

Senior Center Newsletter

12/2 Festival of Trees
 12/2 Time for Me: Caregiver Group
 12/4 Holiday Decorating Party
 12/7 Woodbury Commons
 12/9 Foot Care
 12/9 Gingerbread House Display
 12/12 Xmas Tree Shop/Olive Garden
 12/16 Riverview Cinema

12/18 Comm. On Aging Meeting
 12/19 Christmas Lunch
 12/20 Stu Leonard's
 12/24 Closed
 12/25 Closed
 12/30 New Year's Pizza & Bingo
 12/31 Center Closes @ 12
 1/1 Closed—Happy New Year

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

Who Cares for the Caregiver?

A Time for Me Caregiver Support Group

This program will provide tools to help you access home care for yourself or a family member. Topics include eligibility, cost, and access. Q & A at the end. Reg required.

Holiday Class and Program Schedule

Please take note of the changes to classes and Shopping due to the holidays.

- No Senior Fit/Senior strong classes Christmas Week
- Shopping on Dec 24th moves to 23rd and Dec 31st moves to Dec 30th
- No Bingo on December 31st. (There is Pizza Bingo on December 30th).
- No classes of any kind on December 31st or January 1st

Memberships

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

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

Fitness Center Membership The Fitness Room is FREE to Seymour Residents and Senior Center Members. It includes two treadmills, 2 stationary bikes, a rowing machine, an all-in-one gym, dumbbells, and body bars. Open 8 am - 8pm Mon—Thur, 8 am - 12 pm Fri. Reg & 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. Appointment Required. Call (203) 888-0406 xt 1 to book an appointment.

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 | MindFit | \$25 |
| | 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 | 9:00 am | Tai Ji II | \$25 |
| | 10:00 am | Qigong | Free* |
| Fri | 10:00 am | Strength & Tone | Free* |
| Sat | 9:00 am | Zumba Dance | \$45 |

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 |

Multi Class Discount on Certain Classes

Free Weekly Activities & Clubs

Strider's Club

Too cold to walk outside on our walking path, you have choices. Walk inside or out Group meets at room 107 in Community Center.



Days: M,W,F **Time:** 8:30 am
(see also Fitness Room hours on front page)

Music Clubs

Enjoy music? Come to play or just 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 welcome.



Band Jam

Thurs, 2 pm

Acoustic Folk Music

Tues, 2 pm

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

| | | |
|--------|----------------|----------|
| M,W, F | Strider's Club | 8:30 am |
| Mon | Pickleball | 9:00 am |
| | Wii Bowling | 1:00 pm |
| Tues | Walking DVD | 10:00 am |
| | Bingo | 12:30 pm |
| | Mahjong | 12:30 pm |
| | Acoustic Jam | 2:00 pm |
| Wed | Pickleball | 11:15 am |
| | Mahjong | 12:30 pm |
| Thurs | Pickleball | 9:00 am |
| | Walking DVD | 10:00 am |
| | Pinochle | 12:30 pm |
| | Band Jam | 2:00 pm |

Monthly Services *Appointments Required

| Service | Price | Date |
|---------------|-------------|--------|
| Chair Massage | \$15/15 min | Dec 19 |
| Foot Care | \$30/30 min | Dec 9 |



Weekly Shopping

Tuesdays - Shoprite

Fridays - See Calendar for location

Day Trips

Riverview Cinema-Southbury

Transportation from CC once a month to the Riverview Cinema. Reg req. Minimum 4 to run.

Date: Dec 16 **Departs:** 12:30 pm **Cost:** Free

Wadsworth Athenaeum

The Festival of Trees showcases unusually decorated trees and wreaths and has entertainment by local artists.

Date: Dec 2 **Departs:** 12:30 pm **Cost:** \$20

Woodbury Commons Outlets

Complete your holiday shopping at this 200 Store Premium Outlet Center!

Date: Dec 7 **Departs:** 8:30 am **Cost:** \$8

Gingerbread Village Display

A breathtaking display of Houses. Churches and scenery all created by the members of St. George Episcopal Church.

Date: Dec 9 **Departs:** 1:30 pm **Cost:** Free

KoC-Creches of Europe

Travel to the Knights of Columbus Museum for a bit of Christmas in January for a display of Crèches from 32 European Countries. Lunch on your own

Date: Jan 8 **Departs:** 11 am **Cost:** Free

CT Flower & Garden Show

A showcase of Floral Arrangements, landscapes, plants & vendors. Fast food available.

Date: Feb 20 **Departs:** 9:30a.m **Cost:** \$5+tax

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 5-16 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 2020 **Cost:** \$2429/\$3749

Atlantic City-3 Days-2nights

Includes Trans, gratuities, stay at The Tropicana, \$30 Slot Play, 2 Dinner Buffets, & show if available.

Dates: May 11-13

Price: \$252 DbI, \$337 Single, \$232 Triple

Adult & Senior Programs

Holiday Decorating Party

Join us as we decorate the Community Center for the Holiday Season. Many hands make the task easy and we appreciate anyone that can help. Refreshments will be served.

Date: 12/4 **Time:** 10 am **Cost:** Free

Caregiver - My Time

This newly formed group will meet the first Monday of each month with Friends, relaxation & activities. Must Reg.

Date: Dec, 2 **Time:** 1:30pm **Cost:** Free



Tai Ji Quan - Info Session

Improve your balance! 24 week program meets 2x a week. Reg. Req

Date: Jan 8 **Time:** 10 am **Cost:** Free



AARP Tax Prep

Call Mid January for apt.

Dates: Feb-Apr **Time:** By apt.

Cost: Free

Memory Baseline Screening

Brief Screening to address capability & measure daily function, memory and recall. A summary will be sent to your Doctor.

Date: Feb 10 **Time:** 10 am **Cost:** Free

Understanding Home Care

This program will provide tools to help you access home care for yourself or a family member. Topics include eligibility, cost, and access. Q & A at the end.

Date: March 9 **Time:** 10 am **Cost:** Free

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: \$9

Dec. 19 Christmas Luncheon

Pizza & Bingo Lunch

Join us for an afternoon of Pizza and Bingo and also a few surprises to end the year of 2019 & welcome in 2020!

Date: Dec 30 **Time:** 12 pm **Cost:** \$3

Lunch Bunch

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

Time: 9:30 **Cost:** Lunch on Own

Dec. 12 Christmas Tree Shop/Olive Garden

DECEMBER 2019

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------|---|---------|--|-----------|---|----------|---|--------|--|----------|--|
| 2 | 8:30 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 12:30 Festival of Trees 1:00 Wii Bowling 1:30 Caregiver Group 6:30 Zumba Dance | 3 | 8:30 Strider's Club 10:00 Walking DVD 10:00 Strength & Tone 10:00 Shoprite 12:00 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing | 4 | 8:30 Strider's Club 10:00 Zumba Gold 10:00 Decorating Party 11:15 Tai Ji Quan 11:15 Pickle Ball 12:00 Mahjong Club 6:00 PiYo | 5 | 8:30 Strider's Club 9:00 Tai Ji Il 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! | 6 | 8:30 Strider's Club 10:00 Strength & Tone 10:00 Walmart | 7 | 8:30 Woodbury Commons Outlet Trip 9:00 Zumba Dance |
| 9 | 8:30 Strider's Club 8:30 Footcare 9:00 Pickleball 10:00 Chair Yoga 11:15 MindFit 11:15 Tai Ji Quan 1:00 Wii Bowling 1:30 Gingerbread Houses Trip 6:30 Zumba Dance | 10 | 8:30 Strider's Club 10:00 Walking DVD 10:00 Strength & Tone 10:00 Shoprite 12:00 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing | 11 | 8:30 Strider's Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickle Ball 12:00 Mahjong Club 6:00 PiYo | 12 | 8:30 Strider's Club 9:00 Tai Ji Il 9:00 Pickleball 9:30 Lunch Bunch 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! | 13 | 8:30 Strider's Club 10:00 Strength & Tone 10:00 Big Y - Derby | 14 | 9:00 Zumba Dance |
| 16 | 8:30 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 MindFit 11:15 Tai Ji Quan 12:30 Riverview 1:00 Wii Bowling 6:30 Zumba Dance | 17 | 8:30 Strider's Club 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:30 Bingo & Mahjong 2:00 Acoustic Music | 18 | 8:30 Strider's Club 10:00 Zumba Gold 10:00 Commission on Aging 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 6:00 PiYo | 19 | 8:30 Strider's Club 9:00 Pickleball 9:00 Tai Ji Il 10:00 Chair Massage 10:00 Qigong 10:00 Walking DVD 12:00 Christmas Lunch 12:00 Pinochle Club 2:00 Let's Jam-Come listen! | 20 | 8:30 Strider's Club 9:00 Strength & Tone 10:00 Stop & Shop 1:15 Stu Leonard's | 21 | 9:00 Zumba Dance |
| 23 | 8:30 Strider's Club 9:00 Pickleball 10:00 Shoprite 10:00 Chair Yoga 10:00 Shoprite 1:00 Wii Bowling 6:30 Zumba Dance | 24 | Center Closed for Christmas Eve | 25 | Center Closed Merry Christmas | 26 | 8:30 Strider's Club 9:00 Pickleball 10:00 Walking DVD 12:00 Pinochle Club | 27 | 8:30 Strider's Club 10:00 Market 32 | 28 | 9:00 Zumba Dance |
| 30 | 8:30 Strider's Club 9:00 Pickleball 10:00 Shoprite 10:00 Chair Yoga 10:00 Shoprite 12:00 Pizza & Bingo 1:00 Wii Bowling | 31 | Center Closes @ 12 New Year's Eve | 1 | Center Closed for New Year's Day | 2 | 8:30 Strider's Club 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! | 3 | 8:30 Strider's Club 10:00 Strength & Tone 10:00 Walmart | 4 | 9:00 Zumba Dance |

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