

Seymour Community Center

Active Adult Newsletter

HELLO
May



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



May 3	Shoprite
May 10	Walmart
May 17	Shoprite
May 24	Walmart
May 31	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 (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	Cornhole	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.
1:30 pm				Wii Bowling	
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

CASINO

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

May 23 | 8:00 am | \$15

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

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

BLOOD PRESSURE SCREENING

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

2nd Tuesday | 12:00 pm | Free

TRUST YOUR GUT

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

May 16 | 2:30 pm | Free

INTERGENERATIONAL ART

Do You Love Arts & Crafts? Do you love collaborating with young people? This month we will be creating DIY canvas bags.

May 26 | 3:00 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 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

Lunches & Socials

MAY SOCIAL

Join us for an all Lemon Social. Lemonade & Lemon Bars.

May 11 | 1:00 pm | Free

MAY LUNCHEON

Join us for a The Original Antonio's Chicken Piccata, Vegetable, Cavatelli & Broccoli, and Dessert. Live Music by Play It Again Sam, Jazz Quartet.

May 18 | 12:00 pm | \$9

HOT DOG BINGO

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

May 31 | 12:00 pm | \$2

LUNCH BUNCH

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

June 22 | 9:00 am | \$10

Other Activities

NEW!

CROCHET & KNITTING CLUB

Meets Fridays, bring your own yarn and needles.

Fridays | 9:30 am | Free



MAHJONG LESSONS

Beginner

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