

Seymour Community Services Senior Newsletter

March 2018

As the weather improves and snow disappears, it becomes gets easier to head out. Why not head down to the Community Center and join friends in some fitness to shake of the cob webs of winter. Regular exercise is proven to improve our everyday life.

The Community Center provides many options for physical activity including **Free and reduced priced** group exercise classes, our Free Fitness Center, our newly renovated Bocce Court and our early morning walking crew which meets in the gym.

We also have some very interesting trips & activities that will have us travelling in the spring and summer months. If you enjoy eating with friends, join our Lunch Bunch or attend our monthly in-house lunches with entertainment catered by Mattie's Deli. Some of our planned Day trips being planned are Wine Tasting at Royalty Winery, Fascia's Chocolate, Westchester Dinner Theater (Sister Act) and Essex Luncheon Train Ride & Boat Cruise. Overnight trips include 3 days Atlantic City, 3 days Finger Lake Wine Trail & Garden Tour and Branson Christmas trip in November. Further information on all trips are available by contacting the Center.

Mary McNelis
Director of Community Services

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Elderly Services
Program Manager

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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

The state legislature has voted the Medicare Savings Program for the state of Connecticut (with no change in income limits) back into law.

Even though this was vetoed by the Governor, the legislature was successful in overriding his veto. This means that the program is now back in law, unchanged, for this budget year. I am sure it will be part of discussions in the next budget year, but for now, it will continue.

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 , etc. 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 ext. 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: March 1 - April 12 **Location:** Community Center

Cost: Free **Time:** 9 am - 12pm

[AARP Driver's Refresher Course](#) a review of driving skills, new laws and hazards of the road. You will be issued a certificate to be submitted to your Insurance Company for a discount.

Must Register.

Date: Mon, March 5 **Location:** Senior Center

Cost: \$15/\$20 **Time:** 9:00a.m.-1:00 pm

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: Mon, March 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: Thurs, March 8 **Location:** Community Center

Cost: Free **Time:** 9:30 - 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 and also boosts the immune system.

Registration Preferred.

Date: Thurs, March 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: Wed, March 7 **Location:** Community Center

Cost: Free **Time:** 10 am - 11 am
Tips welcome

Monthly Lunches

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

Date: Wed, March 14 **Location:** Italian Pavilion

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

[In House Lunch:](#) Start your St. Patty's day celebration early with an Irish dinner menu of Corn Beef, Cabbage, Potatoes, Carrots and Irish Soda Bread. Irish entertainer Pierce Campbell will have our toes tapping.

Date: Thurs, March 8 **Location:** Senior Center

Cost: \$8.00 **Time:** 12:00 Noon

Day and Overnight Trips

[Royalty Wine Tasting Party](#) wine sampling with light appetizers. Each person will fill, cork, cap and label their own bottle of wine to take home. Transportation on the Community Center Bus

Date: Mon, March 19 **Location:** North Haven

Cost: \$35.00 **Time:** 12:45 on CC bus

[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: Mon, March 26 **Location:** Mohegan Sun Casino

Cost: \$22 **Time:** 8:00 am from CC

[A Chorus Line](#) Trip is full. We are accepting names on our waitlist.

Date: Thurs, March 29 **Location:** Westchester, NY

Cost: \$65 **Departs:** 9:30 am on CC bus

[Fascia's Chocolate Experience & Tour](#) includes tastings & demonstrations, with a behind-the-scenes look into the factory via remote controlled camera. You will have the opportunity to make your own chocolate bar. Of course, you will have time to do some "sweets" shopping. After we will stop to have lunch on your own.

Date: Thurs, April 26 **Location:** Waterbury

Cost: \$15.00 **Time:** 10:15 am on CC Bus

[Atlantic City-3days-2 Nights](#) This 3 day, 2 night trip to the Tropicana Casino and Hotel May 7-9, 2018. The trip includes two (2) meal tickets, \$30 Bonus play credits, plus daily specials. The cost also includes transportation and gratuities. \$50 Deposit due at registration.

Date: May 7-9 **Location:** Atlantic City, NJ

Cost: \$249/DO **Departs:** 8:00 am from CC

[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 am on CC bus

[Essex Steam Train & Riverboat Lunch Excursion](#) Enjoy a 3 course meal while traveling on a restored Pullman Diner Car, then cruise the Connecticut River on the Becky Thatcher Riverboat.

Date: July 19 **Location:** Essex, CT

Cost: \$60.00 **Time:** 10:00 am

[Finger Lakes Wine & Garden Tour](#) 3 days/5meals. Tour & tasting at the Saranac Brewery & 3 local wineries. Visit local attractions & a end with a delicious lunch & wine pairing at NY Culinary & Wine Institute. Includes taxes, tips & trip insurance.

Date: Aug 7-9 **Location:** NY Cayuga Lake

Cost: \$596-736 **Time:** 7:00 am

[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 am 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)

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 – 9 pm



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, Fri, 8:00 am–12 pm

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 Class Schedule



Day	Time	Class	Session Price	Drop-in
Mondays	10 am	*Chair Yoga	Free Reg Req	none
	6:30 pm	Zumba Dance	\$45	\$8
Tuesdays	10 am	Tai Chi Easy II	\$24	\$8
	11 am	Tai Chi Easy I	\$24	
Wednesdays	10 am	*Zumba Gold	Free Reg Req	none
	6:30 pm	PiYo	\$45	\$8
	7:15 pm	Water Exercise	\$40	none
Thursdays	10 am	*Qigong	Free Reg Req	Free
Fridays	10 am	*Strength/Tone/Balance	Free Reg Req	
Saturdays	9 am	Zumba Dance	\$45	\$8
	9:30	Tai Chi I		

Weekly Shopping

Tuesdays		Fridays	
3/6	Shoprite	3/2	Market 32
3/13	Shoprite	3/9	Big Y
3/20	Shoprite	3/16	Stop & Shop
3/27	Shoprite	3/23	Walmart
3/30 No Shopping— Center Closed			

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 – 4 pm

Seymour Community Services

20 Pine Street

Seymour, CT 06483