

Seymour Community Services Senior Newsletter

January 2017

Happy New Year!!! Hope you have survived the busy holiday season. Now that all the activity has finally subsided and we are entering the New Year, have you considered volunteering? We have many opportunities including sorting books in our library, folding, addressing and stamping our newsletter, and set up, serving and clean up at our monthly luncheons. Have a skill you want to share? Let us know. Or sign up to be a new member ambassador. The possibilities are endless. If interested in any of these options, contact Lucy.

We thank you for all your help in the past year and look forward to including more people sharing their talents with us this coming year.

Lucy

Mary McNelis
Director of Community Services

Lucy McConologue
Elderly Services
Program Manager

Zack Philippas
Recreation
Program Manager

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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 (Shop Rite, Stop & Shop, Big Y, Shop Rite, Big Y, Market32) 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.

Sundays Seymour Community Services offers transportation to church services for residents who are no longer able to drive themselves.

Seymour Congregational, Broad St., 10 am
Trinity Episcopal, Church St., 10 am
St. Augustine, Washington Ave., 9:30 am
Other Churches may be included if requested. **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

Happy New Year to all!

Social Security benefits will increase by 2% in 2018. Some individuals will also see an increase in Medicare B premiums. Please watch your mail in the next month for any information on changes of benefits from Social Security.

The CT state budget was recently signed into law. One of the provisions is a substantial change to the Medicare Savings Program. The income limits for the program were greatly reduced. The CT Department of Social Services will be sending out notices to all affected individuals in the next few weeks. Please read all notices carefully.

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.

Programs & Activities

[Free Pizza Party & Entertainment](#) Save the date-we are having a free Pizza Party for our Senior Center Members. You must be a Senior Member and you **MUST REGISTER** by noon on January 23.

Date: January 25 **Location:** Community Center

Cost: Free **Time:** TBA

[Cupcake Bake-Off Contest](#) Calling all Bakers interested in showing off their baking skills. 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. We encourage spectators to come and cheer on their favorite Baker. Pre-registration required for all Bakers & Spectators. Spectators must also pre-register as space is limited.

Date: February 7 **Location:** Community Center

Cost: FREE **Time:** 1:00 pm



1. Volunteer at Senior Center
2. Start fitness routine at the Senior Center
3. Go to Fitness Class at Senior Center
4. Travel More (with Senior Center!)

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 Doctor's note. **Must Register.**

Date: January 8 **Location:** Community Center

Cost: \$30/30 mins. **Time:** 8:30 am – 1:30 pm

[Free Hearing Screening - New Program!](#)

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. A 15 minute appointment will allow for a limited evaluation for user and non-users of hearing aids. **Must Register.**

Date: January 11 **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 in joints, decreased pain and restriction of movement, and boosts immune system function. Registration preferred.

Date: January 18 **Location:** Community Center

Cost: \$15/15 mins. **Time:** 10 am – 1 pm

Day and Overnight Trips

[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 will be required once minimum is met.

Date: January 29

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](#) Interested in going to Atlantic City? 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: \$259/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 merchandise. Plenty of food concessions and areas to sit.

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

Monthly Lunches

[Lunch Bunch Trip](#) Each month we venture out to a local restaurant, enjoying great food and friends. Space is limited to 18. Reg. Required.

Date: January 18 **Location:** Brookside

Cost: Lunch on own **Departs:** 11:30 am

[In House Luncheon - Free Pizza Luncheon—Must Register](#)

Date: January 25 **Location:** Community Center

Cost: FREE **Time:** 12 Noon

Memberships

Senior Center

MEMBERSHIP UPDATE: Senior Membership is recommended to attend a Senior Program or Trip. Not ready to become a member? You can still attend by paying an additional fee of \$5.00 for the event/trip. Yearly Membership runs from July 1 to June 30.

Annual Membership fees:

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

80+ FREE (must renew annually July 1)

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).



Membership Cost: **FREE** Registration Required

Days & Times: Mon – Thurs, 8 am – 4:30 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.



Membership Fees: \$40-\$75 Residents

Dates: September– May

Days & Times: Mon, Wed, & Thurs, 7 – 9 pm

December Calendar of Events

Jan. 1 CENTER CLOSED-New Year's

8 Foot Care Services

11 Hearing Screening

15 CENTER CLOSED-MLK DAY

18 Lunch Bunch—Brookside

18 Chair Massage

25 FREE Pizza Party—Reg Req

29 Mohegan Sun Casino

Weekly Shopping

Tuesdays		Fridays	
1/2	Shoptite	1/5	Market 32
1/9	Shoptite	1/12	Big Y
1/16	Shoptite	1/19	Stop & Shop
1/23	Shoptite	1/26	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	—	\$5
	6:30 - 7:30 pm	Zumba Dance	\$45	\$8
Tuesdays	10 - 11 am	Tai Chi Easy II	\$40 (\$5/class)	\$8
	7 - 9 pm	Line Dancing - Starts January 1	\$75	none
Wednesdays	7:15 - 8:15 pm	Water Exercise	\$40	none
Thursdays	9:30 – 10:30 am	Zumba Gold	Members Free	\$5
	10 – 11 am	Qigong	—	\$3
Saturdays	9 – 10 am	Zumba Dance	\$45	\$8
	9:45-10:30 am	Family Tai Chi/Qigong	—	\$3/\$7 family (3+)

Seymour Community Services

20 Pine Street

Seymour, CT 06483