


# Seymour Community Center



## OCTOBER ACTIVE ADULT NEWSLETTER

### AAA DRIVER'S REFRESHER

 A review of driving skills, new laws and hazards of the road. Receive a certificate to forward to your Insurance for discount.  
**Oct 2 | 9 am | \$20**

### NVHD FLU CLINIC\*

*\*Bring insurance card*  
**Oct 12  
10am- 1pm**  **GET YOUR FLU SHOT!**

### BALLROOM DANCE NIGHT

Dance the night away and enjoy a mini-lesson from our ballroom expert, Gabi Takacs-Fabry, and a dance performance by Swan Conservatory.   
**Oct 13 | 7 - 10 pm | \$15**

**Class Cancellations & Community Center Closures**  
**Oct 6 & 10 - No Classes**  
**Oct 9 - CENTER CLOSED**  
**Nov 7 - No Class**

### Pickleball



**Indoor Pickleball** is played on a badminton-sized court with 2-4 players and uses hard paddles to hit a whiffle-like ball over a low tennis net. **Certified Instructor, Rudy Meredith. Teaches clinics & lessons.**



### PICKLEBALL GROUP LESSONS

#### Beginner

During this hour, learn the fundamentals, rules, basic strokes, keeping score, serving & returning serve.

**M & W | Oct 2 | 11:30 am | \$120/4wks**

**T & Th | Oct 3 | 6:30 pm | \$120/4wks**

#### Advanced Beginner

During this hour, take your technique and knowledge of the game to the next level.

**M & Wed | Oct 2 | 12:30 pm | \$120**

**T & Th | Oct 3 | 7:30 pm | \$120**

### 50+ PICKLEBALL TOURNAMENT

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

### 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](mailto:dhunter@seymourct.org)  
203-888-0406 ext. 3

### 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.

Oct 3	Market 32
Oct 10	Shoprite
Oct 17	Market 32
Oct 24	Walmart
Oct 31	Stop & Shop

## 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 - 11:15 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	
1 pm	Shuffleboard Ballroom Dance	Band Jam	Board Games Mahjong	Band Jam	Saturday 8:30 am* Zumba Dance
Evening*	* Pickleball Schedule Subject to change based on programs				Must be an Active Adult Member & register to attend all programs and
	Zumba Dance* 6 pm	Line Dancing* 7 pm		Evening Ballroom Dance	

# Upcoming Programs

all programs require registration

## Trips

### CASINO TRIPS

Take the CC bus to one of the CT Casinos this month and try your luck at the Casino.  
**TBD | 8 am | \$15**

### GREECE ISLAND HOPPER 2024

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!

**October 4 | 6:30 pm | Info Session**  
**Oct 13-23, 2024 | 11 Days | \$4,999pp/DO**



### SHARON PLAYHOUSE *WAITLIST BEING ACCEPTED.*

*The Lifespan of a Fact*, A critically acclaimed 2018 Broadway play, this fast-paced story explodes with blistering comedy and timely relevance. Dinner on own at Clocktown Brewing Co.

**Oct 5 | 12:15 pm | \$35 Tix & Trans**

### COSTA RICA - NOV 2 -10, 2023

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 | \$2,849pp/DO**

### NEW ENGLAND CHRISTMAS TREE FESTIVAL

It's their 37th annual award-winning arts and crafts festival. *Waitlist being accepted.*  
**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 HOME DECORATION TOUR & FIREWORKS

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**

## Programs & Activities

### AGE WELL SERIES

#### Brain Health & Sleep

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

**Oct 2 | 1:30 pm | Free**

#### HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center! Book your appointment with us and pay her directly. *Starting Oct 4.*

**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.

**Oct 10 | 12 pm | FREE**

#### BOARDGAME DAY

Sign up for each game in advance so we know we have enough players.

Phase 10 **Oct 11**

Connect 4 **Nov 8**

**Second Weds | 2 pm | Free**

#### LUNCH & LEARN: PROTECT YOUR HEARING

Many of us think that we will address hearing loss when it becomes more of an issue for us. The reality is though, hearing aids only maximize a person's current ability to hear & process language. Lunch provided.

*Sponsored by Coastal Hearing Aid Center*

**Oct 12 | 12 pm | Free, \$3 Cancellation Fee**

#### SOAP MAKING WORKSHOP

Hosted by Dirty Steve's Homemade Soaps. Watch and learn the process of how soap is made. Free soap incl!

**Oct 12 | 6:30 pm | \$10 | Ages 18+**

#### ESCAPE ALIVE

Ladies, Learn awareness, prevention tips, escape strategies to disable and escape an assailant.

**Oct 14 | 1 - 3 pm | Free**

#### INTER/ADV MAHJONG LESSONS

Learn advanced game play in 3 2 hour sessions. Must have knowledge of game. **Must attend all 3 sessions.**

**Weds | Oct 18 - Nov 1 | 1-3 pm | \$10**



### MEDICARE INFORMATIONAL SEMINAR

Understanding Medicare can be challenging. Topics include: new regulations, additional coverage, and the best supplemental coverage for you.

**Oct 19 | 1 pm | Free**

### MOVIES @ THE CENTER

**A Quiet Place - Horror | Suspense | 2018**  
**Oct 23 | 1:30 pm | Free | Popcorn \$1**

### LUNCH & LEARN: UNPACKING PROCESSED FOODS

L. O'Grady, MS RD CDCES CDN will present practical solutions using whole foods and food preparation techniques that you can easily add to your everyday life. Lunch will be served.


**Nov 9 | 12 pm | Free | \$3 Cancellation Fee**

### 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+)

 Do you love art? Join your fellow budding artists and use your creativity. All 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)**

## Lunches & Socials

### SOUTHERN HOEDOWN SOCIAL

Fried Chicken, corn, mashed, gravy, & coconut cake with Country Line Dancing

**Oct 11 | 12 pm | \$13**

### PIEROGI & KIELBASA BY ROGI SHOP

Join us for an Octoberfest Luncheon including Potato and Cheese Rogi & all the fixin's with Kielbasa.

**Oct 18 | 12 pm | \$12**

### HALLOWEEN BINGO & LUNCH

Free cards for the best costume!

**Oct 31 | 12 pm | \$3**

