

Seymour Community Services

Senior Center News

Lucy McConologue
Director, Senior Center
(203) 888-0406

Bonnie Wilkes
Municipal Agent
(203) 881-5026

April 2016

Dear Members,

Now that the weather is improving it's time to look forward to the many activities being planned for the coming months. We are using our Community Center Bus for more frequent and affordable trips. A wide variety of trips are planned so check the calendar and take advantage of some of these fun trips. It's a good way to get out for a day at little cost. We are sponsoring two Gardening Programs at the Community Center at 6:30 p.m. The first class is Perennial Gardening on Wednesday April 21st and the second class is Vegetable Gardening scheduled for Wednesday, April 28th. Please plan to join us as we welcome the Seymour Middle School Jazz Band for pizza and entertainment on Wednesday, April 27th. This should be a great program and give us the opportunity to see the talented students as they put on a special performance for the Center.—Lucy

Senior Center Memberships

Please come in or call to register. The 2016 fees are: 55+ - \$5 residents, \$7 non-residents; 80+ Free.
This newsletter is mailed to members monthly.

TRANSPORTATION SERVICES

TRANSPORTATION TO CHURCH SERVICES

Beginning February 7—The Senior Center is now offering **transportation to church** services for Seymour Residents who are no longer able to drive themselves. We are currently offering transportation to the following Sunday Services:

- **Seymour Congregational**, Broad St., 10 a.m.
- **Trinity Episcopal**, Church St., 10 a.m.
- **St. Augustine**, Washington Ave., 10:30 a.m.

Other Churches may be included if requested and times do not conflict with the schedule. **Reservations required. Call 203-888-0406 before Noon on Thursdays.**

TRANSPORTATION TO DOCTOR APPOINTMENTS

Seymour Community Services provides scheduled transportation on Tuesday and Thursday afternoons from 1—4 for Doctors appointments within the Valley Area. We will do our best to accommodate residents' appointments on other days. **Please call 203-888-0406 48 hours in advance to schedule a ride.**

BONNIE WILKES, MUNICIPAL AGENT FOR THE ELDERLY

Hours: Thursdays, 10:00– 2:00 or by appointment
(203) 881-5026 bwilkes@seymourct.org

The Town of Seymour has been awarded a grant from the State of CT for low and moderate income Seymour homeowners to make needed health and safety improvements to their homes. This is a 0% interest payment deferred loan. For further information and eligibility details, contact Lisa Low and Associates, (203) 888-5624 or contact me and I will obtain information for you.

The Charter Oak Pass (Life Use) provides access to the State Parks and Forests and is available free to Connecticut residents, 65 years of age or older. The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver. Free admittance is also provided for the Charter Oak pass holder when visiting Gillette Castle, Dinosaur or Fort Trumbull State Parks.

A Charter Oak Pass may be obtained in person at the following location in our area: (Proof of age and residency required); Kellogg Environmental Center, 500 Hawthorne Avenue, Derby, Tuesday - Saturday / 9:00 am - 4:30 pm

To obtain a Charter Oak Pass by mail, Send a LEGIBLE photo-copy of your current CT driver's license or other legal proof of age and residency to: DEEP Charter Oak Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127. (Phone 860-424-3200)

Senior Center Newsletter

Trips, Activities & Programs

LUNCH BUNCH— PAINTED PONY— BETHLEHEM, CT APRIL 6, 11:15AM

We will be traveling via the Community Center bus to the Painted Pony in Bethlehem, CT. Transportation is free. Lunch is on your own off the menu. Reservations a must.

"THE TAFFETAS" A MUSICAL SEVEN ANGELS PLAYHOUSE, WATERBURY, CT THURSDAY, APRIL 7, 1PM-5PM

Join us for a musical journey through the Fabulous Fifties. Enjoy the nostalgic music of The McGuire Sisters, The Fontaine Sisters and the Chordettes. Transportation provided, tickets are \$40.00 per person.

ATLANTIC CITY TROPICANA HOTEL & CASINO APRIL 11-13

This trip includes bus, hotel, and package of \$30.00 bet per person, 2 food coupons, show tickets (if available), and gratuities. \$215.00 per person double occupancy

SEYMOUR POLICE COMMUNITY PROGRAM & LUNCH MONDAY, APRIL 18, 12NOON

The Detective Division will discuss their duties. Better than a Reality Show! Join us for lunch and learn about what happens when a crime case is assigned to a Detective **including** the investigation process and clues used in solving cases. *Free hot dog lunch!*

CASINO, MOHEGAN SUN MONDAY, APRIL 25, 8AM

Join your friends and visit Mohegan Sun with us this month. Registration required and opens the first Tuesday of every month. \$20/person.

GARDENING PROGRAMS AT THE COMMUNITY CENTER: PERENNIAL GARDENING THURSDAY, APRIL 21, 6:30PM

Learn how to have a beautiful, low-maintenance perennial garden. Selecting low-maintenance plants that thrive in our climate will be discussed. Planting, maintenance, pruning, and pest control will also be discussed.

\$10/person

VEGETABLE GARDENING WEDNESDAY, APRIL 28, 6:30PM

This class is designed for beginners and will cover how to set up and cultivate a small vegetable garden. You will learn the basics of how to create a garden, prepare the soil, and choose the best crops for our climate. \$10/person

JAZZ AND PIZZA WEDNESDAY, APRIL 27, 11:00AM

Sit back and relax as we enjoy pizza and listen to the Seymour Middle School's Jazz Band. Free of charge.

Trips, Activities & Programs

SENIOR TENNIS

SATURDAYS: APRIL 21- MAY 21, 9-10AM

This class is for seniors who are presently playing tennis or for those who have been away from playing it over a period of time. \$77/person

GOLF LEAGUE AT WOODBRIDGE COUNTRY CLUB THURSDAYS, APRIL—OCTOBER, 5:00 PM

This is a 9 hole golf league which covers a round of golf, cart fee and range balls. Shotgun start every Thursday. Cost is \$5.00 registration fee & \$25/week.

SEYMOUR LION'S CLUB-ANNUAL FREE PIZZA BINGO WEDNESDAY, MAY 4, 12:00NOON

Lots of pizza and good fun. Free

STORMVILLE FLEA MARKET & ANTIQUES , BREWSTER, NY SATURDAY, MAY 28' 8AM DEPARTURE

Over 600 vendors-Discover everything from antiques, collectibles, arts & Crafts, and new merchandise and a wide variety of food concessions. \$5.00 per person includes transportation on Community Center Bus

9/11 MEMORIAL & MUSEUM TRIP

WEDNESDAY, SEPTEMBER 14, 2016, 8AM-6PM

A tour of the 9/11 Memorial Museum that has recently opened in New York City exploring the implications of events of 9/11. Lunch will be at the popular Wall Street Restaurant, Ryan Maguire's. The cost is \$99/person and includes Transportation, tour tickets, lunch & gratuities.

REFLECTIONS OF ITALY, SEPTEMBER 14, 2016

A scenic 10 day journey to Italy. Brochures are located on line or at Community Center. Call for details.

Fitness

CHAIR YOGA is a unique yoga style where a chair replaces the yoga mat and adapts yoga positions and poses. The student able to perform yoga poses with more support and stability.

Day/Time/Cost: Monday's, 10-10:45 a.m., \$5/class

HATHA YOGA uses bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. **Day/Time/Cost: Tuesday's, 5:45-7 p.m., \$15/class**

QIGONG (similar to Tai Chi) is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement and building awareness of how the body moves.

Day/Time/Cost: Thursdays, 10-11 a.m., \$3.00/class

April 2016

Community Center Hours
Monday—Thursday
8:00 a.m.—5:30 p.m.

Monday	Tuesday	Wednesday	Thursday
4 	5 10:00 Shoprite 10:00 Casino Sign-Ups 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	6 11:15 Lunch Bunch Painted Pony, Bethlehem, CT 12:30 Poker Club 7:00 pm Open Swim 	7 9-12 Tax Assistance (by apt. only)* 10:00 Walmart 10:00 Qigong class 10-2 Municipal Agent 1:00-4 Dr. Apts. 12:30 Pinochle 7:00 pm Open Swim 
11 7:30: Trip to Atlantic City 10:00 Chair Yoga 12:30 Card Room Available	12 10:00 Shoprite 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	13 12:30 Poker Club 7:00 pm Open Swim 	14 9-12 Tax Assistance* 10:00 Stop & Shop 10:00 Qigong class 10-2 Municipal Agent 12:30 Pinochle 1:00-4 Dr. Apts. 7:00 pm Open Swim 
18 10:00 Chair Yoga 12:00 Seymour Community Police Program & Free Hot Dog Lunch 12:30 Card Room Available	19 10:00 Shop Rite 10:00 "Coffee with Kurt" First Selectman, Kurt Miller 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	20 12:30 Poker Club 7:00 pm Open Swim 	21 10:00 Big Y 10:00 Qigong class 10-2 Municipal Agent 12:30 Pinochle 1:00-4 Dr. Apts. 6:30 Gardening Class, Perennial Garden 7:00pm Open Swim 
25 8:00am Casino Trip (Mohegan) 10:00 Chair Yoga	26 10:00 Shop Rite 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	27 11:00 Jazz Band & Free Pizza Lunch 12:30 Poker Club 7:00 pm Open Swim 	28 10-2 Municipal Agent 10:00 Dollar Store & Big Lots Derby 10:00 Qigong 12:30 Pinochle 10-4 Dr. Apts. 6:30 Gardening Class, Veggies
May 3 10:00 Chair Yoga 12:30 Card Room Available	4 10:00 Shop Rite 12:30 Bingo & Mahjong	5 12:00 Seymour Lion's Club— Annual Free Pizza Bingo 12:30 Poker Club 	6 10-2 Municipal Agent 10:00 Dollar Store & Big Lots Derby 10:00 Qigong 12:30 Pinochle



Seymour Community Service

20 Pine Street

Seymour, CT 06483

(203) 888-0406