



Somers Senior Center



JUNE 2017 NEWSLETTER

A Monthly Publication of the Town of Somers Human Services Department



Somers Senior Center

Monday thru Friday 8:00am-4:00pm
19 Battle St. ~P.O. Box 308
Somers, CT 06071
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www.somersct.gov



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
Donna LaVallee.....Dial-a-Ride Driver
John Morrison.....Dial-a-Ride Driver

SPECIAL EVENTS IN JUNE 2017

- 6/1 Healthy Breakfast
- 6/5 Home Helpers Luncheon
- 6/5 Alzheimer's Caregiver Support
- 6/9 Friday Matinee: *Hidden Figures*
- 6/11 TRIP: *Boston Lighthouse Brunch Cruise*
- 6/12 Painting with Emily
- 6/12 TRIP: *Alaska cruise departs*
- 6/13 Advisory Committee for Seniors
- 6/15 Healthy Breakfast
- 6/16 Father's Day Celebration
- 6/19 TRIP: *Tort Museum*
- 6/20 Blair Manor Lunch
- 6/26 TRIP: *Newport Playhouse*
- 6/27 Hearing Tests

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

Please see the monthly calendar on page 6 for all regularly scheduled activities and events.



*The Town of Somers Senior Center and activities offered at the Senior Center are open to all individuals ages 55+. **There is no membership required.** All seniors are welcome! It is our goal to create a warm and welcoming environment where seniors feel at home and can take part in social, educational and recreational activities. All activities within this newsletter take place at the Somers Senior Center, unless otherwise noted.*

A NOTE FROM OUR FIRST SELECTMAN

Dear Ladies and Gentlemen,

I would like to introduce myself to my fellow Seniors and to tell you a little about myself to those of you I haven't had the pleasure of meeting and to my current friends that I have already met.

I have been appointed as your new First Selectman effective May 3, 2017 replacing Lisa Pellegrini who resigned to accept another position in a neighboring town. I feel it is important for you to know something about me since I will be responsible for managing our great Town going forward. I am not a stranger to Town Government having served with Kathy Devlin for the past 7.5 years as a Selectman.

I am 73 years old and have been married to my beautiful wife Nancy with us celebrating our 50th Wedding Anniversary on October 7th. Nancy is truly the "Light of My Life" and we have shared a wonderful, blessed and happy life together. We have two daughters, Kim and Heather, who live in Somers along with our five grandchildren....Sarah Katherine, 20, and currently studying in Australia for the semester; Claire Elizabeth, 18, a senior at Somers High School who will be attending University of North Carolina in the Fall; Kaitlyn Grace, 14, a freshman; Sean Patrick, 12, at MBA; and Hannah Elizabeth, 8, at Somers Elementary School.

I am a retired executive with over 50 years of solid business experience with a concentration in Marketing, Sales, Finance, Strategic Planning, and Production. I have been responsible for the profit and loss of large divisions for multi-international corporations as well as one of the principle owners of an independent Connecticut company.

I retired in 2009 but have been "un-retired" since then, having been brought back to my former employers as a Consultant and a member of their Executive Management team. I fully retired finally at the end of last year and since then I have devoted my time to the Town of Somers as well as serving on the board of JMMC prior to them being sold to St Francis/Trinity Health Network. I am a member of the Parish Council at All Saints Church as well as numerous and varied charitable causes.

I have agreed to serve as the "People's Representative" (First Selectman) because I love Somers, my family is here and the Good Lord has blessed me with certain abilities/talents that I feel I can leverage to the benefits of our citizens.

As a Senior I am committed to the Senior Center and to supporting and expanding the opportunities for our Seniors in conjunction with the superb leadership of Deanna Schuetz.

Once I am settled into my new responsibility I will be visiting with you on a frequent basis to keep you abreast of the pertinent issues that affect all of the citizens of our Town.

I am pleased and honored to be able to serve as your First Selectman and I simply ask each one of you to say a prayer for me so that I properly guide and ensure the continued success of Somers.

Warmly,

Bud Knorr

First Selectman



PAINTING PROJECT

Remember how much fun we had painting with Emily back in December?! Emily Santanella will be returning to teach a 2 hour acrylic painting class on **June 12th at 1pm**. Emily will provide all of the supplies you need and will guide you through creating your own version of a seasonal painting. The class costs \$15/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 3 years. 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. She currently lives by Crystal Lake with her husband and three young children. 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. **Payment is due upon sign-up. Cash and Checks are accepted. Checks should be made payable to Emily Santanella.*



Join us on **FRIDAY JUNE 16th at 1pm** for a fun-filled Father's Day Celebration! Refreshments will be served and you will be treated to entertainment by the **Willie & Jan Band!** Willie and Jan Nininger are versatile entertainers who perform a wide variety of music that will bring back fond memories, including Country, Folk and Rock 'n Roll. As a duo, their voices blend in perfect harmony when they sing romantic songs such as "Unchained Melody" and Frank and Nancy Sinatra's "Something Stupid". Their replication of Sonny and Cher's "I Got You Babe" is certain to keep toes tapping and audiences grinning. This is a free event...but please be sure to sign-up in advance!



Summer Concert Series

The Somers Cultural Commission's annual concert series begins this month! Concerts are held on Thursday evenings at the "Gazebo on the Common", located next to the Senior Center. Concerts are free of charge. Don't forget to bring your chairs! *Important note: If the scheduled concert should need to be moved indoors, it will be held in the Somers High School Auditorium (air conditioned).* Donations made during the concerts are very much appreciated and enable the Cultural Commission to continue to bring you the quality of entertainment you have been so fortunate to enjoy.

- June 29th -7pm: **Windham Concert Band**
(Patriotic Classics)
- July 6th-7pm: **KC Sisters**
(Americana Vocals & Instrumental)
- July 13th- 7pm: **Night Shift**
(60s, 70s, & 80s Dance Music)
- July 20th- 7pm: **Jimmy Mazz**
(Country & Rock 'n' Roll Classics)
- July 27th-7pm: **Elderly Brothers**
(Oldies & Comedy)
- August 3rd-6:30pm **Cory & The Knightsmen**
(50s & 60s Rock 'N' Roll)
- August 10th-6:30pm **Robert Black**
(The Ultimate Elvis Tribute)

CRIBBAGE IS COMING!

We have had a sufficient response to start a Cribbage group! Beginning **Monday, June 12th**, Cribbage group will meet **every Monday at 1pm** at the Somers Senior Center.



All are welcome! Please bring in a board if you have one to ensure we have enough. Thank you!

FRIDAY MATINEE

Hidden Figures Friday June 9th @1pm

Hidden Figures is an Oscar nominated American biographical drama film about African American female mathematicians who worked at the National Aeronautics and Space Administration (NASA) during the Space Race. The film stars Taraji P. Henson as Katherine Johnson, a mathematician who calculated flight trajectories for Project Mercury and other missions. The film also features Octavia Spencer as NASA supervisor Dorothy Vaughan and Janelle Monáe as NASA engineer Mary Jackson, with Kevin Costner, Kirsten Dunst, Jim Parsons, Glen Powell and Mahershala Ali in supporting roles. Popcorn will be served!



Rated: PG Running time: 127 minutes



STOP

DIABETES

Understanding Your Diabetes

Diabetes is complicated and hard to understand. It can't be cured but it can be controlled so that's your goal.

What is it?: Type 2 diabetes, which is the kind of diabetes most older people have, is caused when the cells of your body can't properly use insulin, or your body doesn't make enough insulin so sugar builds up in your blood instead of moving into your cells where it is needed. Early on, pills like metformin and watching your diet can control it but as your pancreas makes less insulin you may need to take insulin injections.

What you Eat: Watching what you eat is really important! Eat lots of vegetables and fruit, whole grain bread and cereal, lean meat and fish. Stay away from white foods – white bread, white rice, white pasta. And you know that concentrated sweets like cookies, candy and cake and sugary soda are a disaster! The white foods and sweets have what they call a high glycemic index which means that they turn into sugar in your body quickly so your blood sugar goes way up. The nutrition in the other good foods is absorbed by your body more slowly so it keeps your blood sugar at a more constant level. **Don't think of watching what you eat as depriving yourself – think of it as an investment in your health and something good you're doing for your children and grandchildren.**

Your Medication: To control your sugar you have to take your pills or insulin regularly. Diabetes is always there and needs daily regular care. You may feel OK today but if your sugar is not controlled it can cause a lot of bad stuff down the road – bad vision, bad circulation in your feet and legs, kidney failure.

Testing blood sugar: Your doctor will want you to check your blood sugar with your glucometer. That's no fun, but people get used to it. If you prick the side of the pad of your finger rather than the middle, it hurts less because there are fewer nerve endings on the side. You should aim to keep your blood sugar reading under 150 mg/dL. (non diabetic normal fasting blood sugar is between 70 and 100). An A1C test is another important test that shows what your blood sugar has been over the past 3 months. It should be under 6.5. (non diabetic normal is below 5.7)

Foot Care: It may sound silly but looking after your feet is really important. When people with diabetes get injuries or sores on their feet they don't heal up well and can cause big trouble.

Exercise: A half hour of moderate exercise every day like walking can help control your diabetes

Diabetes Education: It's really worth it to spend a few sessions at a diabetes class. Medicare will pay for this.

Info from www.mayoclinic.org

Article submitted by Ailene Henry

The diabetes support group at the Somers Senior Center has been discontinued due to low attendance.

We will, however, continue to bring you periodic diabetes education.

Thank you to Sue Ashe of Blair Manor for facilitating the monthly support group for several months.

RENT REBATE APRIL 1-OCTOBER 1

Connecticut State law provides for a direct, partial reimbursement of rent and utility bills of certain elderly and totally disabled renters. Qualifying utilities are electricity, gas, water and fuel.

- Recipient or spouse must be 65 years of age or older by December 31, 2016; or be 50 years of age or older and the surviving spouse of a renter, who had qualified and was entitled to tax relief under this chapter; or be 18 years of age or older and permanently and totally disabled.
- Must meet a one-year Connecticut residency requirement. The one-year residency requirement applies to any one-year period.
- Claimant's qualifying income in the calendar year 2016 must not exceed \$35,200 if unmarried, or \$42,900 if married.

Arrangements can be made to visit you in your home to assist you with applications in the event it is difficult for you to visit the Town Hall. Please do not hesitate to call Karen Neal, Assistant Assessor, at 860.763.8202 to schedule a visit or to answer any questions you may have concerning this program.

Chair yoga is coming to the Somers Senior Center! Beginning **Monday, June 12**, Chair Yoga will be held on **Monday afternoons at 2pm**.

Instructor Marianne Wolslegel is a certified Lakshmi Voelker Chair Yoga teacher and certified Kripalu Yoga teacher. Marianne has been teaching Kripalu Yoga for 15 years and is also a life-long practitioner.

Who needs Chair Yoga? Chair Yoga is for anyone who has ever hesitated to try yoga because of the challenge of getting down onto the floor or doing standing poses. Now the chair becomes your mat! Just about any pose that can be done standing, sitting or lying on a mat can be adapted to sitting on a chair. Everyone, beginner to advanced, is accommodated, as each pose will be presented in multiple levels of flexibility. Chair Yoga class will include breathing, meditation, stretching, strengthening, and a lot of fun– all while sitting on a chair!

What are the benefits of Chair Yoga? Relaxation, flexibility, cardiovascular endurance, mental clarity, strengthening and toning of muscles and improved breathing.

Try your first class **FREE OF CHARGE!** \$5 per class can be paid directly to the instructor each week. No need to commit to a set number of sessions, however, you must **CALL OR STOP IN TO SIGN-UP!**





Somers Meals on Wheels Needs Your Help

The Town of Somers Meals On Wheels (MOW) program has been operating continuously for 36 years independently of support from federal, state or local government funds. In 1981, our new Municipal Agent for the Elderly, Stan Peters, saw a need to provide nutritious meals for our elderly, homebound residents and called for volunteers to help start this program. Alvina Burgess stepped forward and, with the help of other volunteers, organized the program.

After considering several options, she asked the Playhouse Plaza Restaurant to prepare and pack the meals. This restaurant, through several ownership and name changes, recently Kathy's Plaza Restaurant and now the Hometown Kitchen, has continued to provide the meals at cost. We sincerely appreciate their commitment and thank them very much for their ongoing support and dedication.

Our program provides meals 6 days a week, 52 weeks a year. It not only provides needed meals but also is a daily wellness check for our frail, elderly clients, many of whom live alone. The program was, for many years, completely run by volunteers but now is coordinated by the Town of Somers Human Services Department.

The cost of the meals (\$4.00 for a hot meal, \$3.00 for a cold meal) is set on a sliding scale. If the client has a financial need, there is a MOW subsidy program to assist. The subsidy program has been developed by the Human Services Department, the Advisory Committee for Seniors, and the Town of Somers Finance Department and utilizes income and asset guidelines similar to state and federal assistance programs.

The fund is totally supported by local churches, organizations and individuals and has been sufficient - until now. Our number of clients has increased and our fund is running low. As you may have read in the newspaper recently, Government funding for MOW programs is being cut back or eliminated so government help is not an option for us.

We ask for your help to replenish our Somers MOW fund and to continue to provide meals for our elderly homebound residents.

Donations can be sent to:

Town of Somers Meals on Wheels Program

Attn: Assistant Finance Director

600 Main St. PO Box 308

Somers, CT 06071

Alzheimer's/ Dementia Caregiver Support Group



As the caregiver of an individual with Alzheimer's/Dementia, you have a distinctive and often perplexing set of care issues and concerns. The goal of this support group is to provide you with needed resources and an opportunity to share like experiences. June will feature dietician, Gina Martin, and discussion will include dietary issues such as: how to cook for one, portion control and changes in the appetites of our love ones with Alzheimer's/Dementia. Home Helpers of NCC is pleased to sponsor this caregiver support group.

The group meets on the first Monday of each month at 1pm at the Somers Senior Center.

let's do lunch

Home Helpers is now providing a **free lunch** at the Somers Senior Center on the first Monday of every month. Come join us for a delicious lunch and an opportunity to chat with friends and neighbors. Sign-up is required and *you must sign up at least one week in advance*. June's luncheon will be held on **Monday, June 5th at 12pm**. It's a BBQ! The menu will include hot dogs and hamburgers, beans, coleslaw, and dessert! The Somers Senior Center would like to extend our sincere appreciation to Home Helpers for offering this complimentary monthly luncheon to the seniors of Somers.

The Somers Senior Center would also like to extend our appreciation to Blair Manor, who provides either a complimentary lunch or breakfast each month as well. This month, it's lunch! Caesar Salad is on the menu. Join us on June 20th!

We are extremely grateful to both Home Helpers and Blair Manor for helping to ensure the seniors of Somers are able to enjoy regular meals and socialization.



Hearing Tests

John Caswell, Hearing Specialist of Discount Hearing Connecticut, will be at the Somers Senior Center on **June 27th from 9am-11am**. He will conduct hearing screenings, exams, and wax checks 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.



Free haircuts for seniors at New England GoldCare are on hold until October. Thank you to New England GoldCare for offering this valuable service to the seniors of Somers for the past five months!



TOWN OF SOMERS DIAL-A-RIDE

Senior/disabled transportation service is available to Somers residents age 60+ or to individuals age 18+ on Social Security Disability. Service is “curb to curb”, meaning that passengers must be able to reach the bus independently. Drivers are not permitted to physically assist passengers or enter passenger’s homes or apartments. If a passenger requires assistance boarding or disembarking from the bus, the passenger must have an aid/friend/family member, etc. accompany them. Aids *are permitted* to

travel with passengers. Our hours of operation are 8am-4pm Monday through Friday. Medical appointments must be scheduled between 8:30am and 2pm. Our service area includes the Town of Somers, the Town of Enfield, and transportation to Johnson Memorial Medical Center in Stafford Springs. Medical appointments always take priority. In addition to medical appointments, transportation is provided to the Somers Senior Center, Somers Public Library, voting, shopping/errands, hair and nail appointments, and other activities.

Scheduling Transportation

You must call 860-763-4379 to schedule your ride one week in advance in order to guarantee accommodations.

You may call anytime Monday thru Friday between the hours of 8am-4pm to schedule transportation. If an urgent situation should arise and you are unable to provide a 1 week notice, we will make every attempt to accommodate you, but cannot guarantee availability.

When you call to schedule your transportation, please ensure you have the following information available:

- Full name of passenger
- Passengers’ address and telephone number
- Date and time of appointment
- Destination information: address, telephone number, physicians’ name (if applicable)
- Passengers’ approximate return time

Please be sure to inform us when you call if you are in a wheelchair or motorized scooter.

Other Transportation Resources

Nutmeg Senior Rides: Available 365 days a year to seniors age 50+ and to vision impaired adults ages 18+, Nutmeg Senior Rides is a transportation program with an annual membership and mileage-based fees. Call 860-758-7833 for more information. The Somers Senior Center can also provide you with additional information and an application.

American Cancer Society: Transportation is offered to cancer related medical appointments. You must call two days in advance (4 days is preferred). Call 1-800- 227-2345. Passenger must be able to get to and from the vehicle without assistance.

Logisticare: Transportation is available to medical appointments only to those on *Medicaid* (not Medicare) by calling 1- 888-248-9895. A minimum of 2 days’ notice is required. Insurance will cover maximum of 15 miles to appointment and 15 miles back.

Inclement Weather Policy

The safety of our passengers as well as our drivers is of utmost importance to us. Therefore, our transportation service follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, our services will be delayed/canceled as well. Please tune into WFSB Channel 3 or NBC30 and look for “Somers Senior Center” for up to date information on delays/closings.

Registration/Cost

Registering for transportation is easy! Simply call us at 860-763-4379 to request a registration form. We will be happy to mail the form to you. Once you have completed the form, you may return it to us by mail or hand it to the driver on your first trip. You must have your form completed, however, before you will be able to utilize our service. Passengers under 60 years of age who are eligible for transportation based upon disability are required to provide proof of disability with their registration form.

There is no required fee for this service, but donations are encouraged and help to offset our costs. Donations can be made at the Senior Center via cash or check made payable to “Town of Somers Dial-a-Ride”.

Important Reminders

- Be sure to provide a one week notice in order to guarantee your ride
- We will provide you with an approximate pick up time. However, we ask that you be ready for your ride 15 minutes prior to the pick-up time and be prepared to wait up to 15 minutes after your scheduled pick-up time.
- Contact the Somers Senior Center at 860-763-4379 to make reservations or changes to existing reservations. DO NOT call the driver or inform the driver directly.
- Don’t forget to call the Senior Center at 860-763-4379 to cancel if you no longer need a ride you have scheduled.
- Medical appointments must take priority. Medical appointments are scheduled first and, if the schedule permits, we will then accommodate all other requests. *No medical appointments after 2pm.*

JUNE



- Sunday, June 11th– Trip: *Boston Lighthouse Cruise*
- Free Supper at Somers Congregational Church on June 15th
- Mobile Foodshare (behind Somers Congregational Church) June 14th & June 28th

* Denotes a Somers Senior Citizen's Club event:
CLUB MEMBERS ONLY



		1. THURSDAY	2. FRIDAY
		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
5. MONDAY	6. TUESDAY	7. WEDNESDAY	8. THURSDAY
10:00-11:00 Chair Aerobics 12:00pm Home Helpers Luncheon 1:00pm Alzheimer's/ Dementia Caregiver Support Group	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Pot Roast/gravy, mashed potatoes, carrots, salad, rolls and birthday cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:00-3:30 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
12. MONDAY	13. TUESDAY	14. WEDNESDAY	15. THURSDAY
Trip: Alaska Cruise 10:00-11:00 Chair Aerobics 1:00pm Cribbage 1:00pm Painting with Emily 2:00pm Chair Yoga	8:30am *Coffee & Donuts 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 held at: Somers Senior Center	12-1pm *Lunch: Baked Stuffed Pork/applesauce, scalloped potatoes, mixed veg, salad, rolls, and Patriotic Cupcakes 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:00 Pitch Card Group	8:00-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club
19. MONDAY	20. TUESDAY	21. WEDNESDAY	22. THURSDAY
8:45 Trip: Tort Law Museum 10:00-11:00 Chair Aerobics 1:00pm Cribbage 2:00pm Chair Yoga	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:00pm Blair Manor Lunch 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Pizza, salad and Ice Cream sandwiches 12:30-3:30 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
26. MONDAY	27. TUESDAY	28. WEDNESDAY	29. THURSDAY
7:45 Trip: Newport Playhouse Lobsterfest 10:00-11:00 Chair Aerobics 1:00pm Cribbage 2:00pm Chair Yoga	8:30am *Coffee & Donuts 9:00-11:00 Hearing Tests 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:00 Pitch Card Group	11:30-12:30 BP/BS 12-1pm *Lunch: Chicken Pot Pie, salad, rolls, Italian cookies 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
3. MONDAY	4. TUESDAY	11. WEDNESDAY	16. FRIDAY
			9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Friday Matinee: "Hidden Figures"
18. MONDAY	17. TUESDAY	10. WEDNESDAY	14. THURSDAY
			9:00-12:00 Art Group 9:15-9:45 Qigong 1:00pm Father's Day Celebration
25. MONDAY	24. TUESDAY	9. WEDNESDAY	13. THURSDAY
			9:00-12:00 Art Group 9:15-9:45 Qigong



Trips & Travel



At the Somers Senior Center, two types of trips are offered: trips that are offered directly through the Senior Center and trips that are offered through tour companies. For trips offered directly through the Senior Center, we utilize our own Town of Somers buses. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. Due to the limited seating, these trips are open to Somers Seniors only. These trips are typically to destinations within an hour to 90 minutes from the Senior Center. Due to the high likelihood of inclement weather, we do not run trips on our Town of Somers buses in January or February. All trips on our Town of Somers buses must have at least 10 passengers signed up by one week prior to the scheduled date of the trip. If the 10 passenger minimum is not met, the trip will be canceled. Trips that are offered through tour companies utilize motor coaches (or cruise ships!), offer a wider variety of destinations, and can travel much further distances. You can sign up for these trips as soon as they are posted and you should sign up right away if interested. Some trips are shared with other senior centers and we are allotted a certain number of seats. These trips are open to both Somers residents and non-residents.

*******PAYMENT IS DUE UPON SIGN-UP FOR ALL TRIPS*******

Payments for all trips are non-refundable unless you find a substitute or have purchased insurance. Payments will be reimbursed only if the trip itself is cancelled. Checks should always be made payable to the Town of Somers, unless otherwise noted. The Somers Senior Center accepts MasterCard, Visa, and Discover.



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday July 21st– Bus departs at 8:30am

The David Gwilliam Mohegan Sun Trip includes: Round trip deluxe motor coach, two \$10 gambling vouchers, \$15 food voucher and driver's gratuity. **\$25 per person non-refundable payment due upon sign up. Open to all! This is a very popular trip and seats fill fast!**



AMERICAN MUSEUM OF TORT LAW

Monday June 19th

The American Museum of Tort Law (the law of wrongful injuries) is the only museum of law in North America. The museum takes visitors through the history of tort law and highlights cases that affect our justice system, and daily life, today. The museum features exhibits on the Ford Pinto, Liebeck vs. McDonalds (the hot coffee case), Nader vs. GM, and many more. After our 90 minute guided tour, we will have lunch at the Log House Restaurant. Bus departs at 8:45am. **Sign-up begins June 1st. Somers residents only. Museum admission \$5. Lunch is at your own expense.**

BOSTON HARBOR LIGHTHOUSE BRUNCH CRUISE

Sunday June 11th

Relax and enjoy a scrumptious buffet brunch as you savor the sights, treasured landmarks, and picturesque lighthouses of Boston's inner and outer harbor on this unique 2 1/2 hour cruise. Fully narrated by an area historian and storyteller, this cruise offers fantastic views Boston Harbor's most spectacular lighthouses. Once back on land, you will have the opportunity to visit Quincy Market, Boston's famous indoor-outdoor marketplace. **Total cost is \$104pp and includes motor coach transportation, brunch, and cruise. Open to all!**



NEWPORT PLAYHOUSE LOBSTERFEST

Monday June 26th

This unique dinner theater is a favorite for locals and visitors since 1983. Enjoy a great buffet featuring boiled lobster (1 per person), shrimp cocktail, clam chowder, a wide variety of salads, hot & cold entrees, desserts, and beverages. After dining, you will take your reserved seats in the theater to see "Lunch With Mrs. Baskin"; the story of a sweet, retired widow who has no intention of buying anything, yet continuously sets up appointments with sales people just to have lunch and conversation with them. After the play, return to the dining room for the Cabaret Show! **Total cost is \$96pp and includes motor coach transportation, buffet lunch, and theater tickets.**

JACK-O-LANTERN SPECTACULAR

Wednesday October 18th

Experience the glow of thousands of pumpkins set in a magical display of artistry during this early evening spectacular! Take a leisurely walk through Roger Williams Park Zoo in Providence, RI where you will gaze upon hundreds jack-o-lanterns artfully carved with painstaking detail and amazing intricacy. This event has been featured on the Today Show, CNN, and hailed by USA Today as "extraordinary". Prior to the Jack-O-Lantern Spectacular, you will enjoy free time at Providence Place Mall for shopping and dining. **Only \$62pp which includes motor coach transportation and admission.**



Somers Senior Center
19 Battle Street
PO Box 308
Somers, CT 06071

PRSTD STD
US POSTAGE
PAID
HARTFORD, CT
PERMIT #158

T r i p s & T r a v e l

PENN DUTCH/JONAH: SEPT. 11-13, 2017

SPECIAL ANNOUNCEMENT: This trip has been sold out for months but we have recently been allotted a very limited number of additional seats! If you are interested, visit the Somers Senior Center as soon as possible to sign-up!



Day 1: Depart for Lancaster, PA, the heart of Amish Country. Visit PEDDLER'S VILLAGE where you have the opportunity to visit their 65 specialty shops and enjoy lunch on your own. 2 nights at the CORK FACTORY HOTEL, a luxury boutique hotel located in historic downtown Lancaster. This restored historic factory is now a vibrant, modern hotel offering the original brick interior and exposed wood ceilings and full service restaurant. This evening everyone will be an "ARTIST IN AN HOUR" which chalk art instruction by Elva Hurst. Elva will walk you through the steps of creating your Lancaster County farm scene using chalk pastels. You'll be amazed at your own hidden talent as she shows you the use of colors and blending to create your own original work of art to bring home. FAMILY-STYLE DINNER to follow at PLAIN & FANCY FARM RESTAURANT.

DAY 2: Tour one of America's earliest religious communities, EPHRATA CLOISTER. Founded by a German immigrant in 1732, this former religious community emphasized spiritual rather than material goals. Learn of their artistic accomplishments that amaze us to this day. This afternoon we will take our reserved seats at SIGHT & SOUND THEATRE for their production "JONAH". Jonah is a prophet-and a man on the run, from God. After a series of wild adventures involving a seaport, a huge boat, and a terrible storm, he finds himself in the belly of a giant fish! Here, God teaches Jonah how to receive grace and extend mercy. See this Bible classic spring to life on stage, with a world-class cast, spectacular special effects and live animals. Farewell dinner tonight at MILLER'S SMORGASBORD.

DAY 3: This morning we leave the Amish farmlands and head to Philadelphia. Visit the city's newest attraction- ONE LIBERTY OBSERVATION DECK and experience the City of Brotherly Love from above with once in a lifetime views of Philadelphia. See Philly's top points of interest like you've never seen them before...from 883 feet up.

Cost is \$441 pp/double/triple and includes deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary