

Seymour Senior Center Newsletter

August 2019

8/5 Lunch Bunch
8/12 Riverview Cinema
8/12 Foot Care
8/15 Early Bird Dinner
8/15 Chair Massage

8/19 Veteran's & Spouses Info
8/22 Joseph & Dreamcoat
8/26 Casino - Mohegan
8/28 Hot Dog Bingo

Mary McNelis
Director
Community Services

Tara Miller
Community Services Assistant

Lucy McConologue
Elderly Services Manager

Zack Philippas
Recreation Manager

Bonnie Wilkes
Municipal Agent

Administrative Office Hours
Mon—Thurs 8 am—4:30 pm
Friday 8 am—12 pm
203-888-0406
seymourcommunityservices.com

NEW Activities

STRIDERS WALKING CLUB
8:30 am Mon, Wed, & Friday

NEW Equipment

**We've added a Schwinn
Airdyne Bike to the
Fitness Center
Give it a try it's a great full
body workout!**

Membership Renewal Time!

Memberships run July 1—June 30
To register for programs and continue to have your newsletter mailed, please renew as soon as possible.
Due to postage increases and additional free and reduced priced programs memberships have increased slightly.

Memberships

Senior Center Membership A Senior Membership is required to attend a Senior Program or Trip. The Annual Membership runs from July 1 to June 30 and must be renewed.

Membership Type	Resident	Non Res
50-79 yrs	\$7	\$9
80+	Free	\$9

Fitness Center Membership The Fitness Room is FREE to Seymour Residents and Senior Center Members. It includes two treadmills, rowing machine, stationary bike, an all-in-one gym, dumbbells, and body bars. Open during Center Hours. Registration and waiver required.

Community Resources

TRANSPORTATION Scheduled transportation for seniors to local grocery stores, the Seymour Library, Doctor Appointments, the Seymour Oxford Food Bank and community center is available. Registration Required. **Please call at least 48 hours in advance.**

MUNICIPAL AGENT The Municipal Agent for the Elderly connects residents to community resources, services, and government benefits to maintain a self-sufficient life. Office hours are available on Thursdays. Call or email for appointment (203) 888-0406 xt 3 or bwilkes@seymourct.org

VETERAN SERVICES Veterans needing services and benefit information are encouraged to call 203-888-0406.

Fitness Classes

Registration & Senior Membership Required*

Morning

Day	Time	Class	Price
Mon	10:00 am	Chair Yoga	Free*
	11:15 am	Tai Ji Quan	Free*
Tues	10:00 am	Strength & Tone	Free*
Wed	10:00 am	Zumba Gold	Free*
	11:15 am	Tai Ji Quan	Free*
Thu	10:00 am	Qigong	Free*
Fri	10:00 am	Strength & Tone	Free*
Sat	8:30 am	Yoga	\$35

Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tues	7:00 pm	Line Dancing	\$75
Wed	6:00 pm	PiYo	\$40
Thu	6:00 pm	Yoga	\$35

Multi Class Discount on Certain Classes

Adult & Senior Programs

BAND JAM - COME LISTEN!

Grab a cup of coffee and sit back as you enjoy old time classics with new and old friends. Interested in playing? New members are always welcome.

Every Thurs, 2 pm

Free & Open to Public

ACOUSTIC FOLK MUSIC

New group looking for musicians who have Acoustic Guitars that are interested in getting together and play Acoustic Folk Music once a week on Tuesday afternoons from 2:00 -4:00 pm. Stop in at the Community Center and join the group for an afternoon of music. **Every Tues, 2 pm**

Free & Open to Public

STRIDER'S CLUB

Come walk with your friends and get some fresh air on our new Community Center Walking Path! Mon, Wed, Fri.

Days: M,W,F **Time:** 8:30 am **Cost:** Free

VETERANS BENEFIT PROGRAM

Learn what services & financial benefits are available to Veterans and their spouses. Q&A to follow. Reg req.

Date: Aug 19 **Time:** 10am **Cost:** Free

AARP DRIVER'S REFRESHER CLASS

A review of driving skills, new laws and hazards of the road. Receive a certificate to forward to your Insurance Co. for a discount.

Date: Sept 16 **Time:** 9-1 **Cost:** \$15/20

RECIPE FOR HEALTHY STRESS

This program focuses on stress caused by changes that occur in older adults & finding a healthy balance of stress in our lives.

Date: Sept 18 **Time:** 11:15 am **Cost:** Free

HEALTHY ORGANIZATION

It pays to be organized. Learn to manage your health records, organize medications & information about healthy foods choices.

Date: Oct 21 **Time:** 11:15 am **Cost:** Free

Overnight Trips

BALTIC CAPITALS CRUISE

Fly to Copenhagen and stay 2 nights. From there board the ship. Ports include Berlin, Estonia, St. Petersburg Russia, Helsinki, Finland, Stockholm, return to Copenhagen for flight home. Ultimate Beverage package, gratuities, Air, Flight, & Ins. Included.

Date: June 4-16 2020 **Cost:** \$3479/\$4479

PANAMA CANAL CRUISE

Cruise the Panama Canal in style. Ports may include Curacao, Oranjestad, Aruba, Cartagena, Panama Canal, Costa Rica, Belize, & Costa Maya. Trip is being planned.

Date: Nov 29-Dec 12 **Cost:** \$2429/\$3749

Weekly Activities & Clubs

The Community Center offers a variety of Weekly activities & clubs.

M,W, F	Strider's Club	8:30 am
Mon	Pickleball	See Calendar
	Wii Bowling	1:00 pm
Tues	Walking DVD	10:00 am
	Pickleball	See Calendar
	Bingo	12:30 pm
	Mahjong	12:30 pm
	Acoustic Jam	2:00 pm
Wed	Pickleball	See Calendar
	Mahjong	12:30 pm
Thurs	Walking DVD	10:00 am
	Pickleball	See Calendar
	Pinochle	12:30 pm
	Jam Band	2:00 pm



Weekly Shopping

Tues		Fridays	
8/6	Shoprite	8/2	Walmart
8/13	Shoprite	8/9	Stop & Shop
8/20	Shoprite	8/16	Big"Y"
8/27	Shoprite	8/23	Market "32"
		8/30	Walmart

Day Trips

MONTHLY CASINO TRIP—MOHEGAN

Last Monday of each month we travel by motor coach to either Foxwood or Mohegan.

Date: Aug 26 **Departs:** 8 am **Cost:** \$25

RIVERVIEW CINEMA-SOUTHBURY

Transportation from CC once a month to the Riverview Cinema. Reg req.

Date: Aug 12 **Time:** 12:30pm **Cost:** Free

SHARON PLAYHOUSE

JOSEPH & AMAZING DREAMCOAT

Date: Aug 22 **Departs:** 10am **Cost:** \$28

STORMVILLE FLEA MARKET

A Bargain Hunters Delight! Shop for clothing, food, jewelry, tools, antiques and many more items in this large open-air market.

Date: Aug 31

Cost: \$8

Departs: 8 am, CC Bus

MARITIME AQUARIUM

We will travel to Norwalk and tour the Aquarium. Lunch will be on your own.

Date: Sept 16 **Cost:** \$27

Departs: 9 am, CC Bus

BIG E FAIR

Enjoy a variety of vendors, food, and programs at this Famous Fair.

Date: Sept 23

Cost: \$20

Departs: 9:30 am, CC Bus

RADIO CITY CHRISTMAS SPECTACULAR

Join us for this annual tradition and get your Holiday Spirit early! Free time after the show to enjoy lunch on your own and visit some of the sights of New York.

Date: Sat, Nov 16 **Cost:** \$99

Showtime: 11 am—1st mezzanine

Departs: 7:30 am CC & NY 4 pm

Senior Lunches

SENIOR IN-HOUSE LUNCHES

Enjoy a catered lunch and entertainment with friends at the Community Center. Local, need a ride? Give us a call.

Time: 12 pm **Cost:** Varies

Aug 15 Early Bird Dinner (4 pm)

Sep 26 Early Bird Dinner (4 pm)

LUNCH BUNCH

Monthly we venture out to a local restaurant, enjoying great food and friends. CC Bus.

Time: Varies **Cost:** Lunch on Own

Mon, Aug 5 Lenny & Joe's &
Outlet Shopping

Sep 12 Eastside, New Britain

Monthly Services

**Appointments Required*

Service	Price	Date
Chair Massage	\$15/15 min	August 15
Foot Care	\$30/30 min	August 12

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	2 8:30 Strider's Club 10:00 Walmart 10:00 Strength & Tone	3 8:30 Yankees v Red Sox
5 8:30 Strider's Club 9:00 NO Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 12:15 Lunch Bunch 1:00 Wii Bowling 6:30 Zumba Dance	6 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing	7 8:30 Strider's Club 9:00 NO Pickleball 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo	8 9:00 NO Pickleball 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 7:00 Line Dancing	9 8:30 Strider's Club 10:00 Stop & Shop 10:00 Strength & Tone	10
12 8:30 Strider's Club 8:30 Foot Care 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 12:30 Riverview Cinemas 1:00 Wii Bowling	13 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing	14 8:30 Strider's Club 9:00 Pickleball 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo	15 9:00 Pickleball 10:00 Qigong 10:00 Chair Massage 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 4:00 Early Bird Dinner	16 8:30 Strider's Club 10:00 Big Y 10:00 Strength & Tone	17
19 8:30 Strider's Club 10:00 Chair Yoga 10:00 Pickleball 10:00 Veterans Program 11:15 Tai Ji Quan 1:00 Wii Bowling	20 10:00 Shoprite 10:00 Walking DVD 10:00 NO Strength & Tone 11:15 Pickle Ball 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing	21 8:30 Strider's Club 9:00 Pickle Ball 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo	22 10:00 Pickleball 10:00 Qigong 10:00 Walking DVD 10:00 Sharon Playhouse 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	26 8:30 Strider's Club 10:00 Market "32" 10:00 Strength & Tone	27
26 8:00 Casino - Mohegan 8:30 Strider's Club 10:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling	27 10:00 Shoprite 10:00 Walking DVD 10:00 NO Strength & Tone 11:15 Pickle Ball 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing	28 8:30 Strider's Club 9:00 Pickle Ball 10:00 Zumba Gold 11:15 Tai Ji Quan 12:00 Hot Dog-Bingo 1:00 Mahjong 6:00 PiYo	29 10:00 Pickleball 9:30 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	30 8:30 Strider's Club 10:00 Walmart 10:00 Strength & Tone	31 8am Stormville Flea Market CENTER CLOSED ON MONDAY Happy Labor Day!

Seymour Community Services

20 Pine Street

Seymour, CT 06483

Seymour Community Center

Administrative office Hours:

Mon – Th 8 am – 4:30 pm

Fridays 8 am – 12:00 pm

203-888-0406

TO REGISTER FOR A PROGRAM OR ACTIVITY VISIT:

WWW.SEYMOURCOMMUNITYSERVICES.COM—24/7 OR CALL 203-888-0406