

Somers Senior Center November 2025 Newsletter



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

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

Maureen Parsell, Director mparsell@somersct.gov Donna Richardson, Supervisor drichardson@somersct.gov Pamela Caso, Administrative Asst. pcaso@somersct.gov Darlene McCray, Program Coordinator dmccray@somersct.gov Dial-a-Ride Drivers Gary Hunter, Pat Perry, & Scott Sfreddo



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!

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 MCox@somersct.gov Arianna Flagg, Prevention Coordinator AFlagg@somersct.gov Annette Ramsdell, Social & Sr. Services Specialist Aramsdell@somersct.gov Jen Griger, Youth Services Coordinator

Jgriger@somersct.gov



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CLOSINGS & CANCELLATIONS

The Senior Center will be closed on Tuesday, November 11th and Thursday and Friday, November 27th & 28th in observance of Veterans Day & Thanksgiving Day holidays. Also, there will be NO COFFEE TALK or CHAIR AEROBICS on Friday, November 7th.



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Somers Human Services





Champ's Place Food Pantry

AW .

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! <u>Wednesday, November 12th & 26th from 1:00pm to 1:30pm</u>.

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

Town Emergency Fund Campaign - Help support your neighbors in need

Now through December 31st - Donations can be mailed to: Town Emergency Fund,
619 Main St., Somers, CT 06071. Contributions are tax deductible.

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

<u>Medicare Open Enrollment is OPEN through December 7th</u>
Let our Certified CHOICES Medicare Counselor help you understand your options.

Connecticut Energy Assistance Program (CEAP)

We are actively accepting applications to help you apply for energy assistance.

Eversource Discounted Energy

5% to 50% discounts may be available to you, depending on income & family size.

Application Assistance - Available for SNAP, Medicaid and Financial Assistance.

<u>Meals-on-Wheels</u> - Available for homebound seniors and people with disabilities.

<u>Financial Coaching and Budget Assistance</u> - 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.





Senior Center Updates

FREE INTRODUCTORY BALANCE FITNESS FUN CLASS WITH ANGELA!

Wednesday, November 12th & 19th from 10-11:00am at Kibbe Fuller Gym - Come meet Angela Czarnecki who is a passionate fitness enthusiast with a strong commitment to health, wellness, and helping others achieve their personal fitness goals. Her journey began years ago with Jazzercise which inspired her active lifestyle. Over the years, she has developed expertise in various areas of fitness, including strength training, cardio, and flexibility exercises. She holds certifications in personal training and group fitness instruction which have equipped her with the skills to design effective workout routines and motivate individuals of all backgrounds. Her experience includes working with diverse age groups, adapting programs to suit individual needs, and fostering a supportive environment that encourages progress and self-confidence. These two classes will be free of charge. All levels are welcome & feedback is encouraged. (See page 5).

PLEASE REMEMBER TO SIGN IN!

It is very important that everyone who walks into the Senior Center, scans their keytag scan card at the kiosk to the right as you walk in. Even if you are only here for a quick visit, we need you to sign in. If you do not have a card or need assistance on how to do this, please ask any Senior Center employee and we will be happy to help!

HAS ANY OF YOUR INFORMATION CHANGED?

Have you moved? New cell phone? New medical information? Who are your emergency/aide contacts? Please check in with a Senior Center employee who can check to make sure we have your updated information.

SENIOR ADVISORY MEETING:

The Senior Advisory meeting will be held <u>Tuesday, November 18th at 1:00pm</u> at the Somers Senior Center. **PLEASE BE ADVISED THAT THERE WILL BE NO MEETING IN DECEMBER.**

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 <u>Town's Meeting Schedule</u>. 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 <u>You Tube Channel</u>. The Board of Education meetings are also held LIVE on their own <u>You Tube Channel</u>. 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 & watch here!

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!









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

Walking Group- Mondays, 10-11:00am

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

<u>Chair Aerobics- Tuesdays and Fridays,</u>

10-11:00am at the Senior Center **FREE**

A classic DVD chair fitness program. All levels are welcome!

Fitness Fun with YouTube - Wednesdays,
10-11:00am at the Senior Center **FREE**
Join the fun and try some new & different
YouTube fitness videos to improve movement
and keep your heart pumping! All levels are
welcome!

Stretching w/ Keely-Thursdays, 10-11:00am
Kibbe Fuller Gym - \$4 per class. Sign up
anytime & payment can be made at the
Senior 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.

FREE Weather permitting. Tennis courts at Field Road Park. Four courts and paddles provided. New & experienced players welcome. Must register with the Senior Center and complete a Waiver Agreement if you wish to play.

Tap Dancing Lessons- Tuesdays, 11am-12pm-Kibbe Fuller Gym **FREE** Do you love to tap dance or want to learn how? Dance Instructor, Laurie Nash, will hold this fun class! Some tap shoes are available for use!

Games, Groups & Activities

Art Group- Mondays, 10-11:30am

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

<u>SCRABBLE-</u> <u>Mondays, 11:00am, Will teach!</u>
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 loin 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>Dominoes- Wednesdays, 1-3:00pm, Will teach!</u> Please come and learn the game.

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

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

<u>Bridge- Thursdays, 5:30pm, Will teach!</u> Enjoy an evening of Bridge playing!





Special Programs & Events



BASIC TECH SUPPORT

Wednesday, November 5th, 19th & 26th (By Appointment)

> How do I save & organize my pictures? How do I install an app? What is a bar code & how do I scan it? How do I send a text message? If you are looking for some basic help with using your phone or tablet please make an appointment!



Wednesday, November 12th & 19th 10:00am at Kibbe Fuller Gym

Sign up and try this free introductry class! It will include a warm-up stretch, standing balance exercises, seated strength exercises (with or without weights) and close with more stretches while playing great music from across several genres.



VETERANS DAY BREAKFAST

Friday, November 7th 9:00am

Let us all come together to honor our Veterans with a delicious breakfast from The Ivy!

COOKING FOR ONE! WITH FOOD EXPLORERS!

Wednesday, November 12th 11:00am **FREE - LIMITED SEATING**

Join Food Explorers for a creative and delicious cooking class focused on cooking for one. You'll learn how to make your own naan breads (from scratch) to accompany a fresh Greek salad bowl.

Recipe is nut free and vegetarian but will contain dairy and gluten. Hummus is an optional ingredient which would contain sesame.





<u>Friday, November 14th</u> 11:30am \$3/pp

Bon Jour!! Join us for a delicious home lunch of **Tourtiere Pie** (Meat Pie) & Macaroons 🔠



BEADED BRACELET CRAFT

Monday, November 17th 11:30am FREE - LIMITED SEATING

Come crafting and make a unique beaded bracelet! They make great Holiday Gifts for your children, grandchildren or friends!



ANYTIME FITNESS PRESENTATION

Tuesday, November 25th 12:45pm

Following our Parkway Luncheon please stay and learn about an exciting program at Anytime Fitness here in Somers! Jonathan Cannella will talk about "Ageless Fitness" which specializes in small group personal training for adults ages 55+ focusing on developing functional strength to help you live life on your terms.

- ~ Increase your energy to keep doing the things you
 - ~ Increase balance & strength to prevent falls;
 - ~ Get off medications and save on doctors visits;
 - ~ Alleviate aches & pains;
 - ~ Reduce risk for osteoporosis and other chronic health conditions.







FOOTCARE SERVICES

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

Dates Available:

<u>Nov 19th</u> <u>Nov 20th</u> <u>Dec 17th</u> <u>Dec 18th</u>



SPA SERVICES

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

Signature Facial	\$38
Microdermabrasion Facial	\$48
LED Light Therapy	\$15
Waxing Services:	

(brow, lip, chin etc.).....\$7 - \$18

Cash or Check only

With Thanks

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

Gloria Coles, Annette Foisey, Tina Toohey

Somers Senior Citizen's Club Lunch

Wednesday, November 19th 11:45am

The November Menu is: Penne Pasta with Meatballs & Sauce, Green Beans, Rolls & Butter and Bakery Cookies for dessert.

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

Inclement Weather



The Somers Senior Center follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, programs/events at the Somers

Senior Center as well as Dial-a-Ride transportation will be delayed/cancelled.

Please tune into WFSB Channel 3 or NBC 30 and look for "Somers Senior Center"

for up-to-date information on delays/closings





Home Helpers **Tuesday, November 4th** 12:00pm

Spots fill quickly, <u>signup by 10/28</u>

Stay for a **Documentary at** 1:00pm "Travel to France"

FRENCH LUNCH

Friday, Nov 14th 11:30am/\$3pp

VETERANS DAY

BREAKFAST

Friday, Nov 7th

9:00am

Tourtiere Pie (Meat Pie) & Macaroons





Enjoy lunch in the Food Court or at Red Rose!

BIRTHDAY LUNCH

Tuesday, Nov 25th 12:00pm



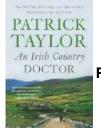
Stay for Anytime Fitness's Presentation at 12:45pm

Book

Book Club with Somers Librarian Coordinator, Allison Rief Thursday, November 20th 3:00pm

"An Irish Country Doctor"

by Patrick Taylor



Dr. Barry Laverty begins his medical career as an assistant to the eccentric, established doctor Fingal O'Reilly in the fictional rural Northern Irish village of Ballybucklebo. The story follows Laverty's journey as he learns

about country life, medicine, and love from O'Reilly and the village's colorful residents, encountering quirky characters and serious issues like unwanted pregnancies and hypochondria. The book, set in the 1960s, captures the authentic Ulster-Scots dialect and provides a charming, heartwarming glimpse into a specific time and place.

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

HELP Hotlines

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 PROIECT 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!

Movie Time Tuesday!!





<u> "PURPLE HEARTS"</u> **Tuesday, November 18th** 11:00am - 1:00pm

In spite of their many differences, Cassie, a struggling singer-songwriter,

and Luke, a troubled Marine,

agree to marry solely for military benefits, but when tragedy strikes, the line between real and pretend begins to blur.





World Kindness Day



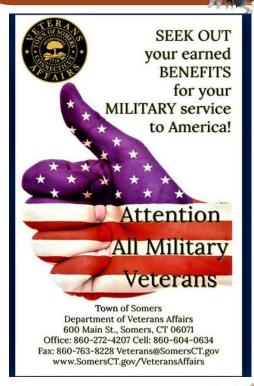
Lets spread Kindness
throughout the month of
November!
November 13th is World
Kindness Day and the official
theme for "2025" is
"Kindness Moves!"
This theme focuses on how
kindness can move hearts,
minds, and bodies,
encouraging participation in
acts of kindness to create a
positive ripple effect.

Simple acts of kindness

~Hold the door open for someone
~Give a genuine compliment to a friend-colleague-cashier
~Leave encouraging notes for people to find
~Let someone go ahead of you in line
~Help a neighbor with a chore, like picking up groceries
~Offer to help someone carry their bags

"In a world where you can be anything, be kind"

Department of Veterans Affairs



Somers Public Library

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



November 7th F1 The Movie



November 14th
Downton Abbey:
The Grand Finale



November 21st Freakier Friday

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
Somers, Connecticut 06071 | 860





Odds & Ends



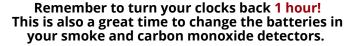


This is the season of giving and what better way than to help out our local food pantry Champs Place located at the Somers Congregational Church.

Items in need are nonperishable "Holiday" sides such as: stuffing mix, cranberry sauce, corn, green beans, gravy, pie filling, sweet potatoes, new potatoes, French-fried onions, & condensed cream of mushroom soup.

Drop offs can be made at the Somers Senior Center or at Somers Human Services Department.

Day Light Savings Ends Nov. 2nd!



Did you know that the American Red Cross can install FREE smoke alarms in your home? This FREE 20-minute visit will provide simple steps you can take to protect yourself against fire.

All demonstration/installation services performed by Red Cross trained volunteers and/or licensed/insured professionals.

Call (877)287-3327 and choose option "3"

Travel the World - France

<u>Tuesday, November 4th</u> <u>1:00-1:30pm</u>

Join us as we take a tour of France! Watch a senior learning documentary of this "Tres Chic" country!

Grateful, Thankful & Blessed

In this season of Thanksgiving, we could not go without recognizing all of the wonderful sponsors & volunteers that support us by providing programs & meals. They are an integral part of the Sr. Center & we are truly grateful for their time, efforts & most of all, their friendship.

<u>All American Assisted Living</u>

Audra, Val & "Chef Kathy"

<u>Home Helpers</u>

Nicole Matson

The Parkway Pavilion

Tasmeem Lodhi & Chef Edele Ortiz

<u>The Ivy</u>

Amanda Slack, Lindsay Redin

<u>Visiting Nurse & Health Services of CT</u> Karla Vince

> Kraner & Hess, Attys at Law Ann Magio, RN

> > Geissler's

All of our Wonderful Senior Center Volunteers!

A big thank you to a very talented Art Group for painting these fun and creative pictures to enjoy in our beautiful kitchen for years to come! Paintings inspired by: Chef & Artist Jacque Pepin's book "ART of the CHICKEN".

<u>Joyce Benson, Barbara Kogut,</u> Fran Levesgue, & Ailene Henry







The Somers Senior Center would like to acknowledge our members with **NOVEMBER Birthdays!**



Louise B. Kim B. Joyce A. Donald P. Nov 2nd: Mary L. Mary T Priscilla S. Carole S. Nov 3rd: Tom S. Faith G. Anthony S. Nov 4th: Carin G. Patricia P. Christina B. Deanna W. Steven N. Kathy C. Nov 5th: Marilyn P. Diane S. Rodney N. Theodore C.

Nov 7th: Karl K. Luping P. Gail W. James R. Nov 8th: Marjorie G. Jeri St. J. Monique L. Nov 9th: Neil C. Steven L. Shirley C. Ann G. Nov 10th: Jordan C. Bernice W. Matilda C-R. Fred W. Timothy S. Virginia S. Clara K. Nov 11th: Jeninne P. Janene B. Raymond R. Rosemary H. Janet T. Nov 12th:

Paul H.

Catherine D. Janet St. L.

Nov 13th: Judith O. Velma H. Roland H. Karen S. Nov 14th: Rick C. Kare H. Patricia H. Angela T. Nov 15th: Betty Jean K. Walter K. Nov 16th: Eileen H. Francis R. Cynthia R. Patricia T. Conrad M. *Nov 17th:* Anna J. Earl B. **Nov 18th:** JoAnn T. Constance L. James G **Nov 19th:** Hesiquia A. Susan C. Patricia B.

Nov 20th: Donna M. Eric C. Patricia M. **Nov 21st:** Barbara E. Claudia M. Linda B. Kathleen D. Karen T. Robert M. Tammy B. Nov 22nd: Carol K. **Gregory E.** Ellen F. Roxanne R. Daniel B. Laura R. Mark T. Rena F. Nov 23rd: Ralph W. Debra B. Anita T. Michelle D. Dorothy L.

Nov 24th: Friedl W. Diane B. Diane P. John C. leff E. Ava Z. Patricia E. Nov 25th: Ann L. Robert B. leane R. Rosetta A. William K. Nov 26th: Joyce F. Rita M. Shawn S. lane D. Nov 27th: Elizabeth P. Ann Y.

Nov 27th: Robert D. Geraldine B. Patricia V. Karen B. Nov 28th: Elizabeth A. William R. Catherine H. Scott G. Nov 29th: Pat B. Lloyd M. Gottfried K. Thomas H. Diana C. Nov 30th: Norma S. Dolores K. Irene C. Raymond D.

Stanley L.

Maria O.

Elena D.

Betty W.

Michael K.





Nov 6th:

Janet S.

Nov 7th:

Sharon N.

Blood

Phyllis R.

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

> **Tuesday, November 25th** 11:30am- 12:30pm

to perform blood pressure checks!









NONFINER 2025



10:00 Walking Group 10:00 Art Group 11:00 Scrabble 9:00 QiGong 1:00 Skyjo

4. TUESDAY

12:00 Home Helpers Lunch 11:00 Tap Lessons @ Kibbe 1:00 Documentary - Travel 10:00 Chair Aerobics the World - France 11:00 Rummikub 9:00 Coffee Talk

5. WEDNESDAY

6. THURSDAY

TECH SUPPORT (BY APPT.) SPA SERVICES (By Appt.)

10:00 YouTube Fitness Fun

10:30 Lunch Bunch - MGM \$5

1:00 Dominoes

II. TUESDAY CLOSED 12. WEDNESDAY

NO Coffee Talk or Chair 7. FRIDA Aerobics 10:00 Stretching with Keely 9:00 Cornhole & Coffee

9:00 Breakfast with Ivy Assisted Living & Celebrating Veterans Day

at Kibbe Fuller Gym

12:00 Bingo 5:30 Bridge

10. MONDAY

10:00 Walking Group 10:00 Art Group 11:00 Scrabble 9:00 QiGong 1:00 Skyjo

13. THURSDAY

WORLD KINDNESS DAY

Fun at Kibbe Fuller Gym

10:00 Balance Fitness

11:00 Cooking for One

w/Food Explorers

1:00 Dominoes

10:00 Stretching with Keely 9:00 Cornhole & Coffee at Kibbe Fuller Gym

12:00 Bingo 5:30 Bridge

4. FRIDAY

11:30 French Lunch \$3 9:00 Coffee Talk 10:00 Chair Aerobics



. MONDAY

9:00 QiGong

11:30 Bracelet Making 10:00 Walking Group 10:00 Art Group 11:00 Scrabble L:00 Skyjo

11:00 Tap Lessons @ Kibbe 11:00 Movie Time Tuesday 10:00 Chair Aerobics 11:00 Rummikub 9:00 Coffee Talk "Purple Hearts"



FOOT CARE (By Appt)

10:00 Balance Fitness Fun at Kibbe Fuller Gym

TECH SUPPORT (BY APPT.)

12:00 Senior Club Lunch 1:00 Dominoes



Keely at Kibbe Fuller Gym FOOT CARE (By Appt) 9:00 Cornhole & Coffee 10:00 Stretching with 12:00 Bingo **3:00 Book Club** 5:30 Bridge

10:00 Chair Aerobics



24. MONDAN

10:00 Walking Group 10:00 Art Group 11:00 Scrabble 9:00 QiGong 1:00 Skyjo

25. TUESDAN

9:00 Coffee Talk

10:00 Chair Aerobics

11:00 Tap Lessons @ Kibbe 12:00 Parkway Birthday 12:45 Anytime Fitness 11:00 Rummikub

TECH SUPPORT (BY APPT.) 26. WEDNESDAY

27. THURSDAY CLOSED 28. FRIDAY

10:00 YouTube Fitness Fun

1:00 Dominoes





December Events



HOLIDAY FESTIVAL Saturday, December 6th

We hope you're getting ready and looking forward to a magical evening with the community! We'll have plenty of cookies, hot cocoa, and festive music to help get everyone into the holiday spirit.

Be sure to mark your calendars and invite your friends and family to join in the fun – the more, the merrier!

More details will be coming soon — we can't wait to celebrate with you!



"KC SISTERS" Holiday Concert Sunday, December 7th 2:00-3:30pm

Come & enjoy this fabulous group of four sisters for a festive holiday concert at the Somers Congregational Church!
Free admission but donations gladly accepted.





Somers Senior Center Registration Form - November 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: OCTOBER 24TH FOR SOMERS RESIDENTS AND OCTOBER 30TH FOR NON-RESIDENTS. 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

Date:		The second second
Signature:		
Print Name:	TOWN:	
I have read and am NOT in a	compliance with the photo policy stated above.	
I have read and am in comp	liance with the photo policy stated above.	
	be used in promotional activities including but not limited and more exclusively by the Somers Recreation & Leisure Se	



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