

Seymour Community Services Senior Newsletter

November 2017

Has retirement boredom caught up with you? Are you looking to fill that void? There is a need and place for you by volunteering in your community. We all did our share of volunteering when our children were young-PTA, school activities, sports-but needless to say as our children grew up and we no longer were involved in these activities. Maybe it's time to think about how you can share some of your down time by starting to volunteer. Consider our very own community center, the library, or the food bank which has an immediate need.

The Seymour/Oxford Food Bank is looking for volunteers Mondays and Wednesdays from 9:00 to 11:00 am to sort and date food and stock shelves. Tuesday and Wednesday from 9:00 to 11:00 a.m. to help as "shopping pals" with clients. Drivers who have a small pickup truck or large vehicles are needed to pick up donated food from local grocery stores. If you are interested in helping call the food bank Monday—Thursday at 203-888-7826. If no one answers, feel free to leave a message.

Mary McNelis
Director of Community Services

Lucy McConologue
Elderly Services
Program Manager

Zack Philippas
Recreation
Program Manager

Bonnie Wilkes
Municipal Agent

www.seymourcommunityservices.com
www.facebook.com/seymour.ct
[Twitter @SeymourRec](https://twitter.com/SeymourRec)
[Instagram @SeymourRecCT](https://www.instagram.com/SeymourRecCT)

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 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

October 15 - December 7

If you are considering changing your Medicare coverage, Fall Open Enrollment is the time to do it. [Fall Open Enrollment](#) is the period between October 15 and December 7 each year when people can make changes to their Medicare coverage. You can change your [Medicare Advantage Plan](#), change your standalone [Part D prescription drug plan](#), or switch between Medicare Advantage and [Original Medicare](#). Whether or not you are satisfied with your current coverage, you should review your current costs and benefits. You should be receiving information from your current plan explaining changes for 2018. Look at the material carefully to be certain the coverage best meets your needs. Fall Open Enrollment is also a good time to compare your coverage to other available options if you are having difficulty paying for the coverage. Please remember that the Medicare Saving Plan is still available if you meet the income requirements and the plan may provide additional help with your medical costs.

BONNIE WILKES

Hours: Thursdays by appointment
bwilkes@seymourct.org
203-888-0406

Programs & Activities

[Know the 10 Signs](#) The daytime workshop was a huge success so we added a second session.

We're hearing more and more about dementia and Alzheimer's disease, but the terms can still be confusing. What's typical as we age? What's not? What are the signs for early detection? Program is great for individuals or those with aging family members. Refreshments served.

Date: Nov. 2 **Location:** Community Center

Cost: Free **Time:** 6:30 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—3 Spots Left!**

Date: Nov 13 **Location:** Community Center

Cost: \$30/30 mins. **Time:** 9 am – 12 pm

[Chair Massages](#) The benefits of massage are many. It increases circulation, range of motion in joints, decreased pain and restriction of movement, and boosts immune system function. Registration preferred.

Date: Nov 16 **Location:** Community Center

Cost: \$15/15 mins. **Time:** 10 am – 1 pm

[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: December 5 **Location:** Community Center

Cost: Free **Time:** 1–6 pm

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. This month's trip will include a stop at the Christmas Tree Shop. Registration required.

Date: Monday, Nov. 6 **Location:** Olive Garden/Xmas Tree Shop

Cost: Lunch on own **Departs:** 10:15 CC bus

[In House Luncheon](#) Enjoy an old fashion Thanksgiving Lunch. Bring on the Turkey, Stuffing, Potatoes and all the fixings.

Date: Thurs, Nov 16 **Location:** Community Center

Cost: \$8 **Time:** 12 Noon

Day and Overnight Trips

[Foxwoods Casino](#) **Last Casino Trip until February!** Currently accepting names for interest list for Foxwood Casino. Trip includes Coach Transportation, \$15 Food Voucher or free buffet, and \$15 Wheel play. 42 people needed to run trip. Payment due once minimum is met.

Date: November 27 **Location:** Foxwoods Casino

Cost: \$22 **Time:** 8:00 am

[Holiday Decorating Party](#) We are looking for some elves to help us decorate our Community Center. We will provide the trees, decorations, etc.. Music and light refreshments will be served. Preregistered Guests that help decorate will receive either 4 free bingo cards or one free fitness class of your choice

Date: Thurs, Nov. 30 **Location:** Community Center

Cost: Free **Time:** 10:00 am

[44th Annual Festival of Trees & Tradition](#) Spend a morning visiting the Wadsworth Athenaeum in Hartford viewing a huge display of holiday trees and wreaths decorated by artists, community members and organizations. Lunch is on your own in the Museum Café. Includes Admission & transportation .

Date: Fri, Dec 1 **Location:** Hartford, CT

Cost: \$23 **Departs:** 9:30 on CC Bus

[The Nonsense Christmas Musical](#) Join the fun as the Sisters, Father Virgil and Mount St. Helen's students sing, dance & act their way through this delightful Christmas Show. Lunch on own options are being explored. More info to follow.

Interest list being accepted.

Date: Sun, Dec, 10 **Location:** Seven Angels Theater

Cost: \$40 **Departs:** TBD, 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

[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 a.m. on 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: \$65.00 **Departs:** 9:30 a.m. on CC bus

Memberships

Senior Center

MEMBERSHIP UPDATE: 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



Calendar of Events

- 11/6 Lunch Bunch: Olive Garden/Xmas Tree Shop
- 11/7 ELECTION DAY Polls Open 6 am—8pm
- 11/9 **CENTER CLOSSES at Noon— Veteran's Day**
- 11/10 **CENTER CLOSED— Veteran's Day**
- 11/11 Veteran's Day Service—French Park 11 am
- 11/13 Foot Care Clinic
- 11/16 Chair Massages
- 11/16 In House Luncheon: Thanksgiving Feast
- 11/19 Phantom of the Opera
- 11/22 Commission on Aging
- 11/23&24 **CENTER CLOSED—Thanksgiving**
- 11/26 Seymour Christmas Parade—2 pm, Main St.
- 11/27 Casino Trip
- 11/30 Holiday Decorating Party

Weekly Shopping

11/3	Big Y	11/14	Shoprite	11/24	No Shopping
11/7	No Shopping	11/17	Walmart	11/28	Shoprite
11/10	Stop&Shop	11/21	Shoprite	12/1	Market 32

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	\$75	none
Wednesdays	10 - 11 am	Tai Chi Easy I	\$40	none
	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