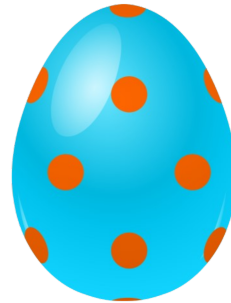
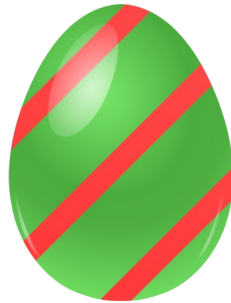


# Seymour Senior Center Newsletter

April 2019

## April HAPPENINGS!

4/8	Driver's Refresher Class	4/18	Stew Leonard's Trip
4/8	Olive Garden/Xmas Tree Shop	4/19	Closed-No Shopping
4/10	Lion's Pizza Bingo	4/22	Riverview Cinema
4/8	Foot Care	4/24	Lotus Lantern Workshop
4/17	Hot Dog Bingo	4/25	Spring In-house Luncheon
4/18	Chair Massage	4/29	Foxwood Casino



**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 runs from July 1 to June 30 and must be renewed.

Membership Type	Resident	Non Res
50-79 yrs	\$5	\$7
80+	Free	\$7

**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 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. Call or email for appointment (203) 881-0256 or [bwilkes@seymourct.org](mailto:bwilkes@seymourct.org)

**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*
Tu	10:00 am	Strength & Tone <b>NEW!</b>	Free*
Wed	10:00 am	Zumba Gold	Free*
	11:15 am	Tai Ji Quan	Free*
Thu	10:00 am	Qigong	Free*
Fri	10:00 am	Strength & Tone	Free*
Sat	9:00 am	Zumba Dance	\$45
	8:30 am	Yoga	\$35

### Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tu	6:00 pm	Circuit Training	\$35
	6:45 pm	Zumba Toning	\$45
	7:00 pm	Line Dancing	\$75
Wed	6:00 pm	PiYo	\$45
	7:15 pm	Aqua Zumba	\$40
Thu	6:00 pm	Yoga	\$35

Multi Class Discount on Certain Classes

## Adult & Senior Programs

### 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 Co. for a discount.

**Dates:** 4/8 **Time:** 9-12 **Cost:** \$15/\$20

### LION'S CLUB PIZZA BINGO

Annual Pizza/Bingo Hosted by the Seymour Lions Club-Food-Fun-Prizes. Reg required

**Date:** April 10 **Time:** 12pm **Cost:** Free

### STEW LEONARD'S SHOPPING TRIP

A great place to pick up specialty food for the holidays-no need to drive-we will be using the CC Bus. Reg req.

**Date:** 4/18 **Time:** 12:30 pm **Cost:** Free

### LOTUS FLOWER LANTERN CLASS

Create a Lotus Lantern & have the opportunity to taste & enjoy Korean Desserts. Reg req.

**Date:** Apr 24 **Time:** 10 am **Cost:** Free

### NAVIGATING THE LEGAL SYSTEM

Discussion of Advance Directives, Living Wills, Estate Planning & Probate. Lite Supper-Reg. Required

**Date:** May 16 **Time:** 4:30pm **Cost:** Free

### PROTECTING YOUR ASSETS

Elder Law Attorney will discuss Estate Planning including wills, Power of Attorney, & legal issues to protect your assets.

**Date:** June 19 **Time:** 10am **Cost:** Free

### KEEPING STRONG: DIET & FITNESS

Learn what a healthy diet looks like & how to develop a more active lifestyle.

**Date:** 6/17 **Time:** 11:15 am **Cost:** Free

### TAI JI QUAN - INFO SESSION

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

**Date:** Tues, July 2 **Time:** 11:15 am

### VETERANS BENEFIT PROGRAM

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

**Date:** Aug 19 **Time:** 10 am **Cost:** Free

## Weekend Trips

### LION KING

Every want to see Lion King and never could get tickets? **Interest list being accepted.** Trip includes motor coach to NYC and ticket.

**Date:** July 2019 **Cost:** \$180 (Aprox)

**Departs:** 10 am for Sunday Matinee

### RED SOX VS YANKEES

**Waitlist being accepted.** Includes early access to Frank's Red Hot pregame all you can eat & drink party.

**Date:** Aug 3 **Departs:** 11 am **Cost:** \$160

### RADIO CITY MUSIC HALL

Not too early to be thinking about one of the most spectacular Christmas Show & sights of New York City

**Date:** Nov 16 **Cost:** TBD **Departs:** 7:30

## Weekly Activities & Clubs

The Community Center offers a variety of Weekly activities & clubs.

Mon-Fri	Walking Club	8-9:30 am
Mon	Wii Bowling	1pm
Tues	Walking DVD	10 am
	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Pickleball	11:15 am
	Mahjong	12:30 pm
	Poker Club	12:30 pm
Thurs	Walking DVD	10 am
	Pickleball	10 am
	Pinochle	12:30 pm
	Jam Band	1 pm

## Weekly Shopping

Tuesdays		Fridays	
4/2	Shoprite	4/5	Market 32
4/9	Shoprite	4/12	Walmart
4/16	Shoprite	4/18*	Stop & Shop
4/23	Shoprite	4/26	Big Y
4/30	Shoprite	*Thursday	

## Day Trips

### MONTHLY CASINO TRIP

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

**Date:** 4/29 **Departs:** 8 am **Cost:** \$25

### RIVERVIEW CINEMA-SOUTHBURY

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

**Date:** 4/22 **Time:** 12:30 pm **Cost:** Free

### MOTOWN REVIEW

Nelson Hall presents music & dance routines of the Temptations, Marvin Gaye & The Four Tops. CC Bus

**Date:** May 23 **Departs:** 1:15 pm **Cost:** \$33

### SHARON PLAYHOUSE SERIES

June 27 **Crazy for You**

July 25 **Beauty & the Beast**

Aug 22 **Joseph & Amazing**

**Dreamcoat**

**Departs:** 10 am **Cost:** \$28/ea

### LIGHTHOUSE CRUISE

We sail from Captain's Cove for a 1 hour cruise then enjoy lunch on your own & the Boardwalk Shops. CC Bus

**Date:** July 18 **Departs:** 9 am **Cost:** \$22

### STORMVILLE FLEA MARKET

A Bargain Hunters Delight! Shop for clothing, food, jewelry, tools, antiques and many more items in this large open-air market.

**Date:** Aug 31 **Departs:** 8 am **Cost:** \$8

April 22

May 13

June 17

## Overnight Trips

**ATLANTIC CITY** Enjoy 3 days/2 nights at the Tropicana Hotel & Casino. Trip includes: 4 Meal vouchers, \$30 free play, show if available.

**Date:** May 1-3 **Departs:** 8 am **Cost:** \$258/DO

### INFORMATION PRESENTATION

Join us for a presentation on the trips below.

**Date:** May 21 **Time:** 3:30 pm

### 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:** Oct 2020 **Cost:** TBD

## Senior Lunches

### LUNCH BUNCH

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

**Time:** Varies **Cost:** Lunch on Own  
 Mon, Apr 8 Olive Garden/Christmas Tree  
 Wed, May 15 Bella Gio, Cheshire  
 Thu, June 6 Chowder Pot

### 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:** Varies  
 April 25 Spring Feast  
 May 9 Mother's Day  
 June 13 Summer Fun

# APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8-9:30 Walking Club 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance	<b>2</b> 8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:30 Bingo & Mahjong 6:00 Circuit Training 6:45 Zumba Toning 7:00 Line Dancing	<b>3</b> 8-9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickleball 1:00 Mahjong 6:00 PIYo 7:15 Aqua Zumba	<b>4</b> AARP Tax Aide 8-9:30 Walking Club 10:00 Walking DVD 10:00 Pickleball 10:00 Qigong 12:30 Pinochle 2:30 Let's Jam 6:00 YOGA	<b>5</b> 8 - 9:30 Walking Club 10:00 Market 32 10:00 Strength & Tone	<b>6</b> 8:30 YOGA 9:00 Zumba Dance  9 am—1 pm Town Shredding Event
<b>8</b> 8 - 9:30 Walking Club 9:00 <b>Foot Care</b> 9 - 12 <b>AARP Driver Course</b> 10:00 Chair Yoga 11:15 Tai Ji Quan 10:30 <b>Lunch Bunch</b> 1:00 Wii Bowling 6:30 p Zumba Dance	<b>9</b> 8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:30 Bingo & Mahjong 6:00 Circuit Training 6:45 Zumba Toning 7:00 Line Dancing	<b>10</b> 8 - 9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickleball 12:00 <b>Lion's Club Bingo</b> 1:00 Mahjong 6:00 PIYo 7:15 Aqua Zumba	<b>11</b> AARP Tax Aide 8-9:30 Walking Club 9:30 <b>Hearing Screening</b> 10:00 Walking DVD 10:00 Pickleball 10:00 Qigong 12:30 Pinochle 2:30 Let's Jam 6:00 YOGA	<b>12</b> 8 - 9:30 Walking Club 10:00 Walmart 10:00 Strength & Tone	<b>13</b> 8:30 YOGA 9:00 Zumba Dance
<b>15</b> 8 - 9:30 Walking Club 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 Zumba Dance	<b>16</b> 8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:30 Bingo & Mahjong 6:00 Circuit Training 6:45 Zumba Toning 7:00 Line Dancing	<b>17</b> 8-9:30 Walking Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickleball 12:00 <b>Hot Dog Bingo</b> 1:00 Mahjong 6:00 PIYo 7:16 Aqua Zumba	<b>18</b> 8-9:30 Walking Club 10:00 <b>Stop &amp; Shop</b> 10:00 Qigong 10:00 Walking DVD 10:00 Pickleball 12:30 Pinochle Club 12:30 <b>Stew Leonard's</b> 2:30 Let's Jam 6:00 YOGA	<b>19</b>  <b>Community Center</b> <b>CLOSED</b>  <b>SHOPPING on</b> <b>Thursday</b>	<b>20</b> 8:30 YOGA 9:00 Zumba Dance
<b>22</b> 8 - 9:30 Walking Club 10:00 Chair Yoga 11:15 Tai Ji Quan 12:30 <b>Riverview Cinemas</b> 1:00 Wii Bowling 6:30 Zumba Dance	<b>23</b> 8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:30 Bingo & Mahjong 6:00 Circuit Training 6:45 Zumba Toning 7:00 Line Dancing	<b>24</b> 8-9:30 Walking Club 10:00 Zumba Gold 10:00 <b>Lotus Flower Class</b> 11:15 Tai Ji Quan 11:15 Pickleball 1:00 Mahjong 6:00 PIYo 7:15 Aqua Zumba	<b>25</b> 8-9:30 Walking Club 9:30 Qigong 10:00 <b>Chair Massage</b> 10:00 Walking DVD 10:00 Pickleball 12:00 <b>In-house Lunch</b> 12:30 Pinochle Club 2:30 Let's Jam 6:00 YOGA	<b>26</b> 8 - 9:30 Walking Club 10:00 Big Y 10:00 Strength & Tone	<b>27</b> 8:30 YOGA 9:00 Zumba Dance
<b>29</b> 8:00 <b>Casino - Foxwoods</b> 8 - 9:30 Walking Club 10:00 Chair Yoga 11:15 Tai Ji Quan 1:00 Wii Bowling 6:30 p Zumba Dance	<b>30</b> 8-9:30 Walking Club 10:00 Shoprite 10:00 Walking DVD 10:00 Strength & Tone 12:30 Bingo & Mahjong 6:00 Circuit Training 6:45 Zumba Toning 7:00 Line Dancing				

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**