

Seymour Community Center



New Year's Fees

Open Pickleball
Jan - June 2024
Resident: Free
Non-Resident: \$30/6 mos

PICKLEBALL TOURNAMENT

Pick a partner & register for this friendly competition.
Pizza & Prizes.

Jan 24 | 10 am | \$10pp

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	
Jan 2	Stop & Shop
Jan 9	Market 32
Jan 16	Walmart
Jan 23	Shop Rite
Jan 30	Stop & Shop

Closures & Cancellations

Jan 1 - Center Closed
Jan 1, 8, 11, 15 - No Yoga
Jan 15 - Center Closed
Jan 24 - Pball Tourny

ACTIVE ADULT MEMBERSHIPS
The Annual Membership runs July 1 to June 30 & includes the fitness center.
Residents \$10/ 80+Free NR \$15/80+ \$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 including:

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

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	

Array RX NEW!
Connecticut is one of three states to have the Array RX plan. Array RX is a prescription drug discount card program that provides up to 80% off certain prescriptions at nearly all pharmacies in the state. Application is easy. To Apply go to ArrayRxCARD.com.
Dawnmarie Hunter
Municipal Agent
dhunter@seymourct.org
203-888-0406 ext. 3

Upcoming Programs

all programs require registration

Pet Holiday Photo Contest Winner



And our 2023 Holiday Pet Photo Winner is.....Goose the GrandDog! This handsome guy was submitted by one of our very own members, Ann MacFadden . Don't you just love him!



Call Oxford Town Hall after Jan 2 at: 203-888-2543 ext. 0.

AARP has decided to consolidate their locations for the 2024 tax season.

Tax Preparation is being held at Oxford Town Hall this year. For details on days and times and to register call Oxford Town Hall above number.

Programs & Activities

BLOOD PRESSURE SCREENING

A Griffin Hospital Nurse provides blood pressure screenings before Bingo.

No Appointment Needed.

Jan 2 | 12 pm | FREE

HAIRCUTS

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

Jan 3 | 1-4 pm | \$10 Cash Reg. Req.

TECH TIME

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

Jan 4 | 1:30 - 3:30 by apt. | Free

SHUFFLEBOARD GROUP GAME

Jan 8 | 1 pm | FREE | Reg Req

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.

Jan 8 | 1:30 pm | Free

LUNCH & LEARNS

BLUE ZONES

Lessons for living longer from people who have lived the longest.

Jan 18 | 12 pm | Free

SELECTING & SAVORING SEASONAL VEGGIES

How to pick the freshest produce by season.

Feb 8 | 12 pm | Free

BOARDGAME DAY

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

Cribbage Jan 10 | 2 pm | Free

Checkers Feb 14 | 2 pm | Free

PUZZLE PALOOZA

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



MOVIES @ THE CENTER

Logan Lucky Crime/Comedy | 2017
Jan 22 | 1:30 pm | Free | Popcorn \$1

INTERGENERATIONAL ART (11+)

Join fellow budding artists and use your creativity. Supplies provided.

Hosted by Art+ Studio.

Jan 25 | Mug Painting | 3-4:30 pm | \$5

CARDIOVASCULAR TESTING

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

Feb 21 | 6-8 pm | \$Bring Ins Card

Appointment Required Call the Center to reserve time.

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! LTD spaces available.

Mar 25 | 1 pm | Free



Lunches & Socials

PAJAMA & POTATO PARTY

Baked Potato Bar with all the fixin's! Catered by Mattei's. PJ's optional.

Jan 10 | 12 pm | \$6

SWEDISH MEATBALLS & AN ITALIAN SINGER

Jack Lynn sings Dean Martin! Swedish Meatballs, Egg Noodles, Roasted Carrots, Green Beans, Roll, & Dessert catered by Vazzy's Osteria Monroe.

Jan 17 | 12 pm | \$13

LUNCH & BINGO DAY

Join us for Lunch & Bingo. Last Tuesday of every month. Must reg for lunch. BLT & Potato Salad catered by Mattei's

Jan 30 | 12 pm | \$3