

Seymour Community Services Senior Newsletter

December 2017

“Tis the Season”. We have plenty of holiday activities packed into our December calendar with trips, workshops and parties. Something for everyone to get into the Holiday Spirit. It is also the season for giving and helping people who are less fortunate. Consider participating in our Blood Drive. Consider dropping your spare change into the Salvation Army bucket outside the store and also thank the volunteer for standing in the cold ringing a bell to collect the donations. You can also buy extra cans of food and non-perishables to donate to a local food bank or church pantry. There are many Toy Drives requesting toys that can be distributed –don’t know what kind of toy to buy-give a monetary donation and the organization can do the shopping for you. And don’t forget just a smile or hello to a stranger may make them feel better.

As 2017 draws to a close the staff at the Community Center hope that you have enjoyed the programs and friendships at our Center. We look forward to expanding programs in 2018. If you would like to suggest a program, event or trip that we might be able to add to our schedule, don’t hesitate to let us know. Wishing you all a Merry Christmas and a Happy and Healthy New Year.

Mary McNelis
Director of Community Services

Tara Miller
Community Services Assistant

Lucy McConologue
Elderly Services
Program Manager

Zack Philippas
Recreation
Program Manager

Bonnie Wilkes
Municipal Agent

www.seymourcommunityservices.com
www.facebook.com/seymour.ct

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 (Shop Rite, Stop & Shop, Big Y, Shop Rite, Big Y, Market32) 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.



Sundays Seymour Community Services offers transportation to church services for residents who are no longer able to drive themselves.

Seymour Congregational, Broad St., 10 am
Trinity Episcopal, Church St., 10 am
St. Augustine, Washington Ave., 9:30 am
Other Churches may be included if requested. **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

MEDICARE OPEN ENROLLMENT

ENDS ON 12/7/15

For help, please set up an appointment on or before Thursday, December 4. Once a year during Open Enrollment you are allowed to change your Medicare Advantage, Supplemental, or other insurance plan. Please remember that it is not necessary to change plans; it is your decision to do so if you are not satisfied with your current insurance.

ENERGY ASSISTANCE FROM TEAM, Inc.

As the weather gets colder, please be aware that TEAM, Inc., in Derby is now accepting applications for Energy Assistance. Call (203)736-5420 for an appointment.

Programs & Activities

Blood Drive Co-sponsored by Seymour Community Services, Seymour EMS, and Red Cross. Must register in advance by going on line at seymourcommunityservices.com

Date: Tues, Dec. 5 **Location:** Community Center
Cost: Free **Time:** 1–6 pm

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 Doctor's note. **Must Register.**

Date: Dec. 11 **Location:** Community Center
Cost: \$30/30 mins. **Time:** 9 am – 12 pm

Christmas Party Favors Workshop Many hands make less work. Volunteers are needed to make favors for our Christmas Party. We will be having a Workshop on Wednesday morning, December 13th starting at 10:00 a.m. All materials and instructions will be provided. The favors are easy and fun to make and will not need any special talent to put together. Lite refreshments will be served to pre-registered volunteers.

Date: Dec. 13 **Location:** Community Center
Cost: Free **Departs:** 10 am

Monthly Services

Hearing Screening *New Program* Starting January 11, 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. A 15 minute appointment will allow for a limited evaluation for user and non-users of hearing aids. **Must Register.**

Date: January 11th **Location:** Community Center
Cost: Free **Time:** 9:30–11:30 am

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 Doctor's note. **Must Register.**

Date: Dec. 11 **Location:** Community Center
Cost: \$30/30 mins. **Time:** 9 am – 12 pm

Chair Massage Reduce your stress this holiday season. Massage increases circulation, range of motion in joints, decreased pain and restriction of movement, and boosts immune system function. Registration preferred.

Date: Dec. 21 **Location:** Community Center
Cost: \$15/15 mins. **Time:** 10 am – 1 pm

Day and Overnight Trips

44th Annual Festival of Trees & Tradition View a huge display of holiday trees and wreaths decorated by artists, community members and organizations at the Wadsworth Athenaeum in Hartford. Lunch is on own.

Date: Fri, Dec 1 **Location:** Hartford, CT
Cost: \$23 **Departs:** 9:30 on CC Bus

Mohegan Sun's Wine & Food Fest Annual Wine & food Fest showcases celebrity chefs and winemakers as well as wines, craft beers, and spirits. Additional casino package may be Included. **Interest list being accepted.**

Date: Saturday, Jan 27 **Location:** Mohegan Sun
Cost: \$120 **Departs:** TBD, CC Bus

The Connecticut Flower & Garden Show Shake the Winter Blues with a taste of Spring! The Connecticut Convention Center in Hartford is transformed into a showcase including landscapes, flower arrangements, plants and many vendors selling items for gardens and yards. Transportation cost on CC Bus is \$8. Admission price paid cash at door is \$16. Lunch is on your own.

Date: Saturday, Feb 22 **Location:** Hartford, CT
Cost: \$8 (bus)/\$16 (tix) **Departs:** 9:15 am, CC Bus

A Chorus Line is the recipient of 9 Tony Awards including Best Musical. The show is a mixture of dance, song and compelling drama. Some of the shows best songs include "What I did for Love" and "I Hope I Get It". Includes lunch, show, & transportation.

Date: Thurs, March 29 **Location:** Westchester, NY
Cost: \$65 **Departs:** 9:30 am CC bus

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 CC bus

Monthly Lunches

Lunch Bunch Trip Each month we venture out to a local restaurant, enjoying great food and friends. Space is limited to 18 participants. Registration required. This month we are heading to Junipers & the Gingerbread display.

Date: Dec. 6 **Location:** Junipers
Cost: Lunch on own **Departs:** 11:30 am CC bus

In House Luncheon It's Holiday Time-join us for lunch catered by Mattei's. Sandi Schuchmann will entertain us with her holiday dances, hoopala & singing.

Date: Dec. 21 **Location:** Community Center
Cost: \$8 **Time:** 12 Noon

Memberships

Senior Center

MEMBERSHIP: 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 Membership fees:

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

80+ FREE (must renew annually July 1)

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).



Membership Cost: **FREE** Registration Required

Days & Times: Mon – Thurs, 8 am – 4:30 pm
Fridays – 8:00 am – 12 pm

Pool

Seymour High School pool is open for swimming, exercise and fun on Monday, Wednesday, Thursday evenings. Adult lap lanes will be available. Registration required.

Membership Fees: \$40-\$75 Residents

Dates: September– May

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



December Calendar of Events

- 1 Festival of Trees Trip
- 2 Woodbury Commons Trip
- 4 **BINGO—CHANGE MONDAY!**
- 5 Blood Drive - NO BINGO
- 6 Lunch Bunch: Junipers/Gingerbread
- 10 Nuncracker: The Nunsense Christmas Show
- 11 Foot Care Clinic
- 13 Holiday Favor Workshop
- 19 Holiday Bingo
- 21 Chair Massages
- 21 In House Luncheon
- 25 & 26 **CENTER CLOSED—Merry Christmas!**
- 27 Commission on Aging
- Jan. 1 **CENTER CLOSED— Happy New Year!**

Weekly Shopping

12/1	Market 32	12/12	Shoprite	12/22	Shoprite
12/5	Shoprite	12/15	Walmart	12/26	No Shopping
12/8	Big Y	11/19	Shoprite	12/29	Shoprite

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 – 3 pm

Fitness Class Schedule



Day	Time	Class	Advanced Session Price	Drop-in Rate
Mondays	10 - 10:45 am	Chair Yoga	—	\$5
	6:30 - 7:30 pm	Zumba Dance	\$45	\$8
Tuesdays	10 - 11 am	Tai Chi Easy II	\$40 (\$5/class)	\$8
	7 - 9 pm	Line Dancing - Starts in January	\$75	none
Wednesdays	7:15 - 8:15 pm	Water Exercise	\$40	none
Thursdays	9:30 – 10:30 am	Zumba Gold	Members Free	\$5
	10 – 11 am	Qigong	—	\$3
Saturdays	9 – 10 am	Zumba Dance	\$45	\$8
	9:45-10:30 am	Family Tai Chi/Qigong	—	\$3/\$7 family (3+)

Seymour Community Services

20 Pine Street

Seymour, CT 06483