

Seymour Community Center

Active Adult Newsletter



July is Membership Renewal Month!

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



Fri, July 8	Walmart
July 12	Shoprite
July 19	Walmart
July 26	Shoprite
Aug 2	Walmart

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 Cribbage	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 a an Active Adult Member & register to attend all programs and activities. *Prices vary for
1:30 pm					
Evening	Zumba 6 pm	Line Dancing 7 pm			

Seymour Community Center | 20 Pine Street, Seymour, CT 06483

(203) 888-0406 | <https://seymourct.myrec.com>

Hours of Operation: Monday - Thursday 8 am - 4:30 pm, Fridays 8 am - 12 pm

Upcoming Programs

all programs require registration

Trips & Travel

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

RED SOX V YANKEES

Travel by coach bus to Yankee Stadium. Transportation, ticket, and early access to Budweiser Party Deck all you can eat/drink stadium food and beer.

July 16 | 2 pm | \$175

CAPTAINS COVE

Travel down to the Cove to browse the boardwalk, Shop, Relax, and enjoy the view.

July 22 | 11 pm | \$10

CENTER STAGE THEATRE

Enjoy great dance, music & drama in this stage adaptation of the popular movie "Footloose".

July 24 | 12:30 pm | \$31

SHARON PLAYHOUSE

Guys & Dolls a musical fable of Broadway.

Aug 11 | 12:45 pm | \$32

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 | Free

Health & Wellness

SLEEP BETTER

Dr. Maher will teach about age-related sleep issues and ways to improve your overall rest.

July 18 | 2:30 pm | Free

LOTUS FLOWER LANTERNS

A Craft Workshop presented by the Korean Spirit & Promotion Project and members will be on hand to assist you in making your Lotus Flower Lantern. You will also have the opportunity learn about the culture of the country.

July 28 | 11 am | \$5

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

MACRONUTRIENTS:

WE WANT 'EM ALL, JUST NOT ALL DAY

Dr. Lyndsey Maher will go over the importance of eating all the fat, protein and carbohydrates for a balanced diet and ensure a proper metabolism. Lots of fads out there have singled out specific macros as being "bad" but like anything, moderation is key.

Aug 1 | 2:30 pm | Free

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

Lunches & Socials

JULY LUAU LUNCHEON

Aloha- Join us at our Hawaiian Luau! There will be a Hula dance performance by Dancin' In the City. On the menu is Pineapple Chicken, Teriyaki Pork Ribs, Coconut Rice, and Fruit Kabobs, catered by Mattei's Deli.

July 20 | 12 pm | \$10

HOT DOG BINGO

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

July 26 | 12 pm | \$2

JULY SOCIAL

Join us for a Strawberry Shortcake Dessert and a live music performance by Airborne Jazz Trio.

July 13 | 1 pm | Free

MAHJONG LESSONS

Beginner II

Must attend all 3 sessions.

This is for those who have been playing but want tips & strategies.

July 27, Aug 3, 10 | 1 - 3 pm | \$20

Intermediate

Must attend all 3 sessions.

This is for those who have been playing but want tips & strategies.

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



Travel by coach bus to Atlantic City's Tropicana Hotel. Package includes: 2 nights/3 days, \$30 slot play, 2 Buffet lunches, and casino review show if playing.

Sept 7 - 9 | \$298 pp/DO \$419 pp/ SO | \$267 pp/TO