

# Seymour Senior Center Newsletter

June 2018

June is Membership Renewal Month! Memberships now run from July 1–June 30 and a senior membership is required to participate in programs and activities.

**Look inside for more information on the following trips and events!**

- June 4** New England Carousel Museum
- June 9** Belmont Stakes-150th running (Could be a Triple Crown!)
- June 11** AARP Driver Refresher Course
- June 14** Early Bird Dinner (4–6 pm)
- June 20** Paint & Pizza
- June 21** Lunch Bunch: Junipers
- June 25** Foxwood Casino
- TBD** Cruise Information Night

**Also, take advantage of one of our wellness services:**

- June 6** Haircuts at Oxford Academy of Hair (20% off)
- June 11** Foot Care
- June 14** Hearing Screenings
- June 21** Chair Massage

**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 Philippos**  
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](http://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, 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](mailto: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 *
	6:30 pm	Zumba Dance	\$45/\$8
Tu	6:15 pm	Circuit Training	\$35
Wed	10 am	Zumba Gold	Free *
	6:00 pm	PiYo	\$45
	7:15 pm	Aqua Zumba	\$40
Th	10 am	Qigong	Free *
	7 pm	Line Dancing	\$75
Fri	10 am	Strength & Balance	Free *
Sat	9 am	Zumba Dance	\$45/\$8

**\* Registration & Membership Required**

## Programs & Activities

**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:** June 11 or Sept 10 **Time:** 9-1 pm **Cost:** \$15/\$20

**Paint & Pizza** Everyone likes Pizza now try painting! Create a masterpiece during this instructor led class for beginners and Picassos alike!

**Date:** June 20 **Time:** 12-2 pm **Cost:** \$20

**Grandchild & Me Painting** Make a date with your grandchild to create a memorable 2 panel painting as a keepsake of your afternoon of fun. Both of you will be spending quality time painting and enjoying ice cream and cookies. No experience needed. An Instructor will be assisting you step by step to create your work of art. Materials & refreshments for yourself and one child included.

**Date:** August 15 **Time:** 1-3 pm **Cost:** \$25

## Day & Overnight Trips

**Belmont Stakes** Join us as we travel to the 150<sup>th</sup> running of the Belmont stakes! This day is filled with live music, food trucks, beverage tents and horse racing.

**Date:** June 9 **Departs:** 10:30 am **Cost:** \$56

### Finger Lakes Wine & Garden Tour

Tour & Tasting at the Saranac Brewery & 3 wineries. Visit MacKenzie-Childs, Sonnenberg Gardens & Mansion, Taughannock Falls. Lunch with wine pairing at NY Culinary & Wine Institute. Includes 5 Meals, and taxes, tips, & trip Ins.

**Date:** Aug 7-9 **Departs:** 7 am **Cost:** \$596/DO

**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

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

Dates	Museum	Cost	Departs
June 4	New England Carousel	\$10	9:15 am
July 25	Green Animals Topiary	\$30	8:00 am
Aug 23	Yale Art Museum	\$5	11:30 am
Sept 12	Peabody	\$15	10:00 am
Oct 18	Mystic Aquarium & Museum	\$25	9:30 am

**Cruise Information Night** This is information session will be rescheduled due to the storm. Dates and times are being determined and will be emailed to everyone already registered. For more information, contact the office.

**Date:** TBD **Time:** 6:30 pm

**Caribbean Cruise NY-11 Nights** Round trip from NY to the Caribbean aboard the Norwegian Gem. Port stops include San Juan, St. Lucia, Barbados, Antigua, & St. Thomas. Trans & Ins Included.

**Date:** Feb 25-Mar 8, 2019 **Cost:** \$1379 & up

**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

## Weekly Activities & Clubs

The Community Center offers a variety of weekly activities & clubs

ACTIVITY	Day(s)	Times
Walking Club	Mon-Fri	8-9:30 am
Chair Volleyball	Monday	1:00 pm
Bocce	Tuesdays	10:00 am
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	1:00 pm

## June Shopping

Tuesdays		Fridays	
5	Shoprite	1	Market 32
12	Shoprite	8	Walmart
19	Shoprite	15	Stop & Shop
26	Shoprite	22	Big Y
		29	Market 32

### Seniors On The GO!



## Monthly Lunches

### Lunch Bunch: Junipers, Middlebury

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

**Date:** June 21 **Departs:** 11:30 am **Cost:** Lunch on own

### Early Bird Dinner

Come to the Community Center for a delicious lunch Catered by Matties Deli.

**Date:** June 14 **Time:** 4 - 6 pm

**Cost:** \$8




## June Monthly Services

Service	Date	Price
Foot Care	Mon, June 11	\$30/30 min
Haircuts at Oxford Academy of Hair	Wed, June 6	20% off Services
Hearing Screening	Thurs, June 14	FREE
Chair Massage	Thurs, June 21	\$15/15 min

**\*Appointments Required**

# June 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	2		
4	<b>NO CHAIR YOGA</b>	5	Tai Chi Easy II	6	Oxford Academy of Hair 20% off	7		8	9		
9:15	<b>Carousel Museum</b>	10:00	Shoprite	10:00	Zumba Gold	9:30	<b>Sister Act: Westchester</b>	10:00	10:00	9:00	Zumba Dance
1:00pm	Chair Volley Ball	10:00	Bocce	12:30	Poker Club	10:00	Qigong	10:00	Shopping Walmart	10:30	<b>Belmont Stakes</b>
6:30pm	Zumba Dance	10:00	Bingo & Mahjong	6:00	PIYo	12:30	Pinochle	10:00	Strength & Balance	150th	<b>Running</b>
7:00	Open/Lap Swim	12:30	Dr. Apts.	7:00	Open/Lap Swim	1:00	Bocce	10:00	Strength & Balance		
		1-4	Circuit Training	7:15	Aqua Zumba	2:30	Let's Jam	10:00	Strength & Balance		
		6:15				7:00	Line Dancing				
						7:00	Open/Lap Swim				
11		12		13		14		15	16		
8:30-11	Foot Care	10:00	Shoprite	10:00	Zumba Gold	9:30	Hearing Screening	10:00	Stop & Shop	9:00	Zumba Dance
9:00	<b>AARP Driving</b>	10:00	Bocce	12:30	Poker Club	10:00	Qigong	10:00	Strength & Balance		
1:00	Chair Yoga	12:30	Bingo & Mahjong	6:00	PIYo	12:30	Pinochle	10:00	Strength & Balance		
6:30	Chair Volley Ball	1-4	Dr. Apts.	7:00	Open/Lap Swim	1:00	Bocce				
7:00	Zumba Dance	6:15	Circuit Training	7:15	Aqua Zumba	2:30	Let's Jam				
	Open/Lap Swim					4:00	<b>Early Bird Dinner</b>				
						7:00	Line Dancing				
						7:00	Open/Lap Swim				
18		19		20		21		22	23		
1:00	<b>NO CHAIR YOGA</b>	10:00	Shoprite	10:00	Zumba Gold	10-1	Chair Massage	10:00	9:00	9:00	Zumba Dance
6:30	Chair Volley Ball	10:00	Bocce	12:00	<b>Pizza &amp; Paint</b>	10:00	Qigong	10:00	Big Y	(New Session Begins)	
7:00pm	Zumba Dance	12:30	Bingo & Mahjong	12:30	Poker Club	11:30	<b>Lunch Bunch</b>	10:00	Strength & Balance		
	Open Lap Swim	1-4	Dr. Apts.	6:00	PIYo	12:30	Pinochle				
		6:15	Circuit Training	7:00	Open/Lap Swim	1:00	Bocce				
				7:15	Aqua Zumba	2:30	Let's Jam				
						7:00	Line Dancing				
						7:00	Open/Lap Swim				
25		26		27		28		29	30		
8:00	<b>Casino: Foxwoods</b>	10:00	Shoprite	10:00	Zumba Gold	10:00	Qigong	10:00	Market 32	9:00	Zumba Dance
10:00	Chair Yoga	10:00	Bocce	12:30	Poker Club	12:30	Pinochle	10:00	Strength & Balance		
1:00	Chair Volley Ball	12:30	Bingo & Mahjong	6:00	PIYo	1:00	Bocce	10:00	Strength & Balance		
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						7:00	Line Dancing				
						7:00	Open/Lap Swim				

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**