



Somers Senior Center August 2024 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
Pam Caso, Administrative Asst. pcaso@somersct.gov
Mary-Ellen Matarazzo, Coordinator mmatarazzo@somersct.gov
Dial-a-Ride Drivers
Gary Hunter, Renee Mullett, Pat Perry and Scott Sfredo



*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!*

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, Social Services Coordinator
CHurdle@somersct.gov
Arianna Flagg, Prevention Coordinator
AFlagg@somersct.gov



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CLOSINGS & CANCELLATIONS

There will be no coffee talk or chair aerobics on **Friday, August 2nd, Friday, August 16th and Tuesday August 20th**. Also, there will be **no Yoga with Keely on Thursday, August 1st and Thursday, August 22nd**.



Somers Human Services



Call Somers Human Services at 860-265-7551 to make an appointment for any of the below services or if you have any questions.

Human Services will be at the Somers Senior Center on

Tuesday, August 27th from 9:00-11:00am!



Renters Rebate 2024

If you are 65 years or older or have a disability and receive Social Security income, as resident of CT and have paid rent in 2023 and your income is less than \$43,800 (single person) or less than \$53,400 (two people), you may be eligible for the Renters Rebate program.

All required documents must be for 2023.

Christina Hurdle will be available, by appointment only, every Tuesday in the month of August from 8-11:00am at the Senior Center.

Make your appointment with Christina today by calling 860-265-7551 x8241.

Farmers' Market Electronic Benefit Card

Eligibility:

- ~ Age 60+, under the age of 60 and disabled living in congregate housing
- ~ Income: Single: \$27,861 OR Couple: \$37,814
- ~ On a means-tested program such as SNAP, CEAP, MSP, etc.
- ~ You must provide proof of eligibility such as a CONNECT card or an Energy Assistance award letter.

Please call Christina with any questions at 860-265-7551.

Deadline to apply is September 30th, 2024



Eating Well on a Budget

Leverage local resources to help stretch your household food budget:

Champ's Place food pantry

Somers Congregational Church, 599 Main Street

Open Mondays from 10am to 12pm and from 6pm to 7pm.

Mobile Food Pantry from Connecticut Food Share visits Champ's Place every other week, starting Wednesday, January 3rd 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.

Application Assistance - available for SNAP, Medicaid & Qualified Medicare Beneficiary (QMB)

Meals-on-Wheels - available for homebound seniors and people with disabilities.





Senior Center Updates



BLOOD PRESSURE SCREENING: We are pleased to offer blood pressure screening this month. Ann Maggio, retired, certified RN will be here before the Parkway luncheon on August 27th from 11:30am - 12:30pm. Please stop in to have your screening!

The Somers Senior Center has a **COMPUTER** available for our members use. It can be used to research on the internet, access your email and even print documents that you may need! Please call us at 860/763-4379 should you have any questions.

REFLECTIVE ADDRESS MARKER "If We Can't Find You, We Can't Help You" Please help us keep YOU SAFE by making sure your house number is VISIBLE from the street. Street numbers are vital so that emergency responders can locate your home quickly! The Somers CERT (Citizen Emergency Response Team) working with the Somers Fire Department is offering free address markers. The markers are visible day or night, reflective and fade resistant. Information and Order Forms are found here: [**Reflective Marker Info Order Form**](#)

PLEASE NOTE: The Home Helpers Lunch will now be held on the first Tuesday of the month beginning Tuesday, August 6th 12:00pm - 1:00pm. ←

Please note that there will be no Senior Advisory meeting for the month of August. Meetings will resume in September. Have a great summer!

Chelsea from "A Better Self, LLC" is on summer break! Fit-N-Fun classes will not be held in August BUT she'll be back in September!

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!

SCAN ME →





Health & Wellness Classes



Groups & Activities



Qigong- Mondays, 9-9:45am We are in a transition period and currently in the process of finding a new instructor. Please stay tuned for additional information. We are sad to see Ritch Ryan go, but wish him the best of luck in his new adventure!

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

“Fit & Fun” Fitness- Thursdays, 9-10:00am \$40/Punch Card for 10 classes. Chelsea is on summer break! Fit-N-Fun classes will not be held in July and August BUT she’ll be back in September!

Stretching w/ Keely- Thursdays, 10-11:00am \$40/Punch Card for 10 classes. Dim the lights and listen to meditation music as you learn basic Yoga type stretch moves while sitting or standing. Everyone loves this class and all levels are welcome! ***Class held inside Kibbe Fuller Gym.***

NEW! TIME

Cornhole & Coffee - Thursdays, 9-10:30am **FREE** Cornhole is a game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. It is an easy game to play, regardless of your gaming experience. ***Played indoors or outdoors & Will teach!***

Pickleball- Tuesdays & Fridays, 9-11:00am **FREE** Weather permitting. Tennis courts at Field Road Park. Four courts & some equipment provided! New & experienced players welcome. ***Must register with the Sr. Center & complete a Waiver Agreement if you wish to play.***

Art Group- Mondays, 10-11:30am

****FREE**** All mediums welcome. Bring your own ideas and supplies.

SCRABBLE- Mondays, 11:00am **FREE** Bring a friend and enjoy exercising your brain!

SKYJO - Mondays 1-3:00pm **FREE**

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! ***Will teach!***

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 **FREE**

Rummikub is easy to learn and fast moving. The “board” changes all the time as players adjust the tiles on the table. It combines luck and strategy, and it changes quickly so every player has a chance to win until the very end. Players take turns placing numbered tiles in runs and groups and the Joker tiles add to the fun! Space is limited so sign up today!! ***Will Teach!***

Senior Learning Network- Tuesdays, 2-3:00pm

****FREE**** Live video conferencing technology to deliver life-long learning programs.

Dominoes- Wednesdays, 1-3:00pm **FREE**

Please come and learn the game. ***Will teach!***

Bingo- Thursdays, 12-3:00pm

Free coffee/tea. Bring your lunch and enjoy an afternoon of Bingo!





Special Programs & Events



"Meatball Subs & Ice Cream Sandwiches"



Friday, August 2nd 11:00am
\$3/pp, Sign up by July 31st

Come celebrate National Ice Cream Sandwich day enjoying a delicious meatball sub lunch and ice cream sandwiches!



"Wildlife on Wheels"

Wednesday, August 7th,
11:00am, Limited Seating



Wildlife on Wheels is an educational outreach program by The Zoo at Forest Park that will be bringing animal ambassadors to the senior center! These programs are designed to provide information about the animals, including their special adaptations, habitats, behaviors, diets and status in the wild.

Mobility 101 with Chelsea
Wednesday, August 14th
9:00am FREE



Learn mobility movements from Chelsea Lowe, A Better Self, that will improve your everyday living! These movements require no props, just your body weight and can be practiced everyday! They will strengthen your ability to change and maintain a body position, walking, sit to stand, stepping, reaching, balancing, completely common errands and overall functioning.



BREAKFAST w/ CHEF PAM
Friday, August 16th
10:00am \$3/pp



Chef Pam will whip up some tasty breakfast sandwiches to go with your Friday morning coffee.



Senior Medicare Patrol Preventing Medicare Fraud

Tuesday, August 20th
9:30am FREE

In this informative presentation, Jill Vasington, SMP Program Coordinator will show you how to recognize, prevent & report Medicare fraud, errors & abuse.



Ice Cream Social

Friday, August 23rd
11:30am FREE



Come cool off from the Dog Days of Summer enjoying an Ice Cream Sundae with friends!

LUNCH BUNCH

Lenny & Joe's/Meigs Point Nature Center
Hammonasset Beach State Park

Wednesday, August 28th

Leave Sr. Center at 10:15am \$5/pp

Enjoy a delicious seafood lunch on the water and then stroll and enjoy the afternoon at the Meigs Point Nature Center.



FRIDAY COFFEE TALK
Somers Womens Club
Friday, August 30th
9:00am



Come spend Friday morning enjoying coffee, tea, and breakfast snacks while members of the Somers Women's Club talk about their role in the community, fundraisers and how you can become a member! And you don't need to be a Somers resident to join!





Personal Care



With Thanks



FOOTCARE SERVICES

The Senior Center provides footcare services every month! Please call the Senior Center to make your appointment.

Dates Available:

Aug 22nd

Sept 26th

Oct 24th



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



Ron & Charlene Biathrow, Sarah Bourque, Jeanne Cormier, Eileen Fedorowich, Carol Shuckerow, Reggie Swanson & all those who donate for our morning coffee talks!



Somers Senior Citizen's Club



SOMERS SENIOR CITIZEN'S CLUB PRESENTS

Wednesday, August 21st

11:45am-1:15pm

Herbed Chicken, Mac-n-Cheese, Green Beans, Snowflake Rolls & Udder Delights Ice Cream Truck
anonymously donated by a Member.

****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

\$2 ANNUAL DUES DUE AT LUNCHEON

Somers Community Dinner



Somers Congregational Church

599 Main St, Somers CT

Wednesday, August 14th 5:30pm

Don't forget about the monthly Somers Community dinner! This free meal (donations accepted) is a wonderful opportunity to gather as a community and enjoy a hot meal.

Please call 860-763-4021 to sign up.

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

GRIEF SUPPORT **Continued!**

Starting Monday August 12th

10:30am

Are you looking for a way to find help and healing for the hurt of losing a loved one? We are pleased to continue to offer a Grief Support Group with Karla Vince (CT. Visiting Nurse & Health Services). This will be a six week session on Mondays from 10:30-11:30am.

Visiting Nurse & HEALTH SERVICES OF CONNECTICUT





Meal Events



Book Club



Home Helpers® Luncheon

Tuesday, August 6th

12:00pm

Space is Limited

Sign up by August 2nd



BREAKFAST w/ CHEF PAM

Friday, August 16th
10:00am \$3/pp

Chef Pam will whip up some tasty breakfast sandwiches to go with your Friday morning coffee.



Ice Cream Social

Friday, August 23rd
11:30am FREE

Come cool off from the Dog Days of Summer enjoying an Ice Cream Sundae with friends!



Book Club with Somers Librarian Coordinator, Allison Rief

Thursday, August 15th
3:00pm

The Woman in The Library by Sulari Gentill



Four strangers are sharing the same table at the library when a scream rends the air. A woman has been murdered. The scream bonds the four strangers and they become fast friends. But as sinister events continue to dog them and they're unable to shake the shadow of the murder, it's clear one of them is hiding secrets.

Please call 860-763-4379 to pick up a book and join this great group if you love reading!



Birthday Luncheon

Tuesday, August 27th

12:00pm

Sign up by August 23rd



Pinochle

Do you love to play Pinochle or ever wanted to learn how to play - we will teach! We are looking for players to play Monday mornings at 10:00am. If you are interested, please call the Senior Center at (860)763-4379 and sign up!



Movie Time!

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

Wednesday
August 14th, 11:00am



Rated PG
Family Comedy/Drama · 1h 51m





Day Trips



The Somers Senior Center is pleased to offer the following trips! First come, first serve for trips below. Full payment is due at sign-up. Please stop by the Senior Center for flyers and complete information.



FRIENDSHIP TOURS
THE SHIP SHOP

September 10, 2024 - Swinging Summer, The music of Dean Martin with Jack Lynn and Lunch at Amarante's Sea Cliff, New Haven, CT - **\$124/pp**

October 8, 2024 - The Turkey Train, Winnepesaukee Railroad, NH. Enjoy a homestyle turkey lunch on a nostalgic train ride along the shore of Lake Winnepesaukee and end at Kellerhaus for delicious ice cream & shopping! - **FULL - WAITLIST ONLY!**

December 13, 2024 - Christmas by Candlelight at Old Sturbridge Village, Sturbridge, MA. Enjoy a holiday lunch at The Publick House and then stroll Old Sturbridge Village listening to victorian carolers and enjoy a horse drawn sleigh ride - **\$143/pp**



Somers Public Library



Movie Matinees at the Library Fridays - 1:00pm



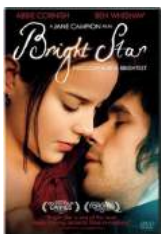
Aug 2nd
"Unsung Hero"



Aug 23rd
"O Brother, Where Art Thou?"



Aug 9th
"Gifted"



Aug 16th
"Bright Star"



Aug 30th
"Second Hand Lions"

Care Cafe'

Every first Tuesday of the 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





The Senior Learning Network at the Somers Senior Center



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.

August 6th: National Museum of the Mighty Eighth Air Force

B-17 Navigator Lt John Gibbons took off on only three missions with the 100th Bomb group in October 1943. B-17 Co-Pilot Lt Phillips Terry almost completed his tour of duty with the 95th Bomb Group from December 1943- April 1944.



They never met in life but their legacy is connected in special remembrances and family connections. Learn more about their fascinating stories

August 20th: Reconstruction Era National Park

What does freedom mean? The Reconstruction era, 1861-1900 the historic period in which the United States grappled with the question of how to integrate millions of newly freed African Americans into social, political, economic, and labor systems, was a time of significant transformation. The people, places, and events in Beaufort County, South Carolina, reflect on the most important issues of this tumultuous time period. We will visit the places, and learn of the people who made significant contributions in SC during this time.



August 13th: Jefferson's Monticello Tour

Join us on a virtual tour of Monticello! A guide will lead us in real-time through the first floor of Thomas Jefferson's mountaintop home. Learn about Thomas Jefferson and his ideas that helped shape a nation, Monticello as an architectural icon and the stories of the free and enslaved people who lived and labored on this plantation.



August 27th: Thomas Jefferson Memorial, Washington DC National Mall

We will continue to learn more about Jefferson, and the memorial dedicated to him from National Mall and Memorial Parks for a look at the Thomas Jefferson Memorial. Dedicated on Jefferson's 200th birthday, April 13, 1943, the memorial includes a statue and excerpts from his writings. Hear about the controversy surrounding the memorial design and quotations chosen





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



August 1st:
Jeffrey D.

August 2nd:
Helen A.
Patricia D.
Ronald M.
Claire N.
Bob H.

August 3rd:
Nancy B.
Mihran A.
August 4th:
Roland H.
Alice O'C.
Thomas P.
Molly H.
Jeannette P.
Feliz H.
Lisa P.
Annette F.
Ann L.
James M.

August 5th:
Charles S.
August 6th:
Rosemarie G.
William S..

Aug 7th:
Ann F.
Peter B.
Barbara Y.
Judy S.
Eileen B.
Marie B.
Judith G.

Aug 8th:
Deborah B.
Patricia E.
William M.
Aug 9th:
Dorothy R.
Debora G.
Joelle D.
Aug 10th:
John S.
Theresa B.
Patricia M.
Judy T.

Aug 11th:
Eunice S.
Leigh M.
Esther A.
Renee C.

Aug 13th:
Logan R.
Ellen T.
Lester McD.
Laura G.
William P.
Bernard B.

Aug 14th:
Sunder S.
Lewis K.
Aug 15th:
MaryAnne T.
Aug 16th:
Barbara R.
Jean B.
Donna R.
Aug 17th:
Karen C.
Michael W.
Gloria K.

Aug 18th:
Paul N.
Darlean F.
Deborah H.

Aug 18th:
Patricia P.
Joseph A.
Aug 19th:
Sandra S.
Aug 20th:
Pam Y.
Carole McH.

Aug 21st:
John M.
Patricia Z.
Aug 22nd:
Pat S.
James B.
Jackie C.
Francis D.
Claire N.
Janet B.

Aug 23rd:
Joan L.
Lise W.
Cindy L.
Albert G.
Rene LeM.
Angela C.
Marianna A.
Sheila D.

Aug 24th:
Shirley F.
Aug 25th:
Kimberlee K.
Jackie S.
Anita P.

Aug 26th:
Fran G.
Alex T.
Sandra B.
Aug 27th:
Alicia R.
Aug 28th:
Ruth D.
Aug 29th:
James J.
Martha F.
Judith O.

Aug 30th:
Frances K.
Marshall S.
Aug 31st:
Raymond T.

Aug 31st:
Stanley J.
Carmen Z.
Kathleen C.

Happy
Birthday



**Piedmont
Art Show**

ARTISTS WANTED!

The Somers Cultural Commission is looking for amateur & professional artists to enter their artwork in the upcoming Regional Juried Piedmont Art Show 2024. **Entry dates: August 23rd & 24th, 9:00am-12:00pm.**

Open: Sept. 15th - 29th. For additional information and/or requesting an entry form, please contact Neil at 860-749-4924.

MEANWHILE, please do enter your wonderful art work as we couldn't do this show without you! To download a registration form, click here:

[Registration Form](#)

**Birthday
Celebration**

Our Birthday Celebration will be held on Tuesday, **August 27th at 12:00pm**

Cake will be served following the Parkway luncheon to honor all of our members who have an August Birthday!





2024

1. THURSDAY		2. FRIDAY	
9:00 Cornhole Game & Coffee	NO COFFEE TALK	NO COFFEE TALK	
NO STRETCHING w/ KEELY		NO CHAIR AEROBICS	
12:00 Bingo		11:00 Meatball Slider Lunch and Ice Cream Sandwiches (\$3.00pp)	
5:30 Bridge			
8. THURSDAY		9. FRIDAY	
9:00 Cornhole Game & Coffee		9:00 Coffee Talk	
10:00 Stretching with w/Keely		10:00 Chair Aerobics	
12:00 Bingo			
5:30 Bridge			
15. THURSDAY		16. FRIDAY	
9:00 Cornhole Game & Coffee		NO COFFEE TALK	
10:00 Stretching with w/Keely		NO CHAIR AEROBICS	
12:00 Bingo		10:00 Breakfast Sandwiches made by Chef Pam!(\$3.00 pp)	
3:00 Book Club			
5:30 Bridge			
22. THURSDAY		23. FRIDAY	
<u>Foot Care (By Appt.)</u>		9:00 Coffee Talk	
9:00 Cornhole Game & Coffee		10:00 Chair Aerobics	
NO STRETCHING w/ KEELY		11:30 Ice Cream Social	
12:00 Bingo			
5:30 Bridge			
29. THURSDAY		30. FRIDAY	
9:00 Cornhole Game & Coffee		9:00 Coffee Talk with the Somers Women's Club	
10:00 Stretching with w/Keely		10:00 Chair Aerobics	
12:00 Bingo			
5:30 Bridge			
7. WEDNESDAY		14. WEDNESDAY	
<u>Spa Services (By Appt.)</u>		9:00 Mobility 101 with Chelsea	
11:00 The Zoo in Forest Park		11:00 Movie: Secondhand Lions	
Wildlife on Wheels at the Senior Center		1:00 Dominoes	
1:00 Dominoes			
21. WEDNESDAY		28. WEDNESDAY	
12:00 Somers Senior Citizen's Club Lunch-\$5.00 pp		10:15 Lunch Bunch: Lenny and Joes and then Meig's Point Nature Center (\$5.00 pp)	
1:00 Dominoes		1:00 Dominoes	
6. TUESDAY		13. TUESDAY	
9:00 Coffee Talk		9:00 Coffee Talk	
10:00 Chair Aerobics		10:00 Chair Aerobics	
11:00 Rummikub Tile Game		11:00 Rummikub Tile Game	
12:00 <u>Home Helpers Lunch</u>		2:00 Senior Learning Network	
2:00 Senior Learning Network			
19. MONDAY		26. MONDAY	
10:00 Art Group		10:00 Art Group	
10:00 Pinochle		10:00 Pinochle	
10:30 Grief Support		10:30 Grief Support	
11:00 Scrabble		11:00 Scrabble	
1:00 SKYJO Card Game		1:00 SKYJO Card Game	
5. MONDAY		12. MONDAY	
10:00 Art Group		10:00 Art Group	
10:00 Pinochle		10:00 Pinochle	
11:00 Scrabble		10:30 Grief Support	
1:00 SKYJO Card Game		11:00 Scrabble	
		1:00 SKYJO Card Game	
20. TUESDAY		27. TUESDAY	
NO COFFEE TALK		9:00-11:00 <u>Human Services</u>	
9:30 Senior Medicare Patrol (SMP)		9:00 Coffee Talk	
NO CHAIR AEROBICS		10:00 Chair Aerobics	
11:00 Rummikub Tile Game		11:00 Rummikub Tile Game	
2:00 Senior Learning Network		11:30-12:30 BP Screening	
		12:00 <u>Parkway Birthday Lunch</u>	
		2:00 Senior Learning Network	



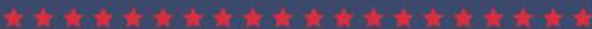
National Night Out



2024 Outdoor Concert Series



TUESDAY, AUGUST 6TH
5:00 - 8:00PM
FIELD ROAD PARK | 96 FIELD RD, SOMERS



FREE COMMUNITY EVENT

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, and a more caring place to live.

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Mark your calendars! The Somers Cultural Commission's Outdoor Concert Series is returning! The Concert Schedule for the season is:

Aug 1 - Steel N Eazy (C&W)

Aug 8 - Cobblestone (C&W)

Concerts are Thursday evenings **6:00-8:00pm** at The Gazebo on The Green behind the Somers Senior Center.

In case of inclement weather, they will be held at the Somers Congregational Church at 599 Main Street.



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!

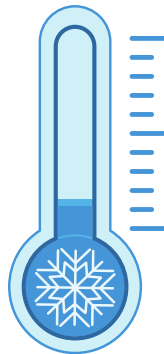


Cooling Centers

To find a cooling center in Connecticut, please call **2-1-1** or view the list **online at:**

211ct.org

Anyone who needs a cool place to get some relief can call 2-1-1 or visit 211ct.org to be directed to their nearest cooling center. Additionally, 2-1-1 can connect anyone in need with the transportation necessary to get to a cooling center.





Somers Senior Center Registration Form - August 2024 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 (unless noted) BEGINS ON JULY 24TH FOR SOMERS RESIDENTS AND JULY 29TH 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: _____

