

Seymour Senior Center Newsletter

May 2018

Are you aware of the opioid crisis in our country? Seniors are not immune to this epidemic. Prescription opioids are used by doctors to help ease short term pain. However, if taken over a significant length of time, you may develop a tolerance whereby needing a higher dose prescribed. To help avoid opioid dependency discuss with your doctor prescribed and over-the-counter medications and the amount of alcohol you consume which could affect efficacy of your medications.

Follow these guidelines for all medications:

- Take medication exactly as directed
- Never take a higher dose than prescribed
- Do not take drugs prescribed to another person
- Make sure to keep all prescription drugs including opioids in a locked medicine cabinet away from grandchildren.
- Safely dispose of unused or expired medications. Seymour's Police Dept. has a secured disposal unit at the entrance of the station for disposal of medications.

Warm regards,

Lucy

Mary McNelis
Director
Community Services

Tara Miller
Community Services Assistant

Lucy McConologue
Elderly Services
Program Manager

Zack Philippas
Recreation
Program Manager

Bonnie Wilkes
Municipal Agent

Administrative Office Hours
Mon–Thurs 8 am–4:30 pm
Friday 8 am–12 pm
203-888-0406

Community Resources

TRANSPORTATION

Seymour Community Services provides scheduled transportation for seniors to local grocery stores, Doctor Appointments, the Seymour Oxford Food Bank and events at the community center. Please call at least 48 hours in advance.

MUNICIPAL AGENT

The Municipal Agent for the Elderly assists seniors in Seymour by disseminating information regarding the myriad of available community resources and government benefits. The Municipal Agent will advise and connect Seymour Seniors with available resources to maintain a healthy, happy, independent, self-sufficient life. Office hours are available on Thursdays. Call or email for appointment 203-881-0256 or bwilkes@seymourct.org

VETERAN'S SERVICES

Veteran's needing information about services and benefits available in the State of Connecticut should contact Seymour Community Services. For information call 203-888-0406.

SEYMOUR PUBLIC LIBRARY

Various programs are offered for children and adults at the Seymour Public Library. To learn more go to www.seymourpubliclibrary.org or call 203-888-3903.

Memberships

FITNESS CENTER MEMBERSHIP

The Community Center Fitness Room is FREE to Seymour Residents and Senior Center Members. It is located in the Seymour Community Center and includes two treadmills, rowing machine, stationary bike, an all-in-one gym, dumbbells, and body bars.

Times: Mon–Th, 8 am – 4:30 pm, Fri - 8 am – 12 pm

POOL MEMBERSHIP

Seymour High School Pool is open for swimming, exercise and fun on Monday, Wednesday, and Thursday evenings. Spring hours will include Saturdays. Adult lap lanes available. Registration required.

Membership Fees: \$40-\$75 Residents

Dates: September– June

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

SENIOR CENTER MEMBERSHIP

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

80+ FREE (must renew annually July 1)

Programs & Activities

Alzheimer's Support Group This workshop will highlight the 10 early signs and symptoms of Alzheimer's, the difference between that and normal aging, and the 2018 Alzheimer's disease facts and figures. An overview of a local caregiver support group will be discussed as well.

Date: May 3 **Time:** 6:30 pm **Cost:** Free

Mindless Eating Anna Daniele, Dietician and Certified Health coach will be presenting two nutritional seminars. A 2 hour session takes an in-depth look at mindless eating & the research behind effortless weight loss.

Date: May 7 **Time:** 6-8 pm **Cost:** \$25

Mother's Day Spa Special Treat yourself to a facial, manicure and paraffin treatment, make-up application and blow out. Services take place at Oxford Academy of Hair Design & Spa.

Date: May 10 **Departs:** 1 pm **Cost:** \$25 (Gift Cards available).

Decluttering Your Home Too much stuff in your home or apartment? Need some help to tackle the job of organizing whether you plan to downsize, move to a smaller space or just want to clear the clutter and have less stuff? Susan Lov-allo, Professional Organizer and owner of Clutter Solutions will discuss ways to determine what to keep and what to let go. A light lunch will be served. Reg Required.

Date: May 14 **Time:** 11:15 pm **Cost:** Free

Living Well with Diabetes/Prediabetes Do you have diabetes or trying to prevent it? Join us for this info session which will provide an overview of this future workshop.

Date: May 15 **Time:** 6:30 pm **Cost:** Free

Reiki A gentle method of healing that helps restore the balance of life energy that flows through our body. Compliments medical treatments & appropriate for any state of health. Appointment Required.

Date: May 21 **Time:** 2:30 pm **Cost:** \$15/30 min

AARP Driver's Refresher Course A 3 hr review of 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:** 9-12 pm **Cost:** \$15/\$20

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

Date: June 20 **Time:** 12 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

Memorial Day Events

Memorial Day Parade, Sunday May 27

French Memorial Park Service, Monday May 28

The Community Center will be closed on Memorial Day

Day & Overnight Trips

Monthly Casino Trip Last Monday of each month we travel to either Foxwood or Mohegan. Call for details.

Date: May 21 (due to holiday) **Departs:** 8 am **Cost:** \$22



Atlantic City Our accommodations will be at the Tropicana Hotel & Casino. Trip includes 2 Meal Vouchers, \$30 free play and show if available.

Date: May 7-9 **Departs:** 7 am **Cost:** \$247/DO

Westchester Dinner Theater A Sister Act is a hilarious story of a disco diva whose life takes a surprising turn. A funny & funky musical. Cost includes lunch, show & transportation.

Date: June 7 **Departs:** 9:30 am CC Bus **Cost:** \$68

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



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

Sharon Playhouse - Anything Goes A Musical Comedy with lyrics & music by Cole Porter. Lunch on own.

Date: June 28 **Departs:** 9:30/CC Bus **Cost:** \$33

Essex Train & Riverboat Tour Enjoy a 3 course meal on a restored Pullman Diner Car and then transfer to the Becky Thatcher Riverboat and cruise the Connecticut River.

Date: July 19 **Departs** 10am/CC Bus **Cost:** \$60

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:** TBD

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	9:30 am
July 26	Green Animals Topiary	TBD	9:00 am
Aug 23	Yale Art Museum	\$5	11:30 am
Sept 12	Peabody	\$10	10:00 am
Oct 18	Mystic Aquarium & Museum	\$25	9:30 am

2019 CRUISE CORNER

Information Night Join us for a free presentation & Q&A on the Cruises below.



Date: May 17 **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

Monthly Lunches

Lunch Bunch: Painted Pony

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

Date: May 24 **Departs:** 11:15 am **Cost:** Lunch on own



Senior Center Lunches Come to the Community Center for a delicious lunch Catered by Matties Deli. This month we will enjoy roast beef, potatoes, veggies, and dessert.

Date: May 16 **Time:** 12 pm **Cost:** \$8

Entertainment: Laugh Out Loud with Nancy Tucker

Fitness Class Schedule

Day	Time	Class	Price
Mon	10 am	Chair Yoga	Free *
	6:30 pm	Zumba Dance	\$45/\$8
Tu	10 am	Tai Chi Easy II	\$24
	6:15 pm	Circuit Training	\$35
Wed	10 am	Zumba Gold	Free *
	6:30 pm	PiYo - Starts 5/2	\$45
	7:15 pm	Aqua Zumba - Starts 5/9	\$40
Th	10 am	Qigong	Free *
	7 pm	Line Dancing - Starts 5/10	\$75
Fri	10 am	Strength & Balance	Free *
Sat	9 am	Zumba Dance	\$45/\$8
	9:30 am	Tai Chi I	\$24

* Registration & Membership Required

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

May Monthly Services

Service	Date	Price
Foot Care	Mon, May 14	\$30/30 min
Reiki	Mon, May 14	\$15/30 min
Haircuts at Oxford Academy of Hair	Wed, May 2	20% off Services
Chair Massage	Thur, May 17	\$15/15 min

***Appointments Required**

Seniors On The GO!



Weekly Shopping

Tuesdays		Fridays	
5/1	Shoprite	5/4	Market 32
5/8	Shoprite	5/11	Walmart
5/15	Shoprite	5/18	Stop & Shop
5/22	Shoprite	5/25	Big Y
5/29	Shoprite	6/1	Market 32

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