



Echoes From Somers Seniors

November 2016 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
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
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 NOVEMBER 2016

11/3 Blair Manor Breakfast
11/4 AARP Driver Safety Course
11/4 Diabetes support group
11/7 Balance Screening
11/8 Advisory Committee for Seniors
11/10 Trip: *Intrepid Museum*
11/10 Trip: *Noah Webster House*
11/14 Veterans Day Celebration
11/18 Trip: *Mohegan Sun*
11/21 Presentation: *Reverse Mortgages*
11/28 Trip: *Gingerbread House Festival*

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

The Somers Senior Center will be closed on Thursday, November 24th and Friday, November 25th. From all of us in the Town of Somers Human Services Department, we wish you and your families a very Happy Thanksgiving. May the beauty and blessings of Thanksgiving bring warmth and peace to your home this season.



A NOTE FROM OUR FIRST SELECTMAN

Greetings Everyone,

November is a very busy month this year! We look forward to celebrating Thanksgiving on November 24th with family and friends and while it is often a busy time of planning and preparation it is an excellent opportunity to take a step back and realize how much we have to be thankful for. We live in a beautiful town in the greatest country in the world with so many freedoms that others in most countries couldn't even begin to dream about.

Freedom doesn't come easy. It's fought for by the brave men and women in our armed forces and so on Friday, November 11th we honor those that have served and continue to serve on Veterans Day. When asked what is the best way to honor our vets I always answer "Get out and Vote!". What better way to thank those that have sacrificed so very much than by demonstrating your right to vote. Do your part and vote on Tuesday, November 8th in what some say is the most talked about election in our time. This year we choose who will be our President, state and federal leaders. While there is much controversy about some of the choices we have for candidates it is still very important to stand up and be counted. Polls are open between the hours of 6am and 8pm at Town Hall.

Many like to think that Thanksgiving marks the official start of the Christmas Holidays, the season of giving. I am continually amazed by the kindness and generosity of many residents here in Town. Countless individuals have asked the Selectmen and the staff how can they help those in the community that need a helping hand. By listening to community partners and understanding the problems that many face our Human Services Director Deanna Schuetz has coordinated the Town's first "Season of Giving" program. Please make sure to read about this unique concept further in the newsletter and please participate in the Season of Giving. Every little bit helps and it is what makes our community a wonderful place to live.

As always, Selectmen Kathy Devlin and Bud Knorr and I wish you and yours a very Happy and Healthy Thanksgiving! Be good to each other.

Much love,
Lisa Pellegrini
First Selectman

**Important
Information**

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.

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 a companion with you to the Senior Center when you attend activities and events so that you may continue to enjoy all that the Senior Center has to offer. Please note, Senior Center staff cannot physically assist residents who are unable to ambulate independently or act in the capacity of an aide. If you are in need of information on how to obtain these types of services, please contact us at 860-763-4379. We will be happy to provide you with the resources you need. Should you have any questions or are seeking clarification, please contact Human Services Director, Deanna Schuetz, at 860-265-7550. It is our goal that all residents continue to enjoy activities at the Somers Senior Center for as long as possible.



Veterans Day Celebration

**Monday November 14th
1pm-2pm**

While the Somers Senior Center will be closed on Friday, November 11th in observance of Veterans Day, we will be celebrating our veterans on Monday November 14th with a special concert by the Eastside Ramblers Dixieland Band! Our very own Dial-a-Ride driver, Melinda Burnham, plays clarinet in the band! Melinda (as well as several other members of the band) is also a proud veteran and will be helping us to celebrate and honor those who have served our country. Frozen yogurt treats will be provided by Home Instead Senior Care! *There is no charge for this event but sign-up is required.* Thank you to our veterans and their families for all they have sacrificed for our freedom.

Be sure to exercise your right to vote on election day, **TUESDAY NOVEMBER 8th.**



For Somers residents age 60+ or under age 60 on Social Security Disability, transportation is always available to you. However, you must be sure to call a minimum of one week in advance to make your transportation reservation and you must complete a simple registration for prior to travel. Please call 860-763-4379 now if you know you will require transportation to vote on November 8th. If you are unable to vote in person on election day, absentee ballot applications can be obtained in the Town Clerk's Office or online. Once you have completed your absentee ballot application, it can be submitted in person or mailed in.



PAINTING PROJECT

What better gift can you give than one you create yourself from the heart? Create your own masterpiece just in time for the holidays! Emily Santanella from Beautiful Mess Art will be teaching a 2 hour acrylic painting class on **December 12th at 1pm.** Emily will provide all of the supplies you need and will guide you through creating your own version of "A Cardinal in Winter." The class costs \$15/person and includes all materials. 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 almost 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. *Cash and Checks are accepted. Checks should be made payable to Emily Santanella. Payment due upon sign-up.

Beads by Sandy!



December 6th@ 9:30am

Create your own piece of jewelry! Sandy has been designing, creating, and selling jewelry for almost 30 years. You will have the opportunity to create something original and unique for yourself or for someone on your holiday shopping list!

Cost is \$3 per person, due at sign-up, plus the cost of the supplies you choose.



Balance Screening

Join us on **Monday November 7th at 1pm** when Evergreen

Healthcare Center's Physical Therapist will be on site to assess your balance. The therapist will review your results with you and offer some helpful hints that will assist you personally. Light refreshments will be provided courtesy of Evergreen Healthcare.



MEDICARE CURRENT BENEFICIARY SURVEY

NORC, a social research organization at the University of Chicago, is conducting a survey on behalf of the Centers for Medicare & Medicaid Services. Connecticut beneficiaries may be contacted. **This is not a scam.** Participants in the study help to shape and improve the future of Medicare. Traditionally, Medicare will not contact you about your benefits. Those contacted by NORC can call 1-866-287-1393 to confirm they are being contacted by an authorized NORC representative. Your participation is voluntary. You do not have to answer any question you do not want to answer. Any information you provide is kept in strict confidence under the laws prescribed by the Privacy Act of 1974. The information you give is used only for research and statistical purposes. Your Medicare benefits will not be affected in any way by your answers or your decision whether or not to participate. For more information, visit www.mcbs.norc.org



CHOICES stands for Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening. CHOICES helps Connecticut's older adults and persons with disabilities with Medicare understand their Medicare coverage and healthcare options. Certified counselors across the State provide objective, free person-centered assistance so Medicare recipients can make informed choices about their benefits. CHOICES counseling is available all year long. However, most individuals need to wait until the fall open enrollment period (October 15th-December 7th) to make any changes to their current coverage. CHOICES counseling takes place at the Somers Senior Center during our normal hours of operation (Monday-Friday 8am-4pm).

If you are interested in CHOICES counseling, please contact Deanna Schuetz at 860-265-7550 or Dschuetz@somersct.gov. You can also contact Christina Cenac at 860-265-7551 or Ccenac@somersct.gov. You will be asked to complete a short form providing us with all the information we need to assist you and once you have provided us with the necessary information, we will schedule an appointment with you to review your options. Over time, your medications and health conditions may change, and your current coverage may no longer be your best option. Being on the wrong plan could be costing you money. CHOICES counseling helps to ensure you are aware of all the coverage options available to you and that you are on the plan that is the best fit for you.

DEPRESSION IN SENIORS

Depression is a common problem for seniors but it is NOT a normal part of aging. Depression is a real illness. It is not a sign of a person's weakness or a character flaw. A person with depression can't simply "snap out of it". Depression is more than just feeling sad. It causes severe symptoms that affect how you feel and think and handle daily activities.

Men and women often experience depression differently. Men are more likely to be very tired, irritable, lose interest in once pleasurable activities and have difficulty sleeping. Women typically have symptom of sadness, worthlessness and excessive guilt.

Depression, even in its most severe form is highly treatable. If you think you may have depression, start by making an appointment to see your doctor. The most common forms of treatment are medication and psychotherapy. Sometimes different treatments must be tried until one works for a particular person. Medication often takes one to four weeks to take effect. Don't give up. Keep trying until you find something that works for you.

Info from nihseniorhealth.gov

Article submitted by Ailene Henry

MIND YOUR MENTAL HEALTH

AARP Driver Safety Course

Friday November 4th

8:30am-12:30pm



Taking the AARP Driver Safety Course could keep you safer behind the wheel as well as save you money on your car insurance. The cost is \$15 for AARP members, \$20 for non-members. Sign-up is required. Payment is due to instructor on the day of class.



Reverse Mortgage Workshop

Monday November 21st@ 1pm

Michael Savanelli Sr. of Province Mortgage will present an educational workshop on reverse mortgages. While a

reverse mortgage may allow you to convert part of the equity in your home into cash without having to sell your home, there are many different types of reverse mortgages and many pros and cons to consider before making the decision to obtain a reverse mortgage.



Trips & Travel



Join us on an adventure!

At the Somers Senior Center, two types of trips are offered.

1. *Trips that are offered directly through the Senior Center:* We utilize our own Town of Somers buses for these types of trips. They are typically to destinations within an hour to 90 minutes from the Senior Center. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. These trips are open to Somers Seniors only, due to the limited seating.

EFFECTIVE NOVEMBER 2016: 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 CANCELLED.

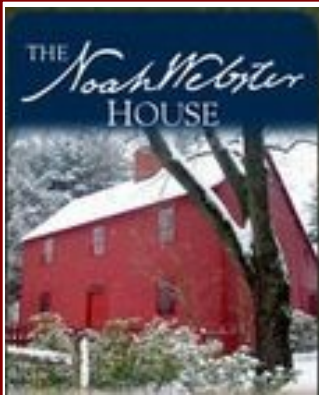
2. *Trips that are offered through tour companies:* These types of trips utilize motor coaches (or cruise ships!), offer a wider variety of destinations, and can travel much further distances. You can sign up for these trips as soon as they are posted and you should sign up right away if interested. Some trips are shared with other senior centers and we are allotted a certain number of seats. If we run a trip independently, typically at least 40 passengers are required. In either case, if minimums are not met by the deadline indicated, the trip will be cancelled and payment will be refunded. 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. Payment will be reimbursed only if minimums are not met and the trip itself is cancelled.

Checks should always be made payable to the Town of Somers, unless otherwise noted.

The Somers Senior Center now also accepts MasterCard, Visa, and Discover!



NOAH WEBSTER HOUSE & CHEESECAKE FACTORY

Thursday November 10th~ Bus departs at 10:00am

Join us for a one hour guided tour of the Noah Webster House followed by lunch at the Cheesecake Factory! The Noah Webster House & West Hartford Historical Society is located in the restored 18th-century birthplace and childhood home of Noah Webster; the creator of the first American dictionary and "Blue-Backed Speller", a teacher, lawyer and early abolitionist. The home was restored by the Noah Webster Foundation and opened to the public as a museum in the late 1960s. In 1970, the West Hartford Historical Society merged with the Foundation. Today, the museum building includes the historic house, the Jodik Education Center with a working reproduction open hearth, two exhibition galleries, a newly renovated Visitor Reception Center, and the Hamilton Gallery. The Visitor Reception Center includes a museum shop, a one-room schoolhouse theater, and a long-term exhibit on Noah Webster. The museum holdings also include a diverse collection of decorative arts, manuscripts, books, and ephemeral artifacts related to Noah Webster as well as to the local community. Following the tour, we will head to Blueback Square for lunch at the Cheesecake Factory! Open to Somers residents only, as seating is limited.

Museum admission is \$5 and lunch is an additional expense. Sign-ups begin on Tuesday, November 1.

ANNUAL GINGERBREAD HOUSE FESTIVAL & MILL ON THE RIVER

Monday November 28th~ Bus departs at 10:30am

Kick off your holiday season with us! The Wood Memorial Library in South Windsor will deck its halls and throw open its doors for one of the largest Gingerbread House festivals in New England! After you view the display, visit "Ye Olde Gingerbread Shop" and take home a bit of the magic. After the festival, we are heading the beautiful Mill on the River Restaurant for lunch. Situated on Podunk Mill, the restaurant is rich with history. The original dam, built by Colonists and Indians, is the oldest in the state. The once crumbling, condemned ex-mill is now one of the most picturesque restaurants in Connecticut. Open to Somers residents only, as seating is limited.

There is no admission fee for the Gingerbread House Festival. Lunch is at your own expense.

Sign-ups begin on Tuesday, November 1.



Trips & Travel



DAVID Gwilliam MOHEGAN SUN CASINO TRIP

Friday November 18th~ 8:30am departure

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!**



HISTORIC DEERFIELD STOCKING STUFFER TOUR

Monday December 5th

At the start of the day, everyone will receive a holiday stocking...and each stop will provide you with a gift to fill your stocking! The first stop is to **Kringle Candle** where you will have an opportunity to shop their main store and Christmas Barn. Next, you will enjoy a holiday buffet lunch at **Champney's Restaurant** at the Deerfield Inn. After lunch, it's a guided tour onboard the motorcoach of Main St. in Old Deerfield and a tour of the **Stebbins House** with an open hearth cooking demonstration focusing on holiday desserts. Enjoy a cup of hot cider before departing. Lastly, enjoy a ride through **Forest Park's Bright Nights** in Springfield. This will quickly become a holiday tradition you will want to continue year after year! **Cost is \$95 per person due at sign up. Open to all!**

JIMMY MAZZ & PATRICK TOBIN

"Celebrate the holidays with Frankie & Dean"

Wednesday December 7th

Bus Departs at 11:00am

We're off to the Carriage House at Storowton Tavern to enjoy lunch and holiday entertainment! Jimmy Mazz and Patrick Tobin will be ringing in the holidays as they bring you songs from Dean Martin and Frank Sinatra! You will dine on Storowton's famous Yankee Pot Roast, salad, potato, and vegetable. A special holiday dessert plus coffee/tea are also included! **Cost is \$28 an includes your meal, tax, tip, transportation and entertainment! Sign-up begins November 1.**

***Checks should be made payable to Storowton Tavern**



STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN OCT. 8-16, 2017

A truly unique experience not to be missed! Reviews for the American Queen have been off the charts. This excursion from Memphis to Nashville includes a sightseeing tour including Graceland, roundtrip flights, all meals included during cruise featuring the acclaimed cuisine of chef Regina Charboneau, professional showboat style entertainment, dancing nightly in the Grand Saloon, and lectures by the Riverlorian (the onboard historian). So many extras!

From \$2899 pp twin inside cabin including air!

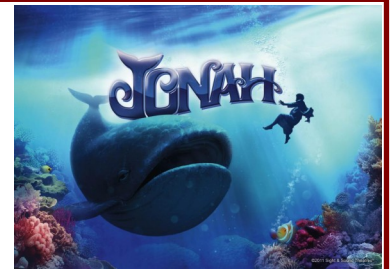
PENN DUTCH/ JONAH

SEPT. 11-13, 2017

Explore Lancaster, PA, the heart of the Amish Country! You'll visit Peddler's Village, tour Ephrata

Cloister (one of America's earliest religious communities) and enjoy two nights at the Cork Factory Hotel (a luxury boutique hotel located in historic downtown Lancaster). Your trip includes reserved seating at Sight & Sound Theatre for a spectacular production of "JONAH". On Day 3, you have the opportunity to visit Philadelphia and One Liberty Observation Deck, the city's newest attraction!

Cost is \$429 pp double. Availability is limited!



THE BEST OF ALASKA; LAND & CRUISE JUNE 12-25, 2017

6 Night Land Tour & 7 Night Cruise

***Fairbanks *Denali *Anchorage *Seward**

***McKinley Explorer Domed Train between Denali & Anchorage**

***7 night Cruise aboard Holland America's Zaandam with Glacier Bay! *Flights and Motorcoach to airport included**

From \$3749 pp twin inside cabin including air!



SEASON OF GIVING

The holiday season is upon us. For most, the holidays are a time of joy, happiness, and tradition. A time when we surround ourselves with family and friends. Exchanging gifts. Filling our plates. Keeping warm by a fire. But for some, the holiday season means something very different. It may mean having to visit the local food pantry to piece together a holiday meal. It may mean choosing between paying for your medications or buying that gift your grandchild has been begging for all year long. It may mean it's going to get cold...and the oil tank is empty. In an effort to care for our most vulnerable residents, the Town of Somers Human Services Department is announcing the first Season of Giving campaign. The goal of this campaign will be to raise 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 will focus on 5 ways in which you can care for your neighbors in need not only during the holiday season, but *throughout the entire year*. ***We hope that you will consider making a contribution this holiday season and that this information helps you to know where your contributions will go and who they will help. 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 oil, propane, wood, electricity, rent, or any number of other extenuating circumstances. This year, the fund was utilized to pay for a piece of medical equipment a child needed that insurance would not cover. This fund is utilized throughout the entire year and is ***dangerously low*** as we head into the winter heating season. Without your donations, this fund does not exist. This fund is utilized throughout the entire year. 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 and sent to: Town of Somers Human Services Department, 19 Battle Street P.O. Box 308 Somers, CT 06071.

♥ FOOD PANTRIES

Did you know that there are two food pantries in Somers? Champ's Place is located at the Somers Congregational Church at 599 Main St. Donations of food are accepted in the church office Monday through Thursday from 9:30am-3pm. However, 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. All Saint's Food Pantry is located at All Saint's Church at 25 School St. Donations of non-perishable items can be dropped off anytime in the basement entryway. Items such as pasta sauce, canned fruit, cereal, hearty soups, and coffee are in high demand. Monetary donations can be made payable to All Saint's Church with "food pantry" in the memo section. Please check all food donations for expiration dates and also remember that hygiene items such as toilet paper, paper towels, soap, laundry detergent, etc. are accepted and encouraged as well, as these items are not covered by SNAP (food stamps).

♥ STUFF-A-CRUISER

Keep an eye out for the "Stuff-a-Cruiser" event at the Somers Police Department at 451 Main Street. You can drop off new, unwrapped toys at this location. All items collected supplement the Holiday Adopt-a-Child Program and are distributed to families in need in Somers. This annual event is coordinated by the Somers Women's Club.

♥ 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. We receive 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, please contact Deanna Schuetz at 860-265-7550 or Dschuetz@somersct.gov.

♥ HOLIDAY ADOPT-A-CHILD 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 (or more than one 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. so the donor truly has 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 Deanna Schuetz at 860-265-7550 or Dschuetz@somersct.gov.

	1. TUESDAY	2. WEDNESDAY	3. THURSDAY	4. FRIDAY	
	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 *2nd Dion Lunch: Roast pork w/applesauce, scalloped potatoes, corn, salad and rolls, birthday cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:30am Blair Manor Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30pm Bridge Club	8:30-12:30 AARP Driver Safety Course 9:00-12:00 Art Group 2:00 Diabetes Support Group <i>*Qigong will not be held today.</i>	
	7. MONDAY	8. TUESDAY	9. WEDNESDAY	10. THURSDAY	11. FRIDAY
	10:00-11:00- Chair Aerobics 1:00pm Balance Screening	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 (Library)	12-1pm *Lunch: Grinders, chips, coleslaw, potato salad, assorted cookies. 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:00-3:30 Foot care (Call 860-763-4379 for appt.) 10:00am Trip: Noah Webster/Cheesecake Factory Trip: Intrepid Museum 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30pm Bridge Club	CLOSED
	14. MONDAY	15. TUESDAY	16. WEDNESDAY	17. THURSDAY	18. FRIDAY
10:00-11:00- Chair Aerobics 1pm-2pm Veterans Day Celebration with the "East Side Ramblers"	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: Thanksgiving Celebration: Roast turkey w/ stuffing & gravy, mashed potatoes, squash, cranberry sauce, rolls & butter, pumpkin pie w/whipped cream. 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 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 6:30-9:30pm Bridge Club	8:30am Trip: Mohegan Sun 9:00-12:00 Art Group 9:30-10:00 Qigong	
21. MONDAY	22. TUESDAY	23. WEDNESDAY	24. THURSDAY	25. FRIDAY	
10:00-11:00- Chair Aerobics 1:00pm Presentation: Reverse Mortgages	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: Pizza, salad & ice cream sandwiches. 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	CLOSED	CLOSED	
28. MONDAY	29. TUESDAY	30. WEDNESDAY			
10:00-11:00- Chair Aerobics 10:30am Trip: Gingerbread House Festival/Mill on the River	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 w/gravy, mashed potatoes, carrots, salad, rolls, apple pie w/whipped cream. 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group			
<i>* Denotes an event sponsored by the Somers Senior Citizen's Club</i>					

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

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The Town of Somers Meals on Wheels Program was instituted in October of 1981 by the Town's Advisory Committee for Seniors. It is a "grassroots" effort, running independently of any state assistance. Meals are graciously prepared by Hometown Kitchen Restaurant for elderly, homebound residents and delivered Monday through Saturday by dedicated volunteers. The elderly population in the community is growing and with that growth comes increased demand for these types of services. The Meals on Wheels Program is very much in need of volunteers to deliver meals. Volunteers can deliver once a month, once a week, or whenever their schedule permits. This program cannot run without the help of volunteers. If you are or someone you know is interested in volunteering, please contact Christina Cenac at 860-265-7551 or Ccenac@somersct.gov.



**STOP
DIABETES**

Diabetes Support Group *Friday November 4th @2pm*

Blair Manor is facilitating a monthly diabetes support group. The group meets the first Friday of the month from 2-3pm to discuss the challenges of diet, exercise and health. *We would like to extend our appreciation to Blair Manor for facilitating this support group, as well as for providing the seniors of Somers with complimentary breakfast and lunch every month.*

Applications are now being accepted for the Connecticut Energy Assistance Program (heating assistance). Please contact Christina Cenac at 860-265-7551 for more information.

Applications are accepted by appointment only.

Assistance is also available for applying to the Home Energy Solutions Program, an initiative from CT's Energy Efficiency Fund. All homeowners are eligible to apply for this home energy audit and, if you are income eligible, you may receive the audit (a \$124 value) free of charge.



SafeLink

WIRELESS®

If you meet income and eligibility guidelines, you may qualify for a free cell phone through SafeLink Wireless. Maximum annual income for an individual is \$16,038. Applicants must currently be receiving benefits from a program such as SNAP or CEAP. Call Christina at 860-265-7550 to inquire about your eligibility or for assistance with the application.