

SEYMOUR COMMUNITY CENTER



MEMBERSHIP & CLASS RENEWAL TIME

All members must renew their membership annually and reregister for any classes regardless of age or residency



Membership renewal must be done online or in-person. (cannot be done over phone)

Veterans Free must register
Residents: \$10/ 80+ Free-must register
Non-Residents: \$20/ 80+ \$10
Must re-register for all classes & clubs.

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	
July 2	No Shopping
July 9	S&S
July 16	Market 32
July 23	Walmart
July 30	Shop Rite

JULY CLOSURES & CANCELLATIONS

CENTER CLOSED: July 4 & 5
NO CHAIR YOGA: July 11, 15, 18, or 25

Strength & Tone will be replaced by Zumba Gold on July 12, 19 & 26
Ballroom Time: Mons 12 pm
No Standing Pilates: July 25
No Poise & Posture: July 26

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 .

2024 Renters Rebate Update:
 Application Deadline 9/30
 There is NO Medical Extension Rebates will be 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)

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

ACTIVE ADULT MEMBERSHIPS

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

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

UPCOMING PROGRAMS

all programs require registration

TRIPS

SLIPAWAY RIVER TOURS

BYOB & Food and enjoy a river tour departing from Ferry Park in Rocky Hill. *Trip full, please add your name to the waitlist.*

Aug 19 | 12 pm | \$15

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

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

BIG E

Registration Now 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 feature crafts, food and information about their 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



PROGRAMS & ACTIVITIES

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.

Understanding of Dementia

Discussion of the types and a demonstration of how it feels .

July 1 | 1:30 pm | Free

BLOOD PRESSURE SCREENING

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

June 2 | 12 pm | FREE

BOARDGAMES & CARDS

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

Cribbage Club | July 2 | 11:30 am

Pinochle | Thursdays | 12:30 pm

HAIRCUTS

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

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

MONTHLY CHAIR MASSAGE

Christine Gomulinski, LMT offers affordable Chair Massages!

July 3 & 17 | 10 am - 1 pm | Apt req | \$15

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*

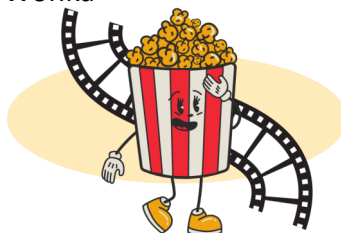
*July 11 | 2 - 4 pm by apt. | Free

MOVIES @ THE CENTER

1:30 pm | Free | Popcorn \$1

July 8 | Oppenheimer

Aug 12 | Wonka



LUNCH & LEARNS

Making Budgets Work

M&T Bank will provide a refresher on how to create and stick to a budget.

June 26 | 12 pm | Free

UV Skin Safety

Presented by Dr. Thea Marx

July 24 | 12 pm | Free

Importance of Self Care

Presented by Dr. Lyndsey Maher

Aug 28 | 12 pm | Free

UKULELE LESSON

1 instructor, 24 ukuleles, and a really good time! Learn to become a Uke player—it's fun and easy!

July 23 | 2:30 pm | \$5

INTERGENERATIONAL ART (11+)

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

July 25 | Printmaking | 3-4:30 pm | \$5

GRANDCHILD & ME BINGO DAY

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

LUNCHESES & SOCIALS

COMMUNITY CENTER PICNIC

Join us for Lunch & Raffles! Menu: BBQ Chicken, Ribs, Potato Salad, Corn on the Cob, and Apple Pie, catered by Mattei's Deli.

July 17 | 12 pm | \$13

RICH'S ICE CREAM & GAME SHOW

Like Game Shows? Like Trivia? Like Rich's Farm Ice Cream? Join us for this fun-packed social! (Please note: Date changed from our Program Guide)

July 24 | 1 pm | Free

PIZZA BINGO

July 30 | 12 pm | \$3

