

# Seymour Senior Center Newsletter

September 2019

<b>9/2</b>	<b>Closed Labor Day</b>	9/18	Heathy Stress Program
9/5	Trip Document Meeting	9/23	Big "E" Trip
9/9	Foot Care	9/25	Hot Dog Bingo
9/9	Veteran's & Spouses Program	9/25	Matter of Balance
9/12	Lunch Bunch	9/26	Early Bird Supper
9/16	Driver's Refresher Course	9/30	Mohegan Sun Casino Trip
9/16	Maritime Aquarium Trip		

**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](http://seymourcommunityservices.com)

## NEW Activities

### STRIDERS WALKING CLUB

8:30 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!**

## School's In Session

That means that we have Free **Seymour School Senior Passes** for the 2019/20 school year events. These passes get you into all concerts and sporting events at no cost. Pick yours up today. See Lucy or Tara to get your passes.

## 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	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	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	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

### Mediterranean Cruise Meeting

This is an important meeting in preparation for our Cruise in October. RSVP to Lucy if unable to make it.

**Date:** Sept 5 **Time:** 6 pm

### Veterans Benefit Program (Rescheduled from Aug 19)

Learn what services & financial benefits are available to Veterans and their spouses. Q&A to follow. Reg req.

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

### Tai Ji Fun

This 8 week class is for participants who completed Tai Chi Easy or Tai Ji Quan. The class will continue to maintain strength & balance using tai chi movements.

**Dates:** Sept 12 **Time:** 11:15am **Cost:** \$25

### 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 Company for a discount.

**Date:** Sept 16 **Time:** 9-1 **Cost:** \$15/20

### Recipe for Healthy Stress

This program focuses on dealing with stress caused by changes that occur in older adults.

**Date:** Sept 18 **Time:** 11:15 am **Cost:** Free

### Matter of Balance

This 8 week class meets 1x/week and provides information & skills on fall prevention. A Strength & balance exercise session will end every class.

**Dates:** Sept 25 **Time:** 1 pm **Cost:** Free

### Mahjong Lessons

Learn to play Mahjong in 3 two-hour sessions. Includes Mahjong cards.

**Dates:** Oct 3,10,17 **Time:** 1pm **Cost:** \$10

### Monthly Book Club - New!

Enjoy Reading & discussing books? Join us for our monthly Book Club. 1st Meeting Wed., Oct., 2nd. Book discussed will be "A Man Called Ove" Books provided in advance.

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

### Flu Clinic

LNV 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



## Weekly Shopping

Tues		Fridays	
9/3	Shoprite	9/6	Walmart
9/10	Shoprite	9/13	Stop & Shop
9/17	Shoprite	9/20	Big"Y"
9/24	Shoprite	9/27	Market "32"

## 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 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:** 8:30am



### 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	9:00 am
	Mahjong	12:30 pm
Thurs	Walking DVD	10:00 am
	Pickleball	9:00 am
	Pinocle	12:30 pm
	Band Jam	2:00 pm

## Day Trips

### Monthly Casino Trip—Mohegan

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

**Date:** Sept 30 **Departs:** 8 am **Cost:** \$25

### Riverview Cinema-Southbury

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

**Date:** Sept 23 **Time:** 12:30pm **Cost:** Free

### Maritime Aquarium

We will travel to Norwalk and tour the Aquarium. Lunch will be on your own.

**Date:** Sept 16 **Cost:** \$27

**Departs:** 9 am, CC Bus

### Big E Fair

Enjoy a variety of vendors, food, and programs at this Famous Fair.

**Date:** Sept 23 **Cost:** \$20

**Departs:** 9:30 am, CC Bus

### Radio City Christmas Spectacular

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

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

**Showtime:** 11 am—1st mezzanine

**Departs:** 7:30 am CC & NY 4 pm

## Monthly Services

*\*Appointments Required*

Service	Price	Date
Chair Massage	\$15/15 min	Sept. 19
Foot Care	\$30/30 min	Sept. 9

## 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/4:00pm **Cost:** \$9.00

Sep 26 Early Bird Dinner (4 pm)

Oct 24 Polish Lunch(12:00 pm)

### 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:** Sept 25 **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

Sep 12 Eastside, New Britain

Oct. 7 Outback

# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  <b>CENTER CLOSED ON MONDAY</b> <b>Happy Labor Day!</b>	3 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music	4 8:30 Strider's Club 9:00 Pickle Ball 10:00 Zumba Gold 11:15 Tai Ji Quan 1:00 Mahjong 6:00 PiYo	5 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 <b>Mediterranean Cruise Planning Meeting</b>	6 8:30 Strider's Club 10:00 Walmart 10:00 Strength & Tone	7
9 8:30 Strider's Club 8:30 <b>Foot Care</b> 9:00 Pickleball 10:00 <b>Veteran's Program</b> 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance	10 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 11:15 Farmer's Market 12:00 Bingo & Mahjong 12:30 Acoustic Music 2:00 Line Dancing 7:00	11 8:30 Strider's Club 9:00 Pickle Ball 11:15 Zumba Gold 1:00 Tai Ji Quan 6:00 Mahjong PiYo	12 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 10:45 <b>Lunch Lunch</b> 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 7:00 Line Dancing	13 8:30 Strider's Club 10:00 Stop & Shop 10:00 Strength & Tone	14 9:00 am Zumba Dance
16 8:30 Strider's Club 9:00 Pickleball 9:00 <b>Maritime Aquarium</b> 9:00 <b>AARP Driver Refresh</b> 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance	17 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing	18 8:30 Strider's Club 9:00 Pickle Ball 10:00 Zumba Gold 11:15 <b>Healthy Stress Course</b> 11:15 Tai Ji Quan 1:00 Mahjong 1:00 <b>A Matter of Balance</b> 6:00 PiYo	19 9:00 Pickleball 10:00 Qigong 10:00 <b>Chair Massage</b> 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	20 8:30 Strider's Club 10:00 Big Y 10:00 Strength & Tone	21 9:00 am Zumba Dance
23 8:30 Strider's Club 9:00 Pickleball 9:30 <b>Big E Fair</b> 10:00 Chair Yoga 11:15 Tai Ji Quan 12:15 Riverview Cinema 1:00 Wii Bowling 6:30 Zumba Dance	24 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Farmer's Market 12:30 Bingo & Mahjong 2:00 Acoustic Music 7:00 Line Dancing	25 8:30 Strider's Club 9:00 Pickleball 10:00 Zumba Gold 11:15 Tai Ji Quan 12:00 <b>Hot Dog Lunch &amp; Bingo</b> 1:00 Mahjong 1:00 <b>A Matter of Balance</b> 6:00 PiYo	26 9:00 Pickleball 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 4:00 <b>Early Bird Dinner</b> 6:00 Yoga	27 8:30 Strider's Club 10:00 Market "32" 10:00 Strength & Tone	28 9:00 am Zumba Dance 8:30 am Yoga
30 8:00 <b>Casino - Mohegan</b> 8:30 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 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**