

# Senior Center Newsletter

## February Events

- 3 Caregiver Support Group Meeting  
Outsmarting Osteoporosis
- 6 Lunch Bunch
- 10 Footcare  
Movie Time  
Memory Baseline Screening
- 13 Valentine's Lunch
- 17 **CLOSED President's Day**
- 19 Hot Dog Bingo
- 20 Chair Massage  
CT Flower Show
- 24 Casino - Mohegan Sun

### New Pickleball Schedule with added Day!

**Monday 12:30 - 2:00**  
**Tuesday 11:15 - 1:15**  
**Wednesday 11:15 - 1:15**  
**Thursday 9:00 - 11:00**

**Registration Required**

### **Who Cares for the Caregiver? A Time for Me Caregiver Support Group**

Caring for a loved one? Need a break? Sit back, relax, and enjoy the company of other caregivers. Socialization, stress Reduction and resources are the focus of this group. Guest Speakers and special outings included. Group meets the first Monday of each month. **Reg preferred; walk-ins welcome.**

**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)

## Memberships

**Senior Center Membership** A Senior Membership is required to attend a Senior Program or Trip. The Annual Membership is from July 1 to June 30 and must be renewed. Veterans are Free!

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

**Fitness Center Membership** The Fitness Room is FREE to Seymour Residents and Senior Center Members. It includes two treadmills, 2 stationary bikes, a rowing machine, an all-in-one gym, dumbbells, and body bars. Open 8 am-8pm Mon—Thur; 8 am-12 pm Fri. Reg & 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 & Afternoon

| Day  | Time     | Class                 | Price |
|------|----------|-----------------------|-------|
| Mon  | 10:00 am | Chair Yoga            | Free* |
|      | 10:00 am | Zumba Gold            | Free  |
|      | 11:15 am | MindFit               | \$25  |
|      | 11:15 am | Tai Ji Quan           | Free* |
| Tues | 2:00 pm  | Outsmart Osteoporosis | \$30  |
|      | 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* |
|      | 11:15 am | MindFit               | \$25  |
| Fri  | 10:00 am | Strength & Tone       | Free* |
| Sat  | 8:30 am  | Yoga                  | \$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<br>6:30 pm | PiYo<br>zumba | \$40  |
| Thur | 6:00 pm            | Kickboxing    | \$40  |
|      | 6:00 pm            | Yoga          | \$35  |

**Multi Class Discount on Certain Classes**

## Free Activities & Clubs

### Game Day

Join us for some fun and games and coffee.

Rummy Cube, Corn Hole, Set Back, Left-Right-Center, or suggest a game of your own.

**Days:** Weds **Time:** 1:00 pm



### 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.



**Acoustic Folk Music Band Jam** **Tues, 2 pm**  
**Thurs, 2 pm**

### In-House Movies

Join your friends and enjoy movies & popcorn one afternoon a month.

**Cost:** Free @ CC  
**Dates:** Feb 10 & Mar 23  
*Call for Movie Title*



| Activity    | Days          | Time     |
|-------------|---------------|----------|
| Pickleball  | M, T, W, & Th | Varies   |
| Wii Bowling | M             | 1:00 pm  |
| Walking DVD | T & Th        | 10:00 am |
| Bingo       | T             | 12:30 pm |
| Mahjong     | T & W         | 12:30 pm |
| Music Clubs | T & Th        | 2:00 pm  |
| Game Day    | W             | 1:00 pm  |
| Pinochle    | Th            | 12:30 pm |

| Monthly Services<br>*Appointments Required |             |        |
|--|-------------|--------|
| Service                                    | Price       | Date   |
| Foot Care                                  | \$30/30 min | Feb 10 |
| Chair Massage                              | \$15/15 min | Feb 20 |
| Weekly Shopping                            |             |        |
| Tuesdays - Shoprite                        |             |        |
| Fridays - See Calendar for location        |             |        |

## Day Trips

### Casino Trip - Mohegan Sun

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

**Date:** February 24 **Departs:** 8 am **Cost:** \$25

### CT Flower & Garden Show

**Waitlist being accepted**

A showcase of Floral Arrangements, landscapes, plants & vendors. Fast food available.

**Date:** Feb 20 **Departs:** 9:30a.m **Cost:** \$5+tax

## Theater Trips

### ALL SHOOK UP - WESTCHESTER

Musical Comedy Production featuring Blue Suede Shoes and many more favorite songs. Dinner included

**Date:** Apr 15 **Depart:** 9:15 am **Cost:** \$71

### The Wedding Singer-7 Angels

A smash hit musical filled with laughs, music & dancing.

**Date:** May 7 **Departs:** 1:00pm **Cost:** \$40

### SINGING IN THE RAIN-SHARON PLAYHOUSE

**Date:** June 18 **Departs:** 10:45am **Cost:** \$28

### BRIGADOON - SHARON PLAYHOUSE

**Date:** July 23 **Departs:** 10:45am **Cost:** \$28

### MAMA MIA - SHARON PLAYHOUSE

**Date:** Aug 13 **Departs:** 10:45am **Cost:** \$28

### KINKY BOOTS - WESTCHESTER

**Date:** Nov 5 **Departs:** 9:15 am **Cost:** \$71

## Overnight Trips

### Atlantic City-3 Days-2nights

Includes Trans, gratuities, stay at The Tropicana, \$30 Slot Play, 2 Dinner Buffets, & show if available.

**Dates:** May 11-13

**Price:** \$252 Dbl, \$337 Single, \$232 Triple

### 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 **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

## Adult & Senior Programs

### Caregiver - My Time

This newly formed group will meet the first Monday of each month with friends, relaxation & activities. Must Reg.

**Date:** Feb 3 **Time:** 1:30pm **Cost:** Free



### AARP Tax Prep

Thursdays until April, call 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

### 50+ Fit Personal Training NEW!

Personal trainer Linda Gottlieb will help you stay strong & stay independent.

**Days:** By appointment - Mon, 8-9am or 3-5pm

**Cost:** \$120/1 person for 4/30 min sessions  
\$200/2 people for 4/30 min sessions



Boys & Girls Club will be hosting a free ice cream social and painting party for Senior Center Members.

**Date:** March 19 **Time:** 1:30 pm **Cost:** Free



### Senior In-House Lunches

Enjoy a catered lunch and entertainment with friends at the Community Center. Local, need a ride? Give us a call.

**Date:** Feb 13 **Time:** 12 pm **Cost:** \$9

### Hot Dog & Bingo Lunch

Join us for an afternoon of Hot Dog and Bingo and also a few surprises to end the year of 2019 & welcome in 2020!

**Date:** Feb 19 **Time:** 12 pm **Cost:** \$3

### Lunch Bunch

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

**Date:** Feb 6 **Time:** 11:30

**Cost:** Lunch on Own **Location:** Maples

### Pancake Breakfast

Boys & Girls Club will be hosting a free pancake breakfast with all the fixings for our Senior Center Members. Reg Required.

**Date:** April 13 **Time:** 10 am **Cost:** Free

# February 2020

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday                                     | Saturday                                     |
|---|---|--|---|--|--|
|   |   |  |   |  | <b>1</b>                                     |
|   |   |  |   |  | 8:30 YOGA<br>9:00 Self Defense               |
| <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b>                                   | <b>8</b>                                     |
| 10:00 Zumba Gold<br>10:00 Chair Yoga<br>11:15 MindFit<br>11:15 Tai Ji Quan<br>12:30 Pickleball<br>1:00 Wii Bowling<br>1:30 Caregiver<br>2:00 <b>Outsmarting Osteo</b>   | 10:00 Shoprite<br>10:00 Strength & Tone<br>11:15 Pickleball<br>12:30 Bingo & Mahjong<br>2:00 Acoustic Music<br>6:30 Pilates<br>7:00 Line Dancing<br>7:00 Open/Lap Swim<br>7:15 Aqua Zumba           | 10:00 Zumba Gold<br>11:15 Tai Ji Quan<br>11:15 Pickle Ball<br>1:00 <b>Game Day</b><br>1:00 Mahjong Club<br>6:00 PiYo<br>6:30 Zumba<br>7:00 Open/Lap Swim                                     | 9-12 <b>AARP TAX AIDE by apt</b><br>9:00 Pickleball<br>10:00 Qigong<br>11:15 MindFit<br>11:45 <b>Lunch Bunch</b><br>12:00 Pinochle Club<br>2:00 Let's Jam-Come listen!<br>6:00 Yoga<br>7:00 Open/Lap Swim   | 10:00 Strength & Tone<br>10:00 Stop & Shop | 8:30 YOGA<br>9:00 Self Defense               |
| <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>   | <b>14</b>                                  | <b>15</b>                                    |
| 8:30 <b>Footcare by apt</b><br>10:00 Zumba Gold<br>10:00 Chair Yoga<br>10:00 <b>Memory Screening</b><br>11:15 Tai Ji Quan<br>11:15 MindFit<br>12:30 Pickleball<br>1:00 Wii Bowling<br>1:00 <b>Movie Time</b><br>2:00 <b>Outsmarting Osteo</b> | 10:00 Shoprite<br>10:00 Strength & Tone<br>11:15 Pickleball<br>12:30 Bingo & Mahjong<br>2:00 Acoustic Music<br>6:30 Pilates<br>7:00 Line Dancing<br>7:00 Open/Lap Swim<br>7:15 Aqua Zumba           | 10:00 Zumba Gold<br>11:15 Tai Ji Quan<br>11:15 Pickle Ball<br>1:00 <b>Game Day</b><br>1:00 Mahjong Club<br>6:00 PiYo<br>6:30 Zumba<br>7:00 Open/Lap Swim                                     | 9-12 <b>AARP TAX AIDE by apt</b><br>9:00 Pickleball<br>10:00 Qigong<br>11:15 MindFit<br>12:00 <b>Valentine's Day Lunch</b><br>12:00 Pinochle Club<br>2:00 Let's Jam-Come listen!<br>6:00 Kickboxing<br>6:00 YOGA<br>7:00 Open/Lap Swim                | 10:00 Strength & Tone<br>10:00 Walmart     | 8:30 YOGA<br>9:00 Self Defense               |
| <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>   | <b>21</b>                                  | <b>22</b>                                    |
| <b>Center Closed<br/>President's Day</b>  | 10:00 Shoprite<br>10:00 Strength & Tone<br>11:15 Pickleball<br>12:30 Bingo & Mahjong<br>2:00 Acoustic Music<br>6:30 Pilates<br>7:00 Line Dancing<br>7:00 Open/Lap Swim<br>7:15 <b>NO AQUA ZUMBA</b> | 10:00 Zumba Gold<br>11:15 Tai Ji Quan<br>11:15 Pickle Ball<br>1:00 <b>Game Day</b><br>12:00 <b>Hot Dog &amp; Bingo</b><br>1:00 Mahjong Club<br>6:00 PiYo<br>6:30 Zumba<br>7:00 Open/Lap Swim | 9-12 <b>AARP TAX AIDE by apt</b><br>9:00 Pickleball<br>9:30 <b>Flower &amp; Garden Show</b><br>10:00 Qigong<br>10:00 <b>Chair Massage</b><br>12:00 Pinochle Club<br>2:00 Let's Jam-Come listen!<br>6:00 Kickboxing<br>6:00 YOGA<br>7:00 Open/Lap Swim | 10:00 Strength & Tone<br>10:00 Market 32   | 8:30 YOGA<br>9:00 Zumba<br>9:00 Self Defense |
| <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b>                                  | <b>29</b>                                    |
| 8:00 <b>Mohegan Sun</b><br>10:00 Zumba Gold<br>10:00 Chair Yoga<br>11:15 Tai Ji Quan<br>11:15 MindFit<br>12:30 Pickleball<br>1:00 Wii Bowling<br>2:00 <b>Outsmarting Osteo</b><br>6:30 Zumba Dance  | 10:00 Shoprite<br>10:00 Strength & Tone<br>11:15 Pickleball<br>12:30 Bingo & Mahjong<br>2:00 Acoustic Music<br>6:30 Pilates<br>7:00 Line Dancing<br>7:00 Open/Lap Swim<br>7:15 Aqua Zumba           | 10:00 Zumba Gold<br>10:00 <b>Comm on Aging</b><br>11:15 Tai Ji Quan<br>11:15 Pickle Ball<br>1:00 <b>Game Day</b><br>1:00 Mahjong Club<br>6:00 PiYo<br>6:30 Zumba<br>7:00 Open/Lap Swim       | 9-12 <b>AARP TAX AIDE by apt</b><br>9:00 Pickleball<br>10:00 Qigong<br>11:15 MindFit<br>12:00 Pinochle Club<br>2:00 Let's Jam-Come listen!<br>6:00 Kickboxing<br>6:00 YOGA<br>7:00 Open/Lap Swim  | 10:00 Strength & Tone<br>10:00 Walmart     | 9:00 Zumba<br>9:00 Self Defense              |

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**