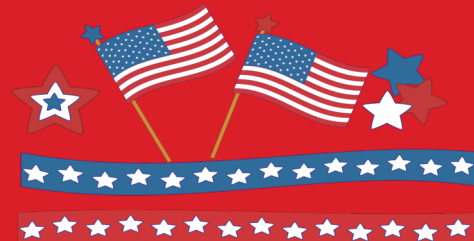


Seymour Senior Center Newsletter

July 2019



7/4 & 5 Closed

7/8 Lunch Bunch
7/8 Foot Care
7/12 Schooner Cruise
7/15 Land Trust Picnic

7/22 Riverview Cinema
7/25 Beauty & The Beast
7/29 Casino - Mohegan Sun
7/30 Facial Cancer Screening
7/31 Hot Dog Bingo

NEW Activities

STRIDERS WALKING CLUB
9-9:30 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!

Your current membership expires on
June 30, 2019.

To register for programs and continue
to have your newsletter mailed, please
renew **by July 1**.

Due to postage increases and
additional free and reduced priced
programs memberships have
increased slightly.

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

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

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:** 9 am **Cost:** Free

INFO SESSION - TAI JI QUAN

Improve your balance! This 24 week program meets 2x a week. Complete details during the info session. Reg. Req

Date: Tues, July 2 **Time:** 11:15 am

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

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

FREE FACIAL CANCER SCREENING

Sponsored by Griffin Hospital - Open to Public. Call for Details.

Date: Jul 30 **Time:** 9:30 **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:** 9-12 **Cost:** \$15/20

Monthly Services

**Appointments Required*

| Service | Price | Date |
|---------------|-------------|---------|
| Chair Massage | \$15/15 min | July 18 |
| Foot Care | \$30/30 min | July 8 |

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 | 9:00 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 |
| Wed | Pickleball | 9:00 am |
| | Mahjong | 12:30 pm |
| Thurs | Walking DVD | 10:00 am |
| | Pickleball | 9:00 am |
| | Pinochle | 12:30 pm |
| | Jam Band | 2:00 pm |



Weekly Shopping

| Mon/Tues | | Fridays | |
|----------|----------|---------|-------------|
| 7/1 | Shoprite | 7/5 | Walmart |
| 7/8 | Shoprite | 7/12 | No Shopping |
| 7/16 | Shoprite | 7/19 | Big"Y" |
| 7/23 | Shoprite | 7/26 | Market "32" |
| 7/29 | Shoprite | | |

Day Trips

SCHOONER CRUISE ON THE ARGIA

We sail from Mystic for a 2 hour cruise then enjoy lunch on your own in downtown mystic. CC Bus

Date: July 12 **Departs:** 7 am **Cost:** \$22

RIVERVIEW CINEMA-SOUTHBURY

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

Date: July 22 **Time:** 12:30pm **Cost:** Free

SHARON PLAYHOUSE SERIES

July 25 **Beauty & the Beast**
Aug 22 **Joseph & Amazing Dreamcoat**

Departs: 10 am **Cost:** \$28/ea

MONTHLY CASINO TRIP—MOHEGAN

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

Date: July 29 **Departs:** 8 am **Cost:** \$25

RED SOX VS YANKEES

Waitlist being accepted. We may add a second bus if we get enough interest. Includes early access to Frank's Red Hot pregame all you can eat & drink party.

Date: Aug 3 **Departs:** 11 am **Cost:** \$160

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 **Departs:** 8 am **Cost:** \$8

RADIO CITY MUSIC HALL

11:00 am Show –Tickets are 1st Mezzanine. 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:** \$99.00

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

July 15 Annual Picnic Land Trust
Aug 15 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, July 8 The Station
Mon, Aug 5 Lenny & Joe's & Outlet Shopping

JULY 2019

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------|--|---------|--|-----------|--|----------|--|--------|---|----------|-----------|
| 1 | 9:00 Strider's Club 9:00 Pickleball 10:00 Shoprite 10:00 Chair Yoga 1:00 Wii Bowling 6:30 Zumba Dance | 2 | 10:00 Walking DVD 10:00 Strength & Tone 11:15 Tai Ji Quan Info 12:00 Farmer's Market 12:30 Bingo & Mahjong | 3 | 9:00 Strider's Club 9:00 Pickleball 10:00 Zumba Gold 1:00 Mahjong 6:00 PiYo | 4 | CLOSED Happy 4TH OF JULY | 5 | CLOSED Happy 4TH OF JULY 10:00 Walmart | 6 | 8:30 YOGA |
| 8 | 8:30 Foot Care 9:00 Strider's Club 9:00 Pickleball 10:00 Shoprite 10:00 Chair Yoga 12:15 Lunch Bunch 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance | 9 | 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 7:00 Line Dancing | 10 | 9:00 Strider's Club 9:00 Pickleball 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo | 11 | 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 12:30 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 YOGA | 12 | 7:15 Schooner Cruise 9:00 Strider's Club No Shopping 10:00 Strength & Tone | 13 | 8:30 YOGA |
| 15 | 9:00 Strider's Club 10:00 Chair Yoga 10:00 Pickleball 11:15 Tai Ji Quan 12:00 Land Trust Picnic 1:00 Wii Bowling 6:30 Zumba Dance | 16 | 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 7:00 Line Dancing | 17 | 9:00 Strider's Club 9:00 Pickleball 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo | 18 | 9:00 Pickleball 10:00 Qigong 10:00 Chair Massage 10:00 Walking DVD 12:30 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 YOGA | 19 | 9:00 Strider's Club 10:00 Big Y 10:00 Strength & Tone | 20 | 8:30 YOGA |
| 22 | 9:00 Strider's Club 10:00 Chair Yoga 10:00 Pickleball 11:15 Tai Ji Quan 12:30 Riverview Cinemas 1:00 Wii Bowling 6:30 Zumba Dance | 23 | 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 7:00 Line Dancing | 24 | 9:00 Strider's Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickle Ball 1:00 Mahjong 6:00 PiYo | 25 | 9:00 Pickleball 9:30 Qigong 10:00 Walking DVD 10:00 Beauty & the Beast 12:30 Pinochle Club 2:00 Let's Jam-Come listen! | 26 | 9:00 Strider's Club 10:00 Market "32" 10:00 Strength & Tone | 27 | |
| 29 | 8:00 Mohegan Casino 9:00 Strider's Club 9:00 Pickleball 10:00 Shoprite 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance | 30 | 9:00 Facial Cancer Screen 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 7:00 Line Dancing | 31 | 9:00 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 | | | | | | |

Seymour Community Services

20 Pine Street

Seymour, CT 06483

Last Issue unless you have registered.

Even those 80+ must confirm their desire to reregister.



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