

# SEYMOUR COMMUNITY SERVICES

## SENIOR CENTER NEWS

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

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

Bonnie Wilkes  
 Municipal Agent  
 (203) 881-5026

### MAY 2017

Although Memorial Day is the unofficial beginning of summer activities, it is also a day to remember all our military men and women who lost their lives serving our country throughout the years.

In Seymour, we have several town events which allow residents to participate as a community to honor our fallen service men and women.

The Annual **Memorial Day Parade is scheduled for Sunday, May 28<sup>th</sup>** starting at 12:30 p.m. The Parade Committee is always looking for new units to either march or put together a float. No group is too big or small to be part of this event.

Emil Senger Post #10 will have a solemn outdoor ceremony at the French Memorial Park at 10:00 a.m. on Memorial Day. All Residents are invited to attend.

#### TRANSPORTATION SERVICES

#### **BONNIE WILKES, MUNICIPAL AGENT FOR THE ELDERLY**

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

#### **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.**

**The Charter Oak Pass (Life Use)** provides access to the State Parks and Forests and is available free to Connecticut residents, 65 years of age or older. The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver. Free admittance is also provided for the Charter Oak pass holder when visiting Gillette Castle, Dinosaur or Fort Trumbull State Parks. **A Charter Oak Pass may be obtained in person** at the following location in our area: (Proof of age and residency required); Kellogg Environmental Center, 500 Hawthorne Avenue, Derby, Tuesday - Saturday / 9:00 am - 4:30 pm.  
**To obtain a Charter Oak Pass by mail**, Send a LEGIBLE photocopy of your current CT driver's license or other legal proof of age and residency to: DEEP Charter Oak Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127. (Phone 860-424-3200)

#### **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.**

#### **CT Rental Rebate Program**

The Seymour Tax Assessors office is accepting applications for the CT Rental Rebate Program from April 1 to September 30. This is a program for Seymour renters 65 and over or totally disabled. Income requirements must be met. For further information, the Tax Assessors office can be reached at 203 881-5013.

#### **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.**

Please contact Bonnie if you have questions on the above items or on any other issues.

## Programs, Activities & Trips

### WALKING CLUB

Tired of walking alone? Looking for a new way to get motivated? Join our weekly walking club. Club will meet at Chatfield Park. Rainy days club will meet at Community Center Gym. **WEDNESDAYS, MAY-JUNE, 8:00 AM, FREE, REG REQUIRED**

### WORK & SAVE: HOW SECURE IS YOUR FINANCIAL FUTURE?

An opportunity to learn about the growing retirement crisis across the country and what steps you can take to secure your future. Tools and tips for saving for your retirement will be discussed. **TUESDAY, MAY 2, 6:30 PM, FREE, REG REQUIRED**

### ATLANTIC CITY-3 DAY-2 NIGHT TRIP

Join us for our annual Atlantic City Trip. 3 days and 2 nights at the Tropicana Hotel & Resort Package includes transportation, hotel, 2 meal vouchers, \$30 Free play and tickets to Casino review if available. Open to the Public

**MAY 8 - 10, 7:30 AM, COST: \$230/DO, \$305/SO**

### LUNCH BUNCH – PAINTED PONY, BETHLEHEM, CT

We will be traveling to Bethlehem, Ct., for this month's luncheon. Weather permitting we may have the option to dine on the patio for an Al-Fresco Lunch

**WEDNESDAY, MAY 24, 11:15 AM BUS, LUNCH 12:00 NOON**

### MONTHLY IN-HOUSE LUNCH – MOTHER'S DAY EARLY BIRD DINNER

We will be hosting our 1<sup>st</sup> Early Bird Dinner catered by Matteis Deli starting at 4:00 p.m. The menu includes Roast Beef, Stuffed Scrod, potatoes, Vegetable and dessert. Come and enjoy an early affordable dinner with friends.

**WEDNESDAY, MAY 17, 4 PM – 6 PM, \$8, REG REQUIRED**

### AARP DRIVER'S REFRESHER COURSE

A review of Driving Skills, new laws related to driving and hazards of the road. The course is for people 50 and older. You will be issued a certificate that can be submitted to your insurance company for a possible discount.

**MONDAY, JUNE 12, 9 AM – 1:00 PM, \$15 AARP MEM/\$20 NON**

### Boston, Faneuil Hall – Quincy Market

Why not spend the day on your own in Boston at Quincy Market? Check out the 100+ stores, artisan pushcarts, restaurants, and pubs right on Boston's famed Freedom Trail. Transportation will be provided in our Community Center Bus.

**SATURDAY, JUNE 24, 7:00 AM, \$15**

### Hudson River Cruise

Enjoy a sightseeing river cruise on an authentic Mississippi Paddle Boat "River Rose". The 2 hour cruise leaves from Newburg, NY and heads South down the Hudson River. Transportation on Community Center Bus.

**THURSDAY, JULY 20, DEPARTURE: TBA, \$30.00, LUNCH ON OWN**

### MAINE GETAWAY 3 DAYS – 2 NIGHTS

This wonderful Maine guided Tour includes Portland, Kennebunk's Historic Mansion, a seaside Trolley Museum, & trolley ride, shops and restaurants in Kennebunkport & the L.L. Bean flagship store in Freeport. Trip price includes motor coach transportation, 2 nights lodging, 2 Breakfasts, & 2 Dinners. Travel Insurance is available for an additional cost.

**JULY 17 -19, \$295 PER PERSON D/O- \$75 DEPOSIT REQUIRED**

### 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.

**THURSDAY, AUGUST 17, 10:00 AM, \$30.00**

### 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**

### 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 classic Tour of DC including Monuments, War Memorials, Museums and much more. The trip includes 3 nights/4 Days and 7 meals. Currently accepting names for interest list. 15 passengers required to run trip. **Nov. 2-5, \$794 - \$1106**

## AQUATICS SCHEDULE


	OPEN SWIM	LAP/ Masters	AQUA EXERCISE
<b>Mondays</b>	7 – 9 pm	6 – 6:45 am & 7 – 9 pm	
<b>Tuesdays</b>			
<b>Wednesdays</b>	7 - 9 pm	6 – 6:45 am & 7 – 9 pm	7:15 – 8:15 pm
<b>Thursdays</b>			
<b>Fridays</b>	7 – 9 pm	7 – 9 pm	
<b>Saturdays</b>	10:30 – 12 pm	8 – 12 pm	8 – 9 am

## FITNESS CLASS SCHEDULE

Join Our New Fitness Center for Free! - <i>Must register</i> HOURS OF OPERATION: <b>MON – THURS 8 AM – 6:30 PM FRI 8 AM – 12 PM</b>			
<b>Mondays</b>	10 – 10:45 am	Chair Yoga	\$5/class
<b>Tuesdays</b>	10 – 11 am 5:45 – 7 pm	Tai Chi Easy II Hatha yoga	\$30/Session
<b>Wednesdays</b>	<b>8:00 – 9:00 am</b> 10 – 11 am	<b>Walking Club – NEW</b> <b>Tai Chi Easy I</b>	<b>FREE (REG REQUIRED)</b> <b>\$40/SESSION</b>
<b>Thursdays</b>	10 – 11 am	Qigong	\$3/class
<b>Fridays</b>	10 – 11 am	Zumba Gold	FREE
<b>Saturdays</b>	8 – 9 am	Zumba Dance	45\$/session

TO REGISTER FOR A PROGRAM CALL 203-888-0406 OR SIGN UP ON LINE AT [WWW.SEYMOURCOMMUNITYSERVICES.COM](http://WWW.SEYMOURCOMMUNITYSERVICES.COM)

## May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>1</b> <b>6:00a</b> Masters/Lap Swim <b>10:00</b> Chair Yoga <b>12:30</b> Card Room Available <b>6:30p</b> Zumba Toning <b>7:00p</b> Open/Lap Swim	<b>2</b> <b>10:00</b> Tai Chi Easy II <b>10:00</b> Shoprite <b>12:30</b> Bingo & Mahjong <b>5:45p</b> Hatha Yoga <b>6:30</b> <b>Work &amp; Save*</b>	<b>3</b> <b>6:00a</b> Masters/Lap Swim <b>8:00</b> Walking Club @Chatfield Park <b>10:00</b> Tai Chi I <b>10:30</b> Poker Club <b>6:00p</b> Zumba Strong <b>7:00p</b> Open/Lap Swim/Water Exercise	<b>4</b> <b>10:00</b> Qigong <b>10-2</b> Municipal Agent <b>12:00</b> Pinochle	<b>5</b> <b>10:00</b> Big Y <b>10:00</b> <b>Zumba Gold - Free</b> <b>7:00p</b> Open/Lap Swim	<b>6</b> 8 am Zumba Dance 8 am Aqua Zumba 8 – 12 Lap swim 10:30 - 12 Open Swim
<b>8</b> <i>Atlantic City Trip</i> <b>6:00a</b> Masters/Lap Swim <b>10:00</b> Chair Yoga <b>12:30</b> Card Room Available <b>6:30p</b> Zumba Toning <b>7:00p</b> Open/Lap Swim	<b>9</b> <i>Atlantic City Trip</i> <b>10:00</b> Tai Chi Easy II <b>10:00</b> Shoprite <b>12:30</b> Bingo & Mahjong <b>5:45p</b> Hatha Yoga	<b>10</b> <i>Atlantic City Trip</i> <b>6:00a</b> Masters/Lap Swim <b>8:00</b> Walking Club @Chatfield Park <b>10:00</b> Tai Chi I <b>10:30</b> Poker Club <b>6:00p</b> Zumba Strong <b>7:00p</b> Open/Lap Swim/Water Exercise	<b>11</b> <b>10:00</b> Qigong <b>10-2</b> Municipal Agent <b>12:00</b> Pinochle	<b>12</b> <b>10:00</b> Market 32 <b>10:00</b> <b>Zumba Gold - Free</b> <b>7:00p</b> Open/Lap Swim	<b>13</b> 8 am Zumba Dance 8 am Aqua Zumba 8 – 12 Lap swim 10:30 - 12 Open Swim
<b>15</b> <b>6:00a</b> Masters/Lap Swim <b>10:00</b> Chair Yoga <b>12:30</b> Card Room Available <b>6:30p</b> Zumba Toning <b>7:00p</b> Open/Lap Swim	<b>16</b> <b>10:00</b> Tai Chi Easy II <b>10:00</b> Shoprite <b>12:30</b> Bingo & Mahjong <b>5:45p</b> Hatha Yoga	<b>17</b> <b>6:00a</b> Masters/Lap Swim <b>8:00</b> Walking Club @Chatfield Park <b>10:00</b> Tai Chi I <b>10:30</b> Poker Club <b>4:00p</b> <b>Early Bird Dinner*</b> <b>6:00p</b> Zumba Strong <b>7:00p</b> Open/Lap Swim/Water Exercise	<b>18</b> <b>10:00</b> Qigong <b>10-2</b> Municipal Agent <b>12:00</b> Pinochle	<b>19</b> <b>10:00</b> Stop & Shop <b>10:00</b> <b>Zumba Gold - Free</b> <b>7:00p</b> Open/Lap Swim	<b>20</b> 8 am Zumba Dance 8 am Aqua Zumba 8 – 12 Lap swim 10:30 - 12 Open Swim
<b>22</b> <b>6:00a</b> Masters/Lap Swim <b>8:00</b> <b>Casino – Foxwood*</b> <b>10:00</b> Chair Yoga <b>12:30</b> Card Room Available <b>6:30p</b> Zumba Toning <b>7:00p</b> Open/Lap Swim	<b>23</b> <b>10:00</b> Tai Chi Easy II <b>10:00</b> Shoprite <b>12:30</b> Bingo & Mahjong <b>5:45p</b> Hatha Yoga	<b>24</b> <b>6:00a</b> Masters/Lap Swim <b>8:00</b> Walking Club @Chatfield Park <b>10:00</b> Tai Chi I <b>10:30</b> Poker Club <b>11:15</b> <b>Lunch Bunch*</b> <b>6:00p</b> Zumba Strong <b>7:00p</b> Open/Lap Swim/Water Exercise	<b>25</b> <b>10:00</b> Qigong <b>10-2</b> Municipal Agent <b>12:00</b> Pinochle	<b>26</b> <b>10:00</b> Walmart <b>10:00</b> <b>Zumba Gold - Free</b> <b>7:00p</b> Open/Lap Swim	<b>27</b> 8 am Zumba Dance 8 am Aqua Zumba 8 – 12 am Lap swim 10:30 - 12 Open Swim
<b>29</b> <div style="text-align: center;"> <p><b>Center Closed</b>  <b>Happy Memorial Day!</b></p>             Memorial Day Ceremony            10 am French Memorial Park         </div>	<b>30</b> <b>10:00</b> Tai Chi Easy II <b>10:00</b> Shoprite <b>12:30</b> Bingo & Mahjong <b>5:45p</b> Hatha Yoga	<b>31</b> <b>6:00a</b> Masters/Lap Swim <b>8:00</b> Walking Club @Chatfield Park <b>10:00</b> Tai Chi I <b>10:30</b> Poker Club <b>6:00p</b> Zumba Strong <b>7:00p</b> Open/Lap Swim/Water Exercise	<b>*See pg. 2 for details</b>		

***Seymour Community Services***

20 Pine Street

Seymour, CT 06483

(203) 888-0406