

Seymour Community Center

Active Adult Newsletter



JULY

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
Residents \$10/80+ Free
Non-Res \$15, 80+ \$10
Must re-register for all classes

SWEENEY TODD

The Demon Barber of Fleet Street returns to Broadway!



Need 12 more to run trip
Must have minimum number by July 15

Oct 21 | 8:45 am | \$255 pp

Closures & Schedule Changes

July 3 - Center Open

July 3 - No Chair Yoga

July 4 - Center Closed

July 10 - No Chair Yoga

July-Aug-No Ballroom Dance, Standing Pilates, or Poise & Posture

Movies at the Center

1:30 pm | Free | Popcorn \$1

July 17

Knives Out

Comedy | Drama | 2019



Aug 21

La La Land

Comedy | Drama | 2016

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		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. *Prices vary for evening & Sat Classes
6 pm	Zumba Dance				
7 pm		Line Dancing			

SHOPPING SCHEDULE

July 7	No Shopping
July 11	Shoprite
July 18	Stop & Shop
July 25	Walmart
Aug 1	Shoprite
Aug 8	No Shopping

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

CENTER STAGE THEATER

Catch Me If You Can
July 23 | 12:30 pm | \$33

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. 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+)

Join us for CT DAY @ the Big E. Tix & Trans included
Sept 20 | 9:30 am | \$20



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

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

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

CHALK WALK

Artists and "wanna-be artists" are invited to design an original chalk creation to turn the walking path into a canvas of color! Must register by 7/5.
July 8 & 9 | 1 pm - 5pm | \$10/team



BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings. No Appointment Needed. Upcoming dates:
July 11, Aug 1 | 12 pm | Free

AMERICAN RED CROSS BLOOD DRIVE

Help save a life.
July 20 | 1 pm - 6 pm | No Reg Req

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

BASICS OF OSTEOPOROSIS

Join us for a presentation on Osteoporosis by Qarib Ahmed MS OTR/L, "Q"! He will discuss the basics of osteoporosis, how to improve bone health, and how exercises impact osteoporosis. He will further discuss falls and recovery with osteoporosis.
July 6 | 2:30 pm | Free

DAILY STRETCHING

Join us for a presentation on Daily Stretching by Qarib Ahmed MS OTR/L, "Q"! Learn the benefits of stretching & safe stretching techniques.
July 13 | 2:30 pm | Free

INTERGENERATIONAL ART (11+)

Do you love art? These afternoon classes are designed to bring seniors and teens together. **Bring your grandchildren!**
Watercolor Postcards July 25
Acrylic on Canvas Sept 26
July 25 | 3 pm | Free | Ages 11+



RETIREMENT 101: PLANNING FOR SUCCESS

This course teaches the foundations for a sound retirement. Investment Advice offered through Sentinel Asset Management, LLC.
Brings 3 Items of Non-Perishable Goods for Local Food Pantry & course materials will be provided
Sept 21 | 6 pm | Free - *Reg opens 8/1*

Lunches & Socials

GAME SHOW & ICE CREAM

Rich's Farms Ice Cream and Game Show!
July 12 | 1 pm | Free

HAWAIIAN LUAU

Pineapple Chicken, Teriyaki Pork Ribs, Coconut Rice & Fruit Kabobs & Hula Dancer Entertainment.



July 19 | 12 pm | \$13/pp

MONTHLY BINGO & LUNCH - PIZZA

Lunch & a friendly game of Bingo.
July 25 | 12 pm | \$3

GRANDCHILD & ME BINGO DAY!

Enjoy pizza, ice cream, & bingo games & prizes with the kids.
Aug 24 | 12 | \$5/per person



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.

Dawn Hunter

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

Leave voicemail to request appointment

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 , Saturday mornings