

Senior Center Newsletter

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|------|--------------------------------|------|----------------------------------|
| 1/1 | Closed - Happy New Year | 1/17 | Massage |
| 1/6 | Caregiver Support Group | 1/20 | Center Closed MLK Day |
| 1/8 | Knights of Columbus Trip | 1/23 | Lunch Bunch |
| 1/8 | Weekly Game Day Begins (New) | 1/27 | No Casino Trip In January |
| 1/13 | In-House Movie (New) | 1/29 | Hot Dog Bingo |
| 1/13 | Foot Care | | |
| 1/16 | In-House Lunch | | |

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

Who Cares for the Caregiver?

A Time for Me Caregiver Support Group

This program will provide tools to help you access home care for yourself or a family member. Topics include eligibility, cost, and access. Q & A at the end. Reg preferred; walk-ins welcome.

New January Programs

In-House Movie - Varies monthly begins Jan 13

Weekly Game Day Wed, 1-3 pm starts Jan 8
Join friends and play Cards or Board Games

Outsmarting Osteoporosis

Nationally certified fitness trainer Linda Gottlieb introduces you to safe exercises that help prevent osteopenia and osteoporosis.

Info Session: Jan 16 **Time:** 2 pm **Cost:** Free

Dates: Jan 27 - Feb 24 **Time:** 2 pm **Cost:** \$30

Memberships

Senior Center Membership A Senior Membership is required to attend a Senior Program or Trip. The Annual Membership is from July 1 to June 30 and must be renewed. Veterans are Free!

Membership Type	Resident	Non Res	Veterans
50-79 yrs	\$7	\$9	Free
80+	Free	\$9	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, dumbbells, and body bars. Open 8 am-8pm Mon—Thur; 8 am-12 pm Fri. Reg & waiver 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. Appointment Required. Call (203) 888-0406 xt 1 to book an appointment.

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

Fitness Classes

Registration & Senior Membership Required*

Morning & Afternoon

Day	Time	Class	Price
Mon	6:30 am	Jungshin - Jan 13	Free Trial
	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	2:00 pm	Outsmart Osteoporosis	\$30
	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	\$45

Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tues	6:30 pm	Pilates	\$75
	7:00 pm	Line Dancing	
Wed	6:00 pm	PiYo	\$40
	6:30 pm	zumba	
Thur	6:00 pm	Kickboxing	\$40
	6:00 pm	Yoga	\$35

Multi Class Discount on Certain Classes

Free Activities & Clubs

Strider's Club

Too cold to walk outside on our walking path, you have choices. Walk inside or out Group meets at room 107 in Community Center.



Days: M,W,F **Time:** 8:30 am
(also see Fitness Room hours on front page)

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
Dates: Jan 13, Feb 10, & Mar 23



Activity	Days	Time
Strider's Club	M, W, & F	8:30 am
Pickleball	M, 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
Chair Massage	\$15/15 min	Jan 16
Foot Care	\$30/30 min	Jan 13

Weekly Shopping

Tuesdays - Shoprite

Fridays - See Calendar for location

Day Trips

KoC-Creches of Europe

Travel to the Knights of Columbus Museum for a bit of Christmas in January for a display of Crèches from 32 European Countries. Lunch on your own

Date: Jan 8 **Departs:** 11 am **Cost:** Free

CT Flower & Garden Show

A showcase of Floral Arrangements, landscapes, plants & vendors. Fast food available.

Date: Feb 20 **Departs:** 9:30a.m **Cost:** \$5+tax

ALL SHOOK UP - WESTCHESTER

Musical Comedy Production featuring Blue Suede Shoes and many more favorite songs. Dinner included

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

The Wedding Singer-7 Angels

A smash hit musical filled with laughs, music & dancing.

Date: May 7 **Departs:** 1:00pm **Cost:** \$40

Cinderella-Westchester

This Tony Award-winning Broadway musical adaptation delights with its contemporary take on the classic fairy tale. Dinner included with ticket.

Date: June 10 **Departs:** 9:15am **Cost:** \$71

Overnight Trips

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 5-16 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: Nov 29-Dec 12 2020 **Cost:** \$2429/\$3749

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

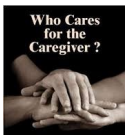
Price: \$252 Dbl, \$337 Single, \$232 Triple

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: Jan 6 **Time:** 1:30pm **Cost:** Free



Tai Ji Quan - Info Session

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

Date: Jan 8 **Time:** 10 am **Cost:** Free

Outsmarting Osteoporosis

Nationally certified fitness trainer Linda Gottlieb introduces you to safe exercises that help prevent osteopenia and osteoporosis.

Info Session: Jan 16 **Time:** 2 pm

Cost: Free

Dates: Jan 27 - Feb 24 **Time:** 2 pm

Cost: \$30

AARP Tax Prep

Call Mid January for apt.

Dates: Feb-Apr **Time:** by apt

Cost: Free



Memory Baseline Screening

Brief Screening to address capability & measure daily function, memory and recall. A summary will be sent to your Doctor.

Date: Feb 10 **Time:** 10 am **Cost:** Free

Jungshin

A full body and mind workout. You will kick, jump, stretch and increase your mental focus!

Date: Jan 13 **Time:** 6:30 am **Cost:** Free-Trial Class

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

Senior Lunches

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: Jan 16 **Time:** 12 pm **Cost:** \$9

Hot Dog & Bingo Lunch

Join us for an afternoon of Pizza and Bing and also a few surprises to end the year of 2019 & welcome in 2020!

Date: Jan 29 **Time:** 12 pm **Cost:** \$3

Lunch Bunch

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

Date: Jan 23 **Time:** 11:30

Cost: Lunch on Own **Location:** Roses, Oxford

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Center Closed Happy New Year	8:30 Strider's Club 9:00 Pickleball 10:00 Qigong 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	8:30 Strider's Club 10:00 Strength & Tone 10:00 Walmart	9:00 Zumba
6	7	8	9	10	11
8:30 Strider's Club 9:00 Pickleball 10:00 Zumba Gold 10:00 Chair Yoga 11:15 MindFit 1:00 Wii Bowling 1:30 Caregiver 6:30 Zumba Dance	8:30 Strider's Club 10:00 Strength & Tone 10:00 Shoprite 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing 7:00 Open/Lap Swim 7:15 Aqua Zumba	8:30 Strider's Club 10:00 Zumba Gold 11:00 KoC Creches Trip 11:15 Tai Ji Quan Info Session 11:15 Pickle Ball 1:00 Game Day 1:00 Mahjong Club 6:00 PiYo 7:00 Open/Lap Swim	8:30 Strider's Club 9:00 Pickleball 10:00 Qigong 11:15 MindFit 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 7:00 Open/Lap Swim	8:30 Strider's Club 10:00 Strength & Tone 10:00 Stop & Shop	9:00 Zumba
13	14	15	16	17	18
6:30 Jungshin Free Trial 8:30 Strider's Club 8:30 Foot Care 9:00 Pickleball 10:00 Zumba Gold 10:00 Chair Yoga 11:15 MindFit 11:15 Tai Ji Quan 1:00 Movies @ CC 1:00 Wii Bowling 6:30 Zumba Dance	8:30 Strider's Club 10:00 Strength & Tone 10:00 Shoprite 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing 7:00 Open/Lap Swim 7:15 Aqua Zumba	8:30 Strider's Club 10:00 Zumba Gold 11:15 Tai Ji Quan 11:15 Pickle Ball 1:00 Game Day 1:00 Mahjong Club 6:00 PiYo 7:00 Open/Lap Swim	8:30 Strider's Club 9:00 Pickleball 10:00 Qigong 10:00 Chair Massage 11:15 MindFit 12:00 In House Lunch 12:00 Pinochle Club 2:00 Outsmart Osteoporosis 2:00 Let's Jam-Come listen! 6:00 Kickboxing 6:00 YOGA 7:00 Open/Lap Swim	8:30 Strider's Club 10:00 Strength & Tone 10:00 Walmart	8:30 YOGA 9:00 Zumba 9:00 Self Defense
20	21	22	23	24	25
Center Closed MLK Day	8:30 Strider's Club 10:00 Strength & Tone 10:00 Shoprite 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing 7:00 Open/Lap Swim 7:15 Aqua Zumba	8:30 Strider's Club 10:00 Zumba Gold 10:00 Comm on Aging 11:15 Tai Ji Quan 11:15 Pickle Ball 1:00 Mahjong Club 1:00 Game Day 6:00 PiYo 7:00 Open/Lap Swim	8:30 Strider's Club 9:00 Pickleball 10:00 Qigong 11:15 MindFit 11:30 Lunch Bunch 12:00 Pinochle Club 2:00 Let's Jam-Come listen! 6:00 Kickboxing 6:00 YOGA 7:00 Open/Lap Swim	8:30 Strider's Club 10:00 Strength & Tone 10:00 Market 32	8:30 YOGA 9:00 Zumba 9:00 Self Defense
27	28	29	30	31	1
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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

Happy New Year!