



# Somers Senior Center MAY 2026 Newsletter



## Somers Senior Center

19 Battle Street, Somers CT 06071

860-763-4379

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

Open, Director of Rec & Leisure

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 [dmcrcay@somersct.gov](mailto:dmcrcay@somersct.gov)

Dial-a-Ride Drivers

Gary Hunter, Richard Locatelli, Scott Sfredo

## 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!

## Table of Contents

Somers Human Services	Page 2
Senior Center Updates	Page 3
Everbridge Alert System	Page 3
Health & Wellness Classes	Page 4
Games, Groups & Activities	Page 4
Special Programs & Events	Page 5
Personal Care	Page 6
Meal Events, Book Club	Page 7
Help Hotlines, Movie Time	Page 7
Sr. Club Lunch, Somers Public Library	Page 8
Trips & Tours, Town Wide Tag Sale	Page 9
May Birthdays, Blood Pressure	Page 10
Program & Activity Calendar	Page 11
Piedmont Photography Show	Page 12
Program Registration Form	Page 13



### CLOSINGS & CANCELLATIONS

**We will be closed on Monday 5/25 in observance of Memorial Day.**  
**There will be no coffee talk or chair aerobics on Friday 5/8 and Friday 5/15.**



# 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, May 6th & 20th 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.

**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.

**CHOICES Counseling** - Available for Medicare.

**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



## OLDER AMERICANS MONTH MAY, 2026:



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older adults' contributions and reaffirm our commitment to supporting their health and independence.

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, we are focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives.

**SENIOR ADVISORY:** The next Senior Advisory meeting is scheduled for **Tuesday May 12<sup>th</sup> 1:00pm.**

**NEW - YouTube Fitness w/Jules- Mondays, 1:00pm at Senior Center \*\*FREE\*\*** Low impact, seated cardio workout with music helps to improve heart health, boost energy, and burn calories without stress on your joints. This will also improve posture and flexibility and it's a great way to improve fitness. Go at your own pace to make the workout your own.

## **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 **Town's Meeting Schedule.** 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 **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

## KENTUCKY DERBY PARTY

Friday, May 1st  
11:30am/\$3pp



Don your favorite Derby Hat and come and enjoy meatball sliders, mock mint juleps, and fun & games to get you ready for the Kentucky Derby!

## PAINTING WITH SANDY

Wednesday, May 6th  
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!**

## MOTHER'S DAY TEA & LUNCHEON

Friday, May 8th  
11:30am \$3/pp



Join us to celebrate Mother's Day with a light lunch, dessert & a variety of teas.

**Wear your Favorite Hat or Hat Fasinator!**

## SUNFLOWER KISSING BALL CRAFT

Monday, May 11th  
11:00am/\$5pp



Join Darlene and make this beautiful summer sunflower kissing ball! (beginner skill level)

## QPR TRAINING

Tuesday May 12<sup>th</sup> 11:00am

Arianna and Jen from Somers Human Services will be offering QPR Training (Question, Persuade, Refer). This is an evidence-based, 1-2 hour emergency mental health gatekeeper training designed to teach anyone how to recognize suicide warning signs and intervene. Similar to CPR, it provides actionable skills—asking about suicide, persuading someone to seek help, and referring them to professional care.



## MONTHLY LUNCH BUNCH

Wednesday

May 13<sup>th</sup> 11:00am

\$5pp "transportation only"  
Enjoy Mexican food & shop at Laura's Unique Boutique in Enfield!



## "NATIONAL BUTTERMILK BISCUIT DAY" w/ Chef Pam

Friday May 15th  
10:00am \$3/pp

Chef Pam will be cooking up some delicious buttermilk biscuit sandwiches for breakfast!!



## "ASK THE ATTORNEY" (By Appt. Only)

Wednesday, May 27th 1:00-3:00pm

Attorney Marcia Hess from Kraner & Hess, will be by to answer any legal questions you may have. Attorney Hess specializes in Eldercare Law. Please call the Senior Center to reserve a **free 15-minute appointment** for this informational session.



## SUNFLOWER WREATH CRAFT

Wednesday May 27th  
11:00am/\$10pp

Join Darlene and make this stunning sunflower wreath (advanced skill level)





# Personal Care

## FOOTCARE SERVICES

Dates Available:

The Senior Center 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).**

May 20th  
June 17th  
June 18th



# Save The Date!

## FRIDAY JUNE 12TH

**Our 4th Annual Summer BBQ  
Knights of Columbus, Somers CT**



## FRIDAY JULY 10TH

**Cousins Maine Lobster will  
return to the Senior Center!**

Menu Item prices  
range from  
**\$6 to \$25**



## 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.**

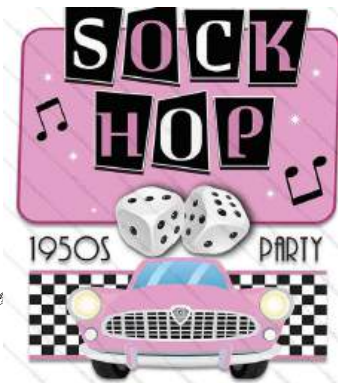
- Signature Facial.....\$38
- Microdermabrasion Facial.....\$48
- LED Light Therapy.....\$15
- Waxing Services:  
(brow, lip, chin etc.).....\$7 - \$18

**Cash or Check only**



## FRIDAY JULY 24TH

**50'S Sock Hop with live music  
by  
Brian Chicoine!**



# 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

## KENTUCKY DERBY PARTY

Friday May 1st  
11:30am/\$3pp



## Home Helpers®

Tuesday, May 5th  
12:00pm

Spots fill quickly,  
signup by 4/30

## MOTHER'S DAY TEA

Friday May 8th  
11:30am/\$3pp



## BREAKFAST BY CHEF PAM

Friday May 15th  
10:00am/\$3pp



LUNCH BUNCH  
Wed May 13th  
11:00am/\$5pp for  
transportation only



## BIRTHDAY LUNCH

Tuesday, May 26th  
12:00pm



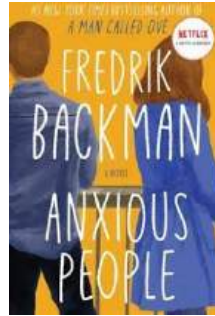
# "Hooked on Books" Book Club



Book Club with Somers Librarian  
Coordinator, Allison Rief

Thursday, May 21<sup>st</sup> 3:00pm

## "Anxious People" by Fredrik Backman



A comedic and heartwarming novel about a failed bank robber who takes a group of strangers hostage during an apartment open house, leading to a "locked-room" mystery as the hostages reveal their secrets and anxieties, ultimately exploring themes of human connection, forgiveness, and empathy.

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 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



## "Song Sung Blue"

Tuesday, May 19th  
11:30am - 1:45pm

2hrs 13mins / PG13



Based on the true story of Mike and Claire Sardina, a Milwaukee-area couple who performed as the Neil Diamond tribute band "Lightning & Thunder". The film, starring Kate Hudson and Hugh Jackman, documents their love, regional success, and a tragic 1999 accident where Claire lost her leg, followed by their inspiring comeback.





## Somers Senior Citizen's Club Luncheon



**Wednesday, May 20th @ 11:45am**

**Rosemary Chicken Thighs with Herbed Rice, Peas, Rolls & Butter with Apple Squares 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**



## Somers Public Library



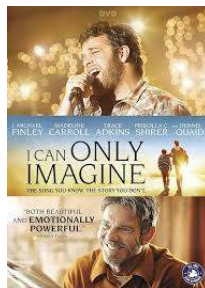
**\*\*Please be advised that movies will not be shown on 5/1 and 5/8 due to the Somers Schools' Art Show\*\***



**Now You See Me 2  
May 15th**



**Wuthering Heights (2026)  
May 22nd**



**I Can Only Imagine  
May 29th**

## Veterans Coffee Talk



**VETERANS COFFEE TALK AT THE SOMERS SR. CENTER**  
**WEDNESDAY MAY 6TH & 20TH**  
**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.

### 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



**“Essex Steam Train & Riverboat” Thursday, June 11th 9:00am-5:00pm** Essex, CT  
**\$176pp**/includes transportation & lunch. Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner as part of a 3 ¾hr lunch, train and riverboat excursion.

**“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.



## Somers, Town-Wide Tag Sale



The Town of Somers will be holding their bi-annual town-wide tag sale **Saturday, May 2<sup>nd</sup>** rain or shine. You may obtain an application here at the Somers Senior Center. A complete list of the tag sales will be made available soon. Should you have any questions, please contact the Town Clerk’s office at (860)763-8207(8206) or by email:  
**dmarti@somersct.gov.**





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



**May 1st:**

Anne W.  
Rita C.  
Anne H.  
Everett M.  
Debra C.

**May 2nd:**

Marjorie M.  
Elizabeth D.  
Donna P.

**May 3rd:**

Mary-Ellen M.  
Brian W.  
Lauren C.

**May 4th:**

Nancy M.  
Roselie B.

**May 5th:**

James S.  
Constantin T.  
Mary Ellen D.  
Mary B.  
Richard T.  
Raymond H.  
Edward B.  
Gertrude C.

**May 6th:**

Lucille G.  
**May 7th:**  
Ronald P.  
Lynne R.  
Patricia D.  
Susan G.

**May 8th:**

Brenda D.  
Cathy M.  
Sue K.

**May 9th:**

Kevin R.  
Darlene F.  
Tadeusz S.  
Patricia D.  
Ruth DeB.

**May 10th:**

Alise E.  
Richard T.  
Shirley S.  
Marjorie D.

**May 11th:**

Shirley D.  
Wayne K.  
Adreana S.  
Barbara B.

**May 12th:**

Anne C.  
Linda LeC.  
Michele M.  
Betty C.  
Robert M.  
Delores B.  
Robert D.

**May 13th:**

Cecilia N.  
John D.  
Constance K.

**May 14th:**

Margareta S.  
Susan J.

**May 15th:**

Mike B.  
**May 16th:**  
Sandra B.  
Raymond O.

**May 17th:**

Mary L.  
Anne K.  
John S.  
Karen C.  
Henry B.

**May 18th:**

Bryan D.  
Diana N.  
Lynette C.  
Linda B.  
Wayne W.  
Cynthia B.

**May 19th:**

Clementina C.  
Sharon S.  
**May 20th:**  
Lawrence C.  
Kathy L.  
Sue B.

**May 21st:**

Skip C.  
David R.  
Sandra G.  
Robert D.

**May 22nd:**

Marilyn S.  
Daniel W.  
Maureen P.  
David M.  
Walter Y.  
Peter M.

**May 23rd:**

Barbara F.  
Janet B.  
Lolita K.  
Carole J.  
Andrew R.  
Mary McC.  
Henry G.  
Judy LaM.  
Debbie A.  
Deborah S.

**May 24th:**

Thomas M.  
Robert M.  
Raymond L.

**May 25th:**

Geraldine J.  
Renee P.  
Brian W.  
Betty K.

**May 26th:**

May R.  
John C.  
Thomas F.  
Thomas B.

**May 27th:**

Hazel B.  
Jacklyn R.  
Diane McG.  
Wendy K.

**May 28th:**

George B.  
Diane M.  
Pamela H.  
Carolyn G.

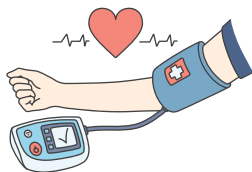
**May 29th:**

Kathy Y.  
Joan C.  
Liat P.  
Sheila R.  
Melissa M.  
Jackie P.



**Blood Pressure Check**

Don't forget that Ann Maggio, RN will be here on **Tuesday, May 26<sup>th</sup>** 11:30am- 12:30pm to perform blood pressure checks!



**Birthday Celebration**



Our Birthday Celebration will be held on **Tuesday, May 26<sup>th</sup> at 12:00pm**. Dessert will be served following the Parkway luncheon to honor all of May Birthdays!

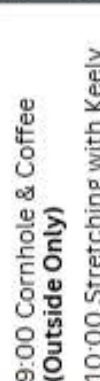
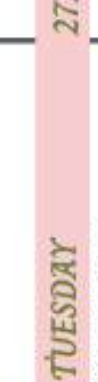
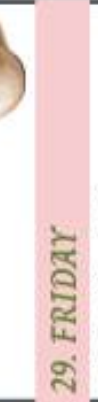
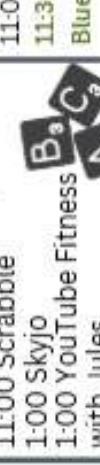
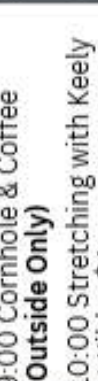
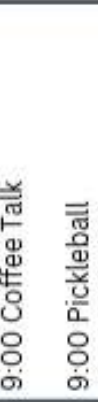
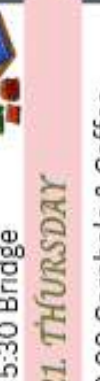
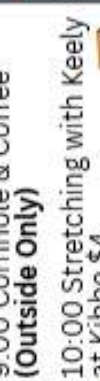




# MAY 2020



<p><b>4. MONDAY</b></p> <p>9:00 QiGong 10:00 Art Group 10:00 Walking Group 11:00 Scrabble 1:00 Skyjo 1:00 YouTube Fitness with Jules</p>	<p><b>5. TUESDAY</b></p> <p>9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 12:00 Home Helpers Lunch</p>	<p><b>6. WEDNESDAY</b></p> <p><b>SPA SERVICES (by Appt.)</b></p> <p>9:00 Veteran's Coffee 10:00 Balance Fitness Fun @Kibbe \$4 11:00 Painting with Sandy \$15 1:00 Dominoes</p>	<p><b>7. THURSDAY</b></p> <p>9:00 Cornhole &amp; Coffee (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 12:00 Bingo 5:30 Bridge</p>	<p><b>8. FRIDAY</b></p> <p><b>No Coffee Talk or Chair Aerobics</b></p> <p>9:00 Pickleball 11:30 Mother's Day Tea - \$3</p>
<p><b>11. MONDAY</b></p> <p>9:00 QiGong 10:00 Art Group 10:00 Walking Group 11:00 Scrabble 11:00 Sunflower Kissing Ball Craft - \$5 1:00 Skyjo 1:00 YouTube Fitness with Jules</p>	<p><b>12. TUESDAY</b></p> <p>9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:00 QPR Training 1:00 Senior Advisory 5:00 Bingo, Pizza &amp; Prizes</p>	<p><b>13. WEDNESDAY</b></p> <p>10:00 Balance Fitness Fun @Kibbe \$4 11:00 - Lunch Bunch - Acapulcos &amp; Laura's Unique Boutique (\$5 for transportation only) 1:00 Dominoes</p>	<p><b>14. THURSDAY</b></p> <p>9:00 Cornhole &amp; Coffee (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 12:00 Bingo 5:30 Bridge</p>	<p><b>15. FRIDAY</b></p> <p><b>No Coffee Talk or Chair Aerobics</b></p> <p>9:00 Pickleball 10:00 Breakfast with Chef Pam - \$3</p>
<p><b>18. MONDAY</b></p> <p>9:00 QiGong 10:00 Art Group 10:00 Walking Group 11:00 Scrabble 1:00 Skyjo 1:00 YouTube Fitness with Jules</p>	<p><b>19. TUESDAY</b></p> <p>9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:30 Movie Time - "Song Sung Blue"</p>	<p><b>20. WEDNESDAY</b></p> <p><b>FOOT CARE (By Appt.)</b></p> <p>9:00 Veteran's Coffee 10:00 Balance Fitness Fun @Kibbe \$4 11:45 Senior Club Lunch 1:00 Dominoes</p>	<p><b>21. THURSDAY</b></p> <p>9:00 Cornhole &amp; Coffee (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 12:00 Bingo 3:00 Book Club 5:30 Bridge</p>	<p><b>22. FRIDAY</b></p> <p>9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics</p>
<p><b>25. MONDAY</b> CLOSED</p> <p>MEMORIAL DAY</p>	<p><b>26. TUESDAY</b></p> <p>9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics 11:00 Rummikub 11:30 BP Screening 12:00 Parkway Birthday Lunch</p>	<p><b>27. WEDNESDAY</b></p> <p><b>ASK THE ATTORNEY (By Appt.)</b></p> <p>10:00 Balance Fitness Fun @Kibbe \$4 11:00 Sunflower Wreath - Advanced Craft - \$10 1:00 Dominoes</p>	<p><b>28. THURSDAY</b></p> <p>9:00 Cornhole &amp; Coffee (Outside Only) 10:00 Stretching with Keely at Kibbe \$4 12:00 Bingo 5:30 Bridge</p>	<p><b>29. FRIDAY</b></p> <p>9:00 Coffee Talk 9:00 Pickleball 10:00 Chair Aerobics</p>





## Piedmont Photography Show

The Annual Piedmont Photography Show is happening! Sponsored by the Somers Cultural Commission, this show features amateur and professional photographers exhibiting works in black & white, full color & altered images. All works are juried for prizes with the top prize being \$500!

The Show will begin on May 3 with an opening reception from 1-3 PM and awards presented at 1:30 PM. This event will be open to the public.

The entries will then be displayed for public viewing at the Piedmont:

May 7-10, 10 AM - 2 PM, AND

May 14-17, 10 AM - 2 PM

Admission is free



## With Thanks

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

Wayne & Pauline Cheveriea

Ed Duzik

Leslie Gegenbach

Violet Smith



## BINGO Night!!



Tuesday, May 12th

5:00PM - 6:30PM

Callie Kobjack who is a Junior at the Somers High School is working on her Capstone Project with the Somers Senior Center. Her focus is on the importance and benefits of connecting different generations.

Callie along with other student volunteers from the Interact Club, which is a program at the Somers High School that encourages community involvement, will host and sponsor this free event of Bingo, Pizza, and Prizes!

Please call Sr. Center 860-763-4379 to sign up!



## Congregational Church Community Supper



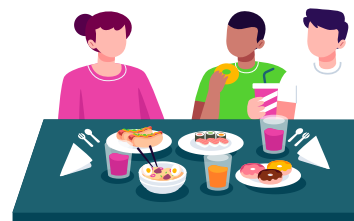
### SOMERS CONGREGATIONAL CHURCH COMMUNITY SUPPER

Wednesday, May 13th

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 - MAY 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:  
April 24<sup>th</sup> FOR SOMERS RESIDENTS AND May 1st 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:** \_\_\_\_\_

