

Seymour Community Center

Active Adult December Newsletter



LOWER YOUR ELECTRIC BILL

Bring your electric bill and learn how choosing an electric supplier can lower your bill.

Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain how to choose a supplier and answer questions.

Dec 6 | 2:30 pm | FREE
Dec 6 | 6:30 pm | FREE

FACEBOOK PET PHOTO CONTEST

Sponsored by
The Better Beagle Co in Oxford!

- Log into Facebook, under photo contest post, comment with a picture of your pet in holiday attire.
- Like your favorite photo(s).
- Photo with the most likes gets goodie basket for your furry friend!

Dec 1-15 | FREE



Transportation Schedule

Shopping & Doctor appt. on Tuesdays. Call Wed - Fri before the scheduled date to reserve a seat. Space ltd to 15.	Dec 5	Stop & Shop
	Dec 12	Market 32
	Dec 19	Walmart
	Dec 26	Shoprite
	Jan 2	Stop & Shop

Closures & Cancellations

Dec 8 - No Strength & Tone
Dec 25 - Center Closed
Dec 26 - Center Closed
Dec 27-29 - No Classes
Jan 1 - Center Closed
Jan 8 - No Yoga
Jan 11 - No Yoga
Jan 15 - Center Closed

ACTIVE ADULT EMBERSHIP

The Annual Membership runs from July 1 to June 30 and includes a fitness center membership.
Res \$10/80+Free | NR \$15/80+ \$10

Municipal & Veteran Services

Seymour's Municipal Agent, Dawnmarie Hunter, LCSW is a Licensed Clinical Social Worker who has 20 years of experience.

As the Municipal Agent, Dawn helps residents with many aspects of life – especially those hard to navigate state programs and difficult life situations. Dawn is available by appointment only. To schedule an apt., call and leave a message. Dawn will return your call.

The Municipal Agent can assist with Applications & Information about the following programs:

- Renter's Rebate
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)

Dawnmarie Hunter
Municipal Agent
dhunter@seymourct.org
203-888-0406 ext. 3

Fitness Classes & Activities**

	Mon	Tues	Wed	Thurs	Fri
8:15 am	Pickleball 8:15 - 9:30	Pickleball 8:15 - 9:30	Pickleball 8:15 - 9:30	Pickleball 8:15 - 2:00	Pickleball 8:15 - 9:30 Knitting Club
10 am	Zumba Gold	Zumba Tone	Zumba Gold	Chair Yoga	Strength & Tone
11 am	Pickleball* 11 - 2pm Chair Yoga	Pickleball 11 - 2pm	Pickleball* 11 - 2pm	Standing Pilates (11:15)	Poise & Posture
12:30		Bingo Mahjong		Pinochle	Saturday 8:30 am* Zumba Dance
1 pm	Shuffleboard Club Ballroom Dance	Band Jam	Board Games Mahjong	Band Jam	
Evening*	**View On Line Calendar for Schedule Updates & Cancellations				Must be an Active Adult Member & register to attend all programs and activities.
	Zumba Dance* 6 pm	Line Dancing* 7 pm		Evening Ballroom Dance	

Upcoming Programs

all programs require registration

Trips

WOODBURY COMMONS OUTLETS

Waitlist being accepted

Complete your holiday shopping at this Premium Outlet Center with 200+ stores!
Dec 2 | 8:30 am | \$10



SEYMOUR FIREWORKS & HOME DECORATION TOUR

Waitlist being accepted

Join us on the CC Bus for Fireworks sponsored by the Land Trust and drive around Seymour to tour all of the best decorated houses. Plus cookies and cocoa!
Dec 9 (Snow, Dec 10) | 5:45 pm | Free

GREECE ISLAND HOPPER 2024

Waitlist being accepted

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

SHUFFLEBOARD GROUP GAME

Dec 4 | 1 pm | FREE | Reg Req

Jan 8 | 1 pm | FREE | Reg Req

BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings before Bingo.

No Appointment Needed.

Dec 5 | 12 pm | FREE

AGE WELL SERIES

Basic First Aide

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

Dec 6 | 1:30 pm | Free

HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center! *Reg. Req.*

Dec 6 | 1-4 pm | \$10 Cash

LUNCH & LEARNS

DELIGHT & LONGING IN MOZART

Discover the Music of Mozart.

Dec 7 | 12 pm | Free, \$3 Cancel Fee

BLUE ZONES

Listen to lessons for living longer from people who have lived the longest.

Jan 8 | 12 pm | Free, \$3

MOVIES @ THE CENTER

The Holiday Romantic Comedy | 2006

Dec 11 | 1:30 pm | Free | Popcorn \$1

BOARDGAME DAY

Sign up for each game in advance so we know we have enough players.

Backgammon Dec 13 | 2 pm | Free

Cribbage Jan 10 | 2 pm | Free

TECH TIME

Have questions or need help with: Iphone, Smartphone, Ipad/tablet, Laptop, Myrec Online Registration, Google Search, Pictures, Email, Microsoft word/excel.

Jan 4 | 1:30—3:30 by apt. | Free

PUZZLE PALOOZA

Join us for a fun puzzle making contest! Teams (max 4 people) race to finish a 500 piece puzzle. Snacks provided. Prize for winning team.

Jan 19 | 6-8 pm | \$20/team

INTERGENERATIONAL ART (AGES 11+)

Join fellow budding artists and use your creativity. Supplies provided.

Jan 25 | Mug Painting | 3-4:30 pm | \$5

Pickleball



50+ PICKLEBALL TOURNAMENT

Pick a partner & register for this friendly competition. Pizza & Prizes.

Wed, Jan 24 | 10 am | \$10

Lunches & Socials

UGLY SWEATER HOLIDAY LUNCH

Mattei's is catering a Roastbeef, Stuffed Scrod, Roasted Potatoes, and Veggie dinner with a Holiday Dessert.

Dec 13 | 12 pm | \$10

COOKIES, COCOA, AND A

GINGERBREAD HOUSE

Join us for a bit of holiday sweets.

Dec 20 | 1 pm | Free | REG by 12/8

GRANDCHILD & ME BINGO DAY

Bring your grandchild(ren) and have some bingo fun! We will have bingo, Pizza, Ice Cream & prizes.

Register in advance.

Dec 27 | 12 pm | \$5