

Seymour Senior Center Newsletter

October 2019

10/2	Book Club	10/21	Healthy Organization Program
10/4	Flu Clinic	10/23	Medicare Info Program
10/5	Seymour Pink (Classes Cancelled)	10/24	In House Lunch
10/7	Lunch Bunch	10/28	Foxwood Casino
10/14 Closed - Columbus Day		10/29	TEAM, INC., Outreach
10/17	Chair Massage	10/30	Hot Dog Lunch
10/18	Foot Care		

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

Energy Assistance & SNAP Tuesday, October 29

TEAM, Inc., will have outreach workers at the Seymour Community Center to take applications for the various programs including Energy Assistance (Fuel) and SNAP. Energy assistance is a program that helps people having difficulty paying the cost of heating their home. **Call TEAM at 203-736-5420 for Apt.**

A Salute to Veterans Luncheon Thursday, November 14, 12 pm

Join us for a special luncheon to honor our veterans for all they have sacrificed to protect our country and keep us safe.

All are invited for a catered lunch and entertainment. Registration required.

Cost: Veterans-Free/non-vets.\$5.00

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. 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*
	1:00 pm	A Matter of Balance	Free*
Thu	9:00 am	Tai Ji II	\$25
	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	6:30 pm	Pilates	\$40
	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

Book Club - New!

Enjoy Reading & discussing books? Join us for our monthly Book Club. First Meeting Wed, Oct, 2nd. Book: "A Man Called Ove": Book provided by Library.

Date: Oct 2 **Time:** 1:00pm

Flu Clinic

LVN Health will be holding a Flu Clinic open to the Public at the Community Center. Please bring in your Ins card.

Date: Oct 4 **Time:** 9-11:30 am **Cost:** Ins

Healthy Organization

It pays to be organized. Learn to manage your health records, organize meds and all emergency information.

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

Medicare Information Session

Understanding Medicare can be challenging. New regulations, added & supplemental coverages for your needs will be discussed.

Dates: Oct 23 **Time:** 9:30 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: Nov 4 **Time:** 1:30pm **Cost:** Free

Meet Your Probate Judge

This program covers the role your Probate Judge plays in wills & testaments, competency issues & guardianship.

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

Tai Ji Quan - Info Session

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

Date: Jan 8 **Time:** 11:15 am **Cost:** Free

AARP Tax Prep

Call last week in Jan 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

What help am I eligible for? How do I get it? What will insurance pay? Q&A at end.

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

Monthly Services

**Appointments Required*

Service	Price	Date
Chair Massage	\$15/15 min	Oct 17
Foot Care	\$30/30 min	Oct 18

Weekly Shopping

Tuesdays - Shoprite

Fridays - See Calendar for location

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

Free Weekly Activities & Clubs

Strider's Club

Come walk with your friends and get some fresh air on our new Community Center Walking Path!

Days: M, W, F **Time:** 9 am



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	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
	Acoustic Jam	2:00 pm
Wed	Pickleball	11:15 am
	Mahjong	12:30 pm
Thurs	Walking DVD	10:00 am
	Pickleball	9:00 am
	Pinochle	12:30 pm
	Band Jam	2:00 pm

Day Trips

Monthly Casino Trip - Foxwoods

Last Monday of each month we travel by motor coach to a CT Casino.

Date: Oct 28 **Departs:** 8 am **Cost:** \$25

Riverview Cinema-Southbury

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

Date: Oct 21 **Time:** 12:30 pm **Cost:** Free

Radio City Christmas Spectacular

Join us for this annual tradition and get your Holiday Spirit early! Free time after the show to enjoy NYC sights & have lunch on own.

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

Showtime: 11 am—1st mezzanine

Departs: 7:30 am CC & NY 4 pm

Yankee Candle/Butterfly Garden

Yankee Candle is a great place to shop for candles, Christmas items & gifts. Visit Magic Wings Butterfly Garden too.

Date: Nov 6 **Departs:** 9 am **Cost:** \$25

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

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

Oct 24 Polish Lunch

Nov 14 A Salute to Veterans (Vets are Free)

Nov 21 Thanksgiving Luncheon

Hot Dog & Bingo Lunch

Every month join your friends at the Community Center and enjoy a hot dog meal (Hot Dog, Chips, Coffee) and a game of BINGO.

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

Lunch Bunch

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

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

Oct 7 Outback 11:15 am

Nov 13 Maggie McFly's 11:15 am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
October 2019	1 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	2 9:00 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 1:00 Mahjong Lessons 1:00 A Matter of Balance 1:00 Book Club 6:00 PiYo	3 9:00 Pickleball 9:00 Tai Ji II 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	4 9:00 Strider's Club 9:00 FLU CLINIC 9:30 Mahjong Lessons 10:00 Walmart 10:00 Strength & Tone	5 SEYMOUR PINK ROAD RACE ALL CLASSES CANCELLED YANKEES GAME Time TBD	
	7 9:00 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 11:15 Lunch Bunch 1:00 Wii Bowling 6:30 Zumba Dance	8 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:00 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	9 9:00 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 1:00 Mahjong Lessons 1:00 A Matter of Balance 6:00 PiYo	10 Mediterranean Cruise 9:00 Pickleball 9:00 Tai Ji II 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	11 Mediterranean Cruise 9:00 Strider's Club 9:30 Mahjong Lessons 10:00 Stop & Shop 10:00 Strength & Tone	12 Mediterranean Cruise 8:30 Yoga 9:00 Self Defense 9:00 Zumba Dance
	14 Mediterranean Cruise	15 Mediterranean Cruise 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	16 Mediterranean Cruise 9:00 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 1:00 Mahjong Lessons 1:00 A Matter of Balance 6:00 PiYo	17 Mediterranean Cruise 9:00 Pickleball 9:00 Tai Ji II 10:00 Qigong 10:00 Chair Massage 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	18 Mediterranean Cruise 8:30 Foot Care 9:00 Strider's Club 9:30 Mahjong Lessons 10:00 Big Y 10:00 Strength & Tone	19 Mediterranean Cruise 8:30 Yoga 9:00 Self Defense 9:00 Zumba Dance
	21 Mediterranean Cruise 9:00 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 11:15 Healthy Organization 12:15 Riverview Cinema 1:00 Wii Bowling 6:30 Zumba Dance	22 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	23 9 am Medicare Info 9:00 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 1:00 Mahjong Lessons 1:00 A Matter of Balance 6:00 PiYo	24 9:00 Pickleball 9:00 Tai Ji II 10:00 Qigong 10:00 Walking DVD 12:00 In House Luncheon 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	25 9:00 Strider's Club 9:30 Mahjong Lessons 10:00 Market 32 10:00 Strength & Tone	26 8:30 Yoga 9:00 Self Defense 9:00 Zumba Dance
	28 8:00 Casino - Foxwoods 9:00 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 1:00 Wii Bowling 6:30 Zumba Dance	29 TEAM Energy Asst. 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	30 9:00 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 12:00 Hot Dog Lunch & Bingo 1:00 Mahjong Club 1:00 Mahjong Lessons 1:00 A Matter of Balance 6:00 PiYo	31 9:00 Pickleball 9:00 Tai Ji II 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!		

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