

Seymour Senior Center Newsletter

May 2019

5/1-3 Atlantic City Trip
 5/9 Mother's Day Lunch
 5/9 Hearing Screening
 5/13 Riverview Cinema
 5/13 Footcare
 5/14 Farmer's Market
 5/15 Lunch Bunch - Bella Gio

5/16 Chair Message
 5/16 Navigating the Legal System
 5/20 Mohegan Sun Casino
 5/21 2020 Cruise Info Session
 5/23 Motown Review Trip
5/27 Memorial Day - CLOSED
 5/29 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

Farmer's Market Opens May 14

Back Lot of
 Community Center
 Tuesdays
 12 pm—6 pm



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) 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
	9:00 am	Zumba Dance	\$45

Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tues	6:00 pm	Circuit Training	\$35
	7:00 pm	Line Dancing	\$75
Wed	6:00 pm	PiYo	\$45
	7:15 pm	Aqua Zumba	\$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.

Date: Thurs **Time:** 2 pm **Cost:** Free

NAVIGATING THE LEGAL SYSTEM

Discussion of Advance Directives, Living Wills, Estate Planning & Probate. Lite Supper - Reg. Required

Date: May 16 **Time:** 4:30pm **Cost:** Free

PROTECTING YOUR ASSETS

Elder Law Attorney will discuss Estate Planning including wills, Power of Attorney, & legal issues to protect your assets.

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

KEEPING STRONG: DIET & FITNESS

Learn what a healthy diet looks like & how to develop a more active lifestyle.

Date: 6/17 **Time:** 11:15 am **Cost:** Free

TAI JI QUAN - INFO SESSION

Improve your balance! 24 week program meets 2x a week. 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:** 10 am **Cost:** Free

RECIPE FOR HEALTHY STRESS

the 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

Monthly Services *Appointments Required		
Service	Price	Date
Hearing	FREE	Thur, May 9
Chair Massage	\$15/15 min	Thur, May 16
Foot Care	\$30/30 min	Mon, May 13

Senior Lunches

LUNCH BUNCH

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

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

Wed, May 15 Bella Gio, Cheshire
Thu, June 6 Chowder Pot

Weekend Trips

RED SOX VS YANKEES

Waitlist being accepted. Includes early access to Frank's Red Hot pregame all you can eat & drink party.

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

RADIO CITY MUSIC HALL

Not too early to be thinking about one of the most spectacular Christmas Show & sights of New York City

Date: Nov 16 **Cost:** TBD **Departs:** 7:30



Weekly Activities & Clubs

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

Day	Activity	Time
Mon-Fri	Walking Club	8-9:30 am
Mon	Pickleball	10:00 am
	Wii Bowling	1:00 pm
Tues	Walking DVD	10:00 am
	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Pickleball	11:15 am
	Mahjong	12:30 pm
Thurs	Walking DVD	10:00 am
	Pickleball	10:00 am
	Pinochle	12:30 pm
	Jam Band	2:00 pm



Weekly Shopping

Tuesdays		Fridays	
5/7	Shoprite	5/3	Market "32"
5/14	Shoprite	5/10	Walmart
5/21	Shoprite	5/17	Stop & Shop
5/28	Shoprite	5/24	Big "y"
		5/31	Market "32"

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

May 9 Mother's Day
June 13 Summer Fun

Day Trips

MONTHLY CASINO TRIP—MOHEGAN

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

Date: 5/20 **Departs:** 8 am **Cost:** \$25

RIVERVIEW CINEMA-SOUTHBURY

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

Date: 5/13 **Time:** 12:30 pm **Cost:** Free

MOTOWN REVIEW

Nelson Hall presents music & dance routines of the Temptations, Marvin Gaye & The Four Tops. CC Bus

Date: May 23 **Departs:** 1:15 pm **Cost:** \$33

SHARON PLAYHOUSE SERIES

June 27 **Crazy for You**

July 25 **Beauty & the Beast**

Aug 22 **Joseph & Amazing**

Dreamcoat

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

LIGHTHOUSE CRUISE

We sail from Captain's Cove for a 1 hour cruise then enjoy lunch on your own & the Boardwalk Shops. CC Bus

Date: July 18 **Departs:** 9 am **Cost:** \$22

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

Overnight Trips

ATLANTIC CITY Enjoy 3 days/2 nights at the Tropicana Hotel & Casino. Trip includes: 4 Meal vouchers, \$30 free play, show if available.

Date: May 1-3 **Departs:** 8 am **Cost:** \$258/DO

CRUISES INFORMATION SESSION

A presentation meeting on trips below.

Date: May 21 **Time:** 3:30 pm

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:** Oct 2020 **Cost:** TBD

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6</p> <p>8 - 9:30 Walking Club Chair Yoga Pickleball (NEW!) Tai Ji Quan Wii Bowling Zumba Dance</p>	<p>7</p> <p>8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 6:00 Circuit Training 7:00 Line Dancing</p>	<p>1 Atlantic City 8-9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickleball 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba</p>	<p>2 Atlantic City 8-9:30 Walking Club 10:00 Walking DVD 10:00 Pickleball 10:00 Qigong 12:30 Pinochle 2:00 Let's Jam-Come listen! 6:00 YOGA</p>	<p>3 Atlantic City 8 - 9:30 Walking Club 10:00 Market 32 10:00 Strength & Tone</p>	<p>4 8:30 YOGA 9:00 Zumba Dance</p>
<p>13</p> <p>8 - 9:30 Walking Club 8:30 Foot Care 10:00 Chair Yoga 10:00 Pickleball (NEW!) 11:15 Riverview Cinemas 12:30 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance</p>	<p>14</p> <p>8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 6:00 Circuit Training 7:00 Line Dancing</p>	<p>15</p> <p>8-9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickleball 11:15 Lunch Bunch 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba</p>	<p>16</p> <p>8-9:30 Walking Club 10:00 Qigong 10:00 Chair Massage 10:00 Walking DVD 10:00 Pickleball 12:30 Pinochle Club 2:00 Let's Jam-Come listen! 4:30 Navigating the Legal System 6:00 YOGA</p>	<p>17</p> <p>8 - 9:30 Walking Club 10:00 Tai Ji Quan 10:00 Stop & Shop 10:00 Strength & Tone</p>	<p>18 8:30 YOGA 9:00 Zumba Dance</p>
<p>20</p> <p>8:00 Mohegan Casino 8 - 9:30 Walking Club 10:00 Chair Yoga 10:00 Pickleball (NEW!) 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance</p>	<p>21</p> <p>8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 3:30 Trip Info Session 6:00 Circuit Training 7:00 Line Dancing</p>	<p>22</p> <p>8-9:30 Walking Club 10:00 Commission on Aging 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickleball 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba</p>	<p>23</p> <p>8-9:30 Walking Club 9:30 Qigong 10:00 Walking DVD 10:00 Pickleball 1:15 Motown Review 12:30 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 YOGA</p>	<p>24</p> <p>8 - 9:30 Walking Club 10:00 Tai Ji Quan 10:00 Big Y 10:00 Strength & Tone</p>	<p>25 8:30 YOGA 9:00 Zumba Dance</p>
<p>27</p> <p>Community Center CLOSED Happy Memorial Day</p>	<p>28</p> <p>8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:00 Farmer's Market 12:30 Bingo & Mahjong 6:00 Circuit Training 7:00 Line Dancing</p>	<p>29</p> <p>8-9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickle Ball 12:00 Hot Dog Lunch 1:00 Mahjong 6:00 PiYo 7:15 Aqua Zumba</p>	<p>30</p> <p>8-9:30 Walking Club 9:30 Qigong 10:00 Walking DVD 10:00 Pickleball 12:30 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 YOGA</p>	<p>31</p> <p>8-9:30 Walking Club 10:00 Tai Ji Quan 10:00 Market "332" 10:00 Strength & Tone</p>	

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