

Seymour Senior Center Newsletter

December 2018

2018/19 Memberships are available. and run from July 1–June 30.

The following trips and events are scheduled for the month of November

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|---------------------------------------|--------------------------------------|
| 12/1-Port Jeff: Dickens Festival Trip | 12/17-Cookie Swap |
| 12/3-Lunch Bunch | 12/17-Riverview Cinema |
| 12/5-Christmas Decorating | 12/20-Christmas Lunch |
| 12/8-Woodbury Commons Trip | 12/20-Chair Massage |
| 12/10-Footcare | 12/21-Trip-Stu Leonard's Shopping |
| 12/10-Post Mall Shopping | 12/24-Christmas Closing |
| 12/12-Lighthouse Park Trip | 12/25-Christmas Day-Closed |
| 12/13-Hearing Screening | 12/27-Hot Dog Bingo |
| 12/13-Gingerbread House Workshop | 12/31-New Year's Eve - 12:00 Closing |

Call for Volunteers - Community Center Library

Would you like to see the Community Center Library reopened? We need your help! Join us for a volunteer meeting on Tues, Dec. 4 at 11 am. Unable to attend? Call the office at 203-888-0406 xt. 1 and let us know you are interested in volunteering.

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.

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.

Pool Membership The SHS Pool is open Tuesday, Wednesday & Thursdays from 7 pm–9 pm for open, lap & aquatic exercise. Senior Membership is \$40.

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*
	TBD -Jan	Better Balance (New)	Free*
	6:30 pm	Zumba Dance	\$45
Tu	10 am	Tai Chi II - Starts Jan	\$24
	6:30pm	Circuit Training - Jan	\$35
	7 pm	Line Dancing - Jan	\$75
Wed	10 am	Zumba Gold	Free*
	TBD -Jan	Better Balance (New)	Free*
	6 pm	PiYo	\$40
	7:15 pm	Aqua Zumba	\$40
Th	10 am	Qigong	Free*
Fri	10 am	Strength & Balance	Free*
Sat	9 am	Zumba Dance	\$45
* Registration & Membership Required			

Programs & Activities

GINGERBREAD HOUSE MAKING Have you ever wanted to make a Ginger Bread House? Why not join us. We will supply the kits, -goodies-music & plenty of laughter.

Date: 12/13 **Time:** 1 pm **Cost:** \$10

COOKIE SWAP A great way to get a variety of home baked cookies. Bring 2 doz. of your favorite cookies to swap. We will provide holiday music and a wrapped tray to go.

Date: 12/17 **Time:** 10 am **Cost:** 2 doz. cookies

CHRISTMAS DECORATING Help us decorate and turn the Community Center into a Christmas Wonderland. Many hands make work easier. No special talent needed.

Date: 12/5 **Time:** 10 am **Cost:** Free

ARE YOU SLEEPING? Do you have trouble sleeping? Join us to get tips on getting a restful night's sleep, potential causes for sleepless nights and when it's time to get help.

Presented by the VNA Community Healthcare.

Date: 1/7/19 **Time:** 10 am **Cost:** Free

LIVING A HEART HEALTHY LIFESTYLE Discover the facts about heart disease and its risk factors. Receive tips on a heart healthy lifestyle. Presented by the VNA Community Healthcare.

Date: 2/11/19 **Time:** 10 am **Cost:** Free

TAI JI QUAN: MOVING FOR BETTER BALANCE

This program will improve balance, flexibility, muscular strength & reduce your risk of falling. It runs for 24 weeks/2 days a week (Mon & Wed). Registration limited to 15 participants. Made possible through the State Unit on Aging & Yale Connecticut Collaboration for fall prevention.

Date: Jan - June **Time:** TBD **Cost:** \$10

Day & Overnight Trips

STEW LEONARD'S A great place to pick up specialty food for the holidays-no need to drive-we will be using the CC Bus.

Date: 12/21 **Time:** 12:30-2:30 **Cost:** Free

CT POST MALL Need a last minute gift or just need to do some shopping. Post Mall is a great place with a wide variety of stores to fit all your shopping needs. Trans on CC Bus.

Date: 12/10 **Time:** 10:00-2:00 **Cost:** Free

WOODBURY COMMONS Annual Shopping Trip to Woodbury Commons Outlets. Stores include clothing, jewelry, shoes, children's clothing & toys and many more items. There is plenty of places to rest & eat. Trans on CC Bus.

Date: 12/8 **Time:** 8 am - 6 pm **Cost:** \$8.00

CRECHES OF POLAND We will keep the Christmas Spirit alive in January with a trip to The Knights of Columbus Museum featuring Creches from Poland. You will have the opportunity to view over 100 Creches on display, as well as purchase items from Poland in the Gift Shop. Lunch on own. Trans on CC Bus.

Date: 1/9/19 **Departs:** 11:30 **Cost:** Free

CONNECTICUT FLOWER & GARDEN SHOW Tired of the Winter Blues? Spend the day enjoying beautiful floral arrangements, landscape displays, plants of all varieties and having a touch of Spring to lift your spirit. Trans on CC Bus.

Date: 2/21 **Departs:** 9:30 **Cost:** \$5 + \$16 at the door

2019 MEDITERRANEAN CRUISE Fly to Barcelona for a 2 night stay 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

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 and rear door will be open for entering facility prior to trip.

Weekly Activities & Clubs

Day	ACTIVITY	Times
M-F	Walking Club	8 - 9:30 am
Mon	Wii Bowling	1 pm
	Walking DVD	1 pm (New TV!)
Tues	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Walking DVD	1 pm (New TV!)
	Mahjong	1 pm
Thurs	Pickleball	10 am
	Pinochle Club	12:30 pm
	Jam Band	2:30 pm

Weekly Shopping

Tuesdays		Fridays	
12/4	Shoprite	12/7	Market 32 & Library
12/11	Shoprite	12/14	Stop & Shop
12/18	Shoprite	12/21	Walmart
12/25	Center Closed	12/28	Market 32

Monthly Lunches

Lunch Bunch Olive Garden & Christmas Tree Shop
Date: Dec 3 **Departs:** 11:30 am **Cost:** Lunch on own



Senior In-House Lunch Join us for our Christmas Lunch and entertainment. Great Menu

Date: Dec 20 **Time:** 12 pm **Cost:** \$8

Monthly Services

Service	Date	Price
Hearing Screening	Thurs, Dec 13	FREE
Haircuts at Oxford Academy of Hair	Wed, Dec 12	20% off Services
Chair Massage	Thurs, Dec 20	\$15/15 min
Foot Care	Mon, Dec 10	\$30/30 min

***Appointments Required**

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8 - 9:30 Walking Club 10:00 Chair Yoga 10:30 Lunch Bunch 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance	4 8 - 9:30 Walking Club 10:00 Shoprite 11:00 Library Vol Meeting 12:30 Bingo 12:30 Mahjong 1-4 Dr. Apts.	5 8 - 9:30 Walking Club 10:00 Zumba Gold 10:00 X-mas Decorating 1:00 Walking DVD 1:00 Mahjong 6:00 Piyo 7:15 Aqua Zumba	6 8 - 9:30 Walking Club 10:00 Pickle ball 10:00 Qigong 12:30 Pinochle Club 2:30 Let's Jam	7 8 - 9:30 Walking Club 10:00 Market 32 + Library 10:00 Strength & Balance	8 8 am Woodbury Commons 9 am Zumba Dance
10 8 - 9:30 Walking Club 9:00 Foot Care 10:00 Mail Shopping 10:00 Chair Yoga 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance	11 8 - 9:30 Walking Club 10:00 Shoprite 12:30 Bingo 12:30 Mahjong 1-4 Dr. Apts.	12 8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Walking DVD 1:00 Mahjong 4:30 - 8 Lighthouse Trip	13 8 - 9:30 Walking Club 9:30 Hearing Screening 10:00 Qigong 10:00 Pickle ball 12:30 Pinochle Club 1:00 Gingerbread House Decorating 2:30 Let's Jam	14 8 - 9:30 Walking Club 10:00 Stop & Shop + Library 10:00 Strength & Balance	15 9 am Zumba Dance
17 8 - 9:30 Walking Club 10:00 Chair Yoga 10:00 Cookie Swap 12:30 Riverview Cinemas 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance	18 8 - 9:30 Walking Club 10:00 Shoprite 12:30 Bingo 12:30 Mahjong 1-4 Dr. Apts.	19 8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Mahjong 1:00 Walking DVD	20 8 - 9:30 Walking Club 10 - 1 Chair Massage 10:00 Qigong 10:00 Pickle ball 12:00 In House Lunch 12:30 Pinochle Club 2:30 Let's Jam	21 8 - 9:30 Walking Club 10:00 Walmart + Library 12:30 Stew Leonard's 10:00 Strength & Balance	22 9 am Zumba Dance
24 CENTER CLOSED Merry Christmas	25 CENTER CLOSED Merry Christmas	26 8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Mahjong	27 8 - 9:30 Walking Club 10:00 Qigong 10:00 Pickle ball 12:00 Hot Dog Lunch 12:30 Pinochle Club 2:30 Let's Jam	28 8 - 9:30 Walking Club 10:00 Market 32+ Library 10:00 Library 10:00 Strength & Balance	29 9 am Zumba Dance
31 January 2019					
8 - 9:30 Walking Club 10:00 Chair Yoga 12:00 Admin Offices Close at Noon	1 CENTER CLOSED Happy New Year	2 8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Mahjong	3 8 - 9:30 Walking Club 10:00 Qigong 10:00 Pickle ball 12:30 Pinochle Club 2:30 Let's Jam	4 8 - 9:30 Walking Club 10:00 Shopping + Library 10:00 Strength & Balance	5 9 am Zumba Dance

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: