

Seymour Community Center



November Active Adult Newsletter

CARDIOVASCULAR WELLNESS TESTING

This 20 min ANS, ABI, and Sudomotor testing help detect microvascular redflags
TUESDAY, OCTOBER 31



9 am - 3 pm | \$Bring Ins Card
Appointment Required Call the Center to reserve time. Walk-ins welcome.

ACTIVE ADULT MEMBERSHIP

The Annual Membership runs from July 1 to June 30 and includes a fitness center membership.

**Residents \$10/ 80+Free
NR \$15/80+ \$10**

Transportation

Shopping Trips & Doctor appointments on Tuesdays.

Call Wednesday - Friday before the Tuesday to schedule pick Space is limited to 15 for shopping.

Transportation Schedule

Nov 7	Market 32
Nov 7	Voting 2-4pm
Nov 14	Shoprite
Nov 21	Market 32
Nov 28	Walmart
Dec 5	Stop & Shop

Closures & Cancellations

Nov 6 - No PBall 11-2
Nov 7 - No Zumba Tone No Pball
Nov 8 - No Early AM PBall
Nov 9 - CC Closes @12
Nov 10 - CC Closed
Nov 13 - No Chair Yoga
Nov 22 - CC Closes @ 12
Nov 23 & 24 - Closed
Nov 27 - No Zumba

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 – especially those hard to navigate state programs and difficult life situations. Dawn is available by appointment only. To schedule or call and leave a message; she checks her voicemail regularly and will return your call.

She can assist with Applications & Information about the following programs:

- Renter's Rebate
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)

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

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	Standing Pilates (11:15)	Poise & Posture
12:30		Bingo Mahjong		Pinochle	Saturday 8:30 am* Zumba Dance
1 pm	Shuffleboard Club Ballroom Dance	Band Jam	Board Games Mahjong	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

NEW ENGLAND CHRISTMAS TREE FESTIVAL

Waitlist being accepted

It's their 37th annual award-winning arts and crafts festival.
Nov 3 | 9 am | \$20 Tix & Trans



PALACE THEATHER

To Kill a Mockingbird

The New York Times Critic's Pick. To Kill A Mockingbird is "the most successful American play in Broadway history."
Nov 4 | 1 pm | \$90 | Dinner on own

WOODBURY COMMONS OUTLETS

Complete your holiday shopping at this Premium Outlet Center with 200+ stores!
Dec 2 | 8:30 am | \$10



SEYMOUR FIREWORKS & HOME DECORATION TOUR

Waitlist being accepted

Join us on the CC Bus for fireworks sponsored by the Land Trust and drive around Seymour to tour all of the best decorated houses. Plus cookies and cocoa!
Dec 9 (Snow, Dec 10) | 5:45 pm | Free

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 - DIABETES

Griffin Health & the Agency on Aging of South-Central CT are partnering to increase access to care and disease prevention for our senior community.
Nov 6 | 1:30 pm | Free

HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center! Reg. Req.
First Wed | 1-4 pm, apt req | \$10 Cash



BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings before Bingo. No Appointment Needed.
Nov 7 | 12 pm | FREE

BOARDGAME DAY

Sign up for each game in advance so we know we have enough players.
Connect 4 Nov 8 | 2 pm | Free
Backgammon Dec 13 | 2 pm | Free

LUNCH & LEARNS

UNPACKING PROCESSED FOODS & EMBRACING WELLNESS

Uncover the effects processed foods have on our overall health & conditions like obesity & diabetes. Lunch Provided.
Nov 2 | 12 pm | Free, \$3 Cancel Fee

DELIGHT & LONGING IN MOZART

Discover the Music of Mozart.
Dec 7 | 12 pm | Free, \$3 Cancel Fee

MOVIES @ THE CENTER

80 for Brady Comedy | Drama | 2023
Nov 13 | 1:30 pm | Free | Popcorn \$1

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! Limited spaces available.
Nov 20 | 1 pm | Free



INTERGENERATIONAL ART (AGES 11+)

Join fellow budding artists and use your creativity. Supplies provided.
Nov 28 | Oil Pastels | 3 - 4:30 pm | Free



WAX & WINE @ LAND TRUST

Hosted by Olive My Skin. Sip on wine and make 2 of your own woodwick candles - keep one for yourself and give one away as a holiday gift!

Nov 30 | 6:30 pm | \$35 | 21+ (BYOB)

GRANDCHILD & ME BINGO DAY

Bring your grandchild(ren) and have some bingo fun! We will have bingo, Pizza, Ice Cream & prizes. Please register in advance.

Dec 27 | 12 pm | \$5

PUZZLE PALOOZA

Join us for a fun puzzle making contest! Teams (max 4 people) race to finish a 500 piece puzzle. Snacks provided. Prize for winning team.

Jan 19 | 6-8 pm | \$20/team

Pickleball



50+ PICKLEBALL TOURNAMENT

Pick a partner & register for this friendly competition. Pizza & Prizes.
Wed, Jan 24 | 10 am | \$10

Lunches & Socials

VETERANS HOT DOG BAR

Veteran members free

Join us for Hot Dog Bar with Chili, Cheese, Onions, Bacon, and Kraut. Catered by Mattei's.

Nov 8 | 12 pm | \$6

THANKSGIVING FEAST

Mattei's is catering a Turkey with all the fixings!

Nov 15 | 12 pm | \$13

BINGO & LUNCH

Friendly Bingo & Lunch!
Nov 28 | 12 pm | \$3