Mohegan Sun 9:00-12:00 Art Group 9:15-9:45 Qigong
24. MONDAY	25. TUESDAY	26. WEDNESDAY	27. THURSDAY	28. FRIDAY
10:00-11:00 Chair Aerobics 11:00-12:00 Staying Active 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	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.) 8:30 Trip: Thimble Islands 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 1:00 Friday Matinee: Green Book