

Seymour Community Center

Active Adult Newsletter



Memberships

Active Adult Membership

An Active Adult Membership is required to attend all programs and trips. The Annual Membership runs from July 1 to June 30. Residents \$10/ 80+Free, Non-Residents/\$15, 80+ \$10.

Fitness Center Membership

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



Aug 2	Shoprite
Aug 9	Walmart
Aug 16	Stop & Shop
Aug 23	Walmart
Aug 30	Market 32

Municipal & Veteran Services & Renter's Rebate for Seniors

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 (walking club)		Urban Poling (walking club)	Crochet & Knitting Club 9:30 am
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Qigong Pickleball	Strength & Tone
11 am	Chair Yoga Pickleball	Pickleball	Pickleball	Pickleball	Saturday*
12:30 pm		Bingo Mahjong		Pinochle	8:30 am* Zumba Dance
1 pm		Band Jam	Board Games Mahjong	Band Jam	Must be an Active Adult Member & register to attend all programs and activities. *Prices vary for evening/Saturday
1:30 pm					
Evening*	Zumba* 6 pm	Line Dancing* 7 pm			

Upcoming Programs

all programs require registration

Trips & Travel

SHARON PLAYHOUSE

Guys & Dolls a musical fable of Broadway.

Aug 11 | 12:45 pm | \$32

CASINO

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

Aug 22 | 8 am | \$15

BOWLERO

Join us for a trip to Milford's Bowlero and enjoy a friendly game of bowling and pizza.

Aug 26 | 1:30 pm | \$35



NEWPORT PLAYHOUSE

Social Security is a hilarious Broadway comedy that surrounds a married couple who are art dealers. The comic sparks begin to fly when the art dealer's mother hits it off with his best client!

Sept 11 | 8:30 am | \$75

CANYON COUNTRY, ARIZONA & UTAH

April 21 - 28, 2023/8 Days•10 Meals

Join Tracy O'Neill, (Collette representative) for an informative presentation at the center.

Sept 22 | 2 pm | Trip Overview

BEYOND VAN GOGH

Immerse yourself in the world of Vincent Van Gogh like you've never experienced before. Lunch on own at Bear's Smokehouse BBQ.

Sept 24 | 11 am | \$52

THE BIG E

Head to the Bid "E" Fair full of Vendors, Parades, Bands and Floats from CT. Price includes Ticket & Transportation.

Sept 28 | 9:30 am | \$20

RADIO CITY CHRISTMAS SHOW

Start the holiday Season early with a trip to NYC for this timeless classic show and then enjoy lunch and shopping on your own.

Nov 19 | 7:30 am | \$120 Coach Bus

Lunches & Socials

AUGUST SOCIAL

Join us for an ice cream social.

Sponsored by **UR Community Cares.**

Aug 17 | 1 pm | Free



AUGUST

LUNCHEON

Katz's Deli will be serving up a delicious corned beef reuben, slaw, & pickle with dessert. Yard games & Raffles!

Aug 24 | 12 pm | \$10



HOT DOG BINGO

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

MUST REGISTER

& PAY IN ADVANCE FOR A HOT DOG

Aug 30 | 12 pm | \$2



Programs & Activities

PAINT CLASS: GRASSY SUNSET

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!

Aug 18 | 6:30 pm | \$25/person

BINGO WITH YOUR GRANDCHILD

Bring your grandchild(ren) to play bingo. Pizza and ice cream served. Prizes for bingo winners.

Aug 25 | 12 pm | \$5/person

INTERMEDIATE MAHJONG LESSONS

Must attend all 3 sessions. For players who want tips & strategies.

Sept 13, 20, 27 | 1 - 3 pm | \$10

MAKEUP FOR MATURE WOMEN

Celebrity makeup artist Joby Rogers will cover App Essentials, Brushes - Using the right brushes, Application Techniques, and more! *Bring your own Makeup & Brushes and Makeup Remover Wipes.*

Sept 29 | 6:30 pm | \$20

INTERGENERATIONAL ART

Do You Love Arts & Crafts? Do you love collaborating with young people? Each month we will embark on a new art project with students from our community. September we will make a watercolor bookmark.

Sept 29 | 3 pm | Free

AAA DRIVER'S REFRESHER

A review of driving skills, new laws and hazards of the road. Receive a certificate to forward to your Insurance Co. for a discount.

Oct 3 | 9 am | Free

BEAUTIFUL MAINE TRIP

JULY 31 - AUG 4, 2023

4 Nights/5 Days /\$599/pp DO

Diamond Tours Motorcoach trip includes 4 breakfasts & 4 dinners. Enjoy a guided tour of Portland, Kennebunkport, the historic Victoria Mansion, & Pineland Farms. Also visit Boothbay Railway Village & the Seashore Trolley Museum.