

# Seymour Community Center

## Active Adult Newsletter

hello  
AUGUST



### Membership & Class Renewal Time



Membership renewal must be done online or in person. (can not be done over phone)  
**Active Adult Membership**  
Annual Memberships runs from July 1 - June 30.  
**Veterans Free**  
**Includes Fitness Center Membership.**  
**Residents \$10 / 80+ Free**  
**Non-Res \$15 / 80+ \$10**  
*Must re-register for classes*

### Casino Trip

Join us on the Community Center Bus to try your luck at Mohegan Sun Casino.



Aug 28 | 8 am | \$15

### Closures & Schedule Changes

July-Aug-No Ballroom Dance, Standing Pilates, or Poise & Posture  
They will begin in the Fall  
August 17 - NO Qigong  
September 4 - CLOSED

### Movies at the Center

1:30 pm | Free | Popcorn \$1

**Aug 21**  
**La La Land**

Comedy | Drama | 2016



**Sept 18**  
**Game Night**

Action | Comedy | 2018

### SHUFFLEBOARD - NEW!

Meet up with friends and enjoy a friendly game of shuffleboard. Open to all.  
Mondays | 1 - 3 pm | Free

### Transportation

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

Tues | 10 am | Free

### Fitness Classes & Activities

|                  | Mon                   | Tues            | Wed                 | Thur              | Fri  |
|------------------|-----------------------|-----------------|---------------------|-------------------|--|
| 9 am             |                       | Urban Polling   |                     | Urban Polling     | Crochet/Knitting Club  |
| 10 am            | Zumba Gold            | Strength & Tone | Zumba Gold          | Qigong Pickleball | Strength & Tone  |
| 11 am            | Pickleball Chair Yoga | Pickleball      | Pickleball          | Pickleball        |  |
| 12:30 pm         |                       | Bingo Mahjong   |                     | Pinochle          | Sat*   |
| 1 pm             | Shuffleboard NEW      | Band Jam        | Board Games Mahjong | Band Jam          | Zumba Dance 8:30 am*   |
| Evening Classes* |                       |                 |                     |                   | Must be an Active Adult Member & register to attend all programs and activities.<br>*Prices vary for evening & Sat Classes |
| 6 pm             | Zumba Dance           |                 |                     |                   |  |
| 7 pm             |                       | Line Dancing    |                     |                   |  |

### SHOPPING SCHEDULE

|        |             |
|--------|-------------|
| Aug 1  | Shoprite    |
| Aug 8  | Market 32   |
| Aug 15 | Shoprite    |
| Aug 22 | Stop & Shop |
| Aug 29 | Walmart     |
| Sept 5 | Shoprite    |

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

### BRAVES VS METS GAME

Enjoy one of MLB's great rivalries. Game starts at 7:15 pm.

**Aug 12 | 3:30 pm | \$100 Tix & Coach Bus**

### STONINGTON VINEYARDS

6 wine tastings, a keepsake glass, & a boxed lunch by Mattei's Deli. 21+

**Aug 19 | 10:30 am | \$45 Tix & Trans**



### MYSTIC AQUARIUM

*Accepting waitlist.*

Café onsite/lunch on own. Ticket & Trans  
**Aug 31 | 9 am | \$35**

### THE BIG E (21+)

*Accepting waitlist*



Join us for CT DAY @ the Big E. Tix & Trans included

**Sept 20 | 9:30 am | \$20**

### SHARON PLAYHOUSE

*The Lifespan of a Fact*

A critically acclaimed 2018 Broadway play, this fast-paced story explodes with blistering comedy and timely relevance. Facts become blurry when they're twisted into fiction in the high-stakes world of publishing.

**Oct 5 | 12:15 pm | \$35**

### COSTA RICA - Nov 2 -10, 2023

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

**9 Days | 14 Meals | \$2,849pp/DO**

### GREECE ISLAND HOPPER 2024

This Collette Tour includes 14 meals. Discover a place where age-old legends and monuments intertwine with sunshine and island-style living. Tour Athens with a local guide and . Explore the Acropolis and Parthenon!

**Oct 13-23, 2024 | 11 Days | \$4,999pp/DO**



## PROGRAMS & ACTIVITIES

### BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings. No Appointment Needed. Upcoming dates:  
**Aug 1 | 12 pm | Free**

### 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.

### Adaptive Equipment

**Aug 7 | 1:30 pm | Free**

### SCUBA DIVING TALES

John Silliman from Aetna Medicare Solutions, presents underwater pictures of the amazing sea life that he has gathered throughout his many scuba diving adventures. John is an avid scuba diver and has dived in many locations including Bimini, Cozumel, Roatan, and the Maldives!

**Aug 10 | 2:30 pm | Free**

### RETIREMENT 101: PLANNING FOR SUCCESS

Sentinel Asset Management, LLC will offer Investment Advice along with this course that teaches the foundations for a sound retirement.

*Brings 3 Items of Non-Perishable Goods for Local Food Pantry & course materials will be provided*

**Sept 21 | 6 pm | Free**

## Municipal Agent News

### RENTER'S REBATE PROGRAM

*Application due by October 1*

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Click Headline for more info.

### FARMER'S MARKET SNAP CARDS

*Card are available for low income qualifying residents. Must meet income criteria. Each card contains \$24 must retain card for next year as well.*

**Dawn Hunter, Municipal Agent**

[dhunter@seymourct.org](mailto:dhunter@seymourct.org)  
203-888-0406 ext. 3

*Email or leave a voicemail to request an appointment*

## Seymour Oxford Food Bank

is located at the Community Center. In Need? Want to donate or volunteer? Call 203- 888 -7826 Monday – Thurs, 9 - 11 am

### INTERGENERATIONAL ART (11+)

#### Acrylic on Canvas

Unleash your creativity! No instructor or painting to follow - just a blank canvas and your imagination!

**Aug 17 | 3 pm | Free | Ages 11+**



### AAA DRIVER'S REFRESHER 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. Reg. Required  
**Oct 2 | 9 am | \$20**

### ESCAPE ALIVE (WOMEN 50+)



**Registration opens Sept 1.**

Learn awareness, prevention tips, escape strategies to disable and escape an assailant.

**Saturday | Oct 14 | 1 - 3 pm | Free**

### SOAP MAKING WORKSHOP

Hosted by Dirty Steve's Homemade Soaps. Watch and learn the process of how soap is made. Free bar of soap included!

**Oct 12 | 6:30 pm | \$10 | Ages 18+**

## Lunches & Socials

### BLT & POTATO SALAD SOCIAL

Matteis will serve up this delicious lunch!

**Aug 9 | 1 pm | \$6**

### KATZ'S DELI & LIVE MUSIC

Cornbeef Reuben, Slaw, Pickle & Dessert From Katz's Deli.

**Aug 16 | 12 pm | \$10/pp**



### GRANDCHILD & ME BINGO DAY!

Enjoy pizza, ice cream, & bingo games & prizes with the kids.

**Aug 24 | 12 | \$5/per person**

### MONTHLY BINGO & LUNCH - PIZZA

Lunch & a friendly game of Bingo.

**Aug 29 | 12 pm | \$3**