

Seymour Community Center

Active Adult Newsletter

Hello
June



Highlighted Activities

THE SEYMOUR BUDGET REFERENDUM

Voting for the 2024 Budget will take place at the Community Center.

June 1 | 6 am - 8 pm

SWEENEY TODD

The Demon Barber of Fleet Street returns to Broadway!



Need 12 more to run trip
Must have minimum number
by June 5

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

SEMI-ANNUAL PICKLEBALL TOURNAMENT

Pick a Partner & join in on friendly competition. Lunch & Prizes.

June 7 | 11 am
\$15/pp or \$30/team



Closures & Schedule Changes

May 29 - Center Closed

May 31 - No Pickleball

June 1 - No Pickleball

July 4 - 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

May 30	Shoprite
June 6	Market 32
June 13	Stop & Shop
June 20	Walmart
June 27	Shoprite
Fri July 7	Market 32

Movies at the Center

1:30 pm | Free | Popcorn \$1

June 12

Elvis

Comedy | Drama | 2022



July 17

Knives Out

Comedy | Drama | 2019

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 Standing Pilates	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*					Must be an Active Adult Member & register to attend all programs and activities. *Prices vary for evening & Sat Classes
6 pm	Zumba Dance		Aqua Zumba		
7 pm		Line Dancing			

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.

Pool Membership

January - June 29

Tue, Wed, Thur 6 - 8:30 pm

Senior, Individual, & Family

Memberships available

Game Room

Includes Ping Pong & Air Hockey Tables. Open Daily during center hours.

All ages welcome

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

Based on the hit film and the incredible true story, Catch Me If You Can is the high-flying musical comedy about chasing dreams and not getting caught.
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

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

9 Days/ 14 Meals/\$2,849/pp DO
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/\$2,849/pp DO

GREECE ISLAND HOPPER 2024

This Collette Tour includes 13 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 | 11 Days | \$TBD/pp/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

PROGRAMS & ACTIVITIES

AGE WELL SERIES

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

EXERCISE & MOVEMENT

June 5 | 1:30 pm | FREE

BLIND AND LOW VISION DIRECTORY

UR Community Cares will be distributing a resource guide they created for low vision and blind residents. The guide provides info on the latest technology, including a wide range of resources outside of CT.
June 13 | 12:30- 2:30 pm | Free

MONTHLY BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings. No Appointment Needed. 2nd Tuesday
June 13 | 12 pm | FREE

PIZZA & PING PONG

\$3 Cancellation fee applies.

Active Adults (50+) join us for an afternoon in our Game Room! Ping Pong, Air Hockey, and Pizza! Max 20.
June 26 | 12:30 pm | Free



FOOD EXPLORERS CULINARY WORKSHOP

Apple Pie Quesadilla

Join us for a culinary workshop and make something new!
 Sponsored by the Agency on Aging of South-Central CT
June 28 | 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

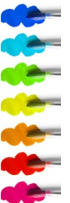
DAILY STRETCHING

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.

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

JUNE SOCIAL

Sloppy Joes and Name that Tune!
June 14 | 12 pm | \$6

ANNUAL PICNIC

Join us for our annual picnic including pulled chicken, pulled pork, Kaiser rolls, coleslaw, corn-on-the-cob, balsamic pasta salad and a black & white cookie.
June 21 | 12 pm | \$13/pp

BINGO & DESSERT

Better Life Home Care is sponsoring Bingo with Prizes, and dessert.
June 22 | 1:30 pm | FREE



MONTHLY BINGO & LUNCH

Lunch & a friendly game of Bingo.
June 27 | 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