

# Seymour Community Center

## Active Adult Newsletter

| February 2023 |



### February Highlights

#### Lower your Electric Bill by Choosing a Supplier

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



Feb 8 | 12:45 pm | FREE

Feb 15 | 6:30 pm | FREE

#### Game Room

Have you seen our new game room with Table Tennis & Air Hockey tables? Did you know Ping Pong is good for Parkinson's & Alzheimer's? Help us form a weekly group. Open during center hours for all ages to enjoy!



Mondays | 12:30 pm | FREE



Tax Preparation  
Thursdays | 9 - 12pm | FREE  
*Must register-NO Walk-ins*

#### Book Club - Interest List

Do you love to read? Put your name on our book club interest list. We will contact you with start dates & details.



#### Holiday Closures & Schedule Changes

Feb 20 - Center Closed

#### 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

#### SHOPPING SCHEDULE

Feb 7	Shoprite
Feb 14	Market 32
Feb 21	Stop & Shop
Feb 28	Walmart

#### Movies at the Center

1:30 pm | Free | Popcorn \$1

Feb 13

The Lost City

Action | Comedy | 2022

Feb 27

The Peanut Butter Falcon

Comedy | Drama | 2019



Mar 6

Wrath of Man

Action | Drama | 2021

Mar 20

Hunt for the Wilderpeople

Comedy | Adventure | 2016

### Fitness Classes & Activities

	Mon	Tues	Wed	Thur	Fri
9:30 am					Crochet/Knitting Club
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Qigong Pickleball	Strength & Tone
11 am	Pickleball Chair Yoga	Pickleball	Pickleball	Pickleball	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	PiYo
7 pm	Fitness Center open until 8:30	Line Dancing	Fitness Center open until 8:30	Ballroom

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.

Night Hours: Dec 5- Feb 27

Mon & Wed 4:30 - 8:30 pm

##### Pool Membership

January - March

Tue, Wed, Thur 6 - 8:30 pm

Senior, Individual, & Family

Memberships available.

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

### CT FLOWER AND GARDEN SHOW

Showcase of floral arrangements, landscapes, plants, & lawn/garden vendors.

Feb 24 | 9:30 am | \$20

### MOHEGAN SUN CASINO

Feb 27 | 8 am | \$15

### LAMOTHE'S SUGAR HOUSE

First stop Lunch on own at Chute Gates Steakhouse. Next a tour of Lamothe's Sugar House to learn the history of maple syrup production and watch it being made and visit the Gift Shop!

Mar 25 | 11:30 am | \$10

### THE PALACE: FIDDLER ON THE ROOF

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

### 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.



### 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.

### First Selectwoman's Corner



Happy February! The Town Budget Process is beginning. Every Monday & Wednesday in February, Departments will present to the Board of Finance their proposed FY24 Budgets. The meetings are open to the public and I urge you to attend. The final proposed budget will be voted on in May. All residents will vote at the Community Center for the budget process. I will be holding scheduled office hours during the month of February for residents. If residents have any questions they would like to ask me, I will gladly answer them if I can. Please watch Facebook and the Town page for dates and times.

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

## Programs & Activities

### FOOD EXPLORERS

Sweet Potato Fritters

Feb 9 | 1 pm | FREE

Corn Salsa Quesadillas

March 27 | 2:30 pm | FREE

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



### SIP & PAINT

Sip and Paint is a great night out with memorable experiences waiting to happen! We provide the easels, paints, and supplies. You provide the beverages, open mind, and sense of adventure.

Feb 10 | 6 pm | \$30

### VIRTUAL REALITY GAME

Come try a VR Bow & Arrow Game! Hosted by The Vault. Play for 15 min get a \$5 Walmart Gift Card. Stay longer for Larger Incentives!

Feb 22 | 1:30 pm | FREE

### SOCIAL SECURITY

### KNOW YOUR OPTIONS

Maximize your benefit! Minimize your Taxes! Knowing what to do, when and why will help you make the best decisions for your situation.

Feb 23 | 6 pm | FREE

### PAINT CLASS: CREEK MOUNTAIN

Join us for a paint class hosted by Deneen Datcher! All materials will be provided.

Mar 1 | 1:30 pm | \$5

### LUNCH & LEARN: WELLNESS

Join us for a presentation on Wellness & Attitude by Qarib Ahmed MS OTR/L! Lunch will be provided.

Mar 23 | 12 pm | FREE

### INTERGENERATIONAL ART

Paper Mosaic Art Project

March 30 | 3 pm | FREE



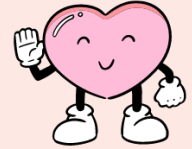
## February is Heart Health Month!

### AGE WELL SERIES

CPR Anytime: Learn the Lifesaving Skill

Feb 6 | 1:30 pm | FREE

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



### BLOOD PRESSURE SCREENING

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

2nd Tues | 12 pm | FREE

### LUNCH & LEARN: SOLUTIONS FOR BETTER HEART HEALTH

Join Jill Patterson, RDN - fun and informative program where we will learn a total approach to improve our heart health. Lunch provided.

Feb 23 | 12 pm | FREE

### HEART HEALTHY INFORMATION

The Naugatuck Valley Health District will be conducting blood pressure screenings and giving out information on heart health, including different exercises and activities, heart healthy recipes, and other general information on heart health! Covid Boosters will be available.

Feb 28 | 2 pm | FREE

## Lunches & Socials

### EAT YOUR HEART OUT SOCIAL

Chicken Orzo Soup & Turkey Sandwich catered by Mattei's Deli. Nothing like a bowl of soup to warm your heart!

Feb 8 | 12 pm | \$6

### MARDI GRAS LUNCHEON

Kielbasa & Chicken Jambalaya, Pulled Pork Po'Boy, Mardi Gras Confetti Coleslaw, Creole Green Beans with Tomato, Cornbread, & Cupcakes catered by Mattei's Deli! Music Performance by: The Tom Brown 6, New Orleans Jazz Duo

Feb 15 | 12 pm | \$13

### HOT DOG BINGO

Join us for Lunch followed by a friendly game of Bingo. **MUST PAY IN ADVANCE**

Feb 28 | 12 pm | \$3

