

SEYMOUR COMMUNITY CENTER



BIG E

Registration open for residents. Non Resident registration opens in Sept. We will be heading to the Big "E" Fair where there is something for people of all ages. Enjoy visiting New England's State Houses that features crafts, food and information about our state. Vendors will be selling jewelry, clothes, crafts and a variety of other items. Enjoy free concerts and the daily Parade. Price includes ticket & transportation on the CC Bus.

Sept 25 | 9:30 am | \$20

Transportation

Shopping Trips & Doctor appts on Tues. Call Wed - Fri before the Tuesday date to schedule pick-up. Space is limited to 15 for shopping.

Transportation Schedule

Aug 6	Walmart
Wed, Aug 14	Market 32
Aug 20	Walmart
Aug 27	Shop Rite
Sept 3	S&S

August Closures & Class Cancellations

No Standing Pilates: Aug 1 & 8
 No Poise & Posture: Aug 2 & 9
 No Chair Yoga: Aug 8
 Strength & Tone will be replaced by Zumba Gold on Fridays in August
 Ballroom Time: Mons 12 pm
 No Pickleball Aug 12 & 13

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

Dawnmarie Hunter, Licensed Clinical Social Worker (LCSW) has 20 years of experience. Dawn is available to help residents in many areas including:

2024 Renters Rebate Update:

- Application Deadline 9/30
- NO Medical Extension
- Rebates processed 11/30

Dawn can Also Help With:

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

Member Fitness Classes & Activity Schedule

	Mon	Tues	Wed	Thur	Fri
8:15 am	Pickleball 8:15 - 9:30	Pickleball 8:15 - 9:30	Pickleball 8:15 - 9:30	Pickleball 8:15 - 2 pm	Pickleball 8:15 - 9:30
10 am	Zumba Gold	Zumba TONE	Zumba Gold		Zumba Gold
11 am	Pickleball* 11 - 2pm Chair Yoga	Pickleball 11 - 2pm Cribbage 11:30 1st Tues	Pickleball 11 - 2pm	Chair Yoga Standing Pilates	Poise & Posture
12 pm	Ballroom 12:30	Bingo Mahjongg	Mahjong	Pinochle	SATURDAY ZUMBA DANCE
1 pm		Band Jam		Band Jam	Must be an Active Adult Member & register to attend all programs and activities. *Prices vary for evening & Saturday classes
View On Line Calendar for Schedule Updates & Cancellations					
Evening	Zumba Dance 6 pm	Line Dancing 7 pm			

all programs require registration

Trips

Adventures of Italy

Coming for Fall Oct. 17 - 29, 2025 | \$4,999/DO/ 13 days/20 meals
Journey through a crossroads of civilizations in Sicily and the coastlines of Southern Italy.

Presentation Oct 2 | 6:30 pm
Please pre-register



Aqua Turf

Waitlist being accepted
A Journey Through the Decades
Your favorite legendary songs & artists come to life from Sinatra & Kenny Rogers to Ella Fitzgerald and Roberta Flack. You'll enjoy every second of this Powerful tribute to these renowned entertainers.

Aug 13 | 10:15 am | \$60

Aqua Turf

Shake Rattle n' Roll Dueling Pianos
Two top piano entertainers will take the stage for an epic battle! Mixing music, comedy and audience interaction in a singalong, laugh-along, dance-along show you'll never forget!

Sept 10 | 10:15 am | \$60

Shubert Theatre

Dear Evan Hansen

A Tony and Grammy-winning Best Musical sensation and the first contemporary musical about connection in the digital age. Recommended for ages 12 and up and contains adult themes, including discussions of suicide. Dinner on own after show. We recommend making dinner reservations early.

Nov 23 | 12 pm | \$95

Programs & Activities

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

Aug 1 | 2 - 4 pm by apt. | Free

Blood Pressure Screening

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

Aug 6 | 12 pm | Free

Boardgames & Cards

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

Pinochle | Thursdays | 12:30 pm
Cribbage | Aug 6 | 11:30 am

Haircuts

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

Aug 7 | 12:30-4 pm | \$10 Reg Req

Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

Aug 7 & 21 | 10 am-1 pm
Apt req | \$15

Movies @ the Center

1:30 pm | Free | Popcorn \$1

Aug 12 | Wonka

Comedy | Musical | 2023

"Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.

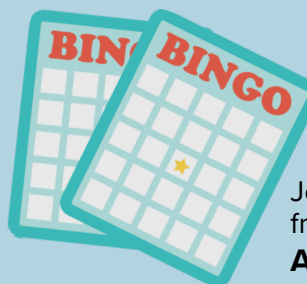
Sept 9 | The Fall Guy

Action | Comedy | 2024

Grandchild & Me Bingo

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

Aug 22 | 12 pm | \$5pp



Lunch & Learns

Importance of Self Care

Presented by Dr. Lyndsey Maher. The Most Important Thing You Can Do is Put Yourself First: The Significance and Implications of Not Prioritizing Self-Care in the Modern World.

Aug 28 | 12 pm | Free

Agging Happily

Presented by Joe Violetta. Sponsored by Wesley Village.

Sept 19 | 12 pm | Free

Intergenerational Art (11+)

DIY Sharpie Coasters

Join fellow budding artists and use your creativity. Hosted by Mattatuck Museum. Supplies provided.

Sept 26 | 3 pm | \$5



Lunches & Socials

Rock & Lobster Rolls

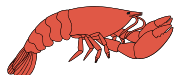
Let's Party like a Yacht Star! Vazzy's is catering Lobster Rolls Styled how you like it: CT (Warmed w/ Butter) or ME (Chilled w/ Mayo), Corn on the Cob, and Coleslaw. A Rock & Roll music performance by Joe Neumann & Band

Aug 14 | 12 pm | \$13

Corned Beef Reuben

with Pickle, Slaw, & Dessert catered by Katz's Deli. Rick Stromoski, Award winning cartoonist, has a Laugh-Filled, Fun, Program In-Store!

Aug 21 | 12 pm | \$13



Bingo & Lunch

Join us for Pizza and a friendly game of Bingo!

Aug 27 | 12 pm | \$13