

Somers Senior Center March 2023 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

Florence Hurley, Coordinator - FHurley@somersct.gov

Pam Caso, Administrative Asst. - PCaso@somersct.gov

Pat Perry, Renee Mullett & Scott Sfredo: Dial-a-Ride Drivers

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

Christina Hurdle, Coordinator

CHurdle@somersct.gov

Aiden Matthews, Youth Services Coordinator

AMatthews@somersct.gov



*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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Somers Human Services

Energy Assistance

The Human Services department has several programs available to help offset your heating costs this winter. If your annual income is less than \$39,761 (single person), \$51,966 (two people), you may be eligible for assistance. Please call 860-265-7551 to set up an appointment.

Food Assistance

Meals on Wheels

We are always available to accommodate new participants! Meals are delivered Monday through Friday. Contact Christina Hurdle at 860 265-7551 or email churdle@somersct.gov.

Would you like to donate food to those in need? Please click [HERE](#) for more information.

Please click [here](#) for more information on available Food Pantries, Mobile Food Truck locations/dates and additional, available assistance.

****Flyers are available at the Senior Center for more information on how to donate to the Food Pantry or how to access food from the Mobile Food Pantry****

Meals on Wheels Volunteer Drivers Needed

When you volunteer for Meals on Wheels, you deliver more than just a meal.

You help support our senior community members' ability to live at home, where they want to be. You also help to ensure that no senior is left hungry or alone.

Contact Human Services at 860-265-7551 for more information.



Social Services will be at the Sr. Center on Tuesday, March 28th from 9-1:00pm

Somers Human Services will have appointment times available at the Senior Center to meet with Christina Hurdle to discuss benefit eligibility and ensure you are applying for the correct programs that are offered! Please call 860-265-7551 to schedule your appointment.

Elderly Tax Relief Program



Where: Town Assessor
When: February 1st - May 15th
(re-apply every 2 years)
Requirements: 65yrs or older
Must own the property
Must reside in the home at all times
Proof of Income (1040)
Federal Tax Return



Income: \$40,300 (single limit) \$49,100 (married limit)

Questions? Contact Karen Neal at 860.763.8202 or kneal@somersct.gov





Senior Center Updates



CLASS CHANGES



Pickleball is back! Pickleball returns on Fridays, 9-11am at Field Road Park (weather dependent).

Qigong classes will be held on Mondays and Wednesdays at 9:00am at Kibbe Fuller.

NEW Chair, Beach Ball Volleyball held on Mondays from 1:30-2:30pm at Kibbe Fuller Gym.

UPDATE YOUR INFORMATION

It's time to update your Somers Senior Center Registration form. Please be sure to update all information (i.e., phone/cell numbers, address etc.) as well as emergency contact information. Please complete the next time you are attending a class or event. You may also find the form here: [Registration Form](#)

TOWN OF SOMERS RESOURCE LIST

The Town of Somers Human Services Department has compiled a "Resource List". This list contains addresses, telephone numbers and websites for such services as Medical Alert Systems, Senior Services, Home Health Care, Food Assistance, Senior Housing, Legal Services, Utilities, Financial Assistance, Veterans Services as well as other helpful information. You may pick up a copy at the Somers Senior Center or click here: [Resource List](#)

REFLECTIVE ADDRESS MARKER "If We Can't Find You, We Can't Help You"

The Somers CERT (Citizen Emergency Response Team) working with the Somers Fire Dept. is offering free address markers. The markers are visible day or night, reflective and fade resistant. Information and order forms can be found here: [Reflective Marker Info Order Form](#)

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 and 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 & Fitness Classes



Groups & Activities



Qigong - Mondays & Wednesdays 9:00-9:45am \$40.00/Punch card for 10 classes - Join Ritch Ryan for movement & breathing to enhance health & wellness. Provides a simple approach with the benefits of balance, strength & flexibility. **Class held outdoors at Sr. Center (weather permitting) or indoors at Kibbe Fuller Gym.**

Functional Training Fitness - Mondays 12:00-12:45pm \$25.00/mo Lisa Jordan focuses on muscle movement that helps you function better using different exercise stations.

NEW Chair, Beach Ball Volleyball - Mondays 1:30-2:30pm - A seated activity with music and lots of laughs that is sure to get your heart rate up. At Kibbe Fuller Gym.

Chair Aerobics - Tuesdays & Fridays 10:00-11:00am **FREE** A classic DVD chair fitness program. All levels are welcome!

Barre Fitness - Wednesdays 9:00-10:00am \$6.00/pp A low-impact, total body workout with Chelsea on strengthening muscles through mindful movement and breathing.

Stretching w/ Keely - Thursdays 10:00-11:00am \$25.00/mo or \$40/Punch Card for 10 classes (1st Thursday of the month starts at 9:00am). Yoga stretch moves while sitting or standing. All-levels are welcome!

Pickleball - Fridays 9:00-11:00am **FREE Weather permitting. Tennis courts at Field Rd. Park.** 4 courts & all equipment provided! New & experienced players welcome. **Must register with Sr. Center if you wish to play.**

- **Art Group- Mondays 10:00-11:30am **FREE**** All mediums welcome. Bring your own ideas and supplies.
- **Coffee Talk- Tuesdays & Fridays - 9:00-10:00am** Come join your friends & make new ones for fresh coffee, tea and light snacks. **(Donations welcome for supplies)**
- **Pinochle- Tuesdays 12:30-3:30pm** Come join your friends or meet new ones for a fun afternoon of pinochle. Our group welcomes new players! **Will teach!**
- **Dominoes- Wednesdays 1:00-3:00pm **FREE** Looking for NEW players to join us!!** Please come and learn the game. **Will teach!**
- **Stitch Together- Wednesday, March 6th at 2:00pm** A monthly knitting/crocheting club for all levels hosted by the Somers Women's Club. Bring your supplies and projects. Share patterns, techniques and "Stitch Together".
- **Bingo- Thursdays 12:00-3:00pm** 10 cents a game and free coffee/tea. Bring your lunch and enjoy an afternoon of Bingo!
- **Tech Support- 1st & 3rd Thursday of the month at 11:00am** Call the Senior Center to make an appointment for help with all of your cell phone and /or computer issues!
- **Line Dancing - Mondays 1:00-2:00pm \$5/class** Great exercise, make friends, & have fun while learning dance steps to great music. **(Wear comfortable shoes/sneakers).**



Special Programs & Events



STITCH TOGETHER!
Monday, March 6th
2:00pm

Join members of the Somers Womens Club and share your love for knitting or crocheting.

FILE YOUR TAXES
 with AARP volunteers
Appointment required



AARP will return to the Senior Center for tax prep on Wednesday, April 5th. Register ASAP as appointments are filling quickly!!

CPR & Heimlich Maneuver Training

with Somers Fire Department
Wednesday, March 8th
1:00-2:30pm



Want to learn the basics of CPR and/or the Heimlich maneuver? Join members of the Somers Fire Department as they walk you through this lifesaving skill.

Please be advised that this is a general overview. Participants will not be certified.

Coffee Talk Series

Friday, March 10th at 9:00am



Listen to local author Jack Matthews as he reviews his novel "Arte Perdida" a murder mystery taking place in Cape Cod!

Friday, March 17th at 9:00am

Enjoy your coffee while listening to former Somers resident flutist, Emily DeNucci!

Emily is a 16 year old attending the Curtis Institute of Music in Philadelphia and has recently been chosen for the "USA Under 17 Youth Symphony Orchestra"!



St. Patrick's Day Celebration
Wednesday, March 15th,
12:00pm



Everyone's Irish on St. Patrick's Day!! Join your friends at the Senior Center for lunch and laughter while listening to Pierce Campbell, a former CT State Troubadour. Pierce will perform traditional and original Irish pub style songs in The Clancy Brothers tradition!!



Lunch Bunch

Tuesday, March 21st
11:00am



Since our trip to Yankee Candle was cancelled in January we decided to reschedule! Sign up quickly as spots fill up fast!



Craft Class with Rose
Wednesday, March 29th
1:00pm

\$8pp/incl. all materials

Join Roseann Sullivan for another craft class. You will make a hand stenciled, no-sew accent pillow for your home. A variety of material colors and stencil designs available to suit your style and decor. Class size is limited to 10 people so sign up soon!





PERSONAL CARE

FOOT CARE SERVICES

The Senior Center provides foot care services every month! The cost is \$30 per visit payable directly to the technician. Please call the Senior Center to make your appointment today.

Dates Available:

March 9th
April 13th
April 27th
May 11th



With Thanks

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

Sarah Bourque, Elaine Davis, Eileen Fedorowich, Evelyn Shaughnessy, Jim Smith & Margareta Spohler, Ingebor Wehner



Somers Senior Citizen's Club Drive Thru Lunches

**SOMERS SENIOR CITIZEN CLUB
Grab 'N Go Lunch**

**Note
Date!**

Wednesday, March 22nd



**Corned Beef & Cabbage,
Potatoes & Carrots, Cookies**

**Pick Up Time: 11:30am - 12:30pm
Cost: \$5.00 each to be paid at pick-up
****ORDER IN ADVANCE REQUIRED****
Call Dan Fraro at (860) 749-7108 to order
**Must order by noon the Monday
prior to lunch**
Pick-up at the Somers Senior Center**

SPA SERVICES

The Senior Center will now offer spa services by MA Licensed Tech Diane Neill the **FIRST Wednesday of every month. Next Date: Mar 1st** **Call the Senior Center to book your appointment or for more info.**

Signature Facial.....	\$38
Microdermabrasion Facial.....	\$48
LED Light Therapy.....	\$15
Waxing Services: (brow, lip, chin etc.).....	\$7 - \$18

MANICURE/PEDICURE SERVICES

Monthly services with Licensed Tech Catherine (Cat)

Mondays, March 13th & March 27th
Please call Cat directly at (413) 335-7422 to book your appointment.

Basic	\$10
Basic w/ Polish	\$15
Basic w/ cuticle cond. soak.....	\$15
Basic w/cuticle cond. soak & polish..	\$25
Foot Beautification.....	\$30
(soak, pedi, massage ~ add \$5 for polish)	



RECIPE SWAP & More...

Do you have a favorite recipe or a family one you would like to share? Join us for a tasting with Chelsea Lowe of A Better Self, LLC as she shares one of hers! She will also share tips and tricks for meal planning and share inexpensive options to eat fresh! Join us on:

Wednesday, March 29th ~ 10:00-11:00am





Breakfast & Lunch Events

Home Helpers®

Wednesday, March 1st

12:00pm

Luncheon & Birthday Celebration!

Limited seating

Sign up by Feb 27th

BP & BS testing available

Financial Svcs Presentation

The Lunch Bunch

Tuesday, March 21st

11:00am

Lunch at Powder Hollow

Brewery & shopping at

Yankee Candle

Deerfield MA



Wednesday, Mar 15th

12:00pm

Luncheon

St. Patrick's Day Party with

Live Music by

Pierce Campbell



Tuesday, Mar 28th

New time-12:00pm

Luncheon

Limited seating

Sign up by Mar 24th



The Last Laugh

I know I shouldn't have done this, but I am 83 years old and was in the McDonalds drive through this morning. A young lady behind me leaned on her horn and started mouthing something because I was taking too long to order. When I got to the first window to pay, I paid for the young lady as well. The cashier must have told her what I'd done because as we moved up, she leaned out her window waving mouthing "Thank You" obviously embarrassed that I had repaid her rudeness with kindness. When I got to the 2nd window, I showed both receipts and took the young lady's food too requiring her to go back to the end of the line and start over again. The lesson? **DON'T BLOW YOUR HORN AT OLD PEOPLE, THEY HAVE BEEN AROUND A LONG TIME!**



Somers Historical Society



Somers Historical Museum
11 Battle Street, Somers CT

(currently closed for winter)

2023 OPEN dates : Apr 16, May 21, Jun 11 Jul 16,

Aug 20, Sep 10, Oct 15, Nov 19 & Dec 3

1:00pm- 3:00pm



The Town of Somers (founded in 1734) Historical Society Museum has displays about major events and daily life in the town such as the flood of 1955 and information about the Somersville Manufacturing Co. The Annual Board Meeting will take place on **Sunday, March 19th at 1:00pm**. All SHS members are encouraged to attend. Questions regarding Society business and activities are welcome!

President & Museum Director: Carole Pyne

Museum Curator: Corey Haynes

Vice President: Clark Pease

Historian: Yvonne Besse

Secretary: Donna Hanks

Membership Chair & Newsletter Editor: Carrie Pyne

Treasurer: MaryBeth Marquardt



Books, Games & Puzzles

Looking for something to do on a cold winter day? Keep your brain active by reading a book, learn a new game, or work on a puzzle.

Come join the Senior Center and sit in our beautiful, relaxing library. We have many books to choose from and all are alphabetized by author!

Check out our private activity room and play Checkers, Cribbage, Scrabble, "Somersopoly" or really get the brain going and play lighthearted Trivia!

Grab a 300/500 piece puzzle from our bookshelf to work on or take a 700/1000 piece puzzle home to complete.

At this time of year, don't sit alone and watch TV. Come join us here and check out our new Smart TV! We would be happy to put your favorite movie or tv show on. Maybe you like to listen to music? Would you like to learn something new? Just let us know and we will try our best to make it happen!

Please call the Senior Center (860)763-4379 to make sure a room is available.



Somers Public Library



Movie Matinees
Fridays - 1:00pm



Somers Public Library



March 3rd
1:00PM

Angry Neighbors



March 10th
1:00PM
The Banshees of Inisherin



March 17th
1:00PM

Tar



March 24th
1:00PM
Whitney Houston: I Wanna Dance with Someone



March 31st
1:00PM

Man Called Otto



Care Cafe!

First Wednesday of every month
1:00pm Library Conference Room

All caregivers of those living with Dementia or Alzheimer's are invited to come for conversation and support. We supply the space - use it for your care.

NO REGISTRATION NEEDED



Somers Public Library

2 Vision Blvd
Somers, Connecticut 06071 | 860-763-3501



The Somers Senior Center would like to
acknowledge our members with
MARCH BIRTHDAYS!!



Mar 1st:

Susan W.
Gary D.
Nancy Sue W.

Mar 2nd:

Carol K.
Veronica P.
Steven Y.
Marguerite S.
Jane G.

Mar 3rd:

John M.

Mar 5th:

Richard T.
Carla H.
Beth F.

Mar 6th:

Peter D.
Paul T.
Rebecca G.
Ardis C.

Mar 7th:

Mary P.
Mary Jane P.
Pauline C.
Shirley T.
Frances K.

Mar 8th:

Elaine F.

Mar 10th:

Joan D.
Linda D.
Susan W.
Mills S.

Mar 11th:

Susan M.
Claire B.

Mar 12th:

Susan L.

Mar 13th:

Debora P.
Barbara H.
Pat G.

Mar 14th:

Cheryl A.
Richard D.
Patricia S.
James B.

Mar 15th:

Lela A.
Craig S.

Mar 16th:

Ronald B.
Lisa C.

Mar 17th:

Gabe K.

Mar 18th:

Anthony U.
Lynn D.
Danuta H.
Sandra P.

Mar 19th:

Gail G.
Linda V.
Sylvia C.
Santina D.
Patricia G.

Mar 20th:

Spider C.
Carol B.
James L.
Michael P.

Mar 21st:

Allan S.
David M.
Phyllis M.

Mar 22nd:

Gloria R.

Mar 23rd:

Karnig M.
Corinne A.

Mar 24th:

Heidi F.
Tim W.

Mar 25th:

Melinda B.
Polly M.
Kirsten C.

Mar 26th:

Viola L.

Mar 27th:

James M.
Dolores J.

Mar 28th:

Richard Y.
Barbara A.
Phyllis G.
Richard B.

Mar 29th:

Kathleen K.
Ruth P.

Mar 30th:

James T.
Kathleen M.

Mar 31st:

Nancy C.



**Save
The Date**

THE SENIOR LEARNING NETWORK

April 4th - SLN: Frontier Army Museum: History of Ft. Leavenworth

April 11th - SLN: FDR's Final Last Days & Legacy: FDR Presidential Library/Museum

April 12th - AARP Safe Driving Course

April 18th - SLN: National Mall & Memorial Parks: Presidential Inaugurations

April 19th - Card Making with Jackie Julian!

April 25th - SLN: Petrified Forest National Park

**Birthday
Celebration**

Our Birthday Celebration
will be held on

Wednesday, March 1st!

Cake will be served
following the Home
Helpers Luncheon to
honor all of our members
who have a
March Birthday!



The Senior Learning Network



The 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.

Tuesday, March 7th

"America's Battleground": Fredericksburg & Spotsylvania National Military Park

America's battleground where the Civil War roared to its bloody climax. No place more vividly reflects the war's tragic cost in all its forms. A town bombarded and looted. We will gain an understanding and appreciation of the Civil War with emphasis on causes, consequences and impacts on the American people



Tuesday, March 14th

"Whiskeytown Rocks!" National Recreation Area
Come & discover a short history of Whiskeytown, Northern California as we learn how Shasta County became a center point during the California Gold Rush. The focus will be a deep dive to learn about the unique geologic formations that have been described as a "mess" by their own geologist. Shasta Bally, the tallest mountain is made of decomposing granite that creates a special set of hazards, especially when combined with the devastating effects of the 2018 Carr fire. Come investigate what sets this local geology apart, the hazards it has created, and why we should study the landscape around us.



Tuesday, March 21st

Abraham Lincoln Home National Historic Site

Abraham Lincoln believed in the ideal that everyone in America should have the opportunity to improve their economic and social condition. Lincoln's life was the embodiment of that idea. We know him as the sixteenth President, but he was also a spouse, parent, and neighbor who experienced the same hopes, dreams and challenges of life experienced by many people today.



Tuesday, March 28th

Zion National Park, Utah

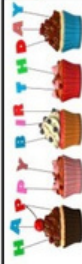
Zion National Park is a southwest Utah nature preserve distinguished by Zion Canyon's steep red cliffs. Zion Canyon Scenic Drive cuts through its main section, leading to forest trails along the Virgin River which flows to the Emerald Pools which have waterfalls and a hanging garden. The canyon averages 2,000 feet deep offering hiking opportunities along the floor known as the "Narrows" and the "Subway". Join us as we discover this amazing wonder in our National Park System!



March 2023



Sunday, March 12th




Celebrate your birthday with us on the first Wednesday of the month after the Home Helpers Lunch

1. WEDNESDAY		2. THURSDAY		3. FRIDAY	
SPA SERVICES (BY APPT.) 9:00 QIGONG (Kibbe Fuller Gym) 9:00 Barre Fitness 11:30-12:00 B/P/B/S screening 12:00 Home Helpers Lunch w/ Cassidy Financial Services 1:00 Dominoes		9:00 Stretching w/ Keely 11:00 Tech Support 12:00 Bingo 5:30 Bridge		9:00 Coffee 10:00 Chair Aerobics	
8. WEDNESDAY		9. THURSDAY		10. FRIDAY	
9:00-1:00 Tax Preparation by appt 9:00 QIGONG (Kibbe Fuller Gym) 9:00 Barre Fitness 1:00-2:30 CPR Training 1:00 Dominoes		8:30 Foot care (by appt.) 10:00 Stretching w/ Keely 12:00 Bingo 5:30 Bridge		9:00 Coffee Talk with Special Guest Author Jack Mathews 10:00 Chair Aerobics	
15. WEDNESDAY		16. THURSDAY		17. FRIDAY	
9:00 QIGONG (Kibbe Fuller Gym) 9:00 Barre Fitness 12:00 ST. Patrick's Day Celebration with Guest Singer "Pierce Campbell" 1:00 Dominoes		10:00 Stretching w/ Keely 11:00 Tech Support 12:00 Bingo 3:00 Book Club 5:30 Bridge		9:00 Coffee Talk with Music by Emily DeNucci 10:00 Chair Aerobics 	
22. WEDNESDAY		23. THURSDAY		24. FRIDAY	
9:00-1:00 Tax Preparation by appt 9:00 QIGONG (Kibbe Fuller Gym) 9:00 Barre Fitness 12:00 Grab & Go Lunch by Somers Senior Citizens' Club 1:00 Dominoes		10:00 Stretching w/ Keely 12:00 Bingo 5:30 Bridge		9:00 Coffee 10:00 Chair Aerobics	
29. WEDNESDAY		30. THURSDAY		31. FRIDAY	
9:00 QIGONG (Kibbe Fuller Gym) 9:00 Barre Fitness 10:00-11:00 Recipe Swap & More with Chelsea Lowe 1:00-3:00 Craft Class (See newsletter for details) 1:00 Dominoes		10:00 Stretching w/ Keely 12:00 Bingo 5:30 Bridge 		9:00 Coffee 10:00 Chair Aerobics	
7. TUESDAY		14. TUESDAY		21. TUESDAY	
9:00 Coffee Talk 10:00 Chair Aerobics 12:30 Pinochle 2:00 Senior Learning Network		9:00 Coffee Talk 10:00 Chair Aerobics 12:30 Pinochle 1:30 Sr. Advisory Meeting 2:00 Senior Learning Network		9:00 Coffee Talk 10:00 Chair Aerobics 11:00 Lunch Bunch 12:30 Pinochle 2:00 Senior Learning Network	
6. MONDAY		13. MONDAY		20. MONDAY	
9:00 Qigong (Kibbe Fuller Gym) 10:00 Art Group 12:00 Fitness Training 1:00 Line Dancing 1:30 Beach Ball Volleyball (Kibbe Fuller Gym) 2:00 Stitch Together		(Manicures (By Appt.) 9:00 Qigong(Kibbe Fuller Gym) 10:00 Art Group 12:00 Fitness Training 1:00 Line Dancing 1:30 Beach Ball Volleyball (Kibbe Fuller Gym)		9:00 Qigong (Kibbe Fuller Gym) 10:00 Art Group 12:00 Fitness Training 1:00 Line Dancing 1:30 Beach Ball Volleyball (Kibbe Fuller Gym)	
27. MONDAY		28. TUESDAY		28. TUESDAY	
(Manicures (By Appt.) 9:00 Qigong (Kibbe Fuller Gym) 10:00 Art Group 12:00 Fitness Training 1:00 Line Dancing 1:30 Beach Ball Volleyball (Kibbe Fuller Gym)		9:00-1:00 Social Services 9:00 Coffee Talk 10:00 Chair Aerobics 12:00 Parkway Lunch 12:30 Pinochle 2:00 Senior Learning Network		9:00-1:00 Social Services 9:00 Coffee Talk 10:00 Chair Aerobics 12:00 Parkway Lunch 12:30 Pinochle 2:00 Senior Learning Network	


Department of Veterans Affairs



Friendship Tours

SEEK OUT your earned BENEFITS for your MILITARY service to America!



Attention All Military Veterans

Town of Somers
Department of Veterans Affairs
600 Main St., Somers, CT 06071
Office: 860-272-4207 Cell: 860-604-0634
Fax: 860-763-8228 Veterans@SomersCT.gov
www.SomersCT.gov/VeteransAffairs

The Somers Senior Center is pleased to offer the following trips for 2023. Please stop by the Senior Center for brochures & complete information!

May 2nd - Daffodil Days w/Tea at Blithewold Bristol, RI
\$125/pp (RSVP by 3/31/23)

May 7th - Thomaston Opera House "Beautiful - The Carol King Musical" w/lunch at Black Rock Tavern
\$121/pp (RSVP by 4/4/23)

June 1st - New York Botanical Garden
\$107/pp (RSVP by 4/28/23)

June 18th-25th - Escorted Bermuda Cruise
Prices start at \$1299/pp
(RSVP directly with Friendship Tours by 3/6/23)

Oct 2nd-6th - Escorted Show Time Branson, MI
7 shows, dinner reception & more! \$2599/pp double
(RSVP directly with Friendship Tours by 5/15/23)



Monthly Services



FREE Blood Pressure/Blood Glucose Screenings done by a RN/BSN

Wednesday, March 1st
11:30 - 12:30 pm

Sponsored by Eastern Connecticut Health Network (ECHN)



Senior Center BOOK CLUB
Thursday, March 16th
3:00pm





Somers Senior Center Registration Form - MARCH 2023 Classes, Events & Trips



Program Name	Date	Fee (if applicable)
		\$
		\$
		\$
		\$
		\$
		\$
We accept Cash, Credit Card and Checks Payable to Town of Somers	TOTAL DUE:	\$

REGISTRATION FOR ALL EVENTS BEGINS ON February 22nd 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.
- I have read and am **NOT** in compliance with the photo policy stated above.

Print Name: _____
Signature: _____
Date: _____

