



# Somers Senior Center July 2026 Newsletter



## Somers Senior Center

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

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

Samantha Charette, Director of Rec & Leisure  
[scharette@somersct.gov](mailto:scharette@somersct.gov)

Donna Richardson, Supervisor [drichardson@somersct.gov](mailto:drichardson@somersct.gov)

Pamela Caso, Administrative Asst. [pcaso@somersct.gov](mailto:pcaso@somersct.gov)

Darlene McCray, Program Coordinator [dmccray@somersct.gov](mailto:dmccray@somersct.gov)  
Dial-a-Ride Drivers

Gary Hunter, Richard Locatelli, Scott Sfreddo

## 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](mailto:MCox@somersct.gov)

Arianna Flagg, Prevention Coordinator  
[AFlagg@somersct.gov](mailto:AFlagg@somersct.gov)

Annette Ramsdell, Social & Sr. Services Specialist  
[Aramsdel@somersct.gov](mailto:Aramsdel@somersct.gov)

Jen Griger, Youth Services Coordinator  
[Jgriger@somersct.gov](mailto:Jgriger@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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### CLOSINGS & CANCELLATIONS

**We will be closed on Friday July 3rd in observance of the 4th of July.  
No Senior Advisory meetings for the months of July & August.**

860-763-4379 ~ [www.somersct.gov](http://www.somersct.gov) ~ Like us on Facebook!





# 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, July 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> 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.

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

**Senior Farmers' Market Nutrition Program is open!** - Accepting applications through September 30th. Single income up to \$28,953; couples up to \$39,128. The \$40 benefit card can be used at farmers' markets to purchase fresh produce, eggs, etc. Must provide proof of residence in Somers (recent Eversource bill) and proof of income.

**Renters Rebate** - Renters' Rebate is open! The 2026 Connecticut Renters Rebate program offers refunds to elderly (65+) or disabled renters who lived in CT for 2025. Accepting applications through September 30<sup>th</sup>, based on 2025 rent/utility payments.

**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.

**Meals-on-Wheels** - Available for homebound seniors who are 65 or older.

**Financial Coaching and Budget Assistance** - 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.

**PLEASE NOTE:** You must save important documents listed below to apply for various benefit programs:

- SSA-1099 (has SSN in upper right corner)
- Social Security benefit verification letter for those who receive disability benefits
- 1099s for pensions, IRAs, and self-employment
- Eversource bill
- Rental statement for prior year (if you rent)
- High Grade gas (Woodcrest residents only)





# Senior Center Updates



## **NEW SENIOR CENTER HOURS:**

**Starting on August 3rd, the Senior Center will be open Monday thru Thursday from 8:00am to 3:00pm. We will be closed Fridays with no Dial-A-Ride service.**

## **WELCOME SAMANTHA CHARETTE - DIRECTOR OF RECREATION & LEISURE:**

Samantha (Sam) worked for the Town of East Windsor as their Recreation Lead for the past 9.5 years. During that time, she was able to experience growth in programming, new facilities, and the merging of Parks & Rec, Social Services & Sr, Services into Community Services. We are excited to have her on board and look forward to her leadership in continuing to enhance recreation programs and community engagement. Stop by and introduce yourself and be sure to ask her anything about Disney as she is a huge fan!

## **SENIOR ADVISORY:**

The Senior Advisory Committee will suspend meetings for the Summer months. See you in September!

## **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 & what they are working on? Be sure to follow the **Town's Meeting Schedule**. All Board of Selectmen, Board of Finance, Zoning Commission & 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 & watch here!

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## **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

**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!

**YouTube Fitness w/Jules- Mondays, 1:00pm at Sr.Center**\*\*FREE\*\***** Low impact, seated cardio workout to improve heart health, boost energy, and burn calories without stress on the joints.

**Chair Aerobics- Tuesdays and Fridays, 10-11:00am at the Senior Center **\*\*FREE\*\***** A classic DVD chair fitness program. All levels are welcome!

**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!

**Balance Fitness Fun with Angela-Wednesdays, 10am Kibbe Fuller Gym - \$4/class. Sign up & payment can be made at Sr. center or day of class.** Learn standing balance exercises & seated strength exercises while playing great music from across several genres. Resistance bands & light weights provided for entire body workout & instructor will accommodate your unique goals.

**Stretching w/ Keely-Thursdays, 10am Kibbe Fuller Gym - \$4/class. Sign up & payment can be made at Sr. Center or day of class.** Dim the lights & listen to meditation music as you learn basic yoga type stretch moves while sitting or standing.

**Pickleball- Tuesdays & Fridays, 9-11:00am **\*\*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.**



## Games, Groups & Activities

**Art Group- Mondays, 10-11:30am **\*\*FREE\*\***** All mediums welcome. Bring your own ideas and supplies.

**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!

**Veterans Coffee Talk- 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of month, 9-10:30am** Join fellow Vets from any branch of service for coffee & light breakfast items in a casual & unstructured setting.



**Dominoes- Wednesdays, 1-3:00pm, Will teach!** 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 outdoors only - weather permitting.**

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

**Bridge- Thursdays, 5:30pm, Will teach!** Enjoy an evening of Bridge playing!





# Special Programs & Events

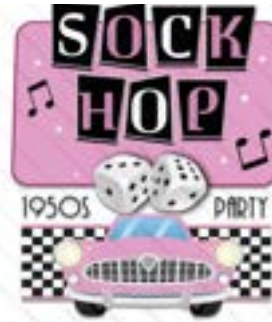


## "A DASH OF NUTMEGGERY IN THE REVOLUTIONARY WAR"

Wednesday, July 1st-11:00am/\$5pp



Come and enjoy a BLT lunch and see former CT State Troubadour Tom Callinan perform period songs from the 1700s in celebration of our Nation's semiquincentennial!



## SOCK HOP with Brian Chicoine!

Friday July 24th 11:00am / \$5pp

Slap on your saddle shoes and come on down to the Senior Center for a Summer Sock Hop! Enjoy lunch and the music of Brian Chicoine



## 5-4-3-2-1 GROCERY SHOPPING

- 5 VEGETABLES**
    - Fresh, frozen, canned (low-sodium)
  - 4 FRUITS**
    - Fresh, frozen, canned (no sugar added)
    - 100% fruit juice
  - 3 PROTEINS**
    - Dairy, meat, eggs, fish
  - 2 SAUCES/SEASONINGS**
    - Condiments, spreads
  - 1 GRAIN**
    - Bread, pasta, tortillas, rice
- REMEMBER:**  
Leftovers can last in the...  
• Fridge for 3-4 days  
• Freezer for 3-4 months  
When in doubt, throw it out!
- This is a guide for shopping, not the law! Customize it to what works for you

## NUTRITION CLASS

Wednesday, July 8th 11:00am

Table for One? Join Hannah Renzoni, a dietetic intern, in an open discussion on how to plan and cook nutritious meals for one!



## INTRO TO "AI" ARTIFICIAL INTELLIGENCE

Tuesday July 28th, 1:00pm

Talk of "AI" - Artificial Intelligence is everywhere... but what is it really?

Dennis Gleeson, former Director of Strategy in the CIA's Directorate of Intelligence will walk us through generative AIs like "Claude" & "Chat GPT" providing guidance as to how they work, how you might use them and considerations when using them.

FRIDAY, JULY 10TH 11:00am

Cousins Maine Lobster Truck will return to the Senior Center!



**THIS HAS BEEN RESCHEDULED TO AUG 26th!**

## PAINTING WITH SANDY

Wednesday, July 29th 11:00am - 2:00pm \$15/pp includes all materials

Artist Sandy Poirier will instruct this acrylic painting workshop. Limited space! Payment is due upon registration!



## CHAIR MESSAGES BY CASEY

Monday, July 13th (9:00am - Noon/By Appt only) \$15 for 15 minutes Paid at time of sign up

Take time for yourself and come enjoy a relaxing chair massage with a licensed and insured massage therapist Casey Evans.



# Personal Care

## FOOTCARE SERVICES

Foundations Foot Care, LLC provides footcare services every month! Please call the Senior Center to make your appointment.

*\$45 payable to Nurse at time of service (cash, check or charge).*

Dates Available:

July 15th  
August 19th  
August 20th



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

Cash or Check only



# Save the Date

**THURSDAY, AUGUST 6th**

## SLIPAWAY RIVER TOURS CT RIVER CRUISE

Cruise the greater Hartford region in a pontoon boat while enjoying the CT river and views and enjoy lunch following cruise.



## Cultural Commission Concert Series Thursdays 6-8pm outdoors at the Gazebo

*In the event of rain or excessive heat, concerts will be held at The Somers Knights of Columbus Pavillion at 236 Maint Street. Questions? Call Ann Levesque at 860-749-2630*

**June 25** - Dee Reilly - Classic Country Songs & More

**July 2** - Windham Concert Band\* - 250th USA Anniversary Concert \*Held INDOORS at Somers High School

**July 9** - Six Pack of Blues - Jump, Blues & Swing Classics

**July 16** - A Ray of Elvis - Ray Guillemette Sings Elvis' Hits

**July 23** - Cobblestone - Country Western Tunes 60s to Today

**July 30** - Night Shift - Lively Rock & Roll Songs

**August 6** - Jimmy Mazz Variety Show - Ballads to Rock Anthems

**August 13** - The 60s Experience - Hit Songs 1960s & 1970s

# Donate to Champs Place

What better way to help out our local food pantry, Champs Place, located at the Somers Congregational Church by donating items for those in need.

Nonperishable items specifically: Body Wash, Soap, Razors, Deodorant, Shampoo, and Kleenex are always needed and most appreciated.

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





# Meals & Events

## "A DASH OF NUTMEGGERY IN THE REVOLUTIONARY WAR"

Wednesday, July 1st  
11:00am/\$5pp

A BLT luncheon with music by Tom Callinan



## Home Helpers®

Tuesday, July 7th  
12:00pm

Spots fill quickly, sign up by 7/3

## COUSINS MAINE LOBSTER

Friday, July 10th  
11:00am



## BIRTHDAY LUNCH

Tuesday, July 28th  
12:00pm

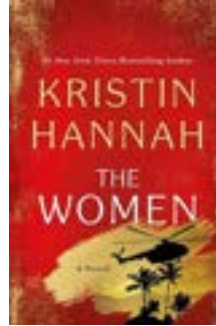


# "Hooked on Books" Book Club



Book Club with Somers Librarian Coordinator, Allison Rief  
Thursday, July 16<sup>th</sup> 3:00pm

## "The Women" by Kristin Hannah



The Women by Kristin Hannah is a historical fiction novel that follows Frankie McGrath, a 20-year-old nursing student from Southern California who impulsively joins the Army Nurse Corps and serves in the Vietnam War. The story

chronicles her trauma in the warzone, her deep friendships, and the struggles of returning to a divided America.

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 PROJECT FOR ELDER - 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



## "Grease"

Tuesday, July 7th  
1:00pm - 2:45pm

1hr 50mins / PG

High-spirited musical set in the 1950s America, in which a girl (Olivia Newton John) and boy (John Travolta) who met on the beach are unexpectedly reunited at high school. She cannot understand how different he has become. Can the leather-clad, tough-talking leader of the T-Birds really be the same person? Perhaps her new friends, the Pink Ladies, can help her win back his heart?



# Somers Senior Citizen's Club Luncheon

**Wednesday, July 15th @ 11:45am**

Enjoy an "American Birthday Celebration" with stuffed shells & pasta sauce, dinner roll w/ butter, watermelon & blueberry fruit salad and a patriotic sweet treat 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\***



# Veterans Coffee Talk

**VETERANS COFFEE TALK AT THE SOMERS SR. CENTER**  
WEDNESDAY JULY 1ST & 15TH  
9:00AM-10:30AM



JOIN THIS GROUP FOR VETERANS, VETERAN'S SPOUSES & THEIR SUPPORTERS WHO MEET FOR COFFEE & LIGHT BREAKFAST GOODS.

WE ENCOURAGE FRIENDSHIP, SUPPORT & RESOURCES FOR VETERANS FROM ANY BRANCH OF SERVICE. THESE MEETINGS ARE IN A CASUAL AND UNSTRUCTURED SETTING.

# Somers Public Library

**Please be advised that no movie will be shown on Friday July 3rd as the Library will be closed in observance of the 4th of July.**



**"I Can Only Imagine 2"**  
**July 10th**



**"Hot Pursuit"**  
**July 17th**



**"Michael"**  
**July 24th**



**"The Post"**  
**July 31st**

## 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





# *Trips and Tours*



**“The Turkey Train, Winnepesaukee Railroad” Tuesday, October 13th \$192/pp** Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. Enjoy Hart’s Turkey farm dinner on board the train and then visit Mills Falls Marketplace!

**“Fireplace Feast at Salem Cross Inn” Thursday, December 10th \$166/pp** Enjoy a full day of winter in New England. Tour the historic 18<sup>th</sup> century farmhouse, welcome cider reception , horse drawn wagon or sleigh ride and enjoy a delicious prime rib lunch (vegetarian lunch available as well).

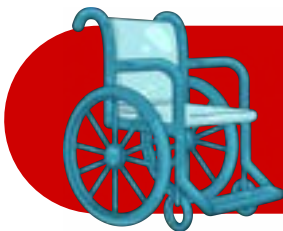


FRIENDSHIP TOURS  
THE SHIP SHOP

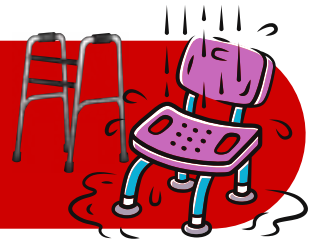


**PROGRAMS/EVENTS/TRIPS:**

Participants must sign up for all scheduled programs, trips, and events. If one cannot attend a particular program or event after having signed up, a phone call to the center to indicate cancellation is required. If you are unable to attend a trip for which you have signed up, you must notify the senior center as soon as possible. Payments for trips are typically non-refundable unless travel insurance has been purchased or a substitute can be found. Payments will be reimbursed only if the trip is cancelled. Programs/events/trips may have a deadline to sign-up. Due to space constraints, sign-up for Somers residents may begin earlier than sign-up for non-residents. Participants are advised to pay close attention to sign-up startdates, deadlines, and payment details for each individual program/event/trip.



# *Medical Equipment*



**Do you or someone you know need any free durable medical equipment?  
Please always check with your senior centers first before you buy it! We have walkers, rollators, tub benches, shower chairs, bedside toilets, and other items.  
We have very limited space, so we do ask that you please call 860-763-4379 if you should need something or would like to donate.**





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



**July 1st:**

Charles L.  
Mary H.  
David D.  
Kevin C.  
Paul B.

**July 2nd:**

Jan L.  
Karen W.  
Margaret C.  
Christine B.

**July 3rd:**

Francesco M.  
Deborah R.  
Judy B.  
Janet R.  
Richard S.  
Philip A.  
Ronald T.  
Donna F.

**July 4th:**

Dorothy C.  
John C.  
Amy K.  
Deborah B.  
Karen B.  
Linda M.  
Lori B.

**July 5th:**

Russ D.  
Deborah P.

**July 6th:**

Phyllis P.  
Stephen R.  
Bill C.  
Katie J.

**July 7th:**

Deanna S.  
Beverly S.  
Judith M.  
Candace A.

**July 8th:**

Ann DeG.  
Brenda H.  
Annette C.  
Geraldine K.  
Sharon K.

**July 9th:**

David S.  
Diane M.  
Deana D.  
Laura A.  
Suzanne D.  
James DeF.  
Marian O'H.  
Karen B.  
Richard Z.

**July 10th:**

Glenn G.  
Nora P.  
Barbara L.  
Jose R.  
Katherine W.  
Susanne C.

**July 11th:**

Mary Ann J.  
Veronica O'D  
Eileen C.

**July 12th:**

Beverly L.

**July 13th:**

Irma C.  
Virginia T.  
Lori S

**July 14th:**

Patricia S.

**July 15th:**

Mav B.  
Arline B.  
Theresa N.

**July 16th:**

Peter P.  
Christine D.  
Stephanie R.

**July 17th:**

Frank D.  
Robert B.  
John C.

**July 18th:**

June L.  
Joseph LaC.  
Ann McC.

**July 19th:**

Sandra M.  
Robert D.  
Bonnie B.  
Cathleen S.

**July 20th:**

Muriel S.  
Juan A.  
Lorelei R.  
Maria VanD.

**July 22nd:**

Rick W.  
Lisa H.  
Eneida G.

**July 23rd:**

Elaine E  
Lisa B.  
Mary B.  
Mariane W.  
Thomas T.  
Bernadette R.  
Marie S.  
Richard S.

**July 24th:**

Carol Z.

**July 25th:**

George H.  
Denise P.  
Daniel I.  
Edith C.

**July 26th:**

Lillian DeR.  
Philip P.  
Gary H.

**July 27th:**

Abbie U.  
John D.  
Jean H.  
Scott B.

**July 28th:**

Susanna G.  
Judy W.  
Anne L.

**July 29th:**

Ann B.  
Gary G.  
Karen F.

**July 30th:**

Karen A.  
Nicole D.  
Daniel S.

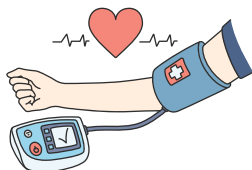
**July 31st:**

Lynne w.  
Gene L.



## Blood Pressure Check

Don't forget that Ann Maggio, RN will be here on **Tuesday, July 28th** **11:30am- 12:30pm** to perform blood pressure checks!



## Birthday Celebration

Our Birthday Celebration will be held on **Tuesday, July 28th at 12:00pm** Dessert will be served following the Parkway luncheon to honor all of July Birthdays!



# JULY 2026

9:00 Veteran's Coffee  
10:00 Balance Fitness Fun @Kibbe \$4  
**11:00 - Tom Callinan - Lunch & Entertainment - \$5**  
**America 250 Year Celebration!**  
1:00 Dominoes

9:00 Cornhole & Coffee (Outside Only)  
10:00 Stretching with Keely at Kibbe \$4  
12:00 Bingo  
5:30 Bridge



3. Friday **CLOSED**

## 6. Monday

9:00 QiGong  
10:00 Art Group  
10:00 Walking Group  
11:00 Scrabble  
1:00 Skyjo  
1:00 YouTube Fitness with Jules

9:00 Coffee Talk  
9:00 Pickleball  
10:00 Chair Aerobics  
11:00 Rummikub  
11:00 Tap Lessons at Kibbe  
12:00 Home Helpers Lunch  
1:00 Movie Time - "Grease"

## 8. Wednesday

10:00 Balance Fitness Fun @Kibbe \$4  
**11:00 Nutrition Class**  
1:00 Dominoes

## 9. Thursday

9:00 Cornhole & Coffee (Outside Only)  
10:00 Stretching with Keely at Kibbe \$4  
12:00 Bingo  
5:30 Bridge

## 10. Friday

9:00 Coffee Talk  
9:00 Pickleball  
10:00 Chair Aerobics

## 13. Monday

**CHAIR MESSAGES BY CASEY (By Appt. Only)**  
9:00 QiGong  
10:00 Art Group  
10:00 Walking Group  
11:00 Scrabble  
1:00 Skyjo  
1:00 YouTube Fitness with Jules

## 14. Tuesday

**NO SENIOR ADVISORY**  
9:00 Coffee Talk  
9:00 Pickleball  
**10:30 Lunch Bunch - The History of Rock N'Roll**  
10:00 Chair Aerobics  
11:00 Rummikub  
11:00 Tap Lessons at Kibbe

## 15. Wednesday

**FOOT CARE (By Appt.)**  
9:00 Veteran's Coffee  
10:00 Balance Fitness Fun @Kibbe \$4  
**11:45 Senior Club Lunch**  
1:00 Dominoes

## 16. Thursday

9:00 Cornhole & Coffee (Outside Only)  
10:00 Stretching with Keely at Kibbe \$4  
12:00 Bingo  
**3:00 Book Club**  
5:30 Bridge

## 17. Friday

9:00 Coffee Talk  
9:00 Pickleball  
10:00 Chair Aerobics

## 20. Monday

9:00 QiGong  
10:00 Art Group  
10:00 Walking Group  
11:00 Scrabble  
1:00 Skyjo  
1:00 YouTube Fitness with Jules

## 21. Tuesday

9:00 Coffee Talk  
9:00 Pickleball  
10:00 Chair Aerobics  
11:00 Rummikub  
11:00 Tap Lessons at Kibbe

## 22. Wednesday

10:00 Balance Fitness Fun @Kibbe \$4  
1:00 Dominoes

## 23. Thursday

9:00 Cornhole & Coffee (Outside Only)  
10:00 Stretching with Keely at Kibbe \$4  
12:00 Bingo  
5:30 Bridge

## 24. Friday

**No Coffee Talk or Chair Aerobics**  
9:00 Pickleball  
**11:00 50s Sock Hop**  
**Party with Brian**  
**Chicoine \$5**

## 27. Monday

9:00 QiGong  
10:00 Art Group  
10:00 Walking Group  
11:00 Scrabble  
1:00 Skyjo  
1:00 YouTube Fitness with Jules

## 28. Tuesday

9:00 Coffee Talk  
9:00 Pickleball  
10:00 Chair Aerobics  
11:00 Rummikub  
11:00 Tap Lessons at Kibbe  
**11:30 BP Screening**  
**12:00 Parkway Birthday Lunch**  
**1:00 Introduction to Artificial Intelligence**

## 29. Wednesday

10:00 Balance Fitness Fun @Kibbe \$4  
**11:00 Painting with Sandy \$15**  
1:00 Dominoes

## 30. Thursday

9:00 Cornhole & Coffee (Outside Only)  
10:00 Stretching with Keely at Kibbe \$4  
12:00 Bingo  
5:30 Bridge

## 31. Friday

9:00 Coffee Talk  
9:00 Pickleball  
10:00 Chair Aerobics

# How Beautiful!!

The Somers Senior Center would like to thank the following individuals who have volunteered their time in beautifying the Senior Center as well as the Somers Historical Society:

**Aileen Henry, Betty Chan, Sue Evans, & Betsy Walsh**

Their time and dedication to weeding the flower beds in front of the Sr. Center and Historical Society Museum as well as donating planters with beautiful summer flowers by the Senior Center's front entrance is so appreciated by all.

**THANK YOU!**

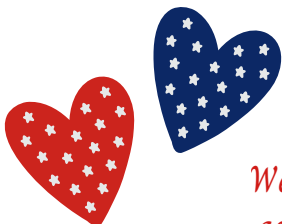


# With Thanks

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

**Peter Bertini, Elaine Davis**

**Deborah Toohey,  
in memory of Tina Toohey**



*We truly appreciate your generosity.... Thank you!*

# Somers Historical Society

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

July 12th  
August 9th  
Sept 13th  
Oct 11th  
Nov 15th  
December 5, 4-6:30 PM  
*(Somers Holiday Festival)*

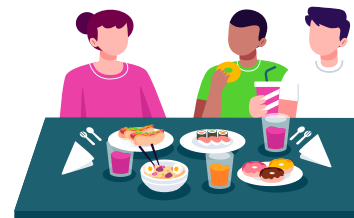


# Congregational Church Community Supper

**SOMERS CONGREGATIONAL CHURCH**  
**COMMUNITY SUPPER**

**Wednesday, July 8th**  
**5:30pm**

The Somers Congregational Church monthly suppers will begin April 8th through October. This is a free event, but donations are graciously accepted. Please call the Congregational Church at (860)763-4021 or stop in to sign up (walk-ins are welcome!)





# Somers Senior Center Registration Form - JULY 2026 Classes, Events & Trips



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

**REGISTRATION FOR ALL EVENTS (unless noted) BEGINS ON:  
JUNE 23<sup>RD</sup> FOR SOMERS RESIDENTS AND JUNE 29<sup>TH</sup> 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 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:** \_\_\_\_\_ **TOWN:** \_\_\_\_\_  
**Signature:** \_\_\_\_\_  
**Date:** \_\_\_\_\_



