



THE NEWS FLASH

JULY, AUGUST, SEPTEMBER 2019

The "FLASH" highlights upcoming Senior Citizen activities, events and services. To receive your copy of the newsletter, simply phone the Recreation Office at 485-1960.

The Town of Somers Department of Parks and Recreation sponsors the Senior Citizen Club. As director, Don Belmont arranges all activities for the Club. For additional information contact Don at 485-1960.

The Nutrition Program, offers well-balanced lunches served on-site daily for adults 60 years of age and older. These lunches are served at the Recreation Center in Van Tassell Park at 12:00 noon (Wednesday's lunch is served at 11:30 a.m.) The Recreation Center is located at 98 Primrose Street at the corner of Rt. 139 and Sunderland Lane. Transportation is available to all Somers Seniors by calling the Nutrition office one day in advance at 232-0807.

Also available is **Meals on Wheels**, a home-delivered hot meal program for residents, 60 years of age and older, who reside in Somers, North Salem and Lewisboro. Reservations for this service must be made one day in advance by calling 232-0807. A hot meal and menu will be delivered to your home the following day.

A \$2.00 per meal donation is suggested for both programs. These programs are funded by the Town of Somers, North Salem and Lewisboro and the Department of Health & Human Services and the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services.

For additional information, contact Barbara Taberer, Director, at 232-0807.

SENIOR CITIZEN CLUB

SENIOR CITIZEN CLUB OFFICERS

Patricia Kelleher, President
 Vice-President, open
 Rose DiPalma & Margaret Heller, Co-Treasurers
 Connie Restucci, Secretary

2019 Membership

Somers residents, 60 years of age or over, can become a Club member at a cost of \$15.00 a year. Please call Don at 485-1960 for details.

Wednesday Club Meetings

The seniors meet at the Amawalk Firehouse, located at the intersection of Mahopac Avenue and Rt. 35, 12:30 p.m. Call 232-0807 for transportation.

July, August & September, 1st, 2nd and 3rd Wednesday
 Club meeting, social games and billiards.
 July, August & September, 4th or 5th Wednesday
 Club meeting, social games, billiards and birthday parties

CLUB SPECIAL EVENTS:

JULY 3 — IN-HOUSE INDEPENDENCE DAY CELEBRATION



SEPTEMBER 4—LABOR DAY CELEBRATION



Trips & Events open to all Somers residents

Seniors can participate in regularly scheduled day trips and overnight trips to cultural points of interest. Additional information can be obtained by calling Don Belmont at 485-1960. Mail checks to Somers Parks and Recreation, P.O. Box 46, Somers N.Y. 10589. Sign-up for the upcoming trips begins July 10. Taken at weekly meeting site, Wednesday's at Amawalk F.D. 12 noon, thereafter by contacting Don at 485-1960, M-F, 8-3:30 p.m.

UPCOMING TRIPS:

JULY 26 Hoboken Waterfront Walkway, the picture perfect way to see NYC greatest attractions, Freedom Tower, Hudson Yards, Empire State Building to name a few. Eighteen miles of the cleanest, most beautiful walkway right by the Hudson River. We will have lunch at one of the local eateries by the water. A stop at Frank Sinatra Park is planned. \$39.00 per person, includes luncheon/taxes/tip/transportation. Checks payable to Somers Seniors. Depart Upper Reis at 10 am with a return of 4 pm.

AUGUST 6 Foxwood Casino, our one time per year trip. Depart upper Reis at 8 am., return of 6 pm. Cost of \$30.00 per person with lunch **compensation package of \$35.00**(free buffet & \$10.00 slot play). Checks payable to Somers Seniors.

SEPT. 14 NYC Theatre Trip, **"TOOTSIE"** at the Marquis Theatre.

Award winning musical

Best leading Actor, Best Musical & Choreography nominees. Orchestra seating, lunch included (NYC restaurant TBA, awaiting contract). Bus transportation, tax/tips included. \$175.00 per person, make checks payable to Somers Seniors, payment by July 19. We will depart/return to, from Somers Town House 335 Rte. 202.

SHOPPING TRIPS

JULY/AUGUST/SEPTEMBER 2019
CALL 232-0807 FOR TRANSPORTATION

MONDAYS

7/1 DOLLAR STORE
7/8 JV MALL
7/15 CHRISTMAS TREE SHOP
7/22 WALMART
7/29 DANBURY MALL
8/5 TARGET
8/12 WALMART
8/19 DANBURY MALL
8/26 JV MALL
9/2 HOLIDAY
9/9 TARGET
9/16 DANBURY MALL
9/23 DOLLAR STORE
9/30 CHRISTMAS TREE SHOP

FRIDAYS

7/5 STOP & SHOP
7/12 TRADER JOES
7/19 STEW LEONARDS
7/26 SHOPRITE
8/2 DICICCO'S
8/9 TOPS
8/16 STOP & SHOP
8/23 TURCOS
8/30 SHOPRITE
9/6 TRADER JOES
9/13 DICICCO'S
9/20 STEW LEONARDS
9/27 SHOPRITE

*NO TRANSPORTION ON HOLIDAYS

EVERY OTHER TUESDAY

Senior shuttle service to and from the Library. Home pickup 10:30 a.m. return at noon.

Wednesdays Medical apts. 10:00 a.m. to 3:00 p.m.

Thursdays Doctor's apts. 10:00 a.m. to 3:00 p.m.

NUTRION NOTES/REMINDERS

DR. TOMBACK- Makes a "House Call" to Van Tassell each month (bi-monthly). Call 232-0807 for more information.

FREE Watercolor Classes, Wednesday 10:30—12:00

FREE Chair Exercise Classes-Monday at 10:30 am. Join us for lunch call 232-0807

FREE Balance & Strength Exercise Classes-Mon. & Wed. at 10:45am. and Tuesday & Fridays at 12:30pm.

Line Dancing with Richard- Tuesdays at Van Tassell 10:30 am.

Mah Jong at Van Tassell- Wednesdays at 12:30 pm.

Bridge Club-meets at Van Tassell on Tues. & Thurs., 10 am.

Book Club- meets last Monday of each month at Van Tassell

Meditation with Manjula-Thursdays at 10:45 am. No July classes. Call 232-0807 for additional info.

VOLUNTEERS NEEDED FOR MEAL DELIVERIES

Call 232-0807 for more information.

Library Program, Senior Benefits Information Center, every Wednesday 10 am – 1 pm. Helping older adults 60 and over achieve a better understanding of Medicare plans and drug coverage. Additional information call 232-5717.

ADDITIONAL SENIOR SERVICES

Paratransit—995-2957

Westchester County Recreation Programs 864-7275

Star School Tax Relief— Tax Assessor 277-3504.

Senior Volunteer Services—948-6069.

HEAP—Home Energy Assistance Program. You may qualify for assistance with your home heating bill. Call Barbara at 232-0807

File of Life Cards can be obtained at the Nutrition site at Van Tassell Park. Fill out with your loved one's information and place on the refrigerator. In case of emergency, EMT, Police, etc. will have all the vital information they need to help a victim. Call Barbara at 232-0807

FOOD PANTRY AT ST. LUKE'S: The food pantry will be open every Friday 2:00-4:00 for citizens of Somers. Contact Kathryn Casella at 914-248-5709. Seniors or anyone in need of this food pantry service but cannot come on Fridays, please call. People interested in supporting the food pantry may donate canned, packaged or non-perishable food items and consumable non-food items to St. Luke's on route 100, Somers.

ATTENTION: IF YOU WOULD LIKE TO RECEIVE "THE NEWS FLASH" BY EMAIL IN PLACE OF A HARD COPY, PLEASE CONTACT OUR OFFICE AT 914-232-8442 OR EMAIL PARKS@SOMERSNY.COM