

# Seymour Community Center



March  
2024

## Active Adult Newsletter

### THE SEYMOUR ANNUAL TOWN BUDGET MEETING

The Town Budget will be presented to the residents

April 17 | 7 pm | Room 115

### THE BUDGET REFERENDUM

April 25 | Community Center



### OPEN SWIM UNTIL 5/31

Tues & Thurs 5:30-8:30 pm

Saturdays (lap swim only)

10 am - 1:30 pm

\$35 Res/ \$60 Non Res

### 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

Mar 5	Market 32
Mar 12	Walmart
Mar 19	Shop Rite
Mar 26	Walmart
Apr 2	Stop & Shop
Apr 10	Market 32
Apr 16	Walmart
Apr 23	Shop Rite
Apr 30	Walmart

### March Closures & Cancellations

1 - No S&T

21 & 25 - No Chair Yoga

29 - Center Closed

### 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	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!  
Mar 25 | 8 am | \$15

#### AQUA TURF

Music Men & Broadway Broads  
*Waitlist being accepted*

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

### Programs & Activities

#### 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.

#### Mindfulness Matters!

Mar 4 | 1:30 pm | Free

#### BLOOD PRESSURE SCREENING

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

Mar 5 | 12 pm | FREE

#### HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center!

Mar 13 | 1-4 pm | \$10 Cash Reg. Req.

#### LUNCH & LEARNS

#### Fraud Protection

Mar 21 | 12 pm | Free

#### Brain Series | 12 pm | Free

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.

Scrabble Mar 13 | 2 pm | Free



#### MOVIES @ THE CENTER

1:30 pm | Free | Popcorn \$1

April 8 | Barbie Comedy | 2023

May 13 | Dream Scenario

June 10 | Holdovers

July 8 | Oppenheimer



#### INTERGENERATIONAL ART (11+)

Join fellow budding artists and use your creativity. Hosted by Art+ Studio. Supplies provided.

Mar 28 | Glass Etching | 3-4:30 pm | \$5



#### TECH TIME

Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel

First Thursday of each month

April 4 | 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

#### ST. PATTY'S DAY CORNED BEEF

Mattei's Deli is catering our annual St. Patty's Day Lunch including: corned beef, cabbage, potatoes, carrots, Irish Soda Bread & dessert!

Entertainment by:

Irish music by Peadar Hickey.

Mar 13 | 12 pm | \$13

#### SOUP & SANDWICH

Irish Ham & Cheese Toastie & Tomato Soup

Mar 20 | 12 pm | \$6

#### HOT DOG & BINGO DAY

Mar 26 | 12 pm | \$3