

# Seymour Community Center

## February Newsletter

Thank you to everyone who participated in our Annual Pickleball Tournament & Congratulations to our winners, Mike & Tom Trumbley!



### Transportation

Shopping Trips & Doctor appointments on Tuesdays. Call Wednesday - Friday before the Tuesday date to schedule pick-up. Space is limited to 15 for shopping.

### Transportation Schedule

Feb 6	Market 32
Feb 13	Walmart
Feb 20	Shop Rite
Feb 27	Walmart
Mar 5	Market 32

**Closures & Cancellations**  
**February 19**  
**Center Closed**  
**Presidents' Day**

### 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 including:

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

**Array RX NEW!**  
 Connecticut is one of three states to have the Array RX plan. Array RX is a prescription drug discount card program that provides up to 80% off certain prescriptions at nearly all pharmacies in the state. Application is easy. To Apply go to [ArrayRxCARD.com](http://ArrayRxCARD.com).

**Dawnmarie Hunter**  
**Municipal Agent**  
[dhunter@seymourct.org](mailto:dhunter@seymourct.org)  
 203-888-0406 ext. 3

### ACTIVE ADULT MEMBERSHIPS

The Annual Membership runs July 1 to June 30 & includes the fitness center.

Residents \$10/ 80+Free NR \$15/80+ \$10

## 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	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	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

#### CASINO - MOHEGAN SUN

Join your friends on the CC Bus to Mohegan Sun and have some fun!  
Feb 26 | 8 am | \$15

#### AQUA TURF

**Music Men & Broadway Broads**  
Celebrity Impressionists John Monforto & Holly Faris have prepared a day of dazzling entertainment! Grab a seat as some of your favorite Broadway shows come to life in song & laughter! Price includes Trans, Ticket, Coffee & Donuts, Glass of Beer or Wine, Lunch: Chicken Kathryn or Baked Ham, & Door Prizes!  
April 9 | 10:15 am | \$60

#### TROPICANA - ATLANTIC CITY

Travel by coach to Atlantic city. Package includes: \$30 Slot Bonus, (2) \$25 Meal Credits, Coach Transportation, & 2 nights at the Tropicana Hotel.  
May 6- 8 | \$370/DO \$490/SO \$342/TO

#### 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

#### DESSERT WITH FIRST SELECTWOMAN

Calling all residents! Stay after our lunch or just join us for dessert as First Selectwoman, Annmarie Druggonis gives town updates and has a Q&A for residents. Registration requested, not required.

Feb 29 | 1 pm

### Programs & Activities


#### BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings before Bingo. No Appointment Needed.  
Feb 6 | 12 pm | FREE

#### HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center!  
Feb 7 | 1-4 pm | \$10 Cash Reg. Req.

#### AGE WELL SERIES

Griffin Health & the Agency on Aging of South-Central CT are partnering to increase access to care and disease prevention for our seniors.  
  
Your Heart & You  
Feb 5 | 1:30 pm | Free

#### LUNCH & LEARNS

**Selecting & Savoring Seasonal Veggies**

How to pick the freshest produce by season.  
Feb 8 | 12 pm | Free

#### Fraud Protection

Mar 21 | 12 pm | Free

#### Brain Series | 12 pm | Free

- Feb 15 Mind Challengers
- Feb 29 Diet & Nutrition
- Mar 7 Meaningful engagement
- Mar 27 Importance of Sleep

#### Guide to Roof Replacement

Apr 11 | 12 pm | Free

#### Legends Sticker History Book

May 23 | 12 pm | Free

#### BOARDGAME DAY

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

- Checkers Feb 14 | 2 pm | Free
- Scrabble Mar 13 | 2 pm | Free

#### MOVIES @ THE CENTER

Baby Driver Action Thriller | 2017  
Feb 12 | 1:30 pm | Free | Popcorn \$1

#### INTERGENERATIONAL ART (11+)

Join fellow budding artists and use your creativity. Supplies provided. Hosted by Art+ Studio.  
Mar 28 | Glass Etching | 3-4:30 pm | \$5

#### CARDIOVASCULAR TESTING

This 20 min ANS, ABI, and Sudomotor testing help detect microvascular redflags  
Feb 21 | 6-8 pm | \$Bring Ins Card  
*Appointment Required*

#### NVHD HEART HEALTH

Stop in before lunch for a free blood pressure check and heart healthy info from Naugatuck Valley Health.  
Feb 21 | 9:30-11:30 am | FREE

#### TECH TIME

Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel  
Mar 7 | 1:30 - 3:30 by apt. | Free

#### CUPCAKE DECORATING CLASS

Aetna will be sponsoring a cupcake decorating class. Hosted by Perfect Pound Cakes. All supplies included. Decorate 2 of your own cupcakes! LTD spaces available.  
Mar 25 | 1 pm | Free

### Lunches & Socials

#### PASTA FAGIOLI BY VAZZY'S

Vegetarian Soup & Hearty Bread  
Feb 14 | 12 pm | \$6

#### ITALIAN FEAST BY MATTEIS

Lunch Includes Eggplant & Chicken Parm, Pasta, Salad, and Bread & Dessert. Stop in before to visit NVHD booth (See above).  
Feb 21 | 12 pm | \$13

#### PIZZA & BINGO DAY

Feb 27 | 12 pm | \$3