

Seymour Senior Center Newsletter

July 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!

July 4	Holiday-Community Center is closed
July 9	Lunch Bunch-Captain's Cove
July 19	Essex's Railroad & Steamboat trip
July 23	Annual Picnic-Seymour Land Trust
July 25	Trip to Topiary Gardens & Estate Tour, RI
July 30	Foxwood Casino Trip

Also, take advantage of one of our wellness services:

July 9	Foot Care
July 12	Hearing Screening
July 19	Chair Massage
July 11,18,25	Diabetes Prevention Program

NEW—Transportation to Library

The Center is now providing transportation to the Seymour Public Library on dates when the bus has shopping either at Stop & Shop Seymour or Market "32". You will have the option to either go shopping or to the Library. Registration Required.

Please call at least 48 hours in advance. July 5 & 19 are scheduled this month.

To register for a program 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

Diabetes Prevention Program All Ages welcome
Griffin Hospital is offering this on-going program at the Seymour Community Center. Learn how to change your lifestyle to prevent type 2 diabetes. Group meets for 16 weekly sessions and 6 monthly follow-up sessions with a trained Lifestyle Coach. For further information contact Mary Swansiger, BSN, MPH, CDE at 203-732-1137 or mshwansiger@griffinhealth.org.

Dates: Wed, June 20-Oct 10 **Time:** 2 pm **Cost:** FREE

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

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

Monthly Museum Series Visit a different museum each month followed by lunch on your own.

This month we will visit Green Animals Topiary, the oldest and most northern topiary garden in the United States. Located in Portsmouth, RI, it features 80+ pieces of topiary gardens and a historic Victorian house which overlooks Narragansett Bay. Lunch on own at Gulf Stream Restaurant.

Date: July 25 **Departs:** 8:00 am **Cost:** \$30

Future Museum Visits

Dates	Museum	Cost	Departs
Aug 23	Yale Art Museum	\$5	11:30 am
Sept 12	Peabody	\$15	10 am
Oct 18	Mystic Aquarium & Museum	\$25	9:30 am

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

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

PARKING FOR TRIPS

Please use the rear lot near the Church if attending any day or overnight trips. This will leave the front lot for people who are attending daily activities at the Community Center. Bus pickup for trips will be at the rear of the building. The rear door will be open for anyone needing to enter the facility.

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

July Shopping

Tuesdays		Fridays	
7/3	Shoprite	7/6	Market 32 & Library
7/10	Shoprite	7/13	Walmart
7/17	Shoprite	7/20	Stop & Shop & Library
7/24	Shoprite	7/27	Big Y
7/31	Shoprite		

Seniors On The GO!



Monthly Lunches

Lunch Bunch: Captain's Cove, Bridgeport

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

Date: July 9 **Departs:** 11:30 am **Cost:** Lunch on own

Monthly Lunch: Annual Picnic

A fun day of food, entertainment, prizes and surprises. Weather is not a problem since you will be in a large, comfortable, air conditioned facility.

Parking is limited at Land Trust. We encourage you to park at the Community Center (rear lot). The CC Bus will shuttle you.

Date: July 23

Time: 11:00 am

Cost: \$8

Location: Seymour Land Trust



July Monthly Services

Service	Date	Price
Foot Care	Mon, July 9	\$30/30 min
Haircuts at Oxford Academy of Hair	Wed, July 11	20% off Services
Hearing Screening	Thurs, July 12	FREE
Chair Massage	Thurs, July 19	\$15/15 min

***Appointments Required**

JULY 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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**

This is your last issue

Want to keep getting this newsletter?

Renew your membership today!