

Seymour Community Center

Happy New Year!
2023

Memberships

Active Adult Membership

An Active Adult Membership is required to attend all programs and trips. The Annual Membership runs from July 1 to June 30. Residents \$10/ 80+Free Non-Residents/\$15, 80+ \$10

Pool Membership

January - March
Tue, Wed, Thur
6 - 8:30 pm

Senior, Individual & Family Memberships available

Fitness Center Membership

A 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

Holiday Closures & Schedule Changes

Jan 2 - Center Closed
Jan 5 - No Qigong
Jan 16 - Center Closed

Transportation

Available for grocery stores & doctor appts on Tuesdays. Call 48 hours in advance.
Tues | 10 am | Free

New Activities



Free Tax Preparation
Thursdays 9-12 Starts Feb 9.

Must register-NO Walk-ins

Registration Dates:

Residents: Jan 25

Non-Res: Feb 1

Game Room

Have you seen our new game room just in time for winter? Table Tennis, Air Hockey anyone? Open during center hours for all ages to enjoy!

Aqua Zumba

Wed | 6 pm | \$45 | 6 weeks



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.

SHOPPING SCHEDULE

Jan 3	Walmart
Jan 10	Shoprite
Jan 17	Market 32
Jan 24	Stop & Shop
Jan 31	Walmart

MOVIES AT THE CENTER:

WHERE THE CRAWDADS SING

Drama | Romance | 2022

Jan 23 | 1:30 pm | Free

Popcorn \$1

From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of



Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect.

Fitness Classes & Activities

	Mon	Tues	Wed	Thur	Fri
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Qigong Pickleball	Crochet/Knitting Club 9:30 Strength & Tone
11 am	Chair Yoga Pickleball	Pickleball	Pickleball	Pickleball	Poise & Posture
12:30 pm		Bingo Mahjong		Pinochle	Sat*
1 pm	Ballroom Dance	Band Jam	Board Games Mahjong	Band Jam	8:30 am* Zumba Dance
Night*	Zumba 6 pm*	Line Dancing 7 pm*	Aqua Zumba 6 pm* Ballroom 7 pm*	PiYo 6 pm*	

Must be an Active Adult Member & register to attend all programs and activities.

*Prices vary for evening & Sat Classes

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

A showcase of floral arrangements, landscapes, plants, and lawn & garden vendors.

Feb 24 | 9:30 am | \$20

THE PALACE : FIDDLER ON THE ROOF

A wonderful cast and lavish 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.

Lunches & Socials

SPUD-TACULAR SOCIAL

The holidays have been busy, it's okay to be a couch potato sometimes. Join us for a Baked Potato Bar with all the fixin's catered by Mattei's Deli. Pajamas optional!

Jan 11 | 1 pm | \$2

ITALIAN FEAST LUNCHEON

Mattei's Deli will be serving Eggplant Parm, Chicken Parm, Pasta, Salad, Bread, & Dessert! Music Entertainer Sheri Ziccardi, *Soprano Soloist*

Jan 18 | 12 pm | \$10

HOT DOG BINGO

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

Jan 31 | 12 pm | \$3

Programs & Activities

LUNCH & LEARN: WEIGHT MANAGEMENT

You will walk away with easy to do steps to achieve your ideal body! Lunch will be provided. Presented by Jill Patterson, RDN

Jan 4 | 12 pm | FREE

MACRONUTRIENTS: WE WANT 'EM ALL, JUST NOT ALL DAY

Dr. Lyndsey Maher will go over the importance of eating all the fat, protein and carbohydrates for a balanced diet.

Jan 5 | 6:30 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 through a series of health screenings and healthy living.

GET MOVING PREVENT SLIPS

Jan 9 | 1:30 pm | FREE

BLOOD PRESSURE SCREENING

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

2nd Tues | 12 pm | FREE



Latin & Ballroom

Dance: Level 1

Thurs | Jan 26 - Mar 2

7 pm | \$25

***No Partner needed**

FOOD EXPLORERS

Our Culinary Workshops are made possible by the Agency on Aging of South-Central CT

Jan 12 | 6:30 pm | FREE | Ravoli

Feb 9 | 1 pm | FREE | Sweet Potato Fritters

CUPCAKE DECORATING CLASS

Join us for a cupcake Class hosted by Mimi's Cake Decorating School! 1 dozen cupcakes per student. All decorating supplies.



2 spots left.

Jan 23 | 11:30 am | \$10

INTERGENERATIONAL ART

Try your hand at Oil Pastels!

Jan 26 | 3 pm | FREE

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

LUNCH & LEARN: SOLUTIONS FOR BETTER HEART HEALTH

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

Feb 23 | 12 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.

February 23 | 6 pm | FREE

Municipal Agent News

Municipal Agent, Dawn Hunter

Call for an appointment 203-888-0406 ext. 3

First Selectwoman's Corner



Happy 2023! In this newsletter, I am highlighting how to report issues to the proper departments.

Street light outages are reported to Public Works at 203-735-6028.

When you call you please have the pole number or address so we can have the correct pole fixed. The Lights Maintenance Company comes out once a month. They evaluate the issue and then submit a work ticket to repair the light.

Traffic lights, Stop signs, parking (slippery roads after hours) – Please contact the Seymour Police on the non-emergency line 203-881-7600.

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

You're getting a raise! In January 2023, Social Security and SSI recipients will receive a COLA raise of 8.7%.

Energy Assistance Are you struggling to pay all of your heating bills? Contact TEAM at (203)736-5420 to make an appointment for an application.

Qualified Medicare Beneficiary making less than \$2,786/month for a single person or \$3,754/month for a couple may be eligible for your Medicare B premium paid. Make an appointment with Municipal Agent to complete an application.