

SEYMOUR COMMUNITY SERVICES

SENIOR CENTER NEWS

Lucy McConologue
Director, Senior Center
(203) 888-0406 Ext#1

Monday-Thursday - 8:00 am-4:30 pm
Fridays - 8:00 am-12:00 Noon

Bonnie Wilkes
Municipal Agent
(203) 881-5026

July 2017

Happy 4th of July!

Time to start up the grill and spend time outdoors enjoying the beautiful summer weather! As you step outside to enjoy the long days of Summer remember to follow these easily forgotten safety precautions:

Having a Picnic? Make sure that food is kept at proper temperatures, particularly salads and dairy products that can spoil quickly in heat. Wash your hands, the grill and any utensils after handling or coming in contact with raw meat.

Spending time outdoors? Keep yourself hydrated! Always have a bottle of water with you. Use sunscreen and wear a hat to protect your skin from the harsh rays of the sun. Also, protect yourself against ticks when near or in wooded areas by wearing long sleeve shirts, long pants and socks.

Do you have any pets? Your furry friends need special precautions during summer too. Don't leave pets unattended in hot sun or in a closed vehicle and always have fresh water available. Make sure all vaccinations are up to date, check vet about protection for flea and tick prevention. June was DOG LICENSING MONTH in case you forgot.

SENIOR MEMBERSHIP UPDATE: As of July 1, you must be a member of the Senior Center to attend any senior program and trips. Membership cost \$5 residents / \$7 non-residents / 80+ is free.

TRANSPORTATION SERVICES

TRANSPORTATION TO SHOPPING

Seymour Community Services provides scheduled transportation to local stores on Tuesdays & Fridays. Residents are transported from their homes and returned back to their homes. Locations vary (Shop Rite, Stop & Shop, Big Y, Shop Rite, Big Y, Market 32)
Please call 203-888-0406 ext. 1 24 hours in advance to schedule a ride.

TRANSPORTATION TO CHURCH SERVICES

The Senior Center offers transportation to church services for Seymour Residents who are no longer able to drive themselves.

Seymour Congregational, Broad St., 10 a.m.

Trinity Episcopal, Church St., 10 a.m.

St. Augustine, Washington Ave., 10:30 a.m.

Other Churches may be included if requested.

Reservations required. Call 203-888-0406 before Noon on Thursdays.

TRANSPORTATION TO DOCTORS APPOINTMENTS

Seymour Community Services provides scheduled transportation for Doctors appointments on Tuesday & Friday afternoons from 1—5 within the Valley Area. Other days may be accommodated based on driver availability. **Please call 203-888-0406 ext. 1 48 hours in advance to schedule a ride.**

BONNIE WILKES, MUNICIPAL AGENT FOR THE ELDERLY

Hours: Thursdays, by appointment
(203) 881-5026 bwilkes@seymourct.org

Staying Engaged for Healthy Living

Strategies to remain healthy as we age are simple: MOVE, THINK, and STAY ENGAGED.

MOVE: Regular exercise is the cornerstone of healthy aging. Experts recommend that older adults focus on four fitness areas: cardiovascular, muscular strength, flexibility and balance. Before starting any new exercise program, always consult with your physician.

THINK: Our brain is like our muscles-use it or loses it. Keep the brain active with puzzles, hobbies, classes or lectures. Learn something new. The idea is to challenge your mind to preserve memories and have fun.

STAY ENGAGED: Become a participant in life instead of a spectator. Work and play can be energizing and life sustaining. Volunteering can give you a new sense of purpose and reduce depression, increase functional ability, and lower mortality rates.

These three strategies can improve your health and quality of life!

Programs, Activities & Trips

LUNCH BUNCH – CAPTAIN’S COVE

Captain’s Cove is a great place to enjoy a seafood lunch either under an indoor shelter or sitting outdoors overlooking the water. You will have some time to take a stroll to check out some of the interesting small shops offering craft items, ice cream & candy.

MONDAY, JULY 10, 11:30 AM BUS, LUNCH 12:00 NOON

MONTHLY IN-HOUSE LUNCH – ANNUAL PICNIC

What a better way to spend a day then going to a picnic at the Land Trust for our Annual Senior Bash. We will have good food from the grill, salads, and desserts. Entertainment and fun for all. There is limited on street parking at the Land Trust. You have the opportunity to park at the Senior Center and we will have the Community Center Bus shuttle people to the Land Trust. Just let the office know you will be using the bus.

MONDAY, JULY 17, 11:00 AM – 3:00 PM, \$8, REG REQUIRED

Hudson River Cruise - Waitlist Accepted

The 2 hour cruise leaves from Newburgh and heads South down the Hudson River on Comm

THURSDAY, SEPTEMBER 20, DEPART: 9:30 AM, \$30.00, LUNCH ON OWN

SOLD OUT – Wait list being accepted

Yankees/Red Sox at Yankee Stadium

What better way to spend a Saturday night then watching a Yankees Red Sox Game. Join us as we travel by motor coach to Yankee Stadium to see the New York Yankees play the Boston Red Sox. **SATURDAY, AUGUST 12, 12 – 10:00 PM, \$85**

Music Man at the Tri-Arts

Join us as we travel to Sharon, CT to see the production of “Music Man”. The story of a lovable conman intending to sell the town and its children on a fake marching-band system and then skip town — until he falls for the local librarian. We will be stopping for lunch on your own prior to going to the theater. **THURSDAY, AUGUST 17, 10:00 AM, \$30.00**

CASINO TRIP NEW REGISTRATION POLICY (7/1)

New Price: **\$22**

(no refunds – you may receive an Account Credit which must be used within 30 days)

Where: Mohegan Sun every month

Trip includes: Motor Coach Transportation, \$15 food Voucher or free buffet, and \$15 wheel play.

When: LAST MONDAY OF EVERY MONTH (EXCEPT HOLIDAYS) MONDAY, JULY 31, 8:00 AM

Reservations begin: 1st Tuesday of each month, 10:00 am July will be on Wed, July 5

Life Reimagined Workshop

Reimagining your life can mean new passions to pursue, work that’s rewarding, great people to connect with and a healthier and more fulfilling lifestyle.

THURSDAY, SEPTEMBER 19, 6:30 PM – 8 PM, FREE

STURBRIDGE INDOOR FLEA MARKET

We are traveling to the Sturbridge Indoor Flea Market. One never knows what you may find depending on vendors for that day. No need to worry about rain since the Market is indoors. Transportation will be provided in our Community Center Bus. **SATURDAY, OCTOBER 14, 8:30 AM – 6:30 PM, \$8**

PHANTOM OF THE OPERA-PALACE THEATER

Phantom of the Opera has many special effects including the shows legendary chandelier and famous song “Music of the Night”. Tickets are for Sunday, November 19th, 2017, 1:00 p.m. Matinee. Bus will leave the Community Center at 11:45 a.m. Price includes transportation on the Community Mini-Bus and ticket. **SUNDAY, NOV. 11, DEPART 11:45 AM, \$74**

Overnight Trips

PACIFIC COASTAL CRUISE NOW BOOKING!

SEPTEMBER 21-29, \$2,079/ppdo or \$2,529/ppso

WASHINGTON, DC AND ANNAPOLIS

Travel to our Nation’s Capital and enjoy its iconic landmarks and history. Accommodations are at the Arlington/Crystal City Embassy Suites. Enjoy a Tour of DC including Monuments, War Memorials, & Museums. The trip includes 3 nights/4 Days and 7 meals. Currently accepting names for interest list. Min of 15 to run. **Nov. 2–5, \$794 - \$1106**

FITNESS CLASS SCHEDULE

Join Our New Fitness Center for Free! - *Must register*


HOURS OF OPERATION: MON – THURS 8 AM – 6:30 PM FRI 8 AM – 12 PM

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|-------------------|---------------------------|-------------------------------|---|
| Mondays | 10 – 10:45 am | Chair Yoga | \$5/class |
| Tuesdays | 10 – 11 am 5:45 – 7 pm | Tai Chi Easy II Hatha yoga | \$40/session \$30/Session/\$15 drop in |
| Wednesdays | 10 – 11 am | Tai Chi Easy I | \$40/SESSION |
| Thursdays | 10 – 11 am | Qigong | \$3/class |
| Fridays | 10 – 11 am | Zumba Gold | FREE |
| Saturdays | 8 – 9 am | Zumba Dance | 45\$/session Drop-in available |

NEW BOCCE COURT – Coming Soon!

Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world, and is one of the oldest lawn or yard games. Best known in Italy, bocce has been gaining popularity in North America and other locations. Its pros: the game is simple, can be played by people of all ages and skill levels, and you can use just about anything as a bocce court. **THANK YOU to Seymour’s own Dakota Potucek for refurbishing our court as part of his Eagle Scout Project!**

July 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 3 10:00 Chair Yoga 12:30 Card Room Available | 4  CENTER IS CLOSED | 5 10:00 Tai Chi I 10:30 Poker Club | 6 10:00 Qigong 10-2 Municipal Agent 12:00 Pinochle | 7 10:00 Big Y 10:00 Zumba Gold - Free |
| 10 10:00 Chair Yoga 11:30 Lunch Bunch | 11 10:00 Tai Chi Easy II 10:00 Shoprite 12:30 Bingo & Mahjong 5:45p Hatha Yoga | 12 10:00 Tai Chi I 10:30 Poker Club | 13 10:00 Qigong 10-2 Municipal Agent 12:00 Pinochle | 14 10:00 Market 32 10:00 Zumba Gold - Free |
| 17 10:00 Chair Yoga 11:00 Annual Picnic-Land Trust | 18 10:00 Tai Chi Easy II 10:00 No Shopping 12:30 Bingo & Mahjong 5:45p Hatha Yoga | 19 10:00 Tai Chi I 10:30 Poker Club | 20 9:30 Hudson River Cruise 10:00 Qigong 10-2 Municipal Agent 12:00 Pinochle | 21 10:00 Walmart 10:00 Zumba Gold - Free |
| 24 10:00 Chair Yoga 12:30 Card Room Available | 25 10:00 Tai Chi Easy II 10:00 Shoprite 12:30 Bingo & Mahjong 5:45p Hatha Yoga | 26 10:00 Tai Chi I 10:30 Poker Club | 27 10:00 Qigong 10-2 Municipal Agent 12:00 Pinochle | 28 10:00 No Shopping 10:00 Zumba Gold - Free |
| 31 8:00 Mohegan Sun 10:00 Chair Yoga 12:30 Card Room Available | AUGUST | | | |
| | 1 10:00 Tai Chi Easy II 10:00 Shoprite 12:30 Bingo & Mahjong 5:45p Hatha Yoga | 2 210:00 Tai Chi I 10:30 Poker Club | 3 10:00 Qigong 10-2 Municipal Agent 12:00 Pinochle | 4 10:00 Big Y 10:00 Zumba Gold - Free |

Seymour Community Services

20 Pine Street

Seymour, CT 06483

(203) 888-0406