

# SEYMOUR COMMUNITY CENTER

## Active Adult Newsletter June 2024



**Big E Registration Now Open** for residents. Non Residents' 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 - 7:30 pm | \$20 Res/\$30 Non Res

### 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	
June 4	Walmart
June 11	S&S
June 18	Market 32
June 25	Walmart
July 2	Shop Rite

### Farmers Market

Gazy Farms Veggies  
Canoli Truck  
Fresh Italian Bread Truck  
**Tues | 12 - 6 pm | Seymour CC**

### Municipal Agent Update

**Rental Rebate** applications continue to be accepted until October 1st. Please call for an appointment.

**Farmers Market Cards** last years' recipients, please call the Municipal Agent's office to reactivate the card. \$50 will be loaded to your card this year. New farmers cards are available for anyone 60+ who meets the income limits.

### 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		Urban Poling	
10 am	Zumba Gold	Zumba Tone	Zumba Gold	Chair Yoga	Strength & Tone
11 am	Pickleball* 11 - 2pm Chair Yoga	Pickleball 11 - 2pm Cribbage 11:30 1st	Pickleball 11 - 2pm	Pickleball 11 - 2pm Standing Pilates	Poise & Posture
12:30		Bingo Mahjong	Mahjong	Pinochle	<b>Saturday Zumba Dance 8:30 am*</b>
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
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 Card (May 1)**
- 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

## UPCOMING PROGRAMS

all programs require registration

### TRIPS

#### CASINO - MOHEGAN SUN

Join your friends on the CC Bus to Mohegan Sun and have some fun!  
June 3 | 8 am | \$15

#### SLIPAWAY RIVER TOURS

BYOB & Food and enjoy a river tour departing from Ferry Park in Rocky Hill.  
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.



#### 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

### 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.

##### Cancer Update

Learn about new cancer treatments and tests.

June 3 | 1:30 pm | Free

##### BLOOD PRESSURE SCREENING

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

June 4 | 12 pm | FREE

##### BOARDGAMES & CARDS

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

Cribbage Club | June 4 | 11:30 am  
Pinochle | Thursdays | 12:30 pm

##### HAIRCUTS

Hair by Donna - brings affordable haircuts to you at our Center!  
June 5 | 12:30 - 4 pm | \$10 Reg Req

##### MONTHLY CHAIR MASSAGE

Christine Gomulinski, LMT offers affordable Chair Massages!  
June 5 & 19 | 10 am - 12 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  
June 6 | 2 - 4 pm by apt. | Free



##### MOVIES @ THE CENTER

1:30 pm | Free | Popcorn \$1

June 10 | Holdovers  
July 8 | Oppenheimer



#### LUNCH & LEARNS

##### Heart Healthy Living

A presentation about heart disease and ways to combat it.

June 5 | 12 pm | Free

##### 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

### LUNCHES & SOCIALS

#### FISH FRY

Fried Cod Fish, Fries (or mac & cheese if you please) and cole slaw.

Catered by Goldies  
June 12 | 12 pm | \$13

#### BLT & POTATO SALAD BINGO

June 25 | 12 pm | \$3