

Seymour Senior Center Newsletter

October 2018

2018/19 Memberships are available. and run from July 1–June 30.

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

The following trips and events are scheduled for the month of October

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|---------------------------------------|--------------------------------------|
| Oct. 3, 10, 17 Mahjong Lessons | Oct. 18 Mystic Seaport |
| Oct. 8 Closed-Columbus Day | Oct. 22 Genealogy Work Shop |
| Oct. 10 Jerusalem - Center Stage | Oct. 24 Flu Clinic |
| Oct. 11 Altar Boyz-7 Angels Playhouse | Oct. 25 Polish Lunch |
| Oct. 10 Lunch Bunch | Oct. 29 Riverview Cinemas, Southbury |
| Oct. 17 Medicare Workshop | Oct. 29 Mohegan Sun |

Also, take advantage of one of our wellness services:

- TBA Foot Care (must be rescheduled due to Columbus Day Holiday on 10/8)
- Oct. 10 Haircuts 20% off at Oxford Academy of Hair Design
- Oct. 11 Hearing Screening
- Oct. 18 Chair Massage

NEW—Transportation to Library

The Center is now providing transportation to the Seymour Public Library. Registration Required. **Please call at least 48 hours in advance. To register call or visit our website.**

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

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.

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. Call or email for appointment (203) 881-0256 or 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 Session/ Drop-in
Mon	10 am	Chair Yoga	Free*
	6:30 pm	Zumba Dance	\$45
Tu	9 am	Tai Chi I - 8 wks	\$24
	9:15 am	Senior Bootcamp	\$30
	10 am	Tai Chi II - 8 wks	\$24
	6:30pm	Circuit Training	\$35
Wed	7 pm	Line Dancing	\$75
	10 am	Zumba Gold	Free*
	6 pm	PiYo	\$40
Th	7:15 pm	Aqua Zumba	\$40
	10 am	Qigong	Free*
Fri	10 am	Strength & Balance	Free*
Sat	9 am	Zumba Dance	\$45

* Registration & Membership Required

Programs & Activities

MAHJONG LESSONS Learn to play the popular game in 3 two-hour sessions. Mahjong cards included.

Date: Oct 3, 10, & 17 **Time:** 1 pm **Cost:** Free

MEDICARE INFORMATION WORKSHOP

Understanding Medicare can be challenging. This workshop will cover any new regulations and any supplemental coverage that is needed. A great review for those already on Medicare as well as individuals retiring soon.

Date: Oct 17 **Time:** 9:30-11:00a.m. **Cost:** Free

GENEALOGY WORKSHOP & LUNCH Learn about your ancestors! Jennifer Zinch, Genealogist, will present a 3 session workshop including Getting Started in Genealogy, DNA & Your Family Tree and using Online Genealogy Recourses. A light breakfast & lunch will be provided.

Date: Oct 22 **Time:** 10 am-2:30 pm **Cost:** Free

FLU CLINIC It is not too early to think about getting your flu shot. Valley Health will be conducting a Flu Clinic open to the Public ages 18 and over. Please bring Insurance card

Date: Oct 24 **Time:** 9:30-12:00 **Cost:** Free with Ins card

FALL PREVENTION PROGRAM The Fall Prevention Program will address the steps you can take to reduce your risk of falling. Individual Balance Assessments and recommendations will be given. Light refreshments served.

Date: Nov 5 **Time:** 10:00 **Cost:** Free

A SALUTE TO VETERANS Join us as we honor our veterans with lunch and entertainment. Free lunch and transportation is available for Seymour Veterans. Cost for

Day & Overnight Trips

Jerusalem Film - Center Stage, Shelton Transportation from Seymour Community Center will be provided for a free screening of the National Geographic Film, "Jerusalem". This screening is made possible through the Valley Interfaith Council. Refreshments served.

Date: Oct 10 **Departs:** 6:15 pm **Cost:** Free

7 ANGELS THEATER-ALTAR BOYZ Time to kick off the Holiday Season enjoying an afternoon with the Altar Boyz, who are putting "pop" back into piety. A musical that will have you laughing & singing along with the Altar Boyz who have entertained fans on their "Raise the Praise" Tours. Definitely a must see production. CC Bus.

Date: Oct 11 **Time:** 1:15 p.m. **Cost:** \$46

MYSTIC SEAPORT & MUSEUM

Date: Oct. 18 **Departs:** 9:00 am **Cost:** \$30

Radio City Music Hall Start the holiday season with a trip to Radio City Music Hall for their annual Christmas Show featuring the Rocketts & Santa. Sightsee, eat & shop on own.

Date: Nov 17 **Departs:** 7 am **Cost:** \$98

Caribbean Cruise NY - 11 Nights NYC to Caribbean on the Norwegian Gem. Port stops include San Juan, St. Lucia, Barbados, Antigua, & St. Thomas. Includes Trans & Ins.

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.

PARKING FOR TRIPS

Please use rear lot near Church if attending any day or overnight trips. This leaves the front lot for people attending daily activities at the Community Center. Bus pickup for trips will be at the rear of the building

Weekly Activities & Clubs

The Community Center offers weekly activities & clubs

Day	ACTIVITY	Times
M-F	Walking Club	8-9:30 am
Mon	Wii Bowling Join our new Wii Bowling league and enjoy the fun of bowling from the comfort of the Community Center.	1:00pm Oct-Nov
	Walking DVD	1 pm
Tues	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Walking DVD	1 pm
Thurs	Pickleball This sport combines tennis, badminton, and ping-pong. All skill levels welcome!	10 am Starts Oct 4 Info session at 9:30, on 10/4
	Pinochle Club	12:30 pm
	Jam Band Bring your instrument and join the band or just come listen.	2:30 pm

Weekly Shopping

Tuesdays		Fridays	
10/2	Shoprite	10/5	Market 32 & Library
10/9	Shoprite	10/12	Walmart
10/16	Shoprite	10/19	Stop & Shop & Library
10/23	Shoprite	10/26	Big Y
10/30	Shoprite	11/2	Market 32 & Library

Monthly Lunches

Lunch Bunch East Side Restaurant, New Britain We will be taking advantage of the German Senior Luncheon Menu that includes German Coleslaw, Barley Soup, a choice of 7 entrees served with Potato Pancakes, vegetables, Rice Pudding and Beverage.

Date: Oct 10 **Departs:** 11 am **Cost:** \$20 collected on bus

Monthly Lunch:

Join us on Thursday, Oct. 25th for our Annual Polish Lunch featuring Stuffed Cabbage, Pierogi, Kielbasa, Ham & dessert. Always a favorite-Register early.



Monthly Services

Service	Date	Price
Foot Care	TBA	\$30/30 min
Haircuts at Oxford Academy of Hair	Wed, Oct 10	20% off Services
Hearing Screening	Thurs, Oct 11	FREE
Chair Massage	Thurs, Oct 18	\$15/15 min
*Appointments Required		

October 2018

Monday

Tuesday

Wednesday

Thursday

Friday

1	8 - 9:30 Walking Club 10:00 Chair Yoga 1:00 Walking DVD 6:30 p Zumba Dance	2	8 - 9:30 Walking Club 9:00 Tai Chi I 9:15 Senior Bootcamp 10:00 Tai Chi II 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7p Line Dancing	3	8 - 9:30 Walking Club 10:00 Zumba Gold 1:00 Walking DVD 2:00 Mahjong Lessons 6:00 Diabetes Workshop 7:15 PIYO Aqua Zumba	4	8 - 9:30 Walking Club 9:30 Pickle ball Info Session 10:00 Pickle ball (NEW!) 10:00 Qigong 12:30 Pinochle Club 2:30 Let's Jam	5	8 - 9:30 Walking Club 10:00 Market 32 10:00 Library 10:00 Strength & Balance		
8	Center Closed 	9	8 - 9:30 Walking Club 9:00 Tai Chi I 9:15 Senior Bootcamp 10:00 Tai Chi II 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7p Line Dancing	10	Oxford Academy of Hair 20% off 8 - 9:30 Walking Club 10:00 Zumba Gold 11:00 Lunch Bunch 1:00 Walking DVD 1:00 Mahjong Lessons 2:00 Diabetes Workshop 6:00 PIYO 6:00 Jerusalem Film, Shelton 7:15 NO AQUA ZUMBA	11	8 - 9:30 Walking Club 9:30 Hearing Screening 10:00 Qigong 10:00 Pickle ball 12:30 Pinochle Club 1:15 7 Angels Theater 2:30 Let's Jam	12	8 - 9:30 Walking Club 10:00 Walmart 10:00 Strength & Balance		
15	8 - 9:30 Walking Club 10:00 Chair Yoga 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance	16	8 - 9:30 Walking Club 9:00 Tai Chi I 9:15 Senior Bootcamp 10:00 Tai Chi II 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7p Line Dancing	17	8 - 9:30 Walking Club 9:30 Medicare Workshop 10:00 Zumba Gold 1:00 Walking DD 1:00 Mahjong Lessons 6:00 PIYO 7:15 Aqua Zumba	18	8 - 9:30 Walking Club 9:00 Mystic Seaport 10 - 1 Chair Massage 10:00 Qigong 10:00 Pickle ball 12:30 Pinochle Club 2:30 Let's Jam	19	8 - 9:30 Walking Club 10:00 Stop & Shop 10:00 Library 10:00 Strength & Balance	22	8 - 9:30 Walking Club 10:00 Chair Yoga 10:00 Genealogy Workshop 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance
22	8 - 9:30 Walking Club 10:00 Chair Yoga 10:00 Genealogy Workshop 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance	23	8 - 9:30 Walking Club 9:00 Tai Chi I 9:15 Senior Bootcamp 10:00 Tai Chi II 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7p Line Dancing	24	8 - 9:30 Walking Club 9:30 Flu Clinic 10:00 Zumba Gold 1:00 Walking DVD 6:00 PIYO 7:15 Aqua Zumba	25	8 - 9:30 Walking Club 10:00 Qigong 10:00 Pickle ball 12:00 In House Lunch 12:30 Pinochle Club 2:30 Let's Jam	26	8 - 9:30 Walking Club 10:00 Big Y 10:00 Strength & Balance	29	8 - 9:30 Walking Club 8:00 Casino: Mohegan Sun 10:00 Chair Yoga 12:30 Southbury Movies 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance
29	8 - 9:30 Walking Club 8:00 Casino: Mohegan Sun 10:00 Chair Yoga 12:30 Southbury Movies 1:00 Walking DVD 1:00 Wii Bowling 6:30 p Zumba Dance	30	8 - 9:30 Walking Club 9:00 Tai Chi I 9:15 Senior Bootcamp 10:00 Tai Chi II 10:00 Shoprite 12:30 Bingo & Mahjong 1-4 Dr. Apts. 7p Line Dancing	31	8 - 9:30 Walking Club 10:00 Zumba Gold 12:00 Hot Dog & Bingo 1:00 Walking DVD 6:00 PIYO 7:15 Aqua Zumba	1	8 - 9:30 Walking Club 10:00 Qigong 10:00 Pickle ball 12:30 Pinochle Club 2:30 Let's Jam	2	8 - 9:30 Walking Club 10:00 Market 32 10:00 Library 10:00 Strength & Balance		

November Preview

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