

Seymour Community Center

Active Adult Newsletter

| March 2023 |



February Highlights

DEFENSIVE DRIVER COURSE



A review of driving skills, new laws and hazards of the road. You will

receive a certificate upon completion of the course to send to your Insurance Company for a discount on your insurance. Registration Required Please arrive 15 minutes prior to class. Min 11 people to run.

April 13 | 9 - 12 | \$20

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



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
No Chair yoga 3/27

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

Movies at the Center

1:30 pm | Free | Popcorn \$1

Mar 20

Hunt for the Wilderpeople
Comedy | Adventure | 2016



Mar 6

Wrath of Man
Action | Drama | 2021

SHOPPING SCHEDULE

March 7	Shoprite @ 11am
March 14	Market 32 @ 11am
March 21	Stop & Shop
March 28	Walmart

Fitness Classes & Activities

	Mon	Tues	Wed	Thur	Fri
9:00 am		Urban Polling STARTS APRIL 4		Urban Polling STARTS APRIL 4	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	
Evening Classes*					
6 pm	Zumba Dance NEW SESSION		Aqua Zumba NEW SESSION	PiYo NEW SESSION	
7 pm		Line Dancing NEW SESSION		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.

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

MOHEGAN SUN CASINO

March 27 | 8 am | \$15

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

CENTER STAGE THEATER

Catch Me If You Can

Based on the hit film and the incredible true story, this high-flying musical comedy about chasing your dreams and not getting caught.

July 23 | 12:30 pm | \$33

BEAUTIFUL MAINE TRIP - JULY 31

LAST CALL—Deposit Due By March 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.



COSTA RICA - NOV 2 - 10, 2023

Deposit of \$50/pp

9 Days/ 14 Meals/\$2,799/pp DO before 5/1/23

HIGHLIGHTS: San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour, Guanacaste

TRIP PRESENTATION

April 25 | 3:30 pm | FREE

SHARON PLAYHOUSE

Something Rotten

is set in the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play and set out to write the world's very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz. *Dinner on own at Clock Town Brewing.*

June 29 | 1 pm | \$35



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

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

FOOD EXPLORERS

Corn Salsa Quesadillas

March 27 | 2:30 pm | FREE

Greek Flatbread

April 27 | 6:30 pm | FREE

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



LUNCH & LEARN WORKSHOPS

\$3 Cancellation Fee applies

WELLNESS & ATTITUDE

Join our discussion on the significance of making choices and the meaning of self-investment. Learn tips to start or continue your path to achieving wellness.

Mar 23 | 12 pm | FREE

IMPROVE & MAINTAIN MOBILITY

Join Master fitness coach Linda Gottlieb to understand the connection of mobility with physical, social, and emotional well being so you can improve and maintain your ability to move freely and function well.

April 3 | 12 pm | FREE

INTERGENERATIONAL ART

Paper Mosaic Art Project

March 30 | 3 pm | FREE

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.

BLOOD PRESSURE SCREENING

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

2nd Tues | 12 pm | FREE

AGE WELL SERIES

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

Bone Health

March 6 | 1:30 pm | FREE

DIABETES SELF-MANAGEMENT

This 6-week program is designed for adults with Diabetes who want to learn how to manage their diabetes. Those with Pre-Diabetes will also benefit from the information.

April 20 | 6 pm | FREE

BE STROKE AWARE

Join Griffin Health for this workshop covering Types, Risks and Signs of Stroke, Acute Management and Continuum of Care, and more!

May 25 | 2:30 pm | FREE

OSTEOPOROSIS WORKSHOP

A discussion on the basics of osteoporosis, how to improve bone health, how exercises impacts osteoporosis, and falls and recovery with osteoporosis.

June 29 | 2:30 pm | FREE

Lunches & Socials

SOUP & SANDWICH

Join us for Irish Cheese & Ham Toastie and Tomato Soup. Irish Music performed by Peadar Hickey.

March 8 | 12 pm | \$6

ST. PATRICK'S DAY LUNCHEON

Traditional St. Patrick's Day meal from Mattei's. Corned Beef & Cabbage! Dance performance by Lenihan School of Irish Dance

March 15 | 12 pm | \$13



HOT DOG BINGO

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

March 28 | 12 pm | \$3