

September 2021

Seymour Community Center

Seniors' Newsletter

Summer Lunches & Social Events



Morgyn Manzer grew up in Oneonta, NY and graduated from Appalachian State University in Boone, NC, with a BS in Recreation Management with a double minor in Gerontology and Psychology. Prior to accepting this position she worked as the Recreation Program Coordinator for Food for a Long Life, a USDA community-based intergenerational project. working with older adults. She looks forward to returning to the North-east and serving the Seymour community.

SUMMER LUNCHEON

ROASTED CHICKEN & VEGGIES FROM MATTEI'S

Date: Wednesday, Sept 15 Time: 12 pm

Cost: \$9 Registration required

MEET THE NEW SENIOR CENTER COORDINATOR

Enjoy an Italian Ice during the dog days of Summer!

Date: THURSDAY, Sept 23 Time: 1 pm Cost: Free



Mary McNelis

Director
Community Services

Tara Miller

Community Services Assistant

Zack Philippas

Recreation Manager

Morgyn Manzer

Senior Services Coordinator

Open

Municipal Agent

Administrative Office Hours

Mon—Thurs 8 am—4:30 pm

Friday 8 am—12 pm

203-888-0406

seymourcommunityservices.com

20 Pine Street

Seymour, CT 06483

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. Residents will continue to receive the online version or can pick up the newsletter at the Center. If you wish to receive the newsletter by mail there is a nominal fee.

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.

Membership Type	Resident	Non Res
50-79 yrs	\$7	\$9
80+	Free	\$9
Veterans	Free	Free
Newsletter Mailed Home	\$7	\$7

Fitness Classes

*Registration & Senior Membership Required

Morning - in person only

Day	Time	Class	Price
Mon	10:00 am	Zumba Gold	Free*
	11:00 am	Chair Yoga	Free*
Tues	8:30 am	Urban Polling	Free*
	10:00 am	Strength & Tone	Free*
Wed	10:00 am	Zumba Gold	Free*
Thur	8:30 am	Urban Polling	Free*
	10:00 am	Qigong	Free*
Fri	10:00 am	Strength & Tone	Free*

Evening

Day	Time	Class	Price
Mon	6:00 pm	Zumba Dance	\$40
Tues	7:00 pm	Line Dancing	\$75
	6:00 pm	PiYo	\$40
Wed	6:00 pm	Zumba Dance	\$40
Thur	6:00 pm	Kickboxing	\$40

Community Resources

TRANSPORTATION Scheduled transportation for seniors to local grocery stores, the Seymour Library, Doctor Appointments (Valley Area Only), and community center is available. Registration Required. **Register at least 48 hours in advance.**

MUNICIPAL AGENT & VETERAN SERVICES The Municipal Agent connects Elderly residents and Veterans to community resources, services, and government benefits to maintain a self-sufficient life. Call or email for appointment (203) 888-0406 ext. 3.

Day Trips

BIG E FAIR

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

Date: September 22

Cost: \$20

Departs: 9:30 am - 7:30 pm, CC Bus



FOXWOOD CASINO & OUTLET

Last Monday of each month we will be using the CC Bus and making one "pit stop" on the way. *The casino is not offering packages/buffet at this time.*

Date: September 27

Cost: \$15

Departs: 8 am - 5:30 pm, CC Bus



WOODBURY COMMONS OUTLET SHOPPING

Complete your holiday shopping at this 200 Store Premium Outlet Center!

Date: December 4

Cost: \$10

Departs: 8:30 am - 5 pm, CC Bus

WHITEPLAINS THEATER "A CHRISTMAS CAROL"

Take the CC bus and enjoy this classic Christmas Story! Lunch on own.

Date: December 9

Cost: \$65

Departs: 9:30 am - 6 pm, CC Bus

Weekly Shopping



Tuesdays - Registration Required
(pick ups begin at 9:45 am)

9/7	Walmart
9/14	Shoprite
9/21	Walmart
9/28	Shoprite
10/5	Walmart



CAROLING GROUP

Do you love to sing? Sign up to learn more about our Christmas Caroling Group.

Date: September 27, 1pm

Cost: Free

THE LION KING AT BROADWAY'S MINSK THEATER

Date: October 23

Cost: \$135

Departs: 8:45 am - Coach Bus



Weekly Activities

Mon	Pickleball	11:15 am
	Bingo	12:30 pm
Tues	Mahjong	12:30 pm
	Band Jam (Acoustic)	1:00 pm
Wed	Pickleball	11:15 am
	Board Games	1:00 pm
	Bocce	10:00 am
Thurs	Pickleball—Beginner/Non Competitive	10:00 am
	Pinochle	12:30 pm
	Band Jam	1:00 pm

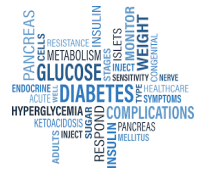
Health & wellness

DIABETES 6-WK WORKSHOP

This program is designed for adults who want to learn how to manage their diabetes/pre-diabetes.

Date: Sept 27 **Time:** 1-3pm

Cost: Free



LIFELINE

Griffin Hospital will explain the value of a personal health device.

Date: September 16

Time: 11-12 pm

Cost: Free (refreshments served)



AARP DRIVER'S REFRESHER

A review of driving skills, new laws and hazards of the road. Receive a certificate to forward to your Insurance Co. for a discount.

Dates: October 4 **Time:** 9 am - 1 pm **Cost:** \$20 AARP Members/ \$25 nonmembers

FLU CLINIC

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

Date: Oct 6 **Time:** 9-11:30 am **Cost:** Free/Bring Ins Card

