

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 or Father Key at 914-277-3122. 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.

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

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.**

The News Flash

Town of Somers
WESTCHESTER COUNTY, N.Y.



**FOURTH QUARTER 2016
OCT., NOV., DEC.**

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 the Recreation Office 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

2016 Membership

Somers residents, 60 years of age or over, can become a Club member at a cost of \$15 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.

Oct., Nov., Dec. 1st Wednesday
Club meeting, social games and billiards.

Oct., Nov., Dec. 2nd/3rd Wednesday
Club meeting, social games and billiards.

Oct., Nov., Dec. 4th or 5th Wednesday
Club meeting, social games, billiards and birthday parties

CLUB IS CLOSED ON OCT. 26, NOV. 9 AND NOV. 30

Trips & Events

Seniors can participate in regularly scheduled day trips and overnight trips to cultural points of interest. Additional information, cancellation and/or announcements can be obtained by calling the Recreation Office at 485-1960.

UPCOMING DAY TRIPS/EVENTS -

Call Don 485-1960 for additional information.

OCT 26 Halloween Mansion Tour @ Lyndhurst Castle

NOVEMBER 9 Big Band Wednesday @ Yonkers
Raceway

NOVEMBER 30 Holiday Luncheon @ Travelers Rest
Restaurant

DECEMBER 3 NYC Theatre, "Bronx Tale" Call
485-1960 for additional information

WAIT LIST ONLY

Transportation

Call 232-0807 for reservations

MONDAYS -

10/3 DOLLAR STORE 11/7 DANBURY MALL

10/10 TOWN CLOSED 11/14 TARGET

10/17 J V MALL 11/21 WALMART

10/24 XMAS TREE SHOP 11/28 J V MALL

10/31 ARTHUR AVE

12/5 XMAS TREE SHOP

12/12 DANBURY MALL

12/19 WALMART

12/26 TOWN CLOSED

Tuesdays Doctor's appointments
10:00 a.m. to 3:00 p.m.

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.

FRIDAYS -

10/7 DICICCO'S 11/4 TURCOS

10/14 TOPS 11/11 TOWN CLOSED

10/21 SHOPRITE 11/18 ACME

10/28 STOP & SHOP 11/25

12/2 SHOPRITE

12/9 DICICCO'S

12/16 TOPS

12/23 STOP & SHOP

12/30 TURCOS

Nutrition Notes/Reminders

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

AHIS—Person to Person. Group meets at Van Tassell the second Friday of each month. Meetings start at 10:30 AM. Please call 232-0807 if you are staying for lunch.

FREE - CHAIR EXERCISE CLASSES—
Mondays at 10:30 AM, Wednesday at 10:45 AM
AND Friday at 12:45 Call 232-0807 for lunch reservation.

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

ANNUAL HOLIDAY PARTY—Van Tassell-
Thursday December 8— Don't miss out-Call 232-
0807 for reservations.

ANNUAL HALLOWEEN SOIREE at Van Tassell—
Thursday, October 27-Feast begins at 12 noon-
customers encouraged-1950's theme.

SENIOR MOVIE MATINEE AT JACOB BURNS
FILM CENTER—Wednesday, November 2. Lunch
will be served at Van Tassell at 11:30 for movie
goers-\$10.00 fee includes lunch, movie, refresh-
ments, bus— Limited seating so please call 232-
0807 for reservations and more information.

THANKSGIVING LUNCHEON Hosted by North
Westchester Restorative Therapy, complete with
live music, Thursday November 17th, 11:30—
1:30. Call 232-0807 for reservation. Bus
transportation is available. \$2.00 (seating limited)