

Seymour Senior Center Newsletter

August 2018

TIME TO RENEW YOUR MEMBERSHIP! A senior membership is required to participate in programs and activities. Memberships run from July 1–June 30. Look inside for more information on the following trips and events!

The follow trips and events are scheduled for the month of August

- Aug 13 Lunch Bunch-Lenny's & Joes & Westbrook Outlets
- Aug 15 Grandchild & Me Painting Date
- Aug 22 Early Bird Supper-catered by Matteis (Italian Night)
- Aug 23 Trip to Yale Art Gallery
- Aug 27 Mohegan Sun Casino trip
- Aug 6 Danbury Mall & Stu Leonard
- Aug 20 Riverview Cinema Trip
- Aug 30 Hot Dog & Bingo Day

Also, take advantage of one of our wellness services:

- Aug 9 Hearing Screening
- Aug 13 Foot Care

NEW—Transportation to Library

The Center is now providing transportation to the Seymour Public Library. Registration Required. **Please call at least 48 hours in advance. To register call or visit our website.**

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

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.

Annual Membership	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

VETERAN SERVICES Veterans needing services and benefit information are encouraged to call 203-888-0406.

Fitness Class Schedule

Day	Time	Class	Price
Mon	10 am	Chair Yoga	Free *
Wed	10 am	Zumba Gold	Free *
	6:00 pm	PiYo	\$45
Th	10 am	Qigong	Free *
Fri	10 am	Strength & Balance	Free *

*** Registration & Membership Required**

Programs & Activities

Grandchild & Me Painting Make a date and memories with your grandchild. Both of you will create a 2 panel painting and keepsake. After art, enjoy ice cream and cookies. No experience needed step-by-step instruction provided. Materials & refreshments for yourself and one child included.

Date: August 15 **Time:** 1-3 pm **Cost:** \$25

Hot Dogs & Bingo Day Start the Labor Day Celebration enjoying lunch and a friendly game of bingo. Price includes Hot Dogs, potato chips and a cool drink and 2 Bingo Cards.

Date: Aug. 30 **Time:** 12:00 pm **Cost:** \$3.00

AARP Driver's Refresher This course reviews driving skills, new laws, and hazards of the road. You will receive a certificate to forward to your Insurance Co. for a discount.

Date: Sept 10 **Time:** 9-1 pm **Cost:** \$15/\$20

Day & Overnight Trips

Danbury Mall & Stu Leonard's

First shopping and have lunch at the Danbury Mall. On our return home we will stop at Stew Leonard's where you can pick up groceries and enjoy an old fashion ice cream or seasonal frozen yogurt. CC Bus

Date: Aug.6 **Departs** 10:30 am -3:30pm **Cost:** Free

Lenny & Joes & Westbrook Outlets(Lunch Bunch)

Enjoy shopping at Westbrook outlets followed by Lunch at Lenny & Joes - famous for their fresh seafood!

Date: Aug 13 **Departs:** 9:30 am **Cost:** Lunch on own

Riverview Theater, Southbury

Southbury has a new movie theatre equipped with large leather reclining chairs! Once a month enjoy a 1:00 pm Matinee with friends in a air-condition theater. Call for Movie of the month.

Date: Aug. 20 **Departs:** 12:15pm **Cost:** \$8 at door

Monthly Museum Series Visit a different museum each

month followed by lunch on your own. This month we are traveling to The Yale Museum of Art.

Date: Aug 23

Departs:11:30 am

Cost: \$5.00

Branson Christmas Trip Includes flight to St. Louis, a guided tour of the city, dinner & stay at Hollywood Casino Hotel followed by 4 nights in Branson at the Great Oaks Hotel. Includes 7 shows, 11 meals, airfare, tips & ins.

Date: Nov 10-15 **Departs:** 7:00 am **Cost:** \$1,922 DO

Radio City Music Hall Start the holiday season with a trip to Radio City Music Hall for their annual Christmas Extravaganza featuring the Rocketts and a visit from Santa. Sightsee, eat & shop on own.

Date: Nov. 17 **Departs:** 7:30 am **Cost:** \$98

Caribbean Cruise NY - 11 Nights NYC to Caribbean on the Norwegian Gem. Port stops include San Juan, St. Lucia, Barbados, Antigua, & St. Thomas. Includes Trans & Insurance.

Date: Feb 25-Mar 8, 2019 **Cost:** \$1379 & up

Mediterranean Cruise Fly to Barcelona for 2 nights. Then, board "Brilliance of the Seas" for 7 nights docking at Nice, Portofino, Florence, & Rome. Includes trans & trip Ins.

Dates: Oct 10-21, 2019 **Cost:** \$3009 & up

Future Museum Visits

Dates	Museum	Cost	Departs
Sept 12	Peabody	\$15	10 am
Oct 18	Mystic Aquarium& Museum	\$25	9:30am

Weekly Activities & Clubs

The Community Center offers weekly activities & clubs

ACTIVITY	Day(s)	Times
Bocce	Tuesdays	1:00 pm
Bingo	Tuesdays	12:30 pm
Mahjong	Tuesdays	12:30 pm
Poker	Wednesdays	12:30 pm
Bocce	Thursdays	10:00 am
Pinochle	Thursdays	12:30 pm
Weekly Jam	Thursdays	2:30 pm

August Shopping

Tuesdays		Fridays	
8/7	Shoprite	8/3	Market 32 & Library
8/14	Shoprite	8/10	Walmart
8/21	Shoprite	8/17	Stop & Shop & Library
8/28	Shoprite	8/24	Big Y
		8/31	Market 32 & Library

Seniors On The GO!



Monthly Lunches

Lunch Bunch: Lenny & Joes & Westbrook Outlets

Fish Lovers Delight! We will be heading to Westbrook for lunch at Lenny's & Joes. Our first stop will be the Westbrook Outlets where you will have the opportunity to do some shopping then head over to Lenny's & Joes for a leisurely lunch. CC Bus

Date: Mon, Aug 13 **Departs:** 9:30 am **Cost:** Lunch on own

Monthly Lunch: EB Dinner

Our Early Bird Dinner will feature Italian cuisine including

Eggplant and Chicken Parmesan, Stuffed Shells, Italian mixed vegetables & dessert.

Date: Wed, Aug 22 **Time:** 4 - 6 pm **Cost:** \$8



August Monthly Services

Service	Date	Price
Foot Care	Mon, Aug 13	\$30/30 min
Haircuts at Oxford Academy of Hair	Wed, Aug 8	20% off Services
Hearing Screening	Thurs, Aug 9	FREE
Chair Massage	Thurs, Aug 16	\$15/15 min

***Appointments Required**

PARKING FOR TRIPS

Please use rear lot near Church if attending any day or overnight trips. This leaves the front lot for people attending daily activities at the Community Center. Bus pickup for trips will be at the rear of the building

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>9 -11 Chair Yoga Danbury Fair Mall & Stew Leonard's Trip</p> <p>10:00 10:30</p>	<p>7</p> <p>10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts.</p>	<p>1</p> <p>10:00 Zumba Gold 12:30 Poker Club 2:00 Diabetes Workshop 6:00 PIYO</p> <p>8</p> <p>Oxford Academy of Hair 20% off</p> <p>10:00 Zumba Gold 12:30 Poker Club 2:00 Diabetes Workshop 6:00 PIYO</p>	<p>2</p> <p>10:00 Qigong 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam 12-7:30pm BLOOD DRIVE</p> <p>9</p> <p>Hearing Screening 9:30 10:00 NO Qigong 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam</p>	<p>3</p> <p>10:00 Market 32 10:00 Library 10:00 Strength & Balance</p> <p>10</p> <p>10:00 Shopping Walmart 10:00 Strength & Balance</p>
<p>13</p> <p>9 -11 Foot Care 10:00 Chair Yoga 9:30 Lunch Bunch: Lenny & Joe's & Outlets</p>	<p>14</p> <p>10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts.</p>	<p>15</p> <p>10:00 Zumba Gold 12:30 Poker Club 1:00 Grandparents & Kids Ice Cream & Painting 2:00 Diabetes Workshop 6:00 PIYO</p>	<p>16</p> <p>10:00 Qigong 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam</p>	<p>17</p> <p>10:00 Stop & Shop 10:00 Library 10:00 Strength & Balance</p>
<p>20</p> <p>10:00 Chair Yoga 12:15 Riverview Movies</p>	<p>21</p> <p>10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts.</p>	<p>22</p> <p>10:00 Zumba Gold 12:30 Poker Club 2:00 Diabetes Workshop 4:00 Early Bird Dinner 6:00 PIYO</p>	<p>23</p> <p>10:00 Qigong 11:30 Museum Trip Yale 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam</p>	<p>24</p> <p>10:00 Big Y 10:00 Strength & Balance</p>
<p>27</p> <p>8:00 Casino: Mohegan Sun 10:00 Chair Yoga</p>	<p>28</p> <p>10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts.</p>	<p>29</p> <p>10:00 Zumba Gold 12:30 Poker Club 2:00 Diabetes Workshop 6:00 PIYO</p>	<p>30</p> <p>10:00 Qigong 12:00 Hot Dog & Bingo Lunch 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam</p>	<p>31</p> <p>10:00 Market 32 10:00 Library 10:00 Strength & Balance</p>

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