

# Seymour Community Center

## Active Adult Newsletter

# September

### NVHD FLU & COVID CLINICS\*

Covid Clinic  
**Sept 21 | 10am-12pm**  
 Flu Vaccines  
**Oct 12 | 10am- 1pm**

### ESCAPE ALIVE

Ladies, Learn awareness, prevention tips, escape strategies to disable and escape an assailant.  
**Oct 14 | 1 - 3 pm | Free**



### Movies @the Center

1:30 pm | Free | Popcorn \$1

**Sept 18 - Game Night**  
 Action | Comedy | 2018  
**Oct 23 - A Quiet Place**  
 Horror | Suspense | 2018

Class Cancellations & Community Center Closures  
**Sept 4 - CLOSED/No Classes**

### Pickleball



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.

### INTRODUCTION TO PICKLEBALL CLINIC

Never played Pickleball before? This 1 day/1½ hour clinic goes over the basics. Give it a try!

Tues | Sept 26 | 5 pm | \$35  
 Thur | Sept 28 | 9 am | \$35

### 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 & We | 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 | Members Only

### Municipal & Veteran Services

#### WHAT DOES A MUNICIPAL AGENT DO?

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 (due Oct. 1)
- 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.  
 Call to schedule pick up 48

Sept 5	Shoprite
Sept 12	Market 32
Sept 19	Walmart
Sept 26	Stop & Shop
Oct 3	Market 32

### Fitness Classes & Activities

	Mon	Tues	Wed	Thurs	Fri
9 am		Urban Poling		Urban Poling	Crochet & Knitting Club
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Pickleball	Strength & Tone
11 am	Chair Yoga Pickleball	Pickleball	Pickleball	Standing Pilates (11:15)	Poise & Posture
12:30		Bingo Mahjong		Pinochle	Saturday 8:30 am* Zumba Dance
1 pm	Shuffle board Ballroom Dance	Band Jam	Board Games Mahjong	Band Jam	
Evening*	Zumba* 6 pm	Line Dancing* 7 pm			Must be an Active Adult Member & register to attend all programs and

# 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!

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



### SHARON PLAYHOUSE

*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, 350+ pop up shops by American Artisans come together at the Mohegan Sun! You will find special and unique gifts for everyone on your list – in all price ranges.

Nov 3 | 9 am | \$20 Tix & Trans

### PALACE THEATHER

*To Kill a Mockingbird*

Nov 4 | Interest list | \$TBD



### WOODBURY COMMONS OUTLETS

Complete your holiday shopping! This Premium Outlet Center has over 200 stores!  
Dec 2 | 8:30 am | \$10

### HOLIDAY HOME DECORATION TOUR & FIREWORKS SHOW

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

### BLOOD PRESSURE SCREENING

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

2nd Tues | 12 pm | FREE

### THERAPY DOG VISIT WITH COCO

Join us and Ellen from the Exceptional Sidekick Organization as she brings in her 7 year old Goldendoodle Therapy Dog, Coco!

Sept 14 | 2:30 pm | Free







### RETIREMENT 101:

#### PLANNING FOR SUCCESS

Course teaches the foundations for a sound retirement. Investment Advice offered through *Sentinel Asset Management, LLC*.

Sept 21 | 6 pm | FREE

### INTERGENERATIONAL ART (AGES 11+)

-  Do you love art? Join your fellow budding artists and use your creativity. All supplies provided.
-  Acrylic on Canvas Sept 26
-  Oil Pastels Nov 28
-  Tuesdays | 3 - 4:30 pm | Free

### 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

### 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

### 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 and process language. Lunch will be provided.

Sponsored by Coastal Hearing Aid Center  
Oct 12 | 12 pm | Free

\$3 Cancellation Fee Applies

### SOAP MAKING WORKSHOP

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

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

### MEDICARE INFORMATIONAL SEMINAR

Understanding Medicare can be challenging. New regulations, additional coverage needed and the best supplemental coverage for your needs will be discussed .

Oct 19 | 1 pm | Free

### MAHJONG LESSONS

Learn to play this popular game in 3 2 hour sessions. You must attend all 3 sessions.

1-3 pm | \$10  
Beginner | Sept 20, 27, & Oct 4  
Inter/Adv | Oct 18, 25, & Nov 1



### LUNCH AND LEARN: UNPACKING

#### PROCESSED FOODS

We will focus on practical solutions using whole foods and food preparation techniques that you can easily add to your everyday life. Lunch will be served.

Presented by L. O'Grady, MS RD CDCES CDN  
Nov 9 | 12 pm | Free

\$3 Cancellation Fee Applies

### 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

### 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)

### BOARDGAME DAY

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

Uno	Sept 13
Phase 10	Oct 11
Connect 4	Nov 8

Second Weds | 2 pm | Free



## Lunches & Socials

### SEPTEMBER SOCIAL

Root Beer Floats & Golden Era of Hollywood Trivia! Sponsored by Wesley Village  
Sept 13 | 1 pm | Free

### SEPTEMBER CHILI IN A BREAD BOWL

Join us for a hearty lunch to celebrate fall!  
Sept 20 | 12 pm | \$13

### BINGO & LUNCH

Join us for Lunch followed by a friendly game of Bingo.  
Sept 26 | 12 pm | \$3