

Seymour Community Center

Active Adult Newsletter



Highlighted Activities

THE SEYMOUR BUDGET REFERENDUM

Voting for the 2025 Budget will take place at the Community Center.

The CC bus will provide transportation at 10 am. Call the CC to schedule a pick up.

May 4 | 6 am - 8 pm

NAUGUTUCK VALLEY HEALTH DISTRICT COVID 19 BOOSTER CLINIC

@ Seymour Community Center

Registration Recommended

May 16 | 1:30 pm - 3:30 pm

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 3 & 4 - No Pickleball

May 29 - 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 2	Shoprite
May 4	Budget Vote
May 9	Market 32
May 16	Stop & Shop
May 23	Walmart
May 30	Shoprite

Movies at the Center 1:30 pm | Free | Popcorn \$1

May 22

Jerry & Marge Go Large
Comedy | Drama | 2022



June 12

Elvis
Comedy | Drama | 2022

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

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		Ballroom	

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

BEAUTIFUL MAINE TRIP - JULY 31

4 Nights/5 Days/\$599/pp DO

6 Seats left - final payment due 5/24

Diamond Tours Coach trip includes 4 breakfasts & 4 dinners. Enjoy a guided tour of Portland & Kennebunkport. See website for more info or call office.



RISE NY

Accepting Waitlist

May 20 | 8:45 am | \$40

SHARON PLAYHOUSE

Accepting Waitlist

Something Rotten

June 29 | 1 pm | \$35

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 your dreams and not getting caught.

July 23 | 12:30 pm | \$33

STONINGTON VINEYARDS (21+)

6 wine tastings, a keepsake glass, & a boxed lunch by Mattei's.

Aug 19 | 10:30 am | \$45 Tix & Trans



BRAVES VS METS GAME

Enjoy one of MLB's great rivalries.

Aug 12 | 7pm | \$100 Tix & Coach Bus

COSTA RICA - NOV 2 - 10, 2023

Save \$50 if deposit received by May 1

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 on Tour, Guanacaste

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

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.

HEAR TODAY, GONE TOMORROW

May 1 | 1:30 pm | FREE

UNDERSTANDING DEMENTIA

Are you a caretaker for someone with dementia? Or are you trying to improve your memory and prevent dementia?

Join Dr. DeSena for this important topic.

May 1 | 2 pm | FREE



MAKEUP 101:

CELEBRITY MAKEUP ARTIST

Cosmetic lesson from Joby Rogers, Celebrity Makeup Artist. Makeup Beginners, Mother/Daughter/ Granddaughter Bonding!

May 12 | 6:30 pm | \$20 | Ages 12+

MONTHLY BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings before Bingo. No Appointment Needed. 2nd Tuesday

May 9 | 12 pm | FREE

Municipal Agent News

ENERGY ASSISTANCE PROGRAM

Applications 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.

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

INTERGENERATIONAL ART (11+)

Do you love art? These afternoon classes are designed to bring seniors and teens together.

Paint by Numbers May 23

Watercolor Postcards July 25

Acrylic on Canvas Sept 26

Tuesdays | 3 pm | Free | Ages 11+

INTUITIVE MINDFUL EATING

Join Dr. Lyndsey Maher for this important topic. Learn 10 primary principles of intuitive eating.

May 24 | 2:30 pm | FREE

May 31 | 6:30 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

Basics of osteoporosis, how to improve bone health, how exercises impacts osteoporosis, and falls and recovery with osteoporosis.

June 29 | 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

Lunches & Socials

MOTHER'S DAY BRUNCH

Join us for spinach, mushroom & cheddar quiche, sausage & bacon, fresh fruit cup, & bakery item (bagel or muffin).

Bring your child as a guest.

May 10 | 12 pm | \$10/pp

BAKED POTATO BAR & BROWNIE

Join us for national baked potato day and enjoy a potato with all the fixings!

May 17 | 12 pm | \$8



MUST Register IN ADVANCE for Lunch:

ANNUAL LIONS CLUB PIZZA BINGO

Sponsored by the Seymour Lions Club. Pizza, Bingo, and Prizes!

May 18 | 11 am | Free

MONTHLY BINGO & LUNCH

Lunch & a friendly game of Bingo.

May 30 | 12 pm | \$3

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