

Seymour Community Center

Active Adult Newsletter



Memberships, Transportation, & Municipal Services

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



June 7	Walmart
June 14	Shoprite
June 21	Walmart
June 28	Shoprite
Fri, July 8	Walmart

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 (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			

Upcoming Programs

all programs require registration

Trips & Travel

THE WESTCHESTER THEATRE

Menopause the Musical. The hilarious celebration of women and the change! Men find this just as funny!

June 16 | 12:45 pm | \$65

CASINO

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

June 27 | 8:00 am | \$15

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

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

Health & Wellness

AAA DRIVER'S REFRESHER COURSE

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

BLOOD PRESSURE SCREENING

Maggie Sessa, RN from Griffin provides blood pressure screenings before Bingo. No reg. required

June 28 | 12:00 pm | Free

SLEEP BETTER

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

July 18 | 2:30 pm | Free



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**

Lunches & Socials

PIZZA BINGO

Lion's Club is sponsoring this fun event! Join us for Pizza followed by a friendly game of Bingo.

June 9 | 11:00 am | Free

JUNE COMMUNITY CENTER PICNIC

Seymour Land Trust is sponsoring our annual Active Adult Summer Picnic! Our very own Alex Danka will be cooking! Hamburgers, hot dogs, and picnic fare will be served.

June 15 | 12:00 pm | \$9

LUNCH BUNCH

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

June 22 | 9:00 am | \$10

HOT DOG BINGO

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

June 28 | 12:00 pm | \$2

JUNE SOCIAL

Join us for Rich's Ice Cream & then join in while we have a game show contest.

June 29 | 1:00 pm | Free

MAHJONG LESSONS

Beginner (accepting waitlist)

Must attend all 3 sessions.

This is for those who have never played before.

Must register

June 1,8,15 | 1 - 3 pm | \$10

Intermediate

Must attend all 3 sessions.

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

Must register.

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