



Seymour Seniors Newsletter May 2020

Grocery/Medication Benefit & Delivery



The Agency is offering a one-time program to deliver \$100 of groceries/medications during this time of need. To qualify you must be both homebound due to the COVID-19 & 150% below the federal poverty level (single: \$1,595/mo; married \$2,155/mo).

For more information or to apply email your name & phone number to [Lucy McConologue](mailto:Lucy.McConologue@agencyonaging.org) or call (203)888-0405 ext.1 & leave a message.

Seymour Farmer's Market Opens May 19



Per the Governor's executive order, Farmer's Markets are considered essential businesses. We are happy to announce that the Seymour Farmer's Market is taking every precaution to minimize contact and ensure safety of its patrons. They will be taking [on-line orders in advance](#).

NEW: Virtual Bingo! Starting in May



Do you miss Bingo at the Community Center?

Join us for Virtual Bingo via Zoom.

[Click Here for Details](#)

SENIOR FIT SENIOR STRONG CLASSES



Virtual Classes

Chair Yoga

Strength & Tone

Zumba Gold

Qigong

Same Great Instructors

[Register Now](#)

OTHER FITNESS CLASSES

New Sessions Starting!



Zumba Dance

[Register Now Raquel](#)

[Register Now Cara](#)

Same Great Instructors!

MINDFIT
live happy, rebalance healthy

Virtual MindFit

[Register Now](#)



Virtual Workshop Walk "THIS" Way

[Register Now](#)



Virtual PiYo

[Register Now](#)

Tips & Resources for the Times



[7 Tips for Managing Your
Mental Health](#)

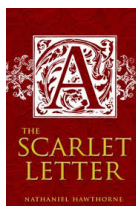


[Click Here for the Vita
Portal](#)



[Avoiding SSA scams](#)

From The Seymour Library



[Seymour Library
Book Club
Via Zoom](#)



[The Archives](#)
A Non-Profit Free Library
books, movies, software, music,
websites, and more.



[The State Rooms of
Buckingham Palace](#)

Seymour Community Center

[Click Here for a List of Staff & Contact Information](#)

Administrative Office Hours

Monday -Thursday 8:00 am - 4:30 pm Friday 8 am--12 pm
(203) 888 - 0406

