



WINTER NEWSLETTER

Somers Senior Center 2020



Somers Senior Center

19 Battle St. ~ Somers, CT 06071
Phone 860-763-4379 Fax: 860-763-8229
www.somersct.gov

Like us on Facebook!



Somers Senior Center Staff

Jillian Connors	Senior Center Supervisor
Florence Hurley.....	Senior Center Coordinator
Melinda Burnham.....	Transportation Coordinator/Driver
Richard Day.....	Dial-a-Ride Driver
Ed Hart.....	Dial-a-Ride Driver
John Morrison.....	Dial-a-Ride Driver

Greetings from the Somers Senior Center.

We are looking forward to opening our doors again to small groups starting November 2, 2020. With that we ask for everyone's continued patience as we navigate this new normal of screening questions, face masks, and limited numbers. We will be asking all who wish to participate to please register for all activities, and call with questions or for clarification. The Senior Center staff is greatly looking forward to many successful programs in the coming months and we will continue to prioritize everyone's health and safety.

We are continuing to build our community email list, if you wish to be added to our distribution list to stay up to date please email jconnors@somersct.gov

Stay Well & We will see you soon! Jillian Connors

FLU SHOT CLINIC OCTOBER 28, 2020 * SPOTS AVAILABLE * CALL 860 763 4379 FOR INFO & TO REGISTER

A Note From Our First Selectman

Dear Ladies and Gentlemen,
Somers and other similar communities have recently experienced peaceful protests advocating for racial equality and in the process shining a spotlight on the recent tragic deaths of people of color. These unfortunate events have generated many non -peaceful protests in the country where rioting, burning and looting have effectively impacted and diluted the original message of racial inequality, justice and solidarity.

I am reminded of Indra Gandhi's admonishment that..." You cannot shake hands with a clenched fist ". All of us should approach this highly charged emotional issues with open hands in the spirit of compromise, understanding and tolerance with the objective of finding common ground. Let's stand in solidarity with communities of color at this particular time, moving beyond righteous anger and advocating for peaceful dialogue that educates and builds better communities for all of us.

The Town of Somers is committed to protecting the health, safety, dignity and human rights of all of our citizens and reflecting these values in how we treat one another. Our goal is to strive for increased tolerance and acceptance of all citizens in Somers. Let's stop believing that our differences make us superior or inferior to one another. The stature of Lady Justice on all courthouses is blindfolded as she hold a scale symbolizing fair and equal administration of the law, without corruption, favor, greed or prejudice. In short outside factors such as politics, wealth, fame, or the color of one's skin will not influence what is fair and just.

God created all of us with the directive that "we love one another as he has loved us". Let's take this to heart and live this in our daily Christian lives. If we follow this simple command then we can start the dialogue of addressing injustice and in the process make all of us better and more tolerant.

Be well, stay safe and be kind .

Warmly,

C.G. Bud Knorr, Jr.

Somers Social Services
619 Main St. ~ Somers CT 06071
Phone 860 265 7551

Allison MaynardDirector of Social Services
Christina HurdleSocial Services Coordinator

Greetings from Social Services!

Energy Assistance
As we prepare for the colder weather, please give us a call if you are in need of Energy Assistance. Our department has several programs available to help offset your heating costs of the winter. If your annual income is less than \$37,645 (single person), \$49,228 (two people), you may be eligible for assistance.

Meals on Wheels
Meals on Wheels is always available to accommodate new participants. Meals are delivered Monday, Wednesday and Friday. They are prepared by HomeTown Kitchen. Hot meals cost \$4, cold meals \$3. Subsidies are available.

Open Enrollment
Medicare Open Enrollment begins October 15th and will end December 7th. Christina Hurdle is available to assist you in this process. She is a certified CHOICES counselor. CHOICES stands for Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening. Please call our office to make an appointment to meet with her.

Drug Take Back Day
Mark your calendars for Drug Take Back Day October 24, 2020 10:00am to 2:00pm. Bring all your unwanted prescription drugs to the Senior Center and we will ensure they are safely disposed. The first 25 people will receive a locked bag for safe storage of medication.
Phone: (860) 265-7551

FLU SHOT CLINIC OCTOBER 28, 2020 CALL TO REGISTER 860 763 4379

SOMERS DIAL A RIDE UPDATE

We are now providing transportation for all needs with the priority given to medical and employment transportation. At this time we can only accommodate 2 riders on the bus at any given time to adhere to the 6ft distancing rule. We are also requiring all passengers wear a face mask covering mouth and nose at all times.

Please remember to schedule your transportation 7 days in advance.

For More Information please call the Senior Center 860 763 4379 or email mburnham@somersct.gov

Registration Required for All Senior Center Activities

FOR ALL FITNESS PROGRAMS STARTING IN NOVEMBER (Sessions Run into December)
 Somers Resident Registration Starting October 21, 2020 Non-Resident Starting October 28, 2020

Registration for all other November Programs

Somers Resident ~ October 21, 2020 Non-Resident ~ October 28, 2020

Registration for all other December Programs

Somers Resident ~ November 18, 2020 Non-Resident ~ November 25, 2020

To Register call 860 763 4379 or email flhurley@somersct.gov

SOMERS SENIOR SUPPORT GROUP

supported by
 Somers Senior Center
 With Nicole Matson



The First Monday of Every Month

1:00 pm

Just Email Nicole to RSVP or if you have any questions about it, please feel free to call her as well.

nmatson@homehelpershomecare.com

860-810-6123

Meeting will have Home Care Tips,
 Senior Support, & end with Trivia Fun

Chocolate Demonstration

By Jane Kinsley

Friday November 20, 2020 at 1:00pm



Join in watching Jane create wonderful Chocolates, samples will be shown, and pre packaged samples to take and try.

Larger Boxed Chocolates will be available for purchase.

Space is Limited Registration Required

SOMERS SENIOR CENTER



The Trivia will be 30-40 minutes starting at 10:30am Partners are encouraged

Date	Theme
November 4, 2020	~ History
November 18, 2020	~ Thanksgiving
December 2, 2020	~ Movies
December 16, 2020	~ Holiday

Joe the History Guy Returns

Presents

Remembering Christmas

December 30, 2020
 @ 1:00pm

Seats are Limited and
 Registration Required

Technology Support By Appointment

If you have questions regarding Email, Zoom, FaceTime, Google Meet, Facebook
 Call to Schedule a Time

1:1 Meeting, bring your question, we will try to Help 860 265 7550



Senior Center Books and Puzzles are available to be checked out by Appointment, Call for Details

Health & Fitness Programs

All programs will maintain 6ft distancing and face masks required and Registration Required

<p>Oigong Join Ritch Ryan for movement & breathing to enhance health and wellness Provides a simple approach with the benefits of balance, strength, & flexibility</p>	<p>Monday & Wednesday 9:00 am</p>	<p>All Levels Welcome 45 minute class</p>	<p>November 2,4,9,16,18,23,25,30 December 2,7,9,14,16,21,23,28,30 \$20 R \$25 NR Per Month</p>
<p>Yoga Stretching Stretch while sitting or standing Provided by Somers Yoga & Wellness</p>	<p>Thursday 10:00 am</p>	<p>All Levels Welcome Sit or Stand</p>	<p>November 10,12,19 December 3,10 \$20 R \$25 NR *5 Week Session</p>
<p>Chair Aerobics Follow along to a classic chair fitness program on our back patio</p>	<p>Tuesday & Friday 10:15 am</p>	<p>All levels welcome</p>	<p style="text-align: center;">Free</p>
<p>Seated Hand Weight Class 45 minute Guided Instruction With Lisa Build strength and endurance</p>	<p>Monday 12:00 pm</p>	<p>Bring your own light hand weights/resistance bands Outdoor on our Patio All levels welcome</p>	<p>November 9,16,23, 30 December 14 (Makeup Date) \$20 R \$25 NR *4 Week Session</p>
<p>TO REGISTER Call 860 763 4379</p>		<p>Or email</p>	<p>jconnors@somersct.gov Registration Required for All</p>

Movie Matinee

November 24, 2020 Starting at 1:00pm "Scent of a Woman"
December 29, 2020 Starting at 1:00pm "White Christmas"
Registration Required by All

Coffee & Conversation @ 9 am

Just a time to gather and share in conversation
Please see the Calendar for dates.
Most Tuesday & Fridays
With a Few Thursdays due to Holiday



Seated Hand Weight Class With Superior Fitness
This class consists of specific weight bearing exercises using small hand held weights from a seated position. Participants will experience a full body resistance training workout with proper stretches in between each round of muscle groups. A must have type of class to increase muscle endurance and strong bones. All levels welcome. Modifications are recommended throughout this class by your instructor. Everyone works at their own pace. Please bring small hand weights your choice of 1lb to 3lb max and resistance bands



Knitting Group

Every Monday at 10:30am
November & December
Registration Required Max 12 People



**Somers Seniors Art Group
Bring Your Materials and get Creative**

Fridays in November 6,13,20 and December 4, 11
@ 11:30am
Registration Required Max 12 People

October Kitchen Returns

**For a
Grab and Go Lunch**

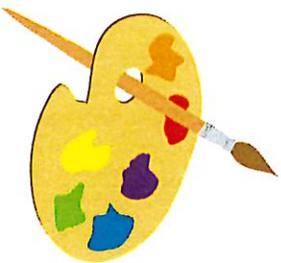
November 12, 2020 @ 12:00pm

Call to reserve your pick up time



November 25, 2020 11-12:30 Candy BINGO
December 23, 2020 11-12:30 Holiday BINGO
Space is Limited Registration Required

Sip and Paint



November 19, 2020
@ 1:00pm

Join us for a nice hot
cider or tea and
create a wonderful
Holiday Masterpiece

\$15.00 Per person

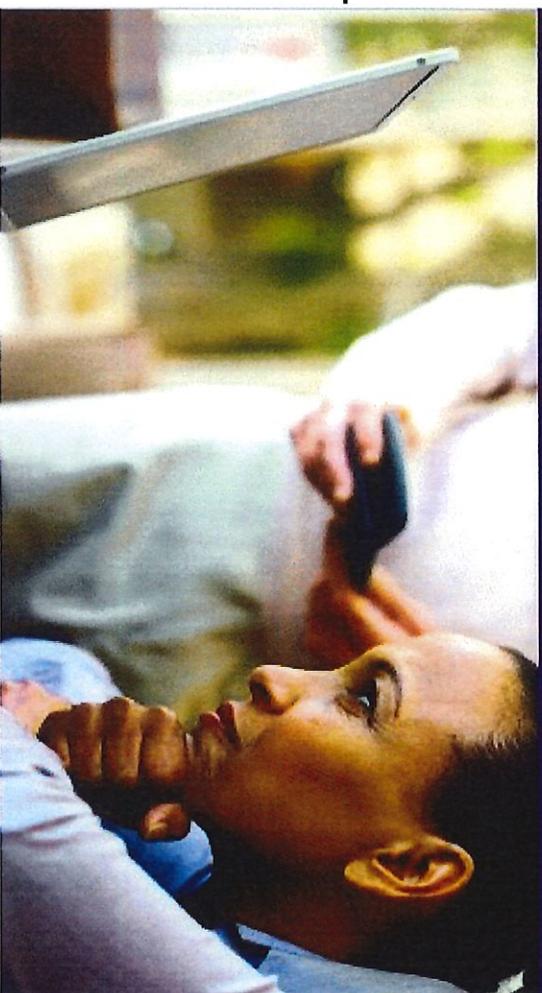
Includes all Supplies

Featured Painting



The Senior Center will be closed in observance of the following
Veterans Day November 11, Thanksgiving November 26 & 27
Christmas Day December 25, & New Years Day January 1

alzheimer's  association



Virtual Caregiver Support Group

Presented by:

Alzheimer's Association
Connecticut

Last Tuesday of the month
11:00 a.m. - 12:00 p.m.

Enfield/Somers/Suffield/Vernon Area

Registration is required

Please Contact:

Nicole Marsom

nmarsom@Homehelpershomescare.com

Visit alz.org/vc to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected, our online community, at alzconnected.org.

Build a support system with
people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

***** Somers Veterans Affairs Office *****
600 Main Street Somers CT

Our Provider: Veteran's deserve dignified services and together, here in our Somers community, we STRIVE to leave no one behind!

David P. McCaffrey, CTACS, USN, Ret
Director of Veterans Affairs
Phone: 860-604-0634

Sherri A. Marquis, JO1, USN, Ret
Deputy Director of Veteran's Affairs, Woman's Outreach
Phone: 413-318-4651





SOMERS SENIOR CITIZENS' CLUB



FALL DRIVE THRU LUNCH

PICK UP AT SOMERS SENIOR CENTER

Wednesday, November 4, 2020

Choice of

**Ham & Cheese or Roast Beef & Cheese Grinder
Chips - Bakery Cookies**

Wednesday, November 18, 2020

**Thanksgiving Turkey Grinder
Chips - Bakery Cookies**

Pick Up Time: 11:30 a.m. - 12:30 p.m.

Cost: \$5.00 Each To Be Paid at Pick Up

**** ORDER IN ADVANCE REQUIRED ****

Call Beverly Guimond To Order

Must Order By 9 a.m. Tuesday Prior to Lunch

860-749-9943



NORTH CENTRAL

AREA AGENCY ON AGING

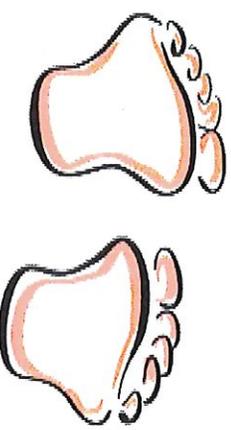
WANT TO "STAY CONNECTED" WHILE STAYING HOME AND STAYING SAFE? The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices so you do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.

Foot Care by Appointment ~ Social Distancing Measures Required

Scheduling Dates in

November & December

For More Information or to schedule a time contact
860-763-4379 or email flhurley@somersct.gov



Winter Wonderland Holiday Display

Join in the Sights and Sounds of the Season
As we Welcome local community members and
Businesses to help create a Winter Wonderland of
decorated Trees and creative gingerbread houses.

If you would like to submit a Tree or House
Email mburnham@somersct.gov

Schedule a time to walk through and tour our Display

December 17 & 18, 2020

Walkthrough Times Available on both days

Registration with the Senior Center Required

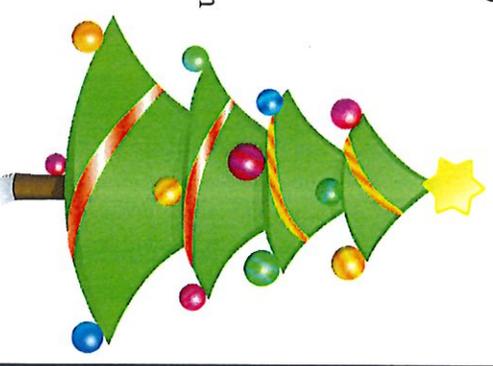
1st Annual Senior Center Tree Lighting

**December 3, 2020
@ 6:00pm**

Join us as we Light Up
our
Senior Center Tree

Caroling, Treats, and Fun

Bundle Up, We will be
Outside



<p>2. MONDAY</p> <p>9:00am Qigong 10:30am Knitting Group 1:00pm Senior Support Group With Home Helpers</p>	<p>3. TUESDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics</p>	<p>4. WEDNESDAY</p> <p>9:00am Qigong 10:30am Trivia (History) Senior Citizens Club Grab & Go Lunch 11:30am-12:30pm</p>	<p>5. THURSDAY</p> <p>10:00am Yoga Stretch</p>	<p>6. FRIDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics 11:30am Art Group</p>
<p>9. MONDAY</p> <p>9:00am Qigong 10:30am Knitting Group 12:00pm Seated Hand Weights Class #1</p>	<p>10. TUESDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics 1:30pm Senior Advisory</p>	<p>11. WEDNESDAY</p> <p>Foodshare 1:00-1:30pm Somers Congregational Church Senior Center Closed</p> 	<p>12. THURSDAY</p> <p>8:30-FOOTCARE 10:00am Yoga Stretch 12:00pm October Kitchen Grab & Go lunch</p>	<p>13. FRIDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics 11:30am Art Group</p>
<p>16. MONDAY</p> <p>9:00am Qigong 10:30am Knitting Group 12:00pm Seated Hand Weights Class #2</p>	<p>17. TUESDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics</p>	<p>18. WEDNESDAY</p> <p>9:00am Qigong 10:30am Trivia (Thanksgiving) Senior Citizens Club Grab & Go Lunch 11:30am-12:30pm</p>	<p>19. THURSDAY</p> <p>10:00am Yoga Stretch 1:00am Sip & Paint class</p>	<p>20. FRIDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics 11:30am Art Group 1:00pm Chocolate Demo With Jane Kinsley</p>
<p>23. MONDAY</p> <p>8:30-FOOTCARE 9:00am Qigong 10:30 Knitting Group 12:00pm Seated Hand Weights Class #3</p>	<p>24. TUESDAY</p> <p>9:00am Coffee & Conversation 10:15am Chair Aerobics 1:00pm Movie Matinee "Scent of a Woman"</p>	<p>25. WEDNESDAY</p> <p>9:00am Qigong 11:00am CANDY BINGO Foodshare 1:00-1:30pm Somers Congregational Church</p>		<p>27. FRIDAY</p> <p><i>Closed</i></p>
<p>30. MONDAY</p> <p>9:00am Qigong 10:30am Knitting Group 12:00pm Seated Hand Weights Class #4</p>	 <p>Social Distancing and Masks Required Pre Registration Required for all Programs</p>			

 <p>December</p>	<p>1. TUESDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics</p>	<p>2. WEDNESDAY 9:00am Qigong 10:30am Trivia (Movies)</p>	<p>3. THURSDAY 10:00am Yoga Stretch 6:00pm 1st Annual Tree Lighting & Outdoor Holiday Caroling</p> 	<p>4. FRIDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics 11:30am Art Group</p>
<p>7. MONDAY 9:00am Qigong 10:30pm Knitting Group 1:00pm Senior Support Group With Home Helpers</p>	<p>8. TUESDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics 1:30pm Senior Advisory</p>	<p>9. WEDNESDAY 9:00am Qigong Foodshare 1:00-1:30pm Somers Congregational Church</p>	<p>10. THURSDAY 8:30-FOOTCARE 10:00am Yoga Stretch</p>	<p>11. FRIDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics 11:30am Art Group</p>
<p>14. MONDAY 9:00am Qigong 10:30am Knitting Group 12:00pm Seated Hand Weights (Makeup Date)</p>	<p>15. TUESDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics</p>	<p>16. WEDNESDAY 9:00am Qigong 10:30 Trivia (Holiday)</p>	<p>17. THURSDAY Winter Wonderland Holiday Display Walkthrough Time Slots 8:30am—3:00pm</p>	<p>18. FRIDAY Winter Wonderland Holiday Display Walkthrough Time Slots 8:30am– 12:30pm</p>
<p>21. MONDAY 9:00am Qigong 10:30am Knitting Group</p> <p>First Day of Winter</p> 	<p>22. TUESDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics</p>	<p>23. WEDNESDAY 8:30-FOOTCARE 9:00am Qigong 11:00am Holiday BINGO Foodshare 1:00-1:30pm Somers Congregational Church</p>	<p>24. THURSDAY 9:00am Coffee & Conversation & Holiday Treats</p>	
<p>28. MONDAY 9:00am Qigong 10:30am Knitting Group</p>	<p>29. TUESDAY 9:00am Coffee & Conversation 10:15am Chair Aerobics 1:00pm Movie Matinee "White Christmas"</p>	<p>30. WEDNESDAY 9:00am Qigong 1:00pm Joe The History Guy Presents ~ Remembering Christmas</p>	<p>31. THURSDAY 9:00am Coffee & Conversation HAPPY NEW YEAR 2021</p>	

Somers Senior Center
19 Battle Street
Somers CT 06071

"Cheers to a New Year & Another chance to get it Right" Oprah



Foodshare Mobile Site

Somers Congregational Church -599 Main Street

Every other Wednesday from 1:00 - 1:30
November 11 & 25 December 9 & 23

Champs Place

Somers Congregational Church

Every Monday from
10am-12pm



Registration and sign in is required for all Activities

For more details on each event call (860) -763 - 4379, visit our Facebook Page, or check out our webpage at www.somersct.gov