



THE NEWS FLASH

JANUARY, FEBRUARY, MARCH 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.

Jan., Feb. & March, 1st, 2nd and 3rd Wednesday (no meeting 1/2/19)
Club meeting, social games and billiards.
Jan., Feb. & March, 4th or 5th Wednesday
Club meeting, social games, billiards and birthday parties

CLUB SPECIAL EVENTS:

JANUARY 9 — IN-HOUSE NEW YEAR'S CELEBRATION

FEBRUARY 13 — VALENTINE'S CELEBRATION

MARCH 27 — HELLO SPRING/BIRTHDAY CELEBRATION

Trips & Events open to all Somers residents

Seniors can participate in regularly scheduled day trips and overnight trips to cultural points of interest. Trip registration begins **Wednesday, January 9th** at the Amawalk Fire House (1 Liberty Way, Amawalk, NY 10501) between 12 noon – 2 p.m. then in the Recreation Office in Reis Park (82 Primrose St, Katonah, NY 10536) 8:00 a.m. - 3:30 p.m. or by mail. Mail checks to Somers Parks and Recreation, P.O. Box 46, Somers N.Y. 10589
For additional information and updates call Don Belmont at 485-1960

UPCOMING TRIPS:

MARCH 2 NYC THEATRE TRIP, The Cher Show. Orchestra seating, lunch included (NYC restaurant TBA, awaiting contract). Bus transportation, tax/tips included. \$165.00 per person, *make checks payable to Somers Seniors*, payment for this trip by January 31st.

APRIL 12 Brooklyn Cherry Blossom Festival, celebration at the Brooklyn Botanic Gardens. Luncheon at a Brooklyn eatery TBA. \$49 per person. *Checks payable to Somers Seniors*.

MAY 19 Cotton Club Gospel Lunch. NYC's Cotton Club for Sunday Brunch and Gospel Show. \$67.00 per person, *checks payable to Somers Seniors*. This is a noon time show. Times of departure and return TBA.



SHOPPING TRIPS

JANUARY/FEBRUARY/MARCH 2019

CALL 232-0807 FOR TRANSPORTATION

MONDAYS

1/7 WALMART
1/14 DANBURY MALL
1/21 *HOLIDAY
1/28 CHRISTMAS TREE SHOP
2/4 J V MALL
2/11 TARGET
2/18 *HOLIDAY
2/25 DANBURY MALL
3/4 DOLLAR STORE
3/11 J V MALL
3/18 WALMART
3/25 DANBURY MALL

FRIDAYS

1/4 STEW LEONARDS
1/11 TOPS
1/18 SHOPRITE
1/25 TRADER JOES
2/1 STOP & SHOP
2/8 TOPS
2/15 DICICO'S
2/22 SHOPRITE
3/1 STEW LEONARDS
3/8 TRADER JOES
3/15 TOPS
3/22 DICICCO'S
3/29 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. Call 232-0807 for more information.

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

FREE Chair Exercise Classes- Mon./Tues./Wed. at 10:30 am and Friday 12:30. Join us for lunch call 232-0807

AHIS PERSON TO PERSON- Meets at Van Tassell the 2nd Friday of Each month Meetings begin at 10:30. Call 232-0807 for lunch reservation.

WINTER WEATHER is upon us-listen to WHUD 100.7 FM for nutrition site closings due to inclement weather conditions.

VOLUNTEERS NEEDED FOR MEAL DELIVERIES

Some volunteers drive alone and others drive with a friend-once a month or twice a week. Whatever works for you. Call 232-0807 for more information.

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

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.