

Seymour Senior Center Newsletter

January 2019

1/1	Closed-New Year's Day	1/17	Chair Message
1/3	Lunch Bunch	1/17	Tai Ji Quan Info Session
1/7	Are You Sleeping Program	1/21	Closed-Martin Luther King
1/9	Trip to Knights of Columbus	1/24	In-House Lunch
1/10	Hearing Screening	1/28	Casino
1/14	Foot care	1/29	Caribbean Cruise Meeting
1/14	Riverview Cinemas	1/31	Hot Dog Bingo
1/14	Get On Up		

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

Senior Center Library Re-Opens January 22!

We are excited to announce the Senior Center Library is re-opening! Donations will be accepted starting the week of January 8 with our doors officially opening on January 22. All donated books must be in good condition and placed in designated area in the library.

Thank you to those of you who have offered to volunteer, many hands make light work!

Anyone else interested please stop by or call Lucy at 203-888-0406 ext.1.

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	\$5	\$7
80+	Free	\$7

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 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) 881-0256 or bwilkes@seymourct.org

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

Fitness Class Schedule

Day	Time	Class	Price
Mon	10 am	Chair Yoga	Free*
	11:15 am	Tai Ji Quan Moving for Better Balance	Free* Reg by 1/17
	6:30 pm	Zumba Dance	\$45/session
Tu	10 am	Tai Chi II	\$24
	6:30pm	Circuit Training	\$35
	7 pm	Line Dancing	\$75
Wed	10 am	Zumba Gold	Free*
	11:15 am	Tai Ji Quan Moving for Better Balance	Free* Reg by 1/17
	7:15 pm	Aqua Zumba	\$40
Th	10 am	Qigong	Free*
Fri	10 am	Strength & Balance	Free*
Sat	9 am	Zumba Dance	\$45
* Registration & Membership Required			

Programs & Activities

ARE YOU SLEEPING? Do you have trouble sleeping? Join us to get tips on getting a restful night's sleep, potential causes for sleepless nights and when it's time to get help. Presented by the VNA Community Healthcare.

Date: Jan 7 **Time:** 10 am **Cost:** Free

GET ON UP

Strategies for standing from the ground, seated, or kneeling position. Easy exercises to help strengthen quads and core. Bring a yoga mat or towel.

Date: Jan 14 **Time:** 11:15am **Cost:** \$5

TAI JI QUAN: MOVING FOR BETTER BALANCE

Improve your balance, flexibility, strength & reduce your risk of falling. **Info Sessino Jan 17.** 24 week class starts Jan 23.

Date: Mons & Weds/Jan - June **Time:** 11:15 am **Cost:** FREE

MURDER MYSTERY THEATER

You've been invited to the Dunn Speakeasy for the wedding of the year! With two mob families merging, someone is bound to lose power and someone else will lose their life! Solve the case with your friends and fellow detectives.

Date: Jan 18 **Time:** 7 pm **Cost:** \$30

CARRIBEAN CRUISE TRIP MEETING

Meeting to finalize trip and answer any questions prior to the trip. Make every effort to attend this meeting.

Date: Jan 29 **Time:** 6 pm **Cost:** None

AARP FREE TAX ASSISTANCE

AARP will be providing Free Tax Assistance every Tuesday from 9:00 - 12:00noon. The program will be from 2/7/19-4/11/19. Appointments only, no walk-ins.

Date: Feb. 7 **Time:** 9 - 12 by apt. **Cost:** Free

LIVING A HEART HEALTHY LIFESTYLE Discover the Facts about heart disease, risk factors and what they mean to you. Get motivating facts to keep your heart healthy and living a healthy lifestyle. Program presented by the VNA Community Healthcare.

Date: Feb 11 **Time:** 10 am **Cost:** Free

PSYCHIC FAIR

Explore the future with Psychic Readings. Tarot Card Reader, Numerologist & Palm Reader will be available. Each Reading take approximately 10 min.

Date: March 23 **Time:** 10 am-12:00 **Cost:**

Day & Overnight Trips

CRECHES OF POLAND Keep the Christmas Spirit alive in January with a trip to The Knights of Columbus Museum featuring Creches from Poland. Lunch is on own. Community Center Bus.

Date: Jan 9 **Departs:** 11:30 am **Cost:** Free

CONNECTICUT FLOWER & GARDEN SHOW Tired of the Winter Blues? Spend the day enjoying beautiful floral arrangements, landscape displays, plants of all varieties. Lunch on own. CC Bus.

Date: Feb. 21 **Departs:** 9:30 **Cost:** \$5 + \$16 at the door.

MENOPAUSE THE MUSICAL: WESTCHESTER DINNER THEATER

A funny & upbeat musical about 4 women who meet in a large department store and then the comedy begins-Lunch & transportation Community Bus included.

Date: March 21 **Departs:** 9:30am **Cost:** \$68

2019 MEDITERRANEAN CRUISE 7 nights docking at Nice, Portofino, Florence, & Rome. Includes trans & trip Ins.

Dates: Oct 10-21 **Cost:** \$3009 & up

PARKING FOR TRIPS

Please use rear lot near Church if attending any day or overnight trips. This leaves the front lot for people attending daily activities at the Community Center. Bus pickup for trips will be at the rear of the building and rear door will be open for entering facility prior to trip.

Weekly Activities & Clubs

Day	ACTIVITY	Times
M-F	Walking Club	8-9:30 am
Mon	Wii Bowling	1 pm
Tues	Walking DVD	10 am
	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Mahjong	1 pm
Thurs	Walking DVD	10 am
	Pickleball	10 am
	Pinochle Club	12:30 pm
	Jam Band	2:30 pm

Weekly Shopping

Tuesdays		Fridays	
1/1	Center Closed	1/4	Big "y"
1/8	Shoprite	1/11	Stop & Shop
1/15	Shoprite	1/18	Walmart
1/22	Shoprite	1/25	Market "32
1/29	Shoprite	2/1	Big "y"

Monthly Lunches

Lunch Bunch Chips, Southbury

Date: Jan 3 **Departs:** 11:30 am **Cost:** Lunch on own



Senior In-House Lunch Chase the winter blues. Soup, sandwiches, bingo. Join us for our Monthly Lunch

Date: Jan 24 **Time:** 12 pm **Cost:** \$6

Monthly Services

Service	Date	Price
Hearing Screening	Thurs, Jan 10	FREE
Haircuts at Oxford Academy of Hair	Wed, Jan 14	20% off Services
Chair Massage	Thurs, Jan 17	\$15/15 min
Foot Care	Mon, Jan 14	\$30/30 min

***Appointments Required**

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	CENTER CLOSED Happy New Year	8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Mahjong	8 - 9:30 Walking Club 10:00 Walking DVD 10:00 Qigong 10:00 Pickle ball 11:30 Lunch Bunch 12:30 Pinochle Club 2:30 Let's Jam	8 - 9:30 Walking Club 10:00 Big "y" 10:00 Strength & Balance	9 am Zumba Dance
7	8	9	10	11	12
8 - 9:30 Walking Club 10:00 Chair Yoga 10:00 ARE YOU SLEEPING? 1:00 Wii Bowling 6:30 p Zumba Dance	8 - 9:30 Walking Club 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7:00 Line Dancing	8 - 9:30 Walking Club 10:00 Zumba Gold 11:30 Creches @KOC 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba	8 - 9:30 Walking Club 9:30 Hearing Screening 10:00 Walking DVD 10:00 Pickle ball 10:00 Qigong 12:30 Pinochle Club 2:30 Let's Jam	8 - 9:30 Walking Club 10:00 Stop & Shop 10:00 Strength & Balance	9 am Zumba Dance
14	15	16	17	18	19
8 - 9:30 Walking Club 9:00 Foot Care 10:00 Chair Yoga 11:15 Get On Up 12:30 Riverview Cinemas 1:00 Wii Bowling 6:30 Zumba Dance	8 - 9:30 Walking Club 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7:00 Line Dancing	8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba	8 - 9:30 Walking Club 10:00 Qigong 10:00 Walking DVD 10 - 1 Chair Massage 10:00 Pickle ball 11:15 Tai Ji Quan Info 12:30 Pinochle Club 2:30 Let's Jam	8 - 9:30 Walking Club 10:00 Walmart 10:00 Strength & Balance 7:00 Murder Mystery Theater	9 am Zumba Dance
21	22	23	24	25	26
CENTER CLOSED MLK DAY	8 - 9:30 Walking Club 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7:00 Line Dancing	8 - 9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba	8 - 9:30 Walking Club 10:00 Qigong 10:00 Pickle ball 12:00 In-house Lunch 12:30 Pinochle Club 2:30 Let's Jam	8 - 9:30 Walking Club 10:00 Market "32" 10:00 Strength & Balance	9 am Zumba Dance
28	29	30	31		
8 - 9:30 Casino Walking Club 10:00 Chair Yoga 1:00 Wii Bowling 6:30 p Zumba Dance	8 - 9:30 Walking Club 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 6:00 Caribbean Meeting 7:00 Line Dancing	8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba	8 - 9:30 Walking Club 10:00 Qigong 10:00 Walking DVD 10:00 Pickle ball 12:00 Hot Dog Bingo 12:30 Pinochle Club 2:30 Let's Jam		

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: