

Seymour Community Services

Senior Center News

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

Bonnie Wilkes
Municipal Agent
(203) 881-5026

February 2016

Dear Friends,

Happy Leap Year! Make sure to add another day to February. Although February is a short month, it is noted for many special days. We have birthdays for both Abraham Lincoln and George Washington. We no longer celebrate each of their birthdays; they are remembered on President's day. Valentine's Day falls on a Sunday this year and Shrove Tuesday will be celebrated at the Senior Center with a Pancake Brunch on February 9th. You can enjoy a touch of spring by going on the day trip to the Connecticut Flower & Garden Show on February 18th and get some ideas and supplies for your gardens. It is also time to start putting together all your information for filing income taxes. The Center will again be having free weekly tax assistance by AARP on Thursday is from 9:00 a.m. to 12:00 Noon starting February 11th through April 14th. Appointments are necessary. No walk-ins will be taken.

Lucy

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 4:00p.m. 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 a 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 AM – 2:00 or by appointment
(203) 881-5026 bwilkes@seymourct.org

Medicare Increases

For those of you who receive help from the State of CT in paying your Medicare B premium, (the Medicare Savings Program, also known as Extra Help), you may notice a change in your drug co-pays. An added benefit of the Medicare Savings Program is the lower co pays for drugs. These co pays have increased slightly as of 1-1-16. Generic drugs will now be \$2.95 (up from \$2.65) and brand name drugs on formulary will be \$7.40 (up from \$6.60.)

Medicare B premiums have also increased for individuals NEW to Medicare. Those individuals will pay \$121.80. This increase may also affect some recipients with high income.

ENERGY ASSISTANCE FOM TEAM, Inc.

As the weather gets colder, please be aware that TEAM, Inc, in Derby is now accepting applications for Energy Assistance. Call (203)736-5420 for an appointment.

Senior Center Newsletter

2016 Activities & Events

- 2/9 "SHROVE" Tuesday Pancake Breakfast
- 2/17 Lunch Bunch — Outback
- 2/18 Connecticut Flower Show
- 2/22 Adult Citizens Police Academy
- 2/22 Acrylic Painting 123
- 3/10 "Say Goodbye to Gracie" Musical
- 3/17 St. Patty's Day Corn Beef & Cabbage

Fitness

ZUMBA GOLD *New time and dates to be scheduled call the center for more details.*

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

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

Trips & Programs

LUNCH BUNCH—OUTBACK, SHELTON, CT
WEDNESDAY, FEBRUARY 17

We will be traveling "down under" in February to The Outback Restaurant in Shelton, CT, Mini bus transportation. Order off menu. Reservations a must.

CONNECTICUT FLOWER SHOW
Thursday, February 18th

The Convention Center will be transformed into a breathtaking event for floral and garden enthusiast. Transportation provided. Tickets purchased that day at the show for a discounted price of \$14.00 (Cash Only). Res. Required.

Trips & Programs (Cont.)

AMAZING 1-2-3 ACRYLIC PAINTING

MONDAYS, FEBRUARY 22-MARCH 14, 9—11AM

Explore painting landscapes and still life. You will complete a painting to take home after each class. The fee includes all materials.

ADULT CITIZENS POLICE ACADEMY

MONDAYS, FEBRUARY 22 . 1-3PM & 3rd Monday/month

Have you ever wondered what actually happens at your local Police Department? The Seymour Police Department is sponsoring this program which will allow you to learn how the department keeps you safe each day.

"SAY GOODBYE TO GRACIE" MUSICAL

THURSDAY, MARCH 10

Say Goodnight Gracie brings to life George Burns' fascinating story. It is Broadway's third-longest running one-man show. It won the National Broadway Theatre Award for Best Play and was nominated for a Tony Award.

SAINT PATRICK'S DAY LUNCHEON

THURSDAY, MARCH 17

Join your fellow members for a traditional St. Patrick's day meal. \$14/per person.

ATLANTIC CITY TROPICANA HOTEL & CASINO

APRIL 11TH-13TH

The 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

BRANSON SHOW EXTRAVAGANZA

MAY 14TH-22ND. 9 DAYS, 8 NIGHTS

Motor Coach Trip to Branson including admission to 7 Fabulous Branson Shows, 14 meals (8 breakfasts & 6 Dinners) transportation and gratuities. \$749 pp/double occupancy.

SEPTEMBER 11TH MEMORIAL DAY TRIP

WEDNESDAY, SEPTEMBER 14, 2016

A tour of the 911 Memorial Museum that has recently opened in New York City exploring the implications of events of 9/11. Lunch will be at Ryan Maguire's popular Wall Street Restaurant and includes a choice of Lemon Herb Chicken, Pasta, Shepherd's Pie or Sole, Dessert & Beverage. 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.

Senior Center Memberships

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



2016



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

Monday	Tuesday	Wednesday	Thursday
1 10:00 Chair Yoga 12:30 Card Room Available	2 10:00 Shoprite 10:00 Casino Sign-Ups 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	3 10:30 No Zumba Class 12:30 Poker Club 7:00 pm Open Swim (SHS)	4 10:00 Walmart 10:00 Qigong class 10-2 Municipal Agent 1:00-4 Dr. Apts. 12:30 Pinochle
8 10:00 Chair Yoga 12:30 Card Room Available	9 10:00 Shoprite 10:30 Pancake Brunch 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	10 12:30 Poker Club 7:00 pm Open Swim (SHS)	11 9-12 Tax Assistance (by apt. only) 9:30 CT Flower Show 10:00 Stop & Shop 10:00 Qigong class 10-2 Municipal Agent 12:30 Pinochle 1:00-4 Dr. Apts.
15  President's Day Community Center Closed	16 10:00 Shop Rite 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	17 11:30 Lunch Bunch Outback 12:30 Poker Club 7:00 pm Open Swim (SHS)	18 9-12 Tax Assistance (by apt. only) 10:00 Big Y 10:00 Qigong class 10-2 Municipal Agent 12:30 Pinochle 1:00-4 Dr. Apts.
22 10:00 Chair Yoga 1:00 Citizen's Police Academy	23 10:00 Shop Rite 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	24 12:30 Poker Club	25 9-12 Tax Assistance (by apt. only) 10:00 Stop & Shop 10:00 Qigong class 10-2 Municipal Agent 12:30 Pinochle 1:00-4 Dr. Apts.
29 8:00 Mohegan Trip 10:00 Chair Yoga 12:30 Card Room Available	1 10:00 Shop Rite 12:30 Bingo & Mahjong 1:00-4 Dr. Apts. 5:45 Hatha Yoga	2 12:30 Poker Club	3 9-12 Tax Assistance (by apt. only) 10:00 Stop & Shop 10:00 Qigong class 10-2 Municipal Agent 12:30 Pinochle 1:00-4 Dr. Apts.



Seymour Community Service

20 Pine Street

Seymour, CT 06483

(203) 888-0406