

Seymour Community Services Senior Newsletter

February 2018

It's February, Heart Health Month and our new programs are just in time to help you stay healthy!

Join us for our FREE **SENIOR FIT, SENIOR STRONG** classes! Thanks to a grant from the Valley Community Foundation, we will be offering a fitness class each day of the week either free or at a reduced rate.

- Chair Yoga, Qigong, Zumba Gold, and our new Strength, Toning & Balance Classes are free (Registration Required).
- Tai Chi is now only \$24.00/8 week session.

The Fitness Center is also Free to Senior Center members during center hours. Enjoy walking, but can't get outdoors during the winter, the gym is available for walking from 8:00 a.m. - 10:00 a.m. Monday—Friday and our treadmills in the fitness center are also available.

After you workout enjoy a Free "Cup 'O' Joe" before starting your day. We have a Keurig Coffee Maker in the Bingo room with both decaf & regular coffee pods.

Have you seen our new Monthly Services Corner on Page 2? Each month we are offering specialty services at the community center including **Foot Care, Chair Massage, Hearing Screening, and Haircutting & Manicures**. Need help with your Income Taxes? AARP is offering this program at the Center every Thursday Morning from February 1st through April 12th. You can make an appointment for free assistance.

Mary McNelis
Director of Community Services

Tara Miller
Community Services Assistant

Lucy McConologue
Elderly Services
Program Manager

Zack Philippas
Recreation
Program Manager

Bonnie Wilkes
Municipal Agent

www.seymourcommunityservices.com
www.facebook.com/seymour.ct
[Twitter @SeymourRec](https://twitter.com/SeymourRec)
[Instagram @SeymourRecCT](https://www.instagram.com/SeymourRecCT)

Administrative office Hours:
Mon – Thurs 8 am – 4:30 pm
Friday 8 am – 12:00 pm
203-888-0406

TRANSPORTATION SERVICES

Seymour Community Services provides Seymour Residents transportation via the Community Bus for the activities below. **Reservations are required please call 203-888-0406 ext. 1**

SHOPPING Tuesdays & Fridays. Residents are transported to and from their homes to local stores. Locations vary (See calendar on Pg. 3). **Please call 24 hours in advance to schedule a ride.**



CHURCH SERVICES NEW POLICY: MINIMUM OF 4 PEOPLE PRE-REGISTERED TO TRANSPORT TO CHURCH SERVICES. CALL FOR DETAILS. Call before Noon on Thursdays.

DOCTORS APPOINTMENTS

Tuesday & Friday afternoons from 1–5 within the Valley Area. Other days may be accommodated based on driver availability. **Please call 48 hours in advance to schedule a ride.**



MUNICIPAL AGENT'S CORNER

MEDICARE ADVANTAGE PLAN DISENROLLMENT PERIOD

If you chose a Medicare Advantage Plan for 2018 and since found that the plan does not meet your needs, you have until February 14 to disenroll and return to original Medicare.

Please be aware that Medicare B premiums have increased for many people who receive Social Security benefits. This takes effect in January in addition to the 2% increase in benefits.

The Medicare Savings Plan from the State of Connecticut is still intact through July 2018. At this time, we are optimistic that the state legislature will take steps to ensure that this program continues.

Please feel free to contact me on Medicare Issues, Medicare Savings Program, Caregiving Issues, Prescription Drug Issues, Long Term Care Issues, Home Care, Respite Care, Social Security use. My goal is to assist you with information that allows you to maintain and continue a healthy, happy, and independent life in your own home, as long as you choose to remain there. It is best to call me (or email) for an appointment as schedules do change.

Bonnie Wilkes, Municipal
203-888-0406 xt. 3 bwilkes@seymourct.org

Programs & Activities

[Free AARP Tax Assistance](#) is being offered by AARP. You must bring in last year's filing & verification of all income & deductions. **MUST REGISTER.**

Date: Feb. 1 - April 12 **Location:** Community Center
Cost: Free **Time:** 9-12

[Cupcake Bake-Off Contest](#) Calling all Bakers, can you WOW our panel of Mystery Judges with your favorite recipe and become the Cupcake Champion of the Senior Center. A set of simple rules will be given every contestant entering the contest. Spectators are welcome to cheer on their favorite Baker. Reg. required space limited for Bakers & Spectators.

Date: February 7 **Location:** Community Center
Cost: Free **Time:** 1:00 pm

[Let's Talk-Lets Plan](#) This is a 2 session program sponsored by Griffin Hospital explaining Advance Care Planning. You will have the opportunity to talk & plan your Health Care wishes & make them known to your loved ones. **Must Register.**

Date: Feb 15 & 22 **Location:** Senior Center
Cost: Free **Time:** 10:00-11:30

Monthly Services

[Foot Care](#) A specially trained registered nurse will be available to assess your feet & lower extremities. The RN will trim, file & clean your nails, perform a reduction of thickened toe nails, smoothing of corns & calluses, and massage & moisturize your feet. Diabetics need a Dr.'s note. **Must Register.**

Date: Feb. 12 **Location:** Community Center
Cost: \$30/30 mins. **Time:** 8:30 am – 1:30 pm

[Free Hearing Screening](#)

Hearing Aid Specialists of Connecticut will offer free Hearing Screening at the Seymour Community Center. This service will be available every 2nd Thursday of the month and is open to the public. **Must Register.**

Date: Feb. 8 **Location:** Community Center
Cost: FREE **Time:** 9:30 am—11:15 am

[Chair Massages](#) The benefits of massage are many. It increases circulation, range of motion, decreased pain, and restriction of movement in joints. It is also known to boost the immune system.

Date: Feb. 15 **Location:** Community Center
Cost: \$15/15 mins. **Time:** 10 am – 1 pm

[Free Haircuts & Manicures](#) Dolce Academy will provide Haircuts (cut & blow out) and manicures (filing & painting.).

Date: March 7 **Location:** Community Center
Cost: Free Tips welcome. **Time:** 10 am—11 am

Monthly Lunches

[Lunch Bunch Trip](#) We venture out to a local restaurant monthly to enjoy food & friends. Free Transportation. **Must Register.**

Date: February 8 **Location:** Longhorn Steakhouse
Cost: Lunch on own **Departs:** 11:30 am from CC

[In House Lunch: Pancake Breakfast & Animal Embassy Program](#)
Join us for sausages, pancakes, and some special visitors.

Date: Feb. 12 **Location:** Senior Center
Cost: \$3.00 **Time:** 10:30 am

Day and Overnight Trips

[CT Flower and Garden Show](#) The Connecticut Convention Center in Hartford is transformed into a showcase including landscapes, flower arrangements, plants and many vendors selling items for gardens and yards. Fast food is available for lunch on your own. Registration cost is \$8.00. Tickets are purchased at the door that day, \$16.00. Transportation provided on Community Center Mini-Bus.

Date: Feb 22 **Location:** Hartford, CT
Cost: \$22 **Time:** 9 am from CC

[Mohegan Sun Casino](#) Currently accepting names for interest list for Mohegan Sun Casino. Trip includes Coach Transportation, \$15 Food Voucher or free buffet, and \$15 Wheel play. 42 people needed to run trip. Sign up today, payment required once minimum is met.

Date: Feb 26 **Location:** Mohegan Sun Casino
Cost: \$22 **Time:** 8:00 am from CC

[A Chorus Line](#) is the recipient of 9 Tony Awards including Best Musical. The show is a mixture of dance, song and compelling drama. Some of the shows best songs include "What I did for Love" and "I Hope I Get It". Includes lunch, show, & transportation.

Date: Thurs, March 29 **Location:** Westchester, NY
Cost: \$65 **Departs:** 9:30 a.m. on CC bus

[Atlantic City-3days-2 Nights](#) Add your name to our interest list. This 3 day, 2 night trip to the Tropicana Casino and Hotel May 7-9, 2018. The trip includes two(2) meal tickets, \$30.00 Bonus play credits, plus daily specials. The cost also includes transportation and gratuities. **A minimum of 30 people required to run the trip.** Payment due when trip is secured.

Date: May 7—9 **Location:** Atlantic City, NJ
Cost: \$249/DO **Departs:** 8:00 am from CC

[Stormville Airport Antique & Flea Market](#) Calling all Bargain Hunters-Over 600 vendors selling everything from antiques & collectible, arts & crafts, and new merchandise including clothing, jewelry and household items. This is an outdoor Flea Market (Rain or Shine) with acres of vendors, plenty of food, and areas to sit and relax.

Date: May 26 **Location:** Stormville, NY
Cost: \$12 **Departs:** 7:30 am on CC bus

[Sister Act](#) is a hilarious story of a disco diva whose life takes a surprising turn when she is a witness to a murder and is hidden in a Convent. A tribute to the power of friendship, sisterhood and music. Sister Act is the funniest and funkiest musical around. Includes lunch, show and transportation.

Date: Thurs, June 7 **Location:** Westchester, NY
Cost: \$68.00 **Departs:** 9:30 a.m. on CC bus

[Branson Christmas Trip](#) includes flight to St. Louis, a guided tour of the city, dinner & accommodations at Hollywood Casino followed by 4 nights in Branson at The Great Oaks Hotel. Price includes 7 Shows, 11 meals, air fare & all gratuities.

Date: Nov.10-15 **Location:** Branson, Mo.
Cost: \$1922 D/O **Time:** 7:00 a.m. from CC

Memberships

Senior Center

Annual Membership July 1—June 30

50-79 yrs. \$5 Res/\$7 Non Res.

80+ FREE (must renew annually July 1)

NEW—Senior Fit, Senior Strong

Thanks to the generous donation of Valley Community Foundation, Seymour Recreation is pleased to announce that we can now offer many of our fitness classes for free to all our Senior Center Members.

Senior Fit Senior Strong includes:

Chair Yoga, Zumba Gold, Qigong, Strength, Tone & Balance

Fitness Center

The Fitness Center is open to Seymour Residents and Senior Center Members. It includes two treadmills, a stationary bike, a rowing machine, an all-in-one gym, body bars, and dumbbells (1-30 pounds).

Fees: **FREE** Registration Required

Days & Times:

Mon – Thurs, 8 am – 4:30 pm

Fridays – 8:00 am – 12 pm



Pool

Seymour High School pool is open for swimming, exercise and fun on Monday, Wednesday, Thursday evenings. Adult lap lanes are available. Registration required.

Fees: \$40-\$75 Residents

Dates: September— May

Days & Times: Mon, Wed, & Thurs, 7



February Calendar of Events

- 2/1—22** AARP Tax Assistance Begins (Thursdays)
- 2/7** Cup Cake Bakeoff
- 2/8** Hearing Screening
- 2/8** **Lunch Bunch:** Longhorn
- 2/12** Foot Care Services
- 2/12** **In house Luncheon:** Pancake Breakfast
- 2/15 & 22** Let's Talk, Let's Plan
- 2/15** Chair Massage
- 2/22** CT Flower Show
- 2/26** Casino

Weekly Shopping

Tuesdays		Fridays	
2/9	Shoprite	2/2	Market 32
2/13	Shoprite	2/9	Big Y
2/20	Shoprite	2/16	Stop & Shop
2/28	Shoprite	2/23	Walmart

Weekly Activities & Clubs

We offer a variety of activities & clubs. Don't see what you're looking for? Give us a call we just might be able to start it up.

Tuesdays	Bingo	12:30 — 3 pm
Tuesdays	Mahjong	12:30 — 4 pm
Wednesdays	Poker Club	12:30 — 4 pm
Thursdays	Pinochle	12:30 — 3 pm

Fitness Class Schedule



Day	Time	Class	Advanced Session Price	Drop-in Rate
Mondays	10 - 10:45 am	Chair Yoga	Free (pre registration required)	none
	6:30 - 7:30 pm	Zumba Dance	\$45	\$8
Tuesdays	10 - 11 am	Tai Chi Easy II	\$24	\$8
	11 am -12 pm	Tai Chi Easy I	\$24	
	7 - 9 pm	Line Dancing	\$75	none
Wednesdays	7:15 - 8:15 pm	Water Exercise	\$40	none
	9:30 – 10:30 am	Zumba Gold	Free (pre registration required)	none
Thursdays	10 – 11 am	Qigong	Senior Members Free (pre registration required)	Free
Fridays	10—10:45 am	Strength, Tone & Balance	Free (pre registration required)	
Saturdays	9 – 10 am	Zumba Dance	\$45	\$8

Seymour Community Services

20 Pine Street

Seymour, CT 06483