

Seymour Community Center

Active Adult Newsletter

| March 2022 |



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, the library, CC, & doctor apts. on Tuesdays. Call to schedule pick up 48 hours in advance.

Weekly Shopping

Tues | 10:00 am | Free



March 1	No Shopping
March 8	No Shopping
March 15	Walmart
March 22	Shoprite
March 29	Walmart

MUNICIPAL & VETERAN SERVICES

Our Municipal Agent connects elderly residents & Veterans to community resources, services, and benefits. *Call for an appointment.*

Fitness Classes & Activities

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

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

Health & Wellness

REIKI 101: RELAX, REVIVE, & HEAL

Learn about the benefits: promotes deep relaxation, reduces aches & pains, & increases resilience, and reduces stress.

March 17 | 11:00 am | Free

ELDER LAW ROUND TABLE

Join Attorney Christine M. Tenore for an open round table discussion regarding "Probate—what is it and Ways to Avoid it".

March 23 | 11:00 am | Free

AARP TAX-AIDE

Free Tax preparation for 50+ and those with low to moderate income. *Fully Booked*

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.

March 29 | 3:00 pm | Free

BLOOD PRESSURE SCREENING

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

First Tuesday | 12:00 pm | Free

Lunches & Socials

CUPCAKE DECORATING

Join us for a St. Patrick's Day themed cupcake class hosted by Mimi's Cake Decorating School! 1 dozen cupcakes per student. All decorating Supplies & a Free Gift.

March 7 | 1:30 pm | \$10



MARCH SOCIAL

Join us for Spring Coloring Sheets & Asian Spring Rolls!

March 9 | 1:00 pm | Free

MARCH LUNCHEON

Join us for a St. Patty's Day Celebration, corned beef & cabbage!

March 16 | 12:00 pm | \$9

HOT DOG BINGO

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

March 29 | 12:00 pm | \$2

CRIBBAGE

Have you ever played this 2-4 player game?

New group starting soon. Bring your own board if you have one.

Mondays | 11:00 am | Free



Trips & Travel

CASINO

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

March 28 | 8:00 am | \$15

NY BOTANICAL GARDENS

Don't miss this horticultural spectacle featuring thousands of dramatically displayed orchids. Lunch included.

March 24 | 8:30 am | \$70

Accepting Waitlist

NEWPORT PLAYHOUSE

Travel to RI for Lunch & The hilarious comedy of "The Carol Burnett Show"! CC Bus, Lunch & Show included.

April 3 | 8:30 am | \$65

Accepting Waitlist

AQUA TURF

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

April 12 | 10:15 am | \$55

RISENY

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

AMERICA'S MUSIC CITIES TOUR

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

Oct. 16—23 | 8 days | 10 Meals

LUNCH & LEARN SERIES

Join our Holistic Therapist for our Lunch & Learn Wellness Series. Made possible through the generous support of the Katharine Matthies Foundation.

Back & Neck Pain and Arthritis

March 10 | 12:00 pm | Free

Incontinence, Pelvic Floor Dysfunction, & Urinary Frequency

April 21 | 12:00 pm | Free