

Seymour Community Center

Active Adult Newsletter

| April 2023 |



Monthly Highlights

DEFENSIVE DRIVER COURSE



A review of driving skills, new laws and hazards of the road.

You will receive a certificate upon completion of the course to send to your Insurance Company for a discount on your insurance.

Registration Required
Please arrive 15 minutes prior to class. **Min 11 people to run.**

April 13 | 9 - 12 | \$20

ICE CREAM WITH FIRST SELECTWOMAN

Enjoy an ice cream sandwich while listening to First Selectwoman Drugonis review Seymour's budget for 2024.

Follows Soup & Sandwich Lunch. Free to Residents

MUST REGISTER for Ice Cream
April 12 | 12:30 pm | \$3 NR

EASTER EGG HUNT

36 Eggs Hidden in CC with various prizes. First Come First Served. No reg. required (members only).

April 3 | 8 am | FREE



Closures & Schedule Changes

April 6 Closed @ noon

April 7 Closed - Good Friday

April 10 - No Ballroom Dance

May 2 & 3 - No Pickleball

Transportation

Available for grocery stores & doctor appts on Tuesdays. Call no later than the Friday before (minimum of 72 hours in advance.)

SHOPPING SCHEDULE

April 4	Shoprite
April 11	Market 32
April 18	Stop & Shop
April 25	Walmart

Movies at the Center
1:30 pm | Free | Popcorn \$1

April 17

A Man Called Otto
Comedy | Drama | 2022



May 22

Jerry & Marge Go Large
Comedy | Drama | 2022

Fitness Classes & Activities

	Mon	Tues	Wed	Thur	Fri
9 am		Urban Polling STARTS APRIL 4		Urban Polling STARTS APRIL 4	Crochet/Knitting Club
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Qigong Pickleball	Strength & Tone
11 am	Pickleball Chair Yoga	Pickleball	Pickleball	Pickleball Standing Pilates STARTS APRIL 20	Poise & Posture
12:30 pm	Ping Pong & Air Hockey Club	Bingo Mahjong		Pinochle	Sat*
1 pm	Ballroom Dance	Band Jam	Board Games Mahjong	Band Jam	Zumba Dance 8:30 am*
Evening Classes*					
6 pm	Zumba Dance		Aqua Zumba		
7 pm		Line Dancing NEW SESSION		Ballroom NEW SESSION	

Must be an Active Adult Member & register to attend all programs and activities.
*Prices vary for evening & Sat Classes

Memberships

Active Adult Membership

Annual Memberships run from July 1 - June 30.

Residents \$10/ 80+Free

Non-Residents/\$15, 80+ \$10

Fitness Center Membership

Membership is Free and requires a signed waiver.

Fitness Center closes 15 min prior to Building Hours.

Pool Membership

January - March

Tue, Wed, Thur 6 - 8:30 pm

Senior, Individual, & Family

Memberships available.

Game Room

Includes Ping Pong & Air Hockey Tables. Open Daily during center hours.

All ages welcome

Seymour Community Center |

UPCOMING PROGRAMS

ALL PROGRAMS REQUIRE REGISTRATION

Trips & Travel

MOHEGAN SUN CASINO

April 24 | 8 am | \$15

THE PALACE: FIDDLER ON THE ROOF

Accepting Waitlist

An amazing cast and orchestra tell this heartwarming story of fathers & daughters, husbands & wives, and the traditions that define faith & family.

April 15 | 1:15 pm | \$58

CENTER STAGE THEATER

A Grand Night for Singing

Taste and imagination, the two key ingredients for a first-rate revue, abound in this fresh take on the Rodgers & Hammerstein canon.

April 26 | 1:30 pm | \$33

Catch Me If You Can

Based on the hit film and the incredible true story, Catch Me If You Can is the high-flying musical comedy about chasing your dreams and not getting caught.

July 23 | 12:30 pm | \$33

COSTA RICA - NOV 2 - 10, 2023

Save \$50 if deposit received by May 2

9 Days/ 14 Meals/\$2,799/pp DO before 5/1/23

HIGHLIGHTS: San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour, Guanacaste

TRIP PRESENTATION

April 25 | 3:30 pm | FREE

RISE NY

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 20 | 8:45 am | \$40

SHARON PLAYHOUSE

Accepting Waitlist

Something Rotten

June 29 | 1 pm | \$35

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.

Seymour Oxford Food Bank is located at the Community Center. In Need? Want to donate or volunteer? Call 203- 888 -7826 Monday – Thursdays, 9 - 11 am , Saturday mornings

Programs & Activities

LUNCH & LEARN:

IMPROVE & MAINTAIN MOBILITY

Join Master fitness coach Linda Gottlieb to understand the connection of mobility with physical, social, and emotional well being so you can improve and maintain your ability to move freely and function well.

\$3 Cancellation Fee applies

April 3 | 12 pm | FREE

AGE WELL SERIES

Griffin Health and the Agency on Aging of South-Central CT are partnering to increase access to care & disease prevention.

Eating on a Budget

April 3 | 1:30 pm | FREE

PICKLEBALL 101

Come learn the ins & outs of Pickleball!

May 11 | 10 am | FREE



WHAT'S FOR DINNER

UConn Dietetics Student will cover class on shopping and preparing healthy recipes on a budget. Walk away with simple and budget friendly summer dinner recipe ideas!

April 19 | 6:30 pm | FREE

MONTHLY BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings before Bingo. No Appointment Needed. 2nd Tuesday

April 11 | 12 pm | FREE

Municipal Agent News

Municipal Agent, Dawn Hunter
Call for an appointment
203-888-0406 ext. 3

Applications for energy assistance are due May 31. Max annual income for a 1 person household is \$39,027. For a 2 person household it is \$51,035. Call for application assistance. Distribution of oil has already begun. Please bring oil company info, and/or a gas bill, an electric bill, and proof of income. If you rent, you will need to know the information about your landlord's name, address and phone number. Call to make an appointment. Call me with questions about insurance, housing, food stamps or help finding assistance in your home.

DIABETES SELF-MANAGEMENT

This 6-week program is designed for adults with Diabetes who want to learn how to manage their diabetes. Those with Pre-Diabetes will also benefit from the information.

April 20 | 6 pm | FREE

FOOD EXPLORERS

Made possible by the Agency on Aging of South-Central CT. Greek Flatbread

April 27 | 6:30 pm | FREE



UNDERSTANDING DEMENTIA

Are you a caretaker for someone with dementia? Or are you trying to improve your memory and prevent dementia? Join Dr. DeSena for this important topic.

May 1 | 2 pm | FREE

BE STROKE AWARE

Join Griffin Health for this workshop covering Types, Risks and Signs of Stroke, Acute Management and Continuum of Care, and more!

May 25 | 2:30 pm | FREE

INTUITIVE MINDFUL EATING

Join Dr. Lyndsey Maher for this important topic. Learn 10 primary principles of intuitive eating.

May 24 | 2:30 pm | FREE

May 31 | 6:30 pm | FREE

OSTEOPOROSIS WORKSHOP

Basics of osteoporosis, how to improve bone health, how exercises impacts osteoporosis, and falls and recovery with osteoporosis.

June 29 | 2:30 pm | FREE

Lunches & Socials

SOUP & SANDWICH

Join us for Grilled Pesto Tomato & Mozzarella Sandwich on Sourdough with Italian Vegetable Soup.

April 12 | 12 pm | \$6

ICE CREAM WITH FIRST SELECTWOMAN

Follows Soup & Sandwich Lunch.

Must Register for Ice Cream

April 12 | 12:30 pm | R Free/\$3 NR

APRIL LUNCHEON

Join us for Chicken Pot Pie catered by Mattei's Deli!

April 19 | 12 pm | \$13

PIZZA BINGO

Lunch & a friendly game of Bingo.

MUST PAY IN ADVANCE

April 25 | 12 pm | \$3