

Seymour Community Center

Active Adult Newsletter

September 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 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



Sept 6	Shoprite
Sept 13	Walmart
Sept 20	Stop & Shop
Sept 27	Walmart
Oct 4	Market 32

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	Pickleball	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 an Active Adult Member & register to attend all programs and activities. *Prices vary for evening/Saturday classes
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

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

Trip presentation at the center.

Sept 22 | 2 pm | Trip Overview

BEYOND VAN GOGH

Immerse yourself in the world of Vincent Van Gogh like you've never experienced before. Lunch on own at Bear's Smokehouse BBQ.

Sept 24 | 11 am | \$58

CASINO - FOXWOODS

Take the CC bus to Foxwoods this month and try your luck at the Casino.

Sept 26 | 8 am | \$15

THE BIG E

Head to the Bid "E" Fair full of Vendors, Parades, Bands and Floats from CT. Price includes Ticket & Transportation.

Sept 28 | 9:30 am | \$20

Programs & Activities

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

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. September we will make a watercolor bookmark.

Sept 29 | 3 pm | Free

PICKLEBALL 101

Interested in learning to play? Add your name to the interest list.

Sept 29 | 10 am | Free

BETLEJUICE ON BROADWAY (TIX LMTD)

The ghost-with-the-most returns to Broadway! Price includes Ticket & Transportation. Recommended for ages 10 and up.

Oct 22 | 8:45 am | \$135

RADIO CITY CHRISTMAS SHOW

Start the holiday Season early with a trip to NYC for this timeless classic show and then enjoy lunch and shopping on your own.

Nov 19 | 7:30 am | \$120 Coach Bus

WOODBURY COMMONS OUTLETS

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

Dec 3 | 8:30 am | \$10

HOLIDAY HOME DECORATION TOUR & LAND TRUST FIREWORKS SHOW

Join us on the CC Bus for the Land Trust Fireworks and drive around Seymour to tour all of the best decorated houses. Plus cookies and cocoa!

Dec 10 | 5:45 pm | Free

BEAUTIFUL MAINE TRIP

JULY 31 - AUG 4, 2023

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

Diamond Tours Motorcoach trip includes 4 breakfasts & 4 dinners. Enjoy a guided tour of Portland, Kennebunkport, the historic Victoria Mansion, & Pineland Farms. Also visit Boothbay Railway Village & the Seashore Trolley Museum.

AAA DRIVER'S REFRESHER

A review of driving skills, new laws and hazards of the road. Receive a certificate to forward to your Insurance Co. for a discount.

Oct 3 | 9 am | Free

MEDICARE INFORMATIONAL SEMINAR

This seminar will discuss the challenges of Medicare - new regulations, additional & supplemental coverage options.

Oct 13 | 1 pm | Free

FOOD EXPLORERS

Our Culinary Workshop this month is Pumpkin Cannoli.

Oct 20 | 6:30 pm | \$TBD

Lunches & Socials

SEPTEMBER SOCIAL

National Cream Filled Donut Day. Decorate your own donut!

Sept 14 | 1 pm | Free

SEPTEMBER LUNCHEON

Carnival day includes BBQ Chicken, Hot dog bar, popcorn, cotton candy, and games galore.

Sept 21 | 12 pm | \$5

HOT DOG BINGO

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



MUST

REGISTER &

PAY IN ADVANCE

Sept 30 | 12 pm | \$3

Health & Wellness

BLOOD PRESSURE SCREENING

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

2nd Tues | 12 pm | FREE

BALANCE & FALL PREVENTION

Learn from medical experts about tips on home modifications to reduce falls, medications and fall risks, how to safely get up from a fall, and much more.

Sept 19 | 12 pm | Free | lunch served

WOMEN'S HEALTH

Join Qarib Ahmed MS OTR/L, "Q" as he is better known, while he discusses common health issues women deal with as they age - hormonal changes and their impact, the traditional role of caregiving and its impact on women as they age, and the connection of purpose and depression.

Oct 6 | 6:30 pm | Free