

Somers Senior Center MAY 2025 Newsletter

Somers Senior Center 19 Battle Street, Somers CT 06071 860-763-4379

Mon-Thurs 8am-4pm, Fri 8am-12pm

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Somers Human Services 619 Main Street, Somers CT 06071 860-265-7551

Mon-Wed 8am-5pm, Thurs 8am-6:30pm

Matthew Cox, Human Services Director

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Annette Ramsdell, Social & Sr. Services Specialist

Aramsdell@somersct.gov

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The Town of Somers Senior Center and activities offered are open to all individuals ages 55+. Registration is **FREE** and all 55+ are welcome! It is our goal to create a warm and welcoming environment where members can take part in recreational, educational and social activities. Please note, Senior Center staff cannot physically assist or act in the capacity of an aide to members 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. Interested in becoming a member? Fill out our Membership Registration Form and become a member today!



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MEMORIAL DAY

CLOSINGS & CANCELLATIONS

<u>We will be CLOSED on Monday, May 26th in observance of Memorial Day No Coffee Talk & Chair Aerobics starts at 9am on Fri. May 2nd
No Coffee Talk or Chair Aerobics on Friday, May 9th
No Qigong w/Linda on Thursday, May 8th & 29th</u>

Registration Form







Somers Human Services





Champ's Place Food Pantry



Somers Congregational Church, 599 Main Street; 860-763-4021

Open Mondays from 10am to NOON and from 6pm to 7pm.



Mobile Food Truck



Connecticut Food Share brings fresh foods to Champ's Place! Wednesday, May 7th & May 21st from 1:00pm to 1:30pm.

HINT: Bring a small cart, laundry basket, sturdy box or shopping bags to easily carry items home with you.

<u>Call Annette Ramsdell in Human Services at 860-265-7551 x1 to make an appointment for any services below:</u>

Application Assistance available for SNAP, Medicaid and Financial Assistance.

Meals-on-Wheels available for homebound seniors and people with disabilities. Energy Assistance from Access Agency will be ending soon, but Operation Fuel is open for applications.

Financial coaching and budget assistance is now available!

Let us help you untangle your bills and organize to help meet your needs and financial goals. Schedule a confidential, one-on-one appointment with a financial coach.

Renters' Rebate Is Open! Please call Annette Ramsdell for an appointment at 860-265-7551 x1. Requirements: age 65+ or are 100% disabled and receive SSI or SSDI, live in Connecticut for at least one year, paid rent in Connecticut in 2024.

Maximum income for single is \$45,200

Maximum income for married couples is \$55,100.





Senior Center Updat



SENIOR CENTER RENOVATIONS:

PLEASE NOTE: WE ARE IN THE PROCESS OF FINISHING THE UPGRADES TO OUR SR. CENTER. AS SUCH, INTERIOR PAINTING MAY BE TAKING PLACE WITHIN THE NEXT MONTH OR TWO. WE ARE LIMITING SPECIAL PROGRAMS AND EVENTS UNTIL THIS IS COMPLETED. SOME PROGRAMS MAY BE MOVED TO KIBBE OR THE CONGREGATIONAL CHURCH BASEMENT. WE WILL KEEP EVERYONE INFORMED OF ANY LOCATION CHANGES. SHOULD YOU HAVE ANY QUESTIONS, PLEASE LET US KNOW. THANK YOU SO MUCH FOR YOUR COOPERATION AND FLEXIBILITY!

NEW PAYMENT METHOD FOR FIT & FUN W/ CHELSEA, STRETCHING W/ KEELY, & OIGONG W/LINDA

We want to make it easy as possible for everyone to attend our fitness programs so Fit & Fun, Stretching with Keely, and Oigong with Linda will all be \$4 per class. These classes are held at the Kibbe Fuller Gym. Payment can be made anytime prior to class at the Somers Senior Center.

You may pay per class or pay for the entire month. All classes that you have currently paid for will be honored. Please let us know if you have any questions on how many classed you may have left.

BEWARE OF SCAMS

Beware of scams, especially those involving unsolicited requests for personal information, money, or sudden promises of wealth. Scammers often impersonate legitimate organizations, use scare tactics, or create a sense of urgency to trick people into providing sensitive information or making financial transactions. If you were scammed or think you saw a scam, tell the FTC at ReportFraud.ftc.gov and the Somers Police at 860-749-4955

WHAT'S GOING ON IN SOMERS?

Stay up-to-date and follow the Town's news, updates, and live meetings! Want to know when each Department meets and what they are working on? Be sure to follow the **Town's Meeting Schedule**. All Board of Selectmen, Board of Finance, Zoning Commission and Zoning Board of Appeals meetings are held LIVE each month and can be watched on the Town's You Tube Channel. The Board of Education meetings are also held LIVE on their own **You Tube Channel**. If you can't watch the meetings live, you can always watch them when you have the time. If you don't have a computer, come on in to the Senior Center and we'll hook you up!

Everbridge ~ Town of Somers Alert System

Notification Program Overview... The Town of Somers launched a mass notification service that allows us to alert you. You opt-in to enter your contact information and subscribe to notifications you care about. The information you provide is protected and will not be used for any other purpose.

How It Works... When we issue a notification about a potential safety hazard or concern, you will receive a message on the voice or text communication methods that you have registered. If requested for the notification, you can confirm that you have received the message and you will not be contacted by any subsequent methods regarding that particular notification. If you do not confirm, the system will continue to attempt to reach you at all of the contact paths that you have registered.

Sign up for Notifications... Create an account & add your contact information into the Mass Notification system. You can stop receiving at any time by removing your contact information from your profile.

Let us know if you need assistance signing up! We'd be happy to help you!







Health & Wellness Classes

<u>Qigong- Mondays, 9-9:45am Indoors at the Sr. Center**FREE**</u> Join us as we explore different YouTube videos that provide a simple approach of learning the benefits of Qigong.

<u>Chair Aerobics- Tuesdays and Fridays, 10-11:00am at Sr. Center**FREE**</u> A classic DVD chair fitness program. All levels are welcome!

"Fit & Fun" - Wednesdays, 10-11:00am-Kibbe Fuller Gym - \$4 per class. Sign up anytime & payment needs to be made at the Sr. Center. You may pay weekly or you can pay for the month. Join Chelsea Lowe, A Better Self, LLC for a low-impact, total body workout with great music! This class strengthens muscles through mindful movement & breathing.

Qigong w/Linda - Thursdays, 9-9:45am-Kibbe
Fuller Gym or Outdoors (weather permitting)
- \$4 per class. Sign up anytime & payment
needs to be made at the Sr. Center. You may
pay weekly or you can pay for the month.
Come learn & experience gentle qigong & yin
restorative yoga. Calm your mind, become
stronger & be at ease in your life with this class.

Stretching w/ Keely-Thursdays, 10-11:00am-Kibbe Fuller Gym - \$4 per class. Sign up anytime & payment needs to be made at the Sr. Center. You may pay weekly or you can pay for the month. Dim the lights & listen to meditation music as you learn basic yoga type stretch moves while sitting or standing.

<u>Pickleball- Tuesdays & Fridays, 9-11:00am</u>
FREE Weather permitting. Tennis courts
at Field Road Park. Four Courts/Paddles only
provided all year. New & experienced players
welcome.

<u>Must register with the Sr. Center & complete a</u> <u>Waiver Agreement if you wish to play.</u>

Games, Groups & Activities

Art Group- Mondays, 10-11:30am

FREE All mediums welcome. Bring your own ideas and supplies.

Walking Group- Mondays, 10-11:00am

Meet at the Sr. Center at 10:00am for a fun walk to get the day started!

SCRABBLE- Mondays, 11:00am, Will teach!

Bring a friend and enjoy exercising your brain!

SKYJO- Mondays 1-3:00pm, Will teach!

Even if you are a beginner or seasoned player, please join us for this new card game that is easy to learn and fun to play!

Coffee Talk- Tuesdays & Fridays, 9-10:00am
Join your friends & make new ones for fresh
coffee, tea and light snacks. (Donations
welcome for supplies)

RUMMIKUB- Tuesdays, 11-1:00pm, Will teach!
Rummikub is easy to learn & fast moving. The
"board" changes all the time as players adjust
the tiles on the table. Sign up, space is limited!

<u>Senior Learning Network- Tuesdays, 2-3:00pm</u>
FREE Live video conferencing technology to deliver life-long learning programs.

<u>Dominoes- Wednesdays, 1-3:00pm, Will teach!</u> Please come and learn the game.

Cornhole & Coffee - Thursdays, 9-10:30am, Will teach! Come play cornhole and enjoy a little friendly competition with friends! It's an easy game to play, regardless of your gaming experience. Played indoors or outdoors (weather permitting).

<u>Bingo- Thursdays, 12-3:00pm, Will teach!</u> Free coffee/tea. Bring your lunch and enjoy an afternoon of Bingo!



Special Programs & Events

PLEASE NOTE: WE ARE IN THE PROCESS OF FINISHING THE UPGRADES TO OUR SENIOR CENTER. AS SUCH, INTERIOR PAINTING MAY BE TAKING PLACE WITHIN THE NEXT MONTH OR TWO. WE ARE LIMITING SPECIAL PROGRAMS AND **EVENTS UNTIL THIS IS COMPLETED. SOME** PROGRAMS MAY BE MOVED TO KIBBE OR THE CONGREGATIONAL CHURCH BASEMENT. WE WILL **KEEP EVERYONE INFORMED OF ANY LOCATION** CHANGES. SHOULD YOU HAVE ANY QUESTIONS. PLEASE LET US KNOW. THANK YOU SO MUCH FOR YOUR COOPERATION AND FLEXIBILITY!

"HAPPY CINCO de MAYO!!" w/ José Paulo

Friday, May 2nd 11:00am \$5/pp

Come and enjoy a Mexican theme lunch while enjoying the **Amazing Voice and Versatility of José Paulo**





MOTHER'S DAY TEA & LUNCHEON Friday, May 9th 11:00am \$3/pp loin us to celebrate Mother's Day with a luncheon & tea. **Wear your Favorite** Hat! Not just for mothers, ALL ARE WELCOME!





LUNCH BUNCH Wed, May 28th 10:00am \$5/pp



Enjoy a little shopping at Ellington Agway followed by lunch at The Hidden Still

GRIEF SUPPORT

Mondays, 10:00am-11:00am June 2nd - July 7th



Free Grief Support Group with Karla Vince from the **Visiting Nurse & Health Services of CT.**

ECHN Visiting Nurse Health Services of Connecticut



PAINTING WITH SANDY

Wednesday, June 11th 11:00am - 2:00pm \$15/pp includes all materials

Artist Sandy Poirier will instruct an acrylic painting workshop of this

spring canvas.

Limited space Payment is due upon sign up!





Personal Care

FOOTCARE SERVICES

The Senior Center provides footcare services every month! Please call the Senior Center to make your appointment.

Dates Available: May 22nd June 26th July 24th



SPA SERVICES

The Senior Center offers spa services by MA Licensed Tech Diane Neill. First Wednesday of the month. Call the Senior Center to book your appointment.

Signature racial	430
Microdermabrasion Facial	\$48
LED Light Therapy	\$15
Waxing Services:	
(brow, lip, chin etc.)\$7	- \$18

Cash or Check only

Somers Congregational ommunity Supper

The Somers Congregational Community Supper has returned every 2nd Wednesday of the month:

Signature Facial

May 14th, June 11th, July 9th August 13th, September 10th

Somers Congregational Church 599 Main St Somers, CT

All dinners begin at 5:30pm. Call (860)763-4021 to reserve your spot (please leave message if no answer).

With Thanks

We would like to thank the following individuals who have so generously donated to the Senior Center:

Hesaguia Abrams, Wayne & Pauline Cheveriea, **Geraldine Kasper, Jennifer Pilton** Carol Shuckerow. Tina Toohev

Somers Senior Citizen's Club

SOMERS SENIOR CITIZEN'S CLUB LUNCHEON

Wednesday, May 21st 11:45am



Boxed picnic lunch of ham & chicken salad sandwich on a roll, chips, fruit salad and homestyle brownie for dessert! Dee Reilly will be performing a medly of country hits!!

ORDER IN ADVANCE REQUIRED Call Dan Fraro at (860) 749-7108 to order Must order by noon the Monday prior to lunch ~~ \$5 payable at the door

James Taylor & S Carol King Tribute

MUSICAL TRIBUTE The Log Cabin, Holyoke MA **Tuesday July 15th**

Leave Sr. Center at 10:45am & Return 4:00pm \$103/pp Includes transportation

Enjoy the music of James Taylor & Carol King and a delicious lunch:

~ Hors D'Ouevre's ~ Signature Bread & Clam Chowder ~ Twin Lobsters OR Prime Rib Baked Potato, Corn, Dessert, Coffee & Tea

REGISTRATION DEADLINE IS FRIDAY, JUNE 6TH **PAYMENT DUE AT SIGNUP**





Home Helpers Luncheon

Tuesday, May 6th <u>12:00pm</u> **Space is Limited** Sign up by April 30th





Breakfast

Wednesday, May 14th

9:00am

Sign up by May 9th

\$3/pp

Chef Pam will be

cooking up some

delicious buttermilk

biscuit breakfast

sandwiches!!

Wednesday, May 28th 10:00am \$5/pp

Enjoy a little shopping at Ellington Agway followed by lunch at The Hidden Still







Birthday Luncheon Tuesday, May 27th 12:00pm **Space is Limited** Sign up by May 15th



CT INFO LINE - Dial 211

Vital Resource to find available community services

CHOICES - 1-800-994-9422

Assistance with Medicare, Medigap and **Medicare Part-D applications**

CONSUMER LAW PROJECT FOR ELDERS -1-800-296-1467

Free Legal Assistance for Seniors with consumer problems

ELDER JUSTICE HOTLINE - 1-860-808-5555

Elder justice issues can range from age-based discrimination in the workplace to scams and fraud, elder abuse, neglect & exploitation. If you have been the victim of any of these, please call! They are there to help!

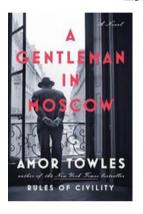
Book Club

Book Club with Somers Librarian Coordinator, Allison Rief

Thursday, April 17th 3:00pm

A Gentleman In Moscow

by Amor Towles



"A Gentleman in Moscow" follows Count Alexander Rostov, a Russian aristocrat, who, after the **Bolshevik Revolution, is** sentenced to house arrest in the Metropol Hotel in Moscow, where he spends the next 32 years, developing friendships, family, and love, all while confined within its walls.

Please call 860-763-4379 to pick up a book and join this great group if you love reading!

Somers Historical Society

The Somers Historical Society Museum is now open for the season! Sunday Hours are 1:00 - 3:00 pm



May 15th June 26th July 20th Aug 17th Sept 21st Oct 19th Nov 16th **Town Holiday Festival**

The Somers Historical Society, Inc. P.O. Box 652 Somers, CT 06071 (860)749-6437





<u>Wednesday, May 14th</u> 3:00pm-4:00pm

Are you looking to learn how to use the basic functions of your smart phone?

Join Somers Middle School Volunteer "Olivia" as she helps with some basic training on how to save or send a picture? How do I install an app? What is a bar code and how do I scan it? How do I send a text message?

This class is limited and you must sign up by calling the Sr. Center at 860-763-4379.



Veterans Peer Support Group

Are you a veteran looking for support, camaraderie, and a place to share your experiences? Join the Veterans Peer Support Group in Somers, led by fellow veteran David Mortimer.

When: 1st & 3rd Monday of every month Where: Somers Town Hall, Executive Conference Room Address: 600 Main St., Somers, CT at 7:00 PM.

*Connect with those who understand.
No judgment, just support.
All veterans are welcome!



Somers Public Library

Movie Matinees at the Library <u>Fridays - 1:00pm</u>

(please note there are no movies on 5/2 and 5/9 due to the school art show)



May 16th Last Breath



May 23rd Instant Family



May 30th Black Bag

Care Cafe'

The first Tuesday of every month 10:00am Library Conference Room

We welcome those living with dementia and their care partners for beverages, conversation and support.

Join Karla Vince & Nicole Madson from Visiting Nurse and Health Services of CT.

NO REGISTRATION NEEDED





Somers Public Library 2 Vision Blvd



The Senior Learning Network at the Somers Senior Center

hể Senior Learning Network uses live video conferencing technology to deliver life-long

learning programs to groups of older adults in retirement communities, nursing homes, assisted living, adult day cares, community centers, libraries and other venues.

May 6th: "Life on the Edge": Rocky Mountain National Park (this is the program we missed in January)

The alpine zone of Rocky Mountain National Park boasts a diverse biodiversity, including a variety of hardy plants like alpine wildflowers, low-growing shrubs, and lichen, alongside animals like bighorn sheep, mountain goats, ptarmigan birds, and small mammals adapted to the harsh, high-elevation environment with its extreme temperature fluctuations and thin air; this unique ecosystem is often referred to as alpine tundra, with a noticeable patchiness in vegetation due to the challenging conditions. Join us for this program, "Life on the Edge, where we will learn about biodiversity in the alpine and what threatens it and the research that is done to study and to mitigate those threats.



May 13th: How inventions during WW1 Changed <u> America: Army Women's Museum</u>.

Join the U.S. Army Women's Museum for an exploration of six modern and everyday items that will unlock the history and legacies of the "Great War." While seemingly unrelated at first, these familiar objects have a direct connection



to events that took place over 100 years ago. A doughboy, a Salvation Army Doughnut Lassie, an Army Nurse, and Woodrow Wilson all come to life for students as they experience the sacrifices of

men and women in World War I and the impact their service has on our lives today

May 20th: Bering Land Bridge, Alaska

Bering Land Bridge National Preserve protects a small remnant of a once giant landmass that connected Asia to North America during the last ice age. In the preserve you can find rolling tundra, lakes, lava fields, winding rivers, hot springs, and miles of coastline. Arctic animals, plants, and people live harmoniously on this land as they have for time immemorial.



May 27th: POP! Goes the West! Whitney Art Museum

We are fortunate to catch this new art exhibition from the Whitney at Buffalo Bill Center of the West! Explore the compelling intersections between popular culture and the American West . Surround yourself with the iconic work of Andy Warhol and other artists who combine the styles and attitudes of the Pop Art movement with western subject matter. POP! features eye-catching artwork with bright colors and bold designs. Artists depict a West that is both familiar and unexpected, filled with



Indians and cowgirls, wildlife and highways, horses and pickup trucks, cell phones and tourists, along with lariats, guns, geysers, and more!



The Somers Senior Center would like to acknowledge our members with

Anne W. Rita C. Anne H. Everett M. Debra C. May 2nd:

Marjorie M. Elizabeth D. Robert C. Donna P. May 3rd:

Mary-Ellen M.Darlene F. Brian W. May 4th: Nancy M. Roselie B. May 5th: James S.

Mary Ellen D. Richard T. Mary B. Richard T. Raymond H. Shirley D. Edward B. Gertrude C.

May 6th: Lucille G. May 7th: Ronald P. Lynne R. Patricia D. Susan G. May 8th: Brenda D. Cathy M. Sue K. May 9th: Kevin R.

Tadeusz S. Patricia D. Ruth DeB. Alise E. **May 10th:** Constantin T. Marjorie DeL. Karen C. Shirley S. May 11th:

Wayne K. Adreana S.

May 12th: Anne C. Linda LeC. Michele M. Betty C. Robert M. Delores B. <u>May 13th:</u> Cecilia N. Iohn D. Constance K. <u> May 14th:</u> Margareta S. Susan J.

Ma<u>y 15th:</u> Mike B. May 16th: Sandra B. Raymond O. Máry L. Anné K. May 17th: John S. Bryan D. Diana N.

<u>May 18th</u> Lynette C. Linda B. Wayne W. <u>May 19th</u>

Clementina C. Raymond L. Sharon S.

May 20th:

Kathy L. Sue B. **May 21st:** Skip C. David R.

Sandra G. Robert D. Marilyn S. Daniel W. Maureen P. David M. Walter Y.

Peter M. May 22nd: Barbara F. lanet B. Lolita K. Carole I.

May 23rd: Mary McC. Judy LaM. Debbie A. *May 24th:*

Thomas M. Robert M.

May 25th: Lawrence C. Geraldine I. Carol Ann B.

Renee P. Brian W. Betty K. **May 26th:**

May R. John C. Thomas F. Thomas B.

May 27th: Hazel B. Jacklyn R. Diane McG. Wendy K. George B.

May 28th: Diane M. Pamela H. Carolyn G. **May 29th:**

Kathy Y. Joan C. Liat P. Sheila R. Melissa M. lackie P,

May 30th: John C.







Don't forget that Ann Maggio, RN will be here on Tuesday,

> May 27th at 11:30am- 12:30pm

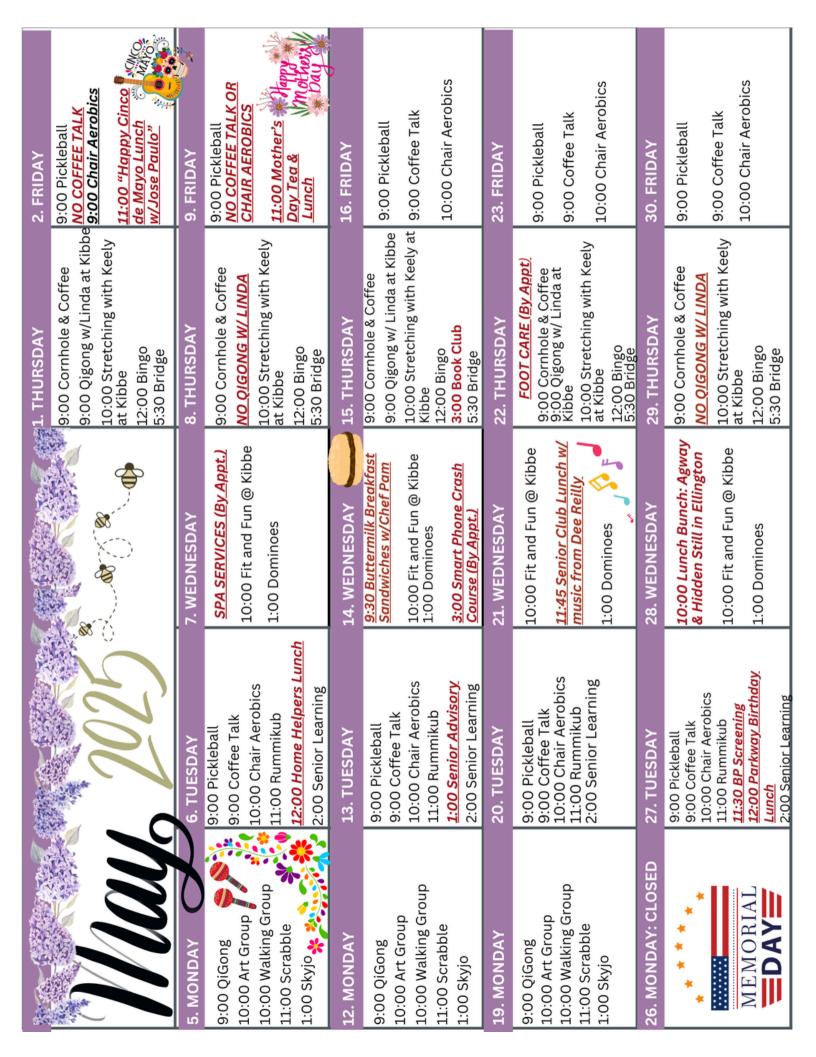
to perform blood pressure checks!



elebration









Piedmont Photography Show





The Annual Piedmont Photography Show is sponsored by the Somers Cultural Commission. This show features amateur and professional photographers exhibiting works in black & white, full color & altered images. All works are juried for prizes with the top prize being \$500!

An opening reception at Piedmont Hall at 604 Main Street will be held on Sunday, May 4th from 1:00-3:00pm with awards given at 1:30pm so please join us!

The photo show will be opened:

May 8th - May 11th 10:00am-12:00pm May 15th - May 18th 10:00am - 12:00pm







The Somers Senior Center is pleased to offer the following trips! First come, first served for trips below. Full payment is due at sign-up. Please stop by the Senior Center for flvers and complete information.

Wednesday, June 11, 2025 - Foster's Downeast Clambake. A Traditional Maine clambake lunch followed by shopping in downtown Portsmouth - \$162/pp

Tuesday, August 12, 2025 - Charles Riverboat Cruise. Enjoy lunch at The Cheesecake Factory followed by a narrated cruise on the legendary Charles River - \$148/pp

Wednesday, September 3, 2025 - Pilgrim Belle Harbor Tour. Enjoy a delicious lunch buffet at the East Bay Grille overlooking the harbor in Plymouth MA. Then board the Pilgrim Belle, an authentic Mississippi style paddle wheeler for a narrated cruise - \$182/pp

Thursday, October 16, 2025 - Covered Bridges of New Hampshire / Farmhouse lunch at the Inn at East Hill Farm. Enjoy a family style lunch at farmhouse tables followed by a guided driving tour of the covered bridges of Southern New Hampshire. - \$148/pp





Somers Senior Center Registration Form - MAY 2025 Classes, Events & Trips

Program Name	Date	Fee (if applicable)
		\$
		\$
		\$
		\$
		\$
		\$
We accept cash, credit cards and checks payable to Town of Somers	TOTAL DUE:	\$

REGISTRATION FOR ALL EVENTS (unless noted) BEGINS ON:

<u>April 22nd FOR SOMERS RESIDENTS AND April 28th FOR NON-RESIDENTS.</u>

FORMS WILL NOT BE ACCEPTED PRIOR TO THIS DATE.

A REGISTRATION FORM MUST BE SUBMITTED FOR ALL EVENTS THAT YOU WISH TO ATTEND.

Somers Recreation & Leisure Services Participant Waiver

I hereby agree to release, discharge and hold harmless the Town of Somers, Somers Recreation & Leisure Services Department and the Somers BOE, its directors, employees, agents, contractors and/or volunteers from any and all liability that may occur during my participation in Somers Recreation & Leisure Services activities. I understand that participation in any recreational activity involves risk and I grant permission to the Town of Somers to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

Somers Recreation & Leisure Services Photo Release

Participants in Somers Recreation & Leisure Services programs acknowledge that photographs may be taken during activities within our programs. By participating in our programs, you allow reproductions of these photographic materials to be used in promotional activities including but not limited to brochures, email campaigns, social media and more exclusively by the Somers Recreation & Leisure Services.

I have read and am in compliance with the photo policy stated above.	· 80.
I have read and am NOT in compliance with the photo policy stated above.	1
Print Name:TOWN:	
Signature:	P
Date:	



Somers Senior Center Registration Form - MAY 2025 Classes, Events & Trips

Program Name	Date	Fee (if applicable)
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$