



Somers Senior Center

SEPTEMBER-OCTOBER 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
Like us on Facebook!

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

SPECIAL EVENTS IN SEPT./OCT. 2019

9/5 Healthy Breakfast
9/6 Silk Scarf Painting
9/9 BP/BS
9/9 Home Helpers Luncheon/Support Group
9/10 Parkway Pavilion Luncheon
9/10 Advisory Committee for Seniors
9/11 Balance Screening
9/13 Friday Matinee: *Stepmom*
9/19 Healthy Breakfast
9/23 Twister Trivia
9/24 Trip: *Mackinac Island*
9/24 Luncheon sponsored by *The Ivy*
9/30 Flu Clinic
10/1 Medical Equipment Check-up
10/3 Healthy Breakfast
10/7 BP/BS
10/7 Home Helpers Luncheon/Support Group
10/8 Advisory Committee for Seniors
10/17 Healthy Breakfast
10/18 Trip: *Mohegan Sun Casino*
10/18 Cooking with the King
10/20 Trip: *Barry Manilow Tribute*
10/22 Parkway Pavilion Luncheon
10/25 Friday Matinee: *Alfred Hitchcock*
10/28 Presentation: *Bilingual In An Hour*

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

Please see the monthly calendar for other regularly scheduled activities.

A NOTE FROM OUR FIRST SELECTMAN

Ladies and Gentlemen,

I and the Board of Selectmen are pleased to report that Somers now has an active Advanced Life Support (ALS)capability as required by State statutes. As an ALS provider our Fire Department under the capable and professional leadership of Chief John Roache has the ability, staff and the equipment to provide the level of care needed by critical patients in route to the hospital. (i.e. Additional treatments beyond Basic life Support (BLS) including the administering of a larger variety of medications, the ability to start an IV, the ability to put in advanced airways as well as treating certain cardiac issues all provided by licensed/trained/certified paramedics who will be in our ambulances. The Board of Selectmen want to acknowledge Chief Roache and his capable staff for the tremendous effort, coordination, training, staffing, and implementation of this critical component that will benefit all Somers residents. Recent incidents have confirmed and validated the importance of this function in saving lives as was evidenced by a citizen thanking me and our EMS/Paramedic Professionals for providing the life support that was instrumental in her situation. If you get the opportunity please express your thanks to our Fire Department for all that they do to keep us safe.

As you are aware the Board of Selectmen has asked Chris Boucher to review the Human Services/Senior Center functions and make recommendations with the objective of up-grading and reorganizing it to make it more efficient, responsive, productive and pertinent in support of the current and future demographics in Somers. There are a number of synergies that dovetail and overlap with Recreation and Human Services and our objective in this review and analysis is to maximize the potential of these functions.

I feel this is a unique opportunity to bring positive results and improvement. Chris' expertise, analytical /metric based approach and more importantly his empathetic concern for all of his fellow citizens indicates that he is the skilled person to handle this important task. Our thanks go to Chris for his efforts in making this review as seamless as possible as well as his effective communication outreach in maintaining the current status quo and level of service during this period.

Our thanks and appreciation goes to Flo, Christina, Melinda, Barb, our bus drivers and our valuable and committed staff for their continued and future efforts. Their contributions and effectiveness are noted and appreciated !

We will stay connected with you and keep everyone informed during this process.

"BULLETS FROM BUD"

#...We've secured additional grants for the Somersville Mill totaling \$200,000 and an anticipated \$ 2.1 million grant for the Maple Street Bridge reconstruction.

#...You will note the wonderful job our DPW staff did reconditioning 15 miles of our local streets in record time with minimal delays and issues. The new surface of crumb rubber/stone/oil based product should extend the life of our roads. Approximately \$ 1 million of the recently approved bonding package was used for this. Additional roads will be addressed next Spring along with some major reconstruction projects.

#...The year long process of our review of our out dated Zoning regulations is nearing completion. Compliments to our Zoning Commission members: Chairman Jill Conklin, Karl Walton, Dan Fraro, Paige Rasid, Lucas Cherry, and Jen Roy our Zoning Enforcement Officer for their coordination and input with Planimetrics on this detailed and important review. It is our hope that these clearly defined regulations will stimulate controlled economic development and offer clarity moving forward.

" We know what we are but we know not what we may be"...Shakespeare

" Doing what you love is the cornerstone of having abundance in your life"...Dr Wayne Dyer

" Educating the mind without educating the heart is no education at all"...Aristotle

AND....."Happiness never decreases by being shared"...Buddha

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 social, educational and recreational 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.

The Somers Senior Center will be closed on Monday, September 2nd and Monday, October 14th.



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. September's luncheon will be held on **Monday, September 9th at 12pm**. The menu will include pasta bolognese, salad, rolls, and cookies. October's luncheon will be held on **Monday, October 7th at 12pm** and the menu

will feature brats, sauerkraut, beans, rye bread and dessert! Home Helpers also facilitates a Senior Support Group immediately following the luncheon. The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering this monthly luncheon and support group to the seniors of Somers. We are extremely grateful to Home Helpers for helping to ensure the seniors of Somers are able to enjoy regular meals and socialization. Home Helpers also partners with Louis and Clark Medical Equipment and Supply to provide **medical equipment check-ups!** If you use a cane, walker, or wheelchair, has it recently been checked to ensure it is the right fit for you and in good working condition? On **Tuesday, October 1st, at 12:30pm**, Home Helpers will be on site to inspect your medical equipment free of charge!

Parkway Pavilion graciously provides a **complimentary lunch or breakfast** each month! On **Tuesday September 10th at 12:00pm** they will be serving up lunch and the menu includes meatloaf, mashed potatoes, veg., and dessert! On **Tuesday, October 22nd at 12:00pm** the menu will feature chili with all the toppings 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.**



Twister Trivia

Monday, September 23 ~ 1pm

Twister Trivia is back by popular demand! Twister

Trivia is the perfect way to

reconnect with that old game we used to play when we were able to bend and twist in all different ways!

Now it's time to take out the old game and recycle it into new fun, by using it as our trivia game board.

This time around the only physical ability you'll need is to throw a bean bag onto the Twister game. This

game needs your brain power more than your coordination. So please put on your thinking cap, get

ready for some questions about geography, history, and culture, and join us! Cookies and Coffee will be

served! **Savannah Ragali (Director of Admissions at Stonebrook Village) and Phyllis Liebman (Assistant Director of Life Enrichment) will be heading the program.**

Silk Scarf Painting

Friday, September 6 ~ 1pm

Tricia Grendron from CareOne at Redstone Skilled Nursing and Rehabilitation Center in East

Longmeadow, Mass will teach silk scarf painting..

Each participant will be painting and taking home a beautiful painted silk scarf! **This is a free event!**

CareOne will supply all materials needed. Join us to paint a beautiful silk scarf and take it home the same day. Come have some fun!!



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.

my senior center

FRIDAY MATINEE

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



STEPMOM

September 13~ 1:00pm

Anna and Ben, the two children of Jackie and Luke, have to cope with the fact that their parents divorced and that there is a new woman in their father's life: Isabel, a successful photographer. She does her best to treat the kids in a way that makes them still feel at home while with their dad but also loves her work and does not plan to give it up.

But Jackie, a full-time mother, and Luke's ex-wife, regards Isabel's efforts as offensively insufficient. She can't understand that work can be more important than her kids. The conflict between them is deepened by the sudden diagnosis of cancer, which might be deadly for Jackie. They all have to learn a little in order to grow together.

Rating: PG-13 Runtime: 125 minutes

ALFRED HITCHCOCK MARATHON

October 25~ 1:00pm

Join us for a special, spooky Friday to enjoy five different episodes of the iconic television series *Alfred Hitchcock Presents* shown at the Somers Senior Center as a marathon. Stay for one, multiple, or all of the showings! Each episode will run for approximately 30 minutes. The program order will be: *I'll Take Care of You* (season 4), *Mail Order Prophet* (season 3), *The Case of Mr. Pelham* (season 1), *Madame Mystery* (season 5), and *A Personal Matter* (season 4).

Total marathon run time: 150 minutes



The Ivy Lunch

Tuesday, September 24~ 12:00pm

The Ivy at Ellington is the newest assisted living residential community from The Arbors Assisted Living Residential Communities.



THE Ivy

Assisted Living Residential Community

Bianca Syriac, *Marketing Director at The Ivy at Ellington*, and her food service, will sponsor a delicious meal of roasted turkey, squash casserole, roasted red potatoes, gravy and a dinner roll with pumpkin pie for dessert. This is a free lunch. Sign-ups are required.

Cooking with the King

Friday, October 18~ 1:00pm



Executive Chef Ray Guillemette Jr. from CareOne at Redstone will do a seasonal cooking demonstration with recipes and delicious tastings of the menu items.

CAREONE
At Redstone

Bilingual in an hour: Speaking Grandkid

Monday October 28th at 1:00pm

Lia Jill Levitt is back again to share her funny and informative program: "Bilingual in an hour: Speaking Grandkid." Do your grandkids confuse you when they start using phrases such as *Hulu*, *my tribe*, *TBT* and *#* or *hashtag*? Enter into their world by learning the lingo to better communicate and decipher their stories.

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.**



SUFFIELD
by the River



PRESCRIPTION DRUG TAKE BACK EVENT

Somers Comes Together, your Local Prevention Council, in collaboration with the Somers Resident Troopers and Somers Fire Department, will be hosting their next Prescription Drug Take Back event at the Somers Senior Center on Saturday, October 26th from 10am-2pm. Somers Comes Together will be on site to provide information and **free giveaways!** Bring your prescription medication for disposal and **enter into a drawing to win a \$50 gift card.** Drive thru option is available! If you would rather not get out of your vehicle, we will come to you! This is free and anonymous. Proper disposal of prescription medications keeps medications out of the wrong hands, protects our environment, and helps prevent theft. At the last event, 85 pounds of medication was collected!





FLU CLINIC

Monday, September 30th from 1:30-3:00pm

The Somers Senior Center is partnering with Visiting Nurse & Health Services of Connecticut to provide you with an opportunity to obtain a flu shot without having to travel out of town to a pharmacy or to an out of town physician. **Please bring your insurance card!** Medicare Part B, Aetna, ConnectiCare, WellCare or \$40.00 cash accepted. United Healthcare, Anthem, Husky and Cigna cannot be accepted at this time. **Be sure to sign up ahead of time.**



Operation Fuel, Inc.

Operation Fuel administers an energy assistance program for clients who need aid with meeting their home utility needs (**electricity and gas**).

This program will be for households living up to 75% of state median income. There will not be an assets test. The maximum grant amount will be up to \$500. The program will end on Thursday, October 31, 2019 or when funding runs out (whichever comes first). Please contact Christina Cenac at 860-265-7551 for more information about how to apply and documentation you will need.

It's time to start preparing for **Energy Assistance!** The



Town of Somers Social Services Department is an intake site for the Connecticut Energy Assistance Program and will be taking

applications on September 2, 2019. Please contact Christina Cenac at 860-265-7551 for more information about how to apply and documentation you will need. *Applications are accepted by appointment only.*



The Town of Somers independently operates a **Meals on Wheels** program for our elderly residents and disabled residents age 18+ who are having difficulty obtaining or preparing their own meals on either a short term or long term basis. Meals are graciously prepared by the Hometown Kitchen Restaurant. Meals are normally delivered between 11:00am and 12:30pm and are delivered by volunteers. A payment assistance program is available for those who meet certain income and asset guidelines. **Please call Christina Cenac at 860-265-7551 if this program could benefit you or someone you know!**

The Advisory Committee For Seniors



While you may see it every month on the Senior Center calendar, you may not be familiar with what the Advisory Committee for Seniors is or what they do. 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 powers 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.** The Municipal Agent is a member and Chairman of the committee. Current members of the committee are: *Pat Bachetti, Dori Bynack, Steve Getman, Phyllis Gwilliam, Ailene Henry, Tina Toohey, Carol Sarrantonio, and Joan Sizer.* The Advisory Committee for Seniors has upcoming meetings scheduled on **September 10 and October 8.**

Balance Screening

The Somers Senior Center partners with **Stonebrook Village at Windsor Locks** to bring you quarterly balance screenings. Falls are the leading cause of fatal and non-fatal injuries in older

Americans and one in four Americans aged 65+ falls each year (source: www.ncoa.org). balance screening is one way to reduce your risk of a fall.



Regina Krupczak, MS-RCEP

(Registered Clinical Exercise Physiologist) and Mike Levandowski, Certified Exercise Physiologist at Stonebrook Village will provide balance screenings with simple balance exercises to test balance and reduce the risk of falls. At Stonebrook Village in Windsor Locks, Regina and Mike teach daily fitness classes to get residents to a functional fitness level. Stonebrook Village will be at the Somers Senior Center from **11:30am-12:30pm on Wednesday, September 11th.** Be sure to sign-up for a time slot!

Blood Pressure / Blood Sugar Screenings

Did you know that free blood pressure and blood sugar screenings are available at the Somers Senior Center on the first Monday of every month? Stop in between **11:30am-12:30pm** on **September 9** and **October 7** for your screening.



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

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. Our hours of operation are 8am-4pm Monday through Friday. Medical appointments must be scheduled between 8:30am and 2pm. **Passengers must call AT LEAST one week in advance to schedule transportation. It's never too early to reserve a ride.** Please call the Somers Senior Center at 860-763-4379 to register and to obtain our full transportation brochure which contains everything you need to know about traveling with us. Registration is required prior to utilizing the transportation service.





Trips & Travel



Transportation for the following trips is provided via tour company. You may sign up for these trips as soon as they are posted and you should sign-up as early as possible if interested. If passenger minimums are not met, the trip will be cancelled 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 GSWILLIAM MOHEGAN SUN CASINO TRIP

Friday, October 18th~ Bus departs at 8:30am

The David Gswilliam 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! Sign-up has begun. 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, October 10th.***



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. *Deadline is September 12***



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. *Deadline to sign-up is Friday, September 13***



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.


Deadline to sign-up is Monday, November 4th.



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!

2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
CLOSED	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group	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 1:00pm Silk Scarf Painting class
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
10:00-11:00 Chair Aerobics 11:30-12:30 BP/BS 12:00pm Home Helpers Lunch 1:15pm Senior Support Group 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:00pm Parkway Pavilion Lunch 12:30-3:30 Pinochle Group 1:30 pm Advisory Committee for Seniors	11:30-12:30 Balance Screening 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 Friday Matinee: "Stepmom"
16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30-3:30 Pinochle 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	9:00-12:00 Art Group 9:15-9:45 Qigong
23. MONDAY	24. TUESDAY	25. WEDNESDAY	26. THURSDAY	27. FRIDAY
10:00-11:00 Chair Aerobics 1:00-2:00 Twister Trivia 1:30-3:30 Cribbage	9:00-11:00 Knitting Group Trip: Mackinac Island 12:00pm Lunch sponsored by The Ivy 12:30 -3:30 Pinochle 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
30. MONDAY	<div>SEPTEMBER</div> <div>Mobile Foodshare (Behind Somers Congregational Church) @1pm September 4th & 18th</div> 			
10:00-11:00 Chair Aerobics 1:30-3:00 Flu Clinic 1:30-3:30 Cribbage				

	1. TUESDAY 9:00-11:00 Knitting Group <i>12:30pm Medical Equipment Check</i> 12:30-3:30 Pinochle Group	2. WEDNESDAY 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	3 THURSDAY <i>8:30am Healthy Breakfast</i> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	4. FRIDAY 9:00-12:00 Art Group 9:15-9:45 Qigong
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14. MONDAY	15. TUESDAY	16. WEDNESDAY	17. THURSDAY	18. FRIDAY
<div>Closed</div>	9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group	12:30-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<i>8:30-3:30 Foot care (Call 860-763-4379 for appt.)</i> <i>8:30am Healthy Breakfast</i> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	<i>8:30am Trip: Mohegan Sun</i> 9:00-12:00 Art Group 9:15-9:45 Qigong <i>12:00pm CareOne at Redstone Cooking Demonstration</i>
21. MONDAY	22. TUESDAY	23 WEDNESDAY	24. THURSDAY	25. FRIDAY
10:00-11:00 Chair Aerobics 1:30-3:30 Cribbage	9:00-11:00 Knitting Group <i>12:00pm Parkway Pavilion Lunch</i> 12:30-3:30 Pinochle Group	1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	<i>8:30-3:30 Foot care (Call 860-763-4379 for appt.)</i> 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 <i>1:00pm Friday Matinee: "Alfred Hitchcock Marathon"</i>
28. MONDAY	29. TUESDAY	30. WEDNESDAY	31. THURSDAY	 Mobile Foodshare <i>(Behind the Congregational Church)</i> October 2nd, 16th, 30th
10:00-11:00 Chair Aerobics <i>1:00-2:00pm Lia Jill Levitt "Bilingual in an Hour"</i> 1:30-3:30 Cribbage	9:00-11:00 Knitting Group 12:30-3:30 Pinochle 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 <div>Halloween</div>	