



# Somers Senior Center NOVEMBER-DECEMBER 2019 NEWSLETTER

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



## Somers Senior Center

19 Battle St.~ Somers, CT 06071  
Phone 860-763-4379 Fax: 860-763-8229  
www.somersct.gov

## Somers Senior Center Staff

Christina Cenac.....Human Services Assistant  
Florence Hurley.....Senior Center Coordinator  
Melinda Burnham.....Transportation Assistant  
Chris Boucher.....Acting Human  
Services Director  
Richard Day.....Dial-a-Ride Driver  
Ed Hart.....Dial-a-Ride Driver  
John Morrison.....Dial-a-Ride Driver

## A NOTE FROM OUR FIRST SELECTMAN

### A NOTE FROM THE FIRST SELECTMAN

Ladies and Gentlemen,

I indicated in my last note the Board of Selectmen were undertaking a complete review of our Senior Center, Human Services and Recreation functions with the objective of up-grading and reorganizing these important operations to make them more efficient, responsive, productive and pertinent in support of the current and future demographics in Somers. I am pleased to report that this analysis has now been completed thanks to Chris Boucher efforts and his fine work.

### SENIOR CENTER

As all of you are aware Chris Boucher has spent a considerable amount of time over the last three months at the Senior Center and recognized that there were/are many synergies and related qualities and characteristics between the Recreation Department and the Senior Center that complement one another and align within the community. The Recreation Department and the Senior Center share many common goals and objectives and strive to serve the community in similar ways. Given this thorough analysis we are excited to combine Recreation and Senior Center into a Recreation and Leisure Services Department with Chris Boucher as the Director. We believe that restructuring our Senior Center and Recreation Departments will allow us to operate more efficiently and effectively to meet the evolving needs of our community members. We plan to share resources and develop strategies to expand offerings to seniors and recreation participants alike. We're committed to offering quality, affordable health and wellness opportunities to all and believe that merging these departments prepares us for both short-term and long term success.

We are planning on hiring a full time Senior Center Supervisor who will develop, coordinate and implement diversified leisure and recreational programming for an aging population. This position will be responsible for administrating the day-to-day operation and execution of a variety of activities and services designed to promote health, wellness and fitness amongst the senior community. We are in the process of interviewing candidates for this important position and we will keep you informed of our progress and the chosen candidate.

The Board of Selectmen and particularly Chris Boucher are sensitive to the needs of our seniors and we are committed to retaining and improving/expanding the services that are important to all of you. We feel the support of our valued existing Senior Center personnel is critical in the implementation of this initiative and I request your continued commitment to make this a reality. I want to take this opportunity to thank Christina, Flo, Melinda, and our bus drivers for their past and continued support and fine efforts because you make a difference !

One of our concerns as we developed this plan of reorganization was that existing services be maintained and that Chris take an active and visible role to demonstrate continuity and our commitment to the Senior Center. I am pleased to report that he delivered. Thank you Chris !

## SPECIAL EVENTS IN NOV./DEC. 2019

11/1 October Kitchen Sponsored Lunch  
11/4 Home Helpers Luncheon/Support Group  
11/4 BP/BS  
11/5 Presentation: *Bob Steele on the Radio*  
11/6 Balance Screening  
11/7 Trip: *Cranberry Bog*  
11/7 Healthy Breakfast with Trooper Hevey  
11/8 Friday Matinee: *M\*A\*S\*H*  
11/8 Trip: *ShopRite Tour*  
11/12 Parkway Pavilion Luncheon  
11/12 Advisory Committee for Seniors  
11/14 Trip: *Goodspeed "Billy Elliot" Bus*  
11/15 AARP Driver Safety Course  
11/18 Wool Craft Class  
11/21 Healthy Breakfast  
11/22 Presentation: *Joe the History Guy*  
11/25 Silk Scarf Painting  
12/2 Home Helpers Luncheon/Support Group  
12/3 Holiday Painting Class  
12/5 Healthy Breakfast  
12/10 Parkway Pavilion Luncheon  
12/10 Advisory Committee for Seniors  
12/11 Trip: *Newport Playhouse*  
12/13 Holiday Concert  
12/19 Healthy Breakfast  
12/31 New Year's Celebration

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

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

demonstrate continuity and our commitment to the Senior Center. I am pleased to report that he delivered. Thank you Chris !



## A NOTE FROM THE FIRST SELECTMAN (CONTINUED)

### SOCIAL SERVICES

Concurrent with our review, we also analyzed the social service needs and trends within our community by reviewing data and speaking with professionals within the Town and in neighboring communities. This information indicated a need for a qualified candidate with professional experience and expertise in building and leading a comprehensive social services program and the need to hire a Social Services Director. We believe that allocating these resources to social services will allow us to address evolving areas of need in Somers. We expect to improve upon the existing social services programs that we currently have available as well as design and execute new programs and services to be able to better serve citizens of Somers. We envision a department that is able to collaborate with professionals within the school system, fire and police, civic organizations, and health professionals, as well as local and state agencies to diversify and expand our offerings. To this end and to support this critical initiative, we are looking for a qualified candidate to serve as our new Social Services Director. Once this professional is selected I will advise you. Our plan is to staff this function and house them in the Kibbe Fuller building.

### BULLETS FROM BUD

#... Kudos to Joan Sizer, Pat Bachetti and Phyllis Gwilliam for the tremendous work they did in preparing and organizing the Senior Center Policies and Procedure Manual which will serve as the “go to” guide for the Senior Center going forward. This yeoman work took almost 2.5 years and the Board of Selectmen sincerely appreciate their dedication and work. Great effort ladies !!!

#...We have an important election coming up on November 5<sup>th</sup> and I urge all of you to exercise your mandate and vote for the candidate of your choice be they Republican, Democrat, Unaffiliated or Independent. Remember if you don't vote then you shouldn't complain about the results of the elected candidates.

“For though we love both the truth and our friends, piety requires us to honor the truth first”....Aristotle

“I am ignorant of the absolute truth but I am humble before my ignorance and therein lies my honor and my reward”....Kahil Gibran

“Stop hanging out with people that will tell you what you want to hear. Hang out with the people who tell you the truth”....Eric Thomas

“Truth is like the sun. You can shut it out for a time but it ain't going away”...Elvis Presley

“The truth will set you free”...Jesus Christ

Be well.

Warmly,

Bud



**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.** November's luncheon will be held on **Monday, November 4th at 12pm**. The menu will include Mac & Cheese, Salad, Rolls, and Cookies. December's luncheon will be held on **Monday, December 2nd at 12pm** and the menu will feature Lasagna, Caesar Salad, Italian Bread 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.



Parkway Pavilion graciously provides a **complimentary lunch** each month! November's luncheon will be held on **Tuesday, November 12th at 12:00am** they will be serving Beef Stew with biscuits and dessert! December's luncheon will be held on **Tuesday, December 10th at 12:00pm** and will be serving Baked Ham, sweet potatoes, rolls and dessert. 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.

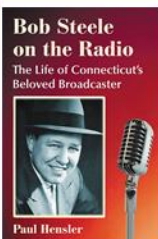




## Veterans Day

Veterans Day is an official United States public holiday observed annually on November 11th to honor military veterans. Veterans Day is not to be confused with Memorial Day, an annual observance to honor those who have died while serving in the military. Veterans Day is a day to honor *all* veterans; those who have served, those who are currently serving, and those who have given their lives while serving. We would like to take this opportunity to express our sincere gratitude and appreciation to all veterans for their sacrifices and

service. **The Somers Senior Center will be CLOSED Monday, November 11th in observance of Veterans Day.**



## Bob Steele on the Radio

**Tuesday, November 5th ~1:00pm**

Paul Hensler is an Ellington resident and the author of *Bob Steele on the Radio*. He will be here Tuesday, November 5th to do a presentation and book signing. The books will be available for purchase at the publisher's retail price.

## Healthy Breakfast

**Thursday, November 7th ~8:30**



Resident Trooper Michael Hevey and Kim Littig will be here to speak with us during our healthy breakfast about how to avoid and spot scams.



## Balance Screening

**Wednesday, November 6th**

The Somers Senior Center partners with *Stonebrook Village in 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](http://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. **11:30am-12:30pm**

## Senior Store Tour and Social

**Friday, November 8th ~ 10:00-11:30am**

Many of you may remember Michelle Mattia, the dietitian, at the ShopRite who spoke with us at our Healthy Breakfast. She would like to invite you and a few other senior centers for a Senior Social & Store Tour. Feel free to mix and mingle with other local seniors, enjoy some light refreshments and experience a mini store tour through the eyes of a Dietitian. The goal of this event is to have the seniors navigate the grocery store with Michelle to help label read and locate the healthiest products for you as well as have conversations regarding food prep and other typical concerns. You will finish with refreshments compliments of ShopRite. If you wish to attend you need to sign up or call to add your name on the list. ***There will be a bus available for those who would need it.***



## October Kitchen Lunch

**Friday November 1st ~12:00pm**

October Kitchen is a thriving delivery chef service providing delicious, healthy, and affordable meals. October Kitchen is now servicing the Somers community and is eager to offer our residents information about their meal service as well as a complimentary luncheon so that residents have the opportunity to sample their food for themselves! While you enjoy your lunch there will be a presentation.

## FRIDAY MATINEE

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

**M\*A\*S\*H\***

**November 8th at 1:00pm**

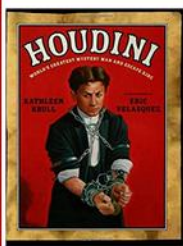


Korea, 1950. They were a MASH (Mobile Army Surgical Hospital) unit stationed three miles from the front. Loosely based on a real-life MASH unit, the hilarious antics of the 4077 were tempered by the changes and dangers inherent in real-life combat situations. We will view a few favorite episodes from the fourth season of this beloved series.

Starring Alan Alda, Mike Farrell, Harry Morgan.

**Rated: PG Run Time: 120 min**





## JOE THE HISTORY GUY

Friday, November 22nd ~ 1:00pm

Joe Ouellette lives in Somers and is currently a member of the Ellington Historical Society. He does a collection of presentations of interesting historic events within our country and presents them using PowerPoint Technology. Please join us on November 22nd for this presentation:

**Houdini....The Greatest Paranormal Whistle Blower.** Houdini battles the Age of Spiritualism as we see him taking on the foremost charlatans of the day as they create their mysterious performances for a gullible public. You will see how he replicates their acts and debunks their fakery. He squares off against Arthur Conant Doyle and others willing to support the “magic” of séances and illusions of the netherworld.



## Silk Scarf Painting

Monday, November 25th ~ 1:00 to 2:30pm

We have had such a great response and wait list for this class we have asked *Tricia Grendron* to come back and teach another silk scarf painting class.

Each participant will be painting and taking home a beautiful painted silk scarf! **This is a free event!** *CareOne at Redstone Skilled Nursing and Rehabilitation Center* will supply all materials needed. Join us to paint a beautiful silk scarf and take it home the same day.

## Don't Forget to Scan



Please remember to scan your Senior Center membership card each time that you enter the Somers Senior Center. Having our members sign in enables us to track program and member usage and helps us to better serve our community. If you don't have a scan card or need a new one please, see one of our staff.

## AARP Safe Drivers 4

### Hour Course

Friday, November 15th ~ 8:30 to 12:30



The AARP Safe Drivers course is recognized as an approved Mature Driver accident prevention course for drivers sixty years of age and older by the State of Connecticut Department of Motor Vehicles. This course will refresh your driving skills and knowledge of the rules of the road and learn techniques for handling left turns, right-of-way and roundabouts. *Please check with your insurance company to see if you qualify for a discount.*

**\$15 for AARP members**

**\$20 for non-members**

## Wool Craft Class

Monday, November 18th ~ 1:00-3:00pm



Somers residents Angelina & Wayne Fleury own the “**American Made Crafter's by A & W.**” They make crafts from wool and will be here to do a small wool pumpkin with us. This is an exciting new craft and we are offering it for free but seats are limited. Angelina will provide all the supplies. **You must sign up to attend. Sign-up will begin November 1st.**

## THE ADVISORY COMMITTEE FOR SENIORS

Tuesday, November 12th at 1:30pm ~ Tuesday, December 10th at 1:30pm



The committee, formerly known as the Elderly Advisory Committee, is currently comprised of nine members appointed by the Board of Selectmen and is responsible for addressing senior issues and providing input and suggestions for the annual budget. They have the power and duties of advisory committees as prescribed by the Board of Selectmen. The committee meets monthly and all agendas and minutes are available on the Town of Somers website. **Meetings are open to the public and attendance is appreciated and encouraged.**

## POLICY & PROCEDURE MANUAL

We are thrilled to share that on October 3, the Board of Selectmen voted to approve and enact a final version of the Policy and Procedure Manual for the Somers Senior Center. The Advisory Committee for Seniors, lead by a subcommittee, spent years carefully crafting this critical document and their hard work is reflected in the quality of the product. Thank you to all involved for your tremendous efforts. Hard copies of the Policy and Procedure Manual will be available online and/or at Town Hall. Online copies can be accessed through the Town of Somers website.



## Happy Thanksgiving

We will be CLOSED November 28th and 29th in celebration of Thanksgiving. We hope you have a wonderful holiday.







## Holiday Painting Class

**Tuesday, December 3rd ~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 holiday painting. What a unique holiday gift this could be! 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 pin striping, but finds the most joy in teaching others to paint. Emily has been teaching classes in this follow-along style for over 4 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 November 1st.**

## Holiday Concert

**Friday, December 13th ~ 1:00pm**

Join us for a special holiday concert. Marika Kraus, Coral Director at the Somers High School will bring a group of Honor Choir singers and a select instrumental ensemble and entertain us while we enjoy a variety of desserts and drinks.



## New Year's Party

**Tuesday, December 31 ~ 1:00pm**

Join us for a fun and festive celebration to ring in the New Year! Please look for a flyer with additional information in the Senior Center.



# Trips & Travel



## 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.**

**\*Deadline to sign-up is Monday, September 30th\***

## NEWPORT PLAYHOUSE

**Wednesday, December 11th**

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



*The Newport Playhouse is a unique dinner theater that has been a favorite destination for locals and visitors since 1983.*



## 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!





## SEASON OF GIVING

The Season of Giving is upon us. This campaign began in 2016 with the goal of raising awareness of programs in Somers that benefit our residents in need in an effort to increase community involvement and contributions. Oftentimes, people want to help but they simply don't know how. The Season of Giving campaign focuses on several ways in which you can care for your neighbors in need. *We hope that you will consider making a contribution or getting involved this holiday season and that this information helps you to know where your contributions will go and who they will help. All donations should be sent to: 19 Battle Street, Somers, CT 06071. If you cannot contribute financially, please consider donating your time.*

♥ *Please open your hearts during the Season of Giving.* ♥

### ♥ TOWN OF SOMERS EMERGENCY FUND

Did you know that you can make a donation to a fund that is utilized only by the Town of Somers Human Services Department to assist low income families in Somers with basic needs and emergency situations? Residents who are struggling financially are able to utilize the fund for heat, electricity, rent, or any number of other extenuating circumstances. This fund is utilized throughout the entire year, but especially during the winter heating season. Without your donations, this fund would not exist. There are policies in place and an application process to avoid any misuse of the fund. Checks can be made payable to Town of Somers Emergency Fund.

### ♥ SALVATION ARMY KETTLE CAMPAIGN

Have you ever wondered where your money goes when you drop it into the red kettle of the bell ringers at holiday time? The Town of Somers Human Services Department is part of a service unit for the Salvation Army and receives funds from the Salvation Army annually to help meet the needs of our low-income residents and part of our role as a service unit is to assist in coordination of the Kettle Campaigns. *90% of funds raised through the Kettle Campaigns stay in our service unit.* We are able to purchase items at a much lower cost when we utilize our Salvation Army funds. To ensure that funds remain in your community, be sure to drop your donation into the red kettle when you see it in Somers! The kettle campaign cannot be successful without volunteers. If you are willing to donate an hour or two of your time this holiday season to ring the bell, contact Chris Boucher at 860-265-7550 or [cboucher@somersct.gov](mailto:cboucher@somersct.gov).

### ♥ FOOD PANTRY

Champ's Place Food Pantry is located at the Somers Congregational Church at 599 Main St. Monetary donations and food are accepted in the church office. Monetary donations are preferred, as storage space is an issue and items can be purchased at Foodshare at a reduced cost. Checks can be made payable to Somers Congregational Church with "Champ's Place" in the memo section. Please check all food donations for expiration dates and also remember that hygiene items such as toilet paper, soap, laundry detergent, etc. are accepted and encouraged as well, as these items are not covered by SNAP (food stamps).

### ♥ SOMERS COMES TOGETHER

SCT is your Local Prevention Council (LPC). LPCs are made up of volunteers from diverse sectors in the community including town government, youth, parents, grandparents, business leaders, faith based organizations, law enforcement, educators, healthcare professionals, concerned citizens and other organizations. LPCs work to educate the community and help combat substance abuse. Participation in an LPC is an opportunity to make positive changes in your community. If you are not able to actively participate, please consider making a donation (checks made payable to Somers Comes Together) to help fund prevention efforts and make Somers a drug free community. For more information about Somers Comes Together and how you can get involved, please email [SomersComesTogether@somersct.gov](mailto:SomersComesTogether@somersct.gov).

### ♥ ADOPT-A-CHILD HOLIDAY PROGRAM

This program assists low-income families with providing gifts for their children for the holidays. The program is entirely anonymous. Donors "adopt" a child and receive a list of items the child needs as well as a few "wishes" and some general information about the child's interests/hobbies/etc. giving the donor the opportunity to get to know their child. Gifts are dropped off at the Human Services office by a specified date and staff provides the gifts to the family. Recipients write an anonymous thank you note to their donors so that donors can experience a connection with the family. This program is truly a fun and rewarding experience for those who get involved. Most donors return year after year, as it becomes part of their holiday tradition. There are no set expectations such as dollar amounts for our donors. Some donors choose to adopt one child, some adopt several. It is entirely up to the donor what they are able to contribute. Any help to these families is appreciated. This program cannot exist without our donors. If you are interested in adopting a child this holiday season, please contact Christina Cenac at 860-265-7551 or [Ccenac@somersct.gov](mailto:Ccenac@somersct.gov).

### ♥ STUFF-A-CRUISER

"Stuff-a-Cruiser", an annual event coordinated by the Somers Women's Club, will begin on November 27th and run through December 13th. You can drop off new, unwrapped toys at the Somers Police Department (451 Main Street). All items collected come to the Somers Human Services Department and are distributed to families in need.

### ♥ MEALS ON WHEELS

The Town of Somers Meals On Wheels (MOW) program has been operating continuously for 38 years independent of support from federal, state or local government funds. The program provides meals 6 days a week, 52 weeks a year. It not only provides necessary nutrition, but is also a daily wellness check for our frail, elderly residents, many of whom live alone. Meals are graciously prepared by Hometown Kitchen Restaurant. Clients with financial need are able to apply for the MOW subsidy program to reduce the cost of their meals. The subsidy program utilizes income and asset guidelines similar to state and federal assistance programs. The funding to be able to provide this subsidy as well as funding for all MOW related supplies comes entirely from donations. The number of clients on the MOW program continues to increase and we ask for your help to replenish our MOW fund. Your donation will help to ensure that homebound seniors in Somers continue to receive warm meals and daily contact with volunteers, greatly improving their safety, well-being, and quality of life. Checks can be made payable to Town of Somers Meals on Wheels. The MOW program is also in need of volunteers to deliver meals. Volunteers can deliver once a month, once a week, or whenever their schedule permits. Background checks are required. This program cannot run without the help of volunteers. If you are or someone you know is interested in becoming a volunteer, please contact Christina Cenac at 860-265-7551 or [Ccenac@somersct.gov](mailto:Ccenac@somersct.gov).





2019

*Mobile Foodshare (Behind Somers Congregational Church @ 1pm) November 13th & November 27th.*

**1. FRIDAY**  
 9:15-9:45 Qigong  
 10:00-12:00 Art Group  
**12:00- Lunch sponsored by October Kitchen**

<b>4. MONDAY</b> 10:00-11:00 Chair Aerobics <b>11:30-12:30 BP/BS</b> <b>12:00 Home Helpers Luncheon</b> <b>1:15 Senior Support Group</b> 1:30-3:30 Cribbage	<b>5. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group <b>1:00 Presentation "Bob Steele on the Radio" -Author signing</b> 1:00-3:00 Pitch Card Group	<b>6. WEDNESDAY</b> <b>11:30-12:30 Balance Testing</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>7. THURSDAY</b> <b>7:45 Trip: Cranberry Bog</b> <b>8:30am Healthy Breakfast</b> <b>Trooper Hevey and Kim Litig will be here to talk about "Scams"</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>8. FRIDAY</b> 9:15- 9:45 Qigong 10:00-12:00 Art Group <b>10:00 Trip Shop Rite tour</b> <b>1:00 Friday Matinee: M*A*S*H</b>
<b>11. MONDAY</b>  <b>CLOSED</b> <i>Somers Senior Center is closed in honor of all our Veterans!</i>	<b>12. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group <b>12:00 Parkway Pavilion Lunch</b> <b>1:30 Advisory Committee for Seniors</b>	<b>13. WEDNESDAY</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>14. THURSDAY</b> <b>10:30 Trip: Goodspeed: "Billy Elliott"</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>15. FRIDAY</b> <b>8:30-12:30 AARP Safe Drivers Course</b> 9:15-9:45 Qigong 10:00-12:00 Art Group
<b>18. MONDAY</b> 10:00-11:00 Chair Aerobics <b>1:00-3:00 "Wool" craft class by American Made Crafters</b> 1:30-3:30 Cribbage	<b>19. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>20. WEDNESDAY</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>21. THURSDAY</b> <b>8:30am Healthy Breakfast</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>22. FRIDAY</b> 9:15-9:45 Qigong 10:00-12:00 Art Group <b>1:00 Joe the History Guy</b>
<b>25. MONDAY</b> 10:00-11:00 Chair Aerobics <b>1:00 Silk Scarf Painting</b> 1:30-3:30 Cribbage	<b>26. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>27. WEDNESDAY</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	 <b>CLOSED</b>	<b>29. FRIDAY</b> <b>CLOSED</b>

<b>2. MONDAY</b> 10:00- 11:00 Chair Aerobics <b>11:30-12:30 BP/BS</b> <b>12:00 Home Helpers Luncheon</b> <b>1:15 Senior Support Group</b>	<b>3. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group <b>1:00 Holiday Painting Class</b> 1:00-3:00 Pitch Card Group	<b>4. WEDNESDAY</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>5. THURSDAY</b> <b>8:30 - 9:30 Healthy Breakfast</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>6. FRIDAY</b> 10:00-12:00 Art Group 9:15-9:45 Qigong
<b>9. MONDAY</b> 10:00 -11:00 Chair Aerobics 1:30-3:30 Cribbage	<b>10. TUESDAY</b> 9:00-11:00 Knitting Group <b>12:00 Parkway Pavilion Lunch</b> 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group <b>1:30 Advisory Committee for Seniors</b>	<b>11. WEDNESDAY</b> <b>Trip Newport Playhouse</b> 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<b>12. THURSDAY</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>13. FRIDAY</b> 10:00-12:00 Art Group 9:15-9:45 Qigong <b>1:00 Holiday Concert</b>
<b>16. MONDAY</b> 10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	<b>17. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>18. WEDNESDAY</b> 12:00-2:00 Senior Citizens Club Holiday Lunch <i>*Please note the time change for the following:</i> 2:00-3:00 Dominoes 2:00-3:30 Wii Bowling 2:00-3:00 Pitch Card Group	<b>19. THURSDAY</b> <b>8:30-3:30 Foot care</b> <i>(Call 860-763-4379 for appt.)</i> <b>8:30 - 9:30 Healthy Breakfast</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>20. FRIDAY</b> 10:00-12:00 Art Group 9:15-9:45 Qigong
<b>23. MONDAY</b> 10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	<b>24. TUESDAY</b> 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	<b>25. WEDNESDAY</b>  <b>Closed</b>  <i>Happy Holidays</i>	<b>26. THURSDAY</b> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<b>27. FRIDAY</b> 10:00-12:00 Art Group 9:15-9:45 Qigong
<b>30. MONDAY</b> 10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	<b>31. TUESDAY</b> <b>1:00pm New Years Party</b>  <i>*Please note all regularly scheduled activities' are canceled today*</i>	<div>  <p><b>DECEMBER</b> <b>2020</b></p> </div> <div> <p><b>Mobile Foodshare</b>  <b>(Behind Somers Congregational Church)</b>  <b>December 11th @ 1::pm</b></p> </div>		