

Seymour Senior Center Newsletter

November 2019

11/4 Caregivers Welcome Meeting
 11/5 Election Day
 11/6 Yankee Candle Trip
 11/7 Meet Your Probate Judge
 11/11 **Closed - Veteran's Day**
 11/13 Lunch Bunch - Maggie McFly's
 11/14 A Salute to Veteran's Lunch

11/16 Radio City
 11/18 Riverview Movie
 11/21 Thanksgiving Lunch
 11/25 Mohegan Sun
 11/27 Aging Commission
 11/27 **Center Closes @12**
 11/28 **Thanksgiving - Closed**
 11/29 **Thanksgiving - Closed**

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

Who Cares for the Caregiver?

A Time for Me Caregiver Support Group

This program will provide tools to help you access home care for yourself or a family member. Topics include eligibility, cost, and access. Q & A at the end. Reg required.

A Salute to Veterans Luncheon Thursday, November 14, 12 pm

Join us for a special luncheon to honor our veterans for all they have sacrificed to protect our country and keep us safe.

All are invited for a catered lunch and entertainment. Registration required.

Cost: Veterans-Free/non-vets.\$5.00

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.

Membership Type	Resident	Non Res
50-79 yrs	\$7	\$9
80+	Free	\$9

Fitness Center Membership The Fitness Room is FREE to Seymour Residents and Senior Center Members. It includes two treadmills, 2 stationary bikes, a rowing machine, an all-in-one gym, dumbbells, and body bars. Open 8 am - 8pm Mon—Thursday, 8 am - 12 pm Fridays. Reg & waiver 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. Appointment Required. Call (203) 888-0406 xt 1 to book an appointment.

VETERAN SERVICES Veterans needing services and benefit information are encouraged to call 203-888-0406.

Fitness Classes

*Registration & Senior Membership Required**

Morning

Day	Time	Class	Price
Mon	10:00 am	Chair Yoga	Free*
	11:15 am	MindFit	\$25
	11:15 am	Tai Ji Quan	Free*
Tues	10:00 am	Strength & Tone	Free*
Wed	10:00 am	Zumba Gold	Free*
	11:15 am	Tai Ji Quan	Free*
	1:00 pm	A Matter of Balance	Free*
Thu	9:00 am	Tai Ji II	\$25
	10:00 am	Qigong	Free*
Fri	10:00 am	Strength & Tone	Free*
Sat	8:30 am	Yoga	\$35
	9:00 am	Zumba Dance	\$45

Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tues	6:30 pm	Pilates	\$40
	7:00 pm	Line Dancing	\$75
Wed	6:00 pm	PiYo	\$40
Thu	6:00 pm	Yoga	\$35

Multi Class Discount on Certain Classes

Free Weekly

Strider's Club

Too cold to walk outside on our walking path, you have choices. Walk inside or out Group meets at room 107 in Community Center.



Days: M,W,F **Time:** 8:30 am
(see also Fitness Room hours on front page)

Music Clubs

Enjoy music? Come to play or just listen. Grab a cup of coffee and sit back as you enjoy old time classics with new and old friends. Interested in playing? New members welcome.



Band Jam

Thurs, 2 pm

Acoustic Folk Music

Tues, 2 pm

The Community Center offers a variety of Free Weekly activities & clubs.		
M,W, F	Strider's Club	8:00 am
Mon	Pickleball	9:00 am
	Wii Bowling	1:00 pm
Tues	Walking DVD	10:00 am
	Bingo	12:30 pm
	Mahjong	12:30 pm
	Acoustic Jam	2:00 pm
Wed	Pickleball	11:15 am
	Mahjong	12:30 pm
Thurs	Walking DVD	10:00 am
	Pickleball	9:00 am
	Pinochle	12:30 pm
	Band Jam	2:00 pm

Overnight Trips

Baltic Capitals Cruise

Fly to Copenhagen and stay 2 nights. From there board the ship. Ports include Berlin, Estonia, St. Petersburg Russia, Helsinki, Finland, Stockholm, return to Copenhagen for flight home. Ultimate Beverage package, gratuities, Air, Flight, & Ins. Included.
Date: June 5-16 2020 **Cost:** \$3479/\$4479

Panama Canal Cruise

Cruise the Panama Canal in style. Ports may include Curacao, Oranjestad, Aruba, Cartagena, Panama Canal, Costa Rica, Belize, & Costa Maya. Trip is being planned.
Date: Nov 29-Dec 12 2020 **Cost:** \$2429/\$3749

Day Trips

Casino Trip - Mohegan Sun

Last Monday of each month we travel by motor coach to a CT Casino.

Date: Nov 25 **Departs:** 8 am **Cost:** \$25

Riverview Cinema-Southbury

Transportation from CC once a month to the Riverview Cinema. Reg req.

Date: Nov 18 **Departs:** 12:30 pm **Cost:** Free

Yankee Candle/Butterfly Garden

Yankee Candle is a great place to shop for candles, Christmas items & gifts. We will visit Magic Wings Butterfly Garden too.

Date: Nov 6 **Departs:** 9 am **Cost:** \$25

Wadsworth Athenaeum

The Festival of Trees showcases unusually decorated trees and wreaths and has entertainment by local artists.

Date: Dec 2 **Departs:** 12:30 pm **Cost:** \$20

Woodbury Commons Outlets

Complete your holiday shopping at this 200 Store Premium Outlet Center!

Date: Dec 7 **Departs:** 8:30 am **Cost:** \$8

Gingerbread Village Display

A breathtaking display of Houses. Churches and scenery all created by the members of St. George Episcopal Church.

Date: Dec 9 **Departs:** 1:30 pm **Cost:** Free

KoC-Creches of Europe

Travel to the Knights of Columbus Museum for a bit of Christmas in January for a display of Crèches from 32 European Countries. Lunch on your own

Date: Jan 8 **Departs:** 11 am **Cost:** Free

CT Flower & Garden Show

A showcase of Floral Arrangements, landscapes, plants & vendors. Fast food available.

Date: Feb 20 **Departs:** 9:30 a.m **Cost:** \$5+tax

Monthly Services

**Appointments Required*

Service	Price	Date
Chair Massage	\$15/15 min	Nov 21
Foot Care	\$30/30 min	Dec 9

Weekly Shopping

Tuesdays - Shoprite

Fridays - See Calendar for location

Adult & Senior Programs

Caregiver - My Time

This newly formed group will meet the first Monday of each month with Friends, relaxation & activities. Must Reg.

Date: Nov 4 **Time:** 1:30pm **Cost:** Free



Meet Your Probate Judge

This program covers the role your Probate Judge plays in wills & testaments, competency issues & guardianship.

Date: Nov 7 **Time:** 10 am **Cost:** Free

Tai Ji Quan - Info Session

Improve your balance! 24 week program meets 2x a week. Reg. Req

Date: Jan 8 **Time:** 11:15 am **Cost:** Free



AARP Tax Prep

Call last week in Jan for apt.

Dates: Feb-Apr **Time:** By apt.

Cost: Free

Memory Baseline Screening

Brief Screening to address capability & measure daily function, memory and recall. A summary will be sent to your Doctor.

Date: Feb 10 **Time:** 10 am **Cost:** Free

Understanding Home Care

This program will provide tools to help you access home care for yourself or a family member. Topics include eligibility, cost, and access. Q & A at the end.

Date: March 9 **Time:** 10 am **Cost:** Free

Senior Lunches

Senior In-House Lunches

Enjoy a catered lunch and entertainment with friends at the Community Center. Local, need a ride? Give us a call.

Time: 12 pm **Cost:** \$9

Nov 14 A Salute to Veterans (Vets are Free)
Nov 21 Thanksgiving Luncheon
Dec. 19 Christmas Luncheon

Pizza & Bingo Lunch

Every month join your friends at the Community Center and enjoy a hot dog meal (Hot Dog, Chips, Coffee) and BINGO.

Date: Dec.30 **Time:** 12 pm **Cost:** \$3

Lunch Bunch

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

Time: Varies **Cost:** Lunch on Own

Nov 13 Maggie McFly's 11:15 am
Dec. 12 Christmas Tree Shop/Olive Garden

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2019					
4 8:30 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 1:00 Wii Bowling 1:30 Caregiver Group 6:30 Zumba Dance	5 ELECTION DAY 8:30 Strider's Club 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:00 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	6 8:30 Strider's Club 9:15 Yankee Candle 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club 1:00 A Matter of Balance 6:00 PiYo	7 8:30 Strider's Club 9:00 Pickleball 9:00 Tai Ji II 10:00 Probate Judge 10:00 Qigong 10:00 Walking DVD 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	8 8:30 Strider's Club 9:00 Stop & Shop 10:00 Strength & Tone	9 8:30 Yoga 9:00 Self Defense 9:00 Zumba Dance
11 Center Closed for Veteran's Day	12 8:30 Strider's Club 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	13 8:30 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 11:15 Lunch Bunch 1:00 Mahjong Club 1:00 A Matter of Balance 6:00 PiYo	14 8:30 Strider's Club 9:00 Pickleball 9:00 Tai Ji II (New Session) 10:00 Qigong 10:00 Walking DVD 12:00 Veteran's Lunch 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	15 8:30 Strider's Club 9:00 Big "Y" 10:00 Strength & Tone 11:15 Tai Ji Quan	16 7:30 Radio City 9:00 Self Defense 9:00 Zumba Dance
18 8:30 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 12:15 Riverview Cinema 1:00 Wii Bowling 6:30 Zumba Dance	19 8:30 Strider's Club 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	20 8:30 Strider's Club 10:00 Zumba Gold 11:15 Pickle Ball 11:15 Tai Ji Quan 1:00 Mahjong Club	21 8:30 Strider's Club 9:00 Pickleball 9:00 Tai Ji II 10:00 Qigong 10:00 Chair Massage 10:00 Walking DVD 12:00 Thanksgiving Lunch 12:00 Pinochle Club 2:00 Let's Jam-Come listen!	22 8:30 Strider's Club 10:00 Market 32 10:00 Strength & Tone	23 9:00 Self Defense 9:00 Zumba Dance
25 8:00 Mohegan Sun 8:30 Strider's Club 9:00 Pickleball 10:00 Chair Yoga 11:15 Tai Ji Quan 11:15 MindFit 1:00 Wii Bowling 6:30 Zumba Dance	26 8:30 Strider's Club 10:00 Shoprite 10:00 Strength & Tone 10:00 Walking DVD 12:30 Bingo & Mahjong 2:00 Acoustic Music 6:30 Pilates 7:00 Line Dancing	27 8:30 Strider's Club 10:00 Commission on Aging 10:00 Zumba Gold 11:15 Pickle Ball	28 Closed Thanksgiving	29 Closed Thanksgiving	30

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