

Seymour Community Center

Active Adult Newsletter November 2022

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 closes 30 min prior to Building Hours.

Transportation

Available for grocery stores & doctor appts on Tuesdays.

Call 48 hours in advance.

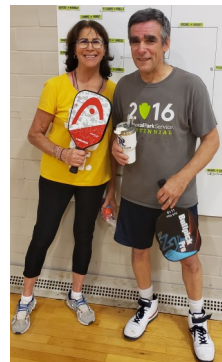
Tues | 10:00 am | Free



Shopping Schedule

Nov 1	Walmart
Nov 8	Market 32
Nov 15	Walmart
Nov 22	Stop & Shop
Nov 29	Walmart

2nd Annual Pickleball Tournament



We had 10 teams compete and had a great time!

Congrats to our winners:

John Kassay & Deb Buechel

Schedule

Changes & Closures

Nov 7 - No Pickleball. Gym closed for election day setup.

Nov 8 - No Strength & Tone & No Pickleball. Gym closed for election day.

Nov 10 Center closes @ 12

Nov 11 - Center closed

Nov 23 - Center closes @ 12

Municipal Agent News

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

You're getting a raise! In January 2023, Social Security and SSI recipients will receive a COLA raise of 8.7%. You will receive a statement of your new amount in the mail but can always check your new earnings beginning in December on your My Social Security account at www.ssa.gov. The cost of Medicare B will decrease from \$170 a month to \$164.90. For those still working and younger than full retirement age or having just reached full retirement age for less than a year, the amount you can earn without penalty has also increased.

Qualified Medicare Beneficiary Are you receiving Medicare and making less than \$2,786/month for a single person or \$3,754/month for a couple. You may be eligible for your Medicare B premium paid. Make an appointment with me to complete an application. These income limits will increase next year with the COLA increase.

Open Enrollment Medicare open enrollment has begun! It will close December 7th. It is beneficial to check your coverage to be sure what changes are coming next year. A Medicare Specialist can go over your options with you for free, many times in the comfort of your own home. If you need the name and number of an agent, please give me a call.

Energy Assistance Are you struggling to pay all of your heating bills? The energy assistance program has begun accepting applications. Income limits for a household of one is \$39,027, household of 2 is \$51,035. Contact TEAM at (203)736-5420 to make an appointment for an application.

Rental Rebate Checks The State will mail rebate checks beginning Oct 25, a second batch in Nov, and the last batch in Dec

Seymour Oxford Food Bank Did you Know Seymour has a food Bank located at the Community Center? Call 203- 888 -7826 if you are in need of food, looking to make a donation or would like to volunteer. **Hours:** Monday – Thursdays 9 - 11 am

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

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

urct.myrec.com

UPCOMING PROGRAMS

Trips & Travel

STORMVILLE FLEA MARKET

Join us as we travel to one of NY's great flea markets. As seen on HGTV's Flea Market Flip.

Nov 5 | 9:15 am | \$10

OSBORNE HOMESTEAD MUSEUM

Guided Tour. Learn about holiday food traditions of various cultures and nationalities. Lunch on own at Roseland's.

Dec 1 | 10 am | \$10

CHRISTMAS TREE SHOP/CRACKERBARREL

Get a jump start on your holiday shopping and enjoy lunch with friends.

Dec 8 | 10 am | \$10



WOODBURY COMMONS OUTLETS

Complete your holiday shopping! This Premium Outlet Center has over 200 stores!

Dec 3 | 8:30 am | \$10

BEAUTIFUL MAINE TRIP - JULY 31

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

Diamond Tours Coach trip includes 4 breakfasts & 4 dinners. Enjoy a guided tour of Portland & Kennebunkport. See website for more info or call office.

Programs & Activities

AGE WELL SERIES

Griffin Health and the Agency on Aging of South-Central CT are partnering to increase access to care and disease prevention among our senior community through a series of health screenings and healthy living education sessions each month for a year. Max of 20 participants each month.

DON'T BE SCAMMED

Nov 7 | 1:30 pm | FREE

MINDFULNESS/SPIRITUAL HEALTH

Dec 5 | 1:30 pm | FREE

NEW CLASSES

Starts week of Nov 18

Sponsored by the Mabel Burchard Fisher Foundation.

Instructor, Gabriella Takacs-Fabry is a Hungarian National Champion in Latin Dances and former partner of Tony Dovolani from Dancing with the Stars

BALLROOM DANCING

Come learn various Latin & Ballroom dances. No Partner necessary.

Mon | 1 pm | FREE

POISE, POSTURE, AND BODY AWARENESS

Identify, correct, and practice healthy postural awareness through stretching and designed core exercises

Fri | 11 am | FREE

FOOD EXPLORERS *ACCEPTING WAITLIST

Our Culinary Workshops are made possible by the Agency on Aging of South-Central CT. This month is Caramel Apple No Bake Cheesecakes.

Nov 3 | 1 pm | FREE

SAVE AT THE SUPERMARKET

Everyone is noticing and talking about skyrocketing grocery prices. Join Jill Patterson, RDN for this informative and engaging workshop where we will learn strategies to slash our grocery bill while eating nutritiously.

Nov 10 | 10 am | FREE

SLIME LAB

Hosted by the Vault in Seymour.

Nov 14 | 1:30 pm | FREE

INTERGENERATIONAL ART

Get in the holiday spirit and decorate a wood slice ornament.

Nov 17 | 3 pm | FREE

BLOOD PRESSURE SCREENING

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

2nd Tues | 12 pm | FREE

Lunches & Socials

NOVEMBER SOCIAL

Veteran's Day Celebration! Apple Pie & Ice Cream! Listen to historian Arnie Pritchard tell a story based on letters from his father during WWII.

Nov 9 | 1 pm | FREE

THANKSGIVING LUNCHEON

Join us for our Annual Mattei's Thanksgiving Lunch & Raffles.

Nov 16 | 12 pm | \$10

HOT DOG BINGO

Join us for Lunch followed by a friendly game of Bingo. **MUST PAY IN ADVANCE**

Nov 29 | 12 pm | \$3

HOLIDAY DECORATING PARTY

Join us for Cookies & Coco & help us decorate the center for the holidays!

Nov 30 | 1:30 pm | Free

Fitness Classes & Activities

	Mon	Tues	Wed	Thur	Fri
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	Poise & Posture
12:30 pm		Bingo		Pinochle	Sat*
1 pm	Ballroom Dance	Band Jam	Board Games Mahjong	Band Jam	8:30 am* Zumba Dance
Night*	Zumba* 6 pm	Line Dancing* 7 pm		PiYo 6 pm	

Must be an Active Adult Member & register to attend all programs and activities.

*Prices vary for evening & Saturday classes