



## A Note from the Somers Senior Center

We hope all are well and staying healthy during this time of physical distancing, we miss you all and look forward to seeing everyone again. In the meantime, we will continue to reach out to our members via telephone, email, & Facebook with any updates. We will adjust and create new programming to accommodate and abide by the rules of physical distancing as we prepare to again open the senior center.

Our doors may be closed but we are here for you, please feel free to contact us at 860 763 4379 or [jconnors@somersct.gov](mailto:jconnors@somersct.gov)



**Continue to spread a Little CHEER to others,  
physical distance does not = social distance**

### AARP DRIVERS SAFETY

AARP Drivers Safety Course was cancelled for April 3, 2020. And rescheduled for July 31, 2020 and October 23, 2020. If anyone signed up for July 31<sup>st</sup> the price is still \$15 for members and \$20 for non-members but in October, the price will be a \$5 increase for both.

HERE IS SOME ADDITIONAL INFORMATION  
If you may not be able to renew your car insurance discount due to this postponement, please direct them to the AARP Smart Drivers online course. AARP is offering a special 25% discount for those who may have to take it online now.

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org) Promo code for 25% discount **DRIVINGSKILLS**

In addition, the special 25% off discount for the AARP Smart Driver online course has been extended through August 31, 2020. This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations.

**Judy Plantier AARP District Coordinator-  
860-875-1344**

### AARP Tax Assistance

Is postponed until further notice. When new dates become available anyone who had a scheduled appointment will be contacted.

## Gavin's Irish Pub with Friendship Tours 03/12/2020



## NEED GROCERIES?

The Somers Senior Center has teamed up with Geisslers in Somers to provide a timely doorstep delivery service to our seniors in Somers. Delivery is provided by our Dial a Ride bus and delivers Monday and Thursday afternoon. For more information on this service please call the Senior Center at 860 763 4379



## Dial A Ride Transportation

We know that getting to appointments is important, so we are continuing to provide this service. However, we reserve the right to ask you how you are feeling and if you are or have been experiencing any symptoms of covid-19. We respectfully ask that you report any symptoms such as fever or cough you have experienced within 14 days, and help keep our staff safe. At this time our Dial a Ride service is continuing to provide transportation for essential medical appointments. We ask that you schedule your ride one week in advance when possible. All riders will be required to use a face mask.

## Update on Senior Center Trips

We are hopeful to be back on the open road enjoying our day and overnight trips soon when the worst of this virus is behind us. We appreciate your patience as we postpone or cancel some of our previously planned trips for May & June.

Out to Lunch Bunch ~  
Postponed  
Mohegan Sun Bus Trip  
June- Cancelled (Next Trip  
August 17, 2020)  
Friesians of Majesty-  
Postponed until 2021

## Virtual Tours & Activities

### Arts & Culture

Broadway Plays & Musicals

<https://tinyurl.com/wyq8vsx>

15 Broadway Plays & Musicals you can enjoy from home

Virtual Museum Tours

<http://tinyurl.com/wp2gmtw>

12 Famous Museums offer virtual tours of their galleries

Guided Painting with Acrylics

<https://www.youtube.com/watch?v=Q3dBqRHQSdQ>

[Q3dBqRHQSdQ](https://www.youtube.com/watch?v=Q3dBqRHQSdQ)

Rock Painting

[https://www.youtube.com/watch?v=OD\\_v8zg26VU](https://www.youtube.com/watch?v=OD_v8zg26VU)

[OD\\_v8zg26VU](https://www.youtube.com/watch?v=OD_v8zg26VU)

### Exercise

30 Minute Seated Workout

<https://www.youtube.com/watch?v=ASXGYu7IFxE>

[ASXGYu7IFxE](https://www.youtube.com/watch?v=ASXGYu7IFxE)

Gentle Chair Yoga

<https://www.youtube.com/watch?v=1YHjBYcqJ5c>

[1YHjBYcqJ5c](https://www.youtube.com/watch?v=1YHjBYcqJ5c)

Mindfulness ~ The Daily Calm

<https://www.youtube.com/watch?v=S=ZToicYcHIU>

[ZToicYcHIU](https://www.youtube.com/watch?v=S=ZToicYcHIU)

Line Dances for Beginners

<https://www.youtube.com/watch?v=uZXQuqPnp8g>

[uZXQuqPnp8g](https://www.youtube.com/watch?v=uZXQuqPnp8g)

## SOMERS SENIOR CENTER ~ BINGO WITH A TWIST

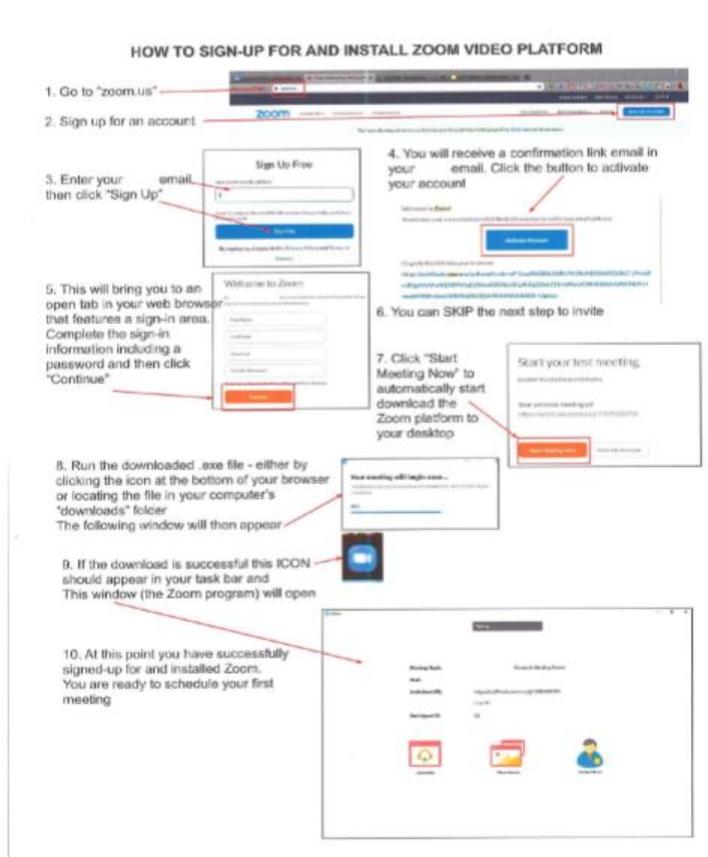
B	I	N	G	O
<b>List 3 things:</b> you love about your favorite TV show or movie	<b>Complete:</b> 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk <b>OR</b> Get some Sun!	<b>Take 3 deep breaths!</b> <ul style="list-style-type: none"> <li>• In through your nose, count 1...2...3...</li> <li>• Hold, count 1...2...3...</li> <li>• Out through your mouth, count 1...2...3...</li> </ul>	<b>Clean out your junk drawer!</b> Throw away garbage, wash the drawer and share the weird items you find with us.
<b>List 3 things:</b> that you are grateful for today!	<b>Call:</b> a senior center friend or a family member!	<b>Clean out your pantry/cupboards.</b> How many expired items do you have?	<b>Share:</b> an easy recipe on Thursday's (3/19) recipe Facebook post!	<b>Name all 50 States!</b> NO CHEATING!
<b>Drink 64 oz. of water in one day!</b> Daily Suggestion Source: webmd.com	<b>Stimulate your mind!</b> Complete one crossword, word search, Sudoku or other puzzle		<b>Reminisce!</b> Look through old photos	<b>Listen to music that makes you happy!</b>
<b>Take a selfie!</b> Send to a friend or the WCCOA Facebook page	<b>Write about:</b> A positive & memorable time in your life.	How many words can you come up with in two minutes using the letters from: <b>CORONAVIRUS</b>	<b>Mail:</b> a friend or family member a letter	<b>Play a Card Game!</b>
<b>Make something creative</b> (Ex. Cooking, drawing, craft, etc...)	<b>Pay it forward!</b> Give someone a compliment	<b>List 3 things:</b> you love about your local Senior Center!	<b>Write down:</b> a piece of advice you would give to younger generations.	<b>Purge!</b> Go through your phone and clean out apps/pictures that you no longer want or use.

**HOW TO PLAY:** Complete a row, vertically, horizontally, or diagonally. Let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it! Contact us at [fhurley@somersct.gov](mailto:fhurley@somersct.gov) or send us a private message on Facebook.

FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

ONE BONUS TICKET FOR ANYONE WHO SUBMITS A PHOTO COMPLETING A BINGO TASK!

**3 WINNERS WILL BE DRAWN ON FACEBOOK LIVE JUNE 17<sup>TH</sup>**



## **JOIN US FOR VIRTUAL TRIVIA TEST YOUR KNOWLEDGE AND SAY HELLO TO FRIENDS!!!**

Jillian Connors is inviting you to a scheduled Zoom meeting.

Topic: Virtual Trivia

Time: Jun 17, 2020 14:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/5881304057?pwd=dk05V0IrLzNYWGRhQ21qeFdWemJ2dz09>

Meeting ID: 588 130 4057

Password: 5dVFX3