

Seymour Community Center

Active Adult Newsletter

April 2024

PUBLIC HEARING

The Public Hearing on the Budget allows residents the ability to give public comment on the Board of Finance Budget Proposal.

April 3 | 7 pm | Town Hall

TOWN BUDGET MEETING

The Town Budget will be presented to the residents

April 17 | 7 pm | Room 115

TOWN REFERENDUM

May 2 | 6 am—8 pm | CC

VETERAN BENEFITS FAIR

The Fair is sponsored by the American Legion Post 10. It will bring VA Organizations together so that Veterans can ask one-on-one questions, apply for benefits on-line, and learn about what services are available. Services may include compensation, healthcare, home loans, pension benefits, employment, and life insurance and burial benefits.

April 24 | 10 am - 2 pm | Free

Transportation

Shopping Trips & Doctor appointments on Tuesdays.

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

Transportation Schedule	
Apr 2	S&S
Wed, Apr 10	Market 32
Apr 16	Walmart
Apr 23	Shop Rite
Apr 30	Walmart

Closures & Cancellations

March 28—Close at 12

March 29 - CLOSED

April 1 - No PM Pickleball

April 2 - Primary Day

No Pickleball

No Zumba Tone

May 2 - Town Referendum



OPEN SWIM UNTIL 5/31

Tues & Thurs 5:30-8:30 pm

Saturdays (lap swim only)

10 am - 1:30 pm

\$35 Res/ \$60 Non Res

ACTIVE ADULT MEMBERSHIPS

The Annual Membership runs July 1-June 30/ includes the fitness center.

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

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 - 11:00	Pickleball 8:15 - 9:30 Knitting Club
9:00 am		Urban Poling Starts April 16		Urban Poling Starts April 16	
10 am	Zumba Gold	Zumba Tone	Zumba Gold	Chair Yoga	Strength & Tone
11 am	Chair Yoga Pickleball* 11 - 2pm	Pickleball* 11 - 2pm	Pickleball* 11 - 2pm	Pickleball 11 - 2pm Standing Pilates	Poise & Posture
12:30		Bingo Mahjong	Mahjong	Pinochle	Saturday Zumba Dance
1 pm	Ballroom Dance	Band Jam	Mahjong Board Games (2pm)	Band Jam	Must be an Active Adult Member & register to attend all programs and activities. *Prices vary for evening/Saturday classes
Evening*	**View On Line Calendar for Schedule Updates & Cancellations				
	Zumba Dance* 6 pm	Line Dancing* 7 pm			

Municipal &

Veteran Services

Seymour's Municipal Agent, Dawnmarie Hunter, LCSW is a Licensed Clinical Social Worker who has 20 years of experience. Dawn helps residents with many aspects of life including:

- **Renter's Rebate (Opens 4/1)**
- 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

203-888-0406 ext. 3

Upcoming Programs

all programs require registration

Trips



TROPICANA - ATLANTIC CITY

Travel by coach to Atlantic city.

Package includes:

- \$30 Slot Bonus,
- \$25 Meal Credits,
- Coach Transportation, &
- 2 nights at the Tropicana Hotel.

May 6 - 8 | \$370/DO \$490/SO \$342/TO



BOSTON/QUINCY MARKET

Why not spend the day on your own in Boston shopping at Quincy Market or checking out some of the local restaurants and shops in the area. Make sure you visit the Farmers Market adjacent to Quincy Market for fresh fruits and vegetables at great prices.

June 8 | 8 am | \$20



ADVENTURES OF ITALY

Coming for Fall October 2025 | \$TBD

Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. 12-13 day trip. More info online

Programs & Activities

BLOOD PRESSURE SCREENING

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

Apr 2 | 12 pm | FREE

HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center!

April 3 | 12:30-4:30 pm | \$10 Reg. Req.

TECH TIME

Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel

1st Thurs of each month

April 4 | 2 - 4 pm by apt. | Free



MOVIES @ THE CENTER

1:30 pm | Free | Popcorn \$1



April 8 | Barbie Comedy
May 13 | Dream Scenario
June 10 | Holdovers
July 8 | Oppenheimer

MONTHLY CHAIR MASSAGE

Christine Gomulinski, LMT brings affordable Chair Massages the Center!

April 17 | 10 am-12 pm | Apt req | \$15

LUNCH & LEARNS

Guide to Roof Replacement

Apr 11 | 12 pm | Free

Legends Sticker History Book

May 23 | 12 pm | Free

Heart Healthy Living

June 5 | 12 pm | Free

BOARDGAME DAY

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

Cribbage | April 10 | 2 pm | Free

Scrabble | May 8 | 2 pm | Free



LIVEWELL W/CHRONIC DISEASE

Anyone with a chronic disease is welcome to join! Learn self-management tools to help manage your disease. Presented by Naugatuck Valley Health District

AAA DRIVER REFRESHER 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.

April 29 | 9 am | \$20

AGE WELL SERIES

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

The Basics of Balance & Fall Risk

May 6 | 1:30 pm | Free

ANNUAL LIONS CLUB PIZZA BINGO

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

May 16 | 11 am | Free

INTERGENERATIONAL ART (11+)

Join fellow budding artists and use your creativity. Hosted by Art+ Studio. Supplies provided.

May 30 | Bath Bombs | 3-4:30 pm | \$5

Lunches & Socials

ICE CREAM SOCIAL

April 10 | 1 pm | Free*

*Donation Required: Hygiene/Cleaning Supplies

APRIL LUNCHEON

Chicken Dijonaise & Rice Pilaf & dessert

April 17 | 12 pm | \$13

PIZZA & BINGO DAY

April 30 | 12 pm | \$3

NATIONAL BASEBALL DAY

Joins us for Cracker Jacks, Hot Dogs, & a TV screening of Yankees game. Wear MLB gear for your favorite team and get entered into a raffle!

April 22 | 12:30 pm | \$5