

Senior Center Newsletter

March Events

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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

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 Philippos

Recreation Manager

Bonnie Wilkes

Municipal Agent

Administrative Office Hours

Mon—Thurs 8 am—4:30 pm

Memberships

Senior Center Membership A Senior Membership is required to attend a Senior Program or Trip. The Annual Membership is from

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

July 1 to June 30 and must be renewed. Veterans are 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,

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.

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	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	
	9:00 am	Zumba Dance	\$45

Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tues	6:30 pm	Pilates	\$40
	6:00 pm	PiYo	\$40
	7:00 pm	Line Dancing	\$75
	7:15 pm	Aqua Zumba	\$40
Thur	6:00 pm	Kickboxing	\$40
	6:00 pm	Yoga	\$40
	6:30 pm	Zumba	\$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:** 1pm



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 **Date:** Mar 23 **Time:** 1 pm
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

*Appointments Required

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

Weekly Shopping

Tuesdays - Shoprite

Fridays - See Calendar for location

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: March 2 **Time:** 1:30pm **Cost:** Free



Understanding Home Care

What help am I eligible for? How do I get it? What will insurance pay? Q&A to follow.
Date: March 9 **Time:** 10 am **Cost:** Free

Ice Cream Social

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

Wellness Series

Caregiver Fitness

Are you a caretaker of a loved one? Find it difficult to care for yourself. Learn simple exercises to overcome the stress of daily life.
Date: April 6 **Time:** 1:30 am **Cost:** Free

Eat, Move, Sleep

Join us for Lunch and a discussion on secrets of the naturally slim, why exercise is the best medicine, and how to improve your overall sleep.

EAT
MOVE
SLEEP

Date: May 20 **Time:** 12:00 pm **Cost:** \$3

Stretching for Body Stiffness

Join us for lunch and a discussion on why you should stretch and how stretching can help relieve muscle and joint discomfort and immediately improve quality of life.

Date: June 10 **Time:** 12:00 pm **Cost:** \$3

Day Trips

Casino Trip - Foxwoods

Last Monday of each month we travel by motor coach to a CT Casino.
Date: March 30 **Departs:** 8 am **Cost:** \$25

ALL SHOOK UP - WESTCHESTER

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

THE WEDDING SINGER - 7 ANGELS

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



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: March 12 **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: March 25 **Time:** 12 pm **Cost:** \$3

Lunch Bunch

Monthly we venture out to a local restaurant, enjoying great food and friends. CC Bus.
Date: March 16 **Time:** 11:30 **Cost:** Lunch

Pancake Breakfast

Boys & Girls Club will host a free pancake breakfast with all the fixings for Senior Center Members. Reg Required.
Date: April 13 **Time:** 10 am **Cost:** Free

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
Cost: \$252 DO, \$337 SO, \$232 TO

Ogunquit Maine

A 2 day/1 night stay at Meadowmere Resort, welcome wine and cheese, dinner at Johnathan's, reserved seating at playhouse, tour of Kennebunkport & more.
Dates: Oct 1 & 2 **Cost:** \$434/do

Italy's Wine & Culinary Tour

9 days featuring a world renowned cooking school, organic wineries, farm to table Italian meals and attractions from Florence to Venice. Flight/hotel/16 meals/trip ins.
Dates: Oct. 13-21 **Cost:** \$3,785 pp/do

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
10:00 Chair Yoga 10:00 Zumba Gold 11:15 MindFit 11:15 Tai Ji Quan 12:30 Pickleball 1:00 Wii Bowling 1:30 Caregiver Group 6:30 Zumba Dance	10:00 Shoprite 10:00 Strength & Tone 11:15 Pickleball 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:00 PiYo 6:30 Pilates 7:00 Line Dancing 7:00 Open/Lap Swim 7:15 Aqua Zumba	10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickle Ball 1:00 Game Day 1:00 Mahjong Club 7:00 Open/Lap Swim	9-12 AARP TAX AIDE by apt 9:00 Pickleball 10:00 Qigong 11:15 MindFit 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 Yoga 7:00 Zumba with Raquel 7:00 Open/Lap Swim	10:00 Strength & Tone 10:00 Stop & Shop	8:30 YOGA 9:00 Self Defense 9:00 Zumba Dance
9	10	11	12	13	14
8:30 Footcare 10:00 Chair Yoga 10:00 Zumba Gold 10:00 Understanding Homecare 11:15 MindFit 11:15 Tai Ji Quan 12:30 Pickleball 1:00 Wii Bowling 6:30 Zumba Dance	10:00 Shoprite 10:00 Strength & Tone 11:15 Pickleball 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:00 PiYo 6:30 Pilates 7:00 Open/Lap Swim 7:15 Aqua Zumba	10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickle Ball 1:00 Game Day 1:00 Mahjong Club 7:00 Open/Lap Swim	9-12 AARP TAX AIDE by apt 9:00 Pickleball 10:00 Qigong 11:15 MindFit 12:00 Pinochle Club 12:00 St. Patrick's Day Lunch 2:00 Let's Jam-Come listen! 6:00 Yoga 7:00 Zumba with Raquel 7:00 Open/Lap Swim	10:00 Strength & Tone 10:00 Stop & Shop 11:15 Tai Ji Quan	8:30 YOGA 9:00 Self Defense 9:00 Zumba Dance
16	17	18	19	20	21
10:00 NO CHAIR YOGA 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 MindFit 11:30 Lunch Bunch 12:30 Pickleball 1:00 Wii Bowling 6:30 Zumba Dance	10:00 Shoprite 10:00 Strength & Tone 11:15 Pickleball 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:00 PiYo 6:30 Pilates 7:00 Line Dancing 7:00 Open/Lap Swim 7:15 Aqua Zumba	10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 1:00 Game Day 7:00 Open/Lap Swim	9-12 AARP TAX AIDE by apt 9:00 Pickleball 10:00 Chair Massage 10:00 Qigong 11:15 MindFit 12:00 Pinochle Club 1:30 Ice Cream Social 2:00 Let's Jam - Come listen! 6:00 Yoga 7:00 Zumba with Raquel 7:00 Open/Lap Swim	10:00 Strength & Tone 10:00 Walmart	8:30 YOGA 9:00 Self Defense 9:00 Zumba Dance
23	24	25	26	27	28
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30	31				
8:00 Foxwoods 10:00 Chair Yoga 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 MindFit 12:30 Pickleball 1:00 Wii Bowling 6:30 Zumba Dance	10:00 Shoprite 10:00 Strength & Tone 11:15 Pickleball 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing 7:00 Open/Lap Swim 7:15 Aqua Zumba				

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