

Seymour Community Center

Active Adult Newsletter



Memberships, Transportation, & Municipal Services

MEMBERSHIPS

Active Adult Membership is required to participate in all Programs. Memberships start at \$7, are free to residents over 80 years old & run from July 1 - June 30.

Fitness Center Membership is required to use the fitness center. A membership is Free and requires a signed waiver. Fitness Center is open during Center Hours.

TRANSPORTATION

Available to grocery stores, & doctor appointments on Tuesdays. Call to schedule pick up 48 hours in advance.

Weekly Shopping

Tues | 10:00 am | Free



April 5	Shoprite
April 15*	Walmart
April 19	Shoprite
April 26	Walmart
May 3	Shoprite

MUNICIPAL & VETERAN SERVICES

Our Municipal Agent, Dawn Hunter connects elderly residents & Veterans to community resources, services, and benefits. **Call for an appointment** 203-888-0406 ext. 3 or email dhunter@seymourct.org

Fitness Classes & Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am		Urban Poling		Urban Poling	
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Qigong Pickleball	Strength & Tone
11 am	Chair Yoga Pickleball Cribbage	Pickleball	Pickleball		
12:30 pm	Cornhole	Bingo Mahjong		Pinochle	Saturday 8:30 am* Zumba Dance
1 pm		Band Jam	Board Games	Band Jam	Must be an Active Adult Member & register to attend all programs and activities. *Prices vary for evening/Saturday classes
1:30 pm				Wii Bowling	
Evening	Zumba 6 pm	Line Dancing 7 pm			

URBAN POLING

RESTARTING
April 5

Minimum 8 to run

Each week we pick an outdoor site for a refreshing 45 min walk.

**held in CC gym during rainy weather.*

Upcoming Programs

All programs require registration

Trips & Travel

NEWPORT PLAYHOUSE

CAROL BURNETT SHOW **ACCEPTING WAITLIST**

April 3 | 8:30 am | \$65

AQUA TURF

Join us for lunch & comedian, singer, & entertainer, Mark Verselli.

April 12 | 10:15 am | \$55

CASINO

Hop on the CC bus and try your luck at Mohegan Sun Casino.

April 25 | 8:00 am | \$15

RISENY **ACCEPTING WAITLIST**

Spend some time venturing NYC in reality and having lunch on your own before joining the group to explore the city via RiseNY! Vaccination Required.

May 25 | 9:00 am | \$35

PEDAL CRUISE CONNECTICUT

Enjoy pedaling, mingling, singing, bird watching or just catching the breeze aboard the vessel Pier Pressure! You may bring drinks and snacks. Gratuity Included.

July 14 | 2:15 pm | \$65

AMERICA'S MUSIC CITIES TOUR

A Collette Tour through New Orleans, Memphis, & Nashville.

Discounted Price expires April 16

Oct. 16 - 23 | 8 days | 10 Meals

Health & Wellness

BLOOD PRESSURE SCREENING

A Nurse from Griffin provides blood pressure screenings before Bingo. No Appointment Needed.

First Tuesday | 12:00 pm | Free

PELVIC FLOOR DYSFUNCTION, URINARY FREQUENCY & INCONTINENCE

Join our Holistic Therapist for our Lunch & Learn Wellness Series.

Made possible through the generosity of the Katherine Matthies Foundation.

April 21 | 12:00 pm | Free

HOME ORGANIZATION

Learn how to only keep the items you love, need, and use!

Presented by Amy van Arsdale of Cleared Spaces, LLC

Made possible through the generosity of the Katherine Matthies Foundation.

Lunch will be served.

April 25 | 12 pm | Free

ASK A PLANT EXPERT

Alice Sarsheem-Smith of Plants a la Carte Interior Plant Design and Care will teach you the benefits of indoor plants, how to pot a plant and how to care for them. Take home your very own potted plant!

April 28 | 1:00 pm | \$10

TRUST YOUR GUT

Presented by Dr. Lyndsey Maher
Learn about the key to a happy & healthy gut.

May 16 | 2:30 pm | Free

PAINT CLASS: WILDFLOWERS

Learn to paint By Lina's Touch Art Studio through her easy step-by-step instructional events! Everything you need will be provided: Paint supplies, aprons, and a take-home canvas!

May 5 | 1:30 pm | \$25

AAA DRIVER'S REFRESHER COURSE

A review of driving skills, new laws and hazards of the road. You will receive a certificate upon completion of the course to send to your Insurance Company for a discount on your insurance. Reg. Required

June 6 | 9 am | Free

EAT THIS, NOT THAT!

Presented by Jill Patterson, RDN Fun and interactive nutrition program. Learn how making simple tweaks in our foods lead to big results!

June 6 | 1:30 pm | Free

Lunches & Socials

APRIL SOCIAL

Join us for National Peach Cobbler Day! Mattei's will be serving Peach Cobbler & Vanilla Ice Cream.

April 13 | 1:00 pm | Free

APRIL LUNCHEON

Join us for an Easter Celebration, Mattei's Ham, Scalloped Potatoes, Asparagus, Rolls, Banana Pudding

April 20 | 12:00 pm | \$9

HOT DOG BINGO

Join us for Lunch followed by a friendly game of Bingo.

April 26 | 12:00 pm | \$2

LUNCH BUNCH

Shopping at Clinton Outlets & Lunch on own at Lenny & Joe's.

June 22 | 9:00 am | \$10

COFFEE WITH THE FIRST SELECTWOMAN



APRIL 14, 11 AM

Selectwoman Annmarie Drugonis will be discussing the budget, the American Rescue Plan Act, and having a Q&A session.