

# SEYMOUR COMMUNITY CENTER

## Active Adult Newsletter

May 2024



### TOWN REFERENDUM

May 2 | 6 am - 8 pm  
All voting at CC

### LOWER YOUR ELECTRIC BILL

Bring your electric bill and learn how choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator, will explain how to choose a supplier and answer questions.



May 20 | 2 pm | Free

### CRIBBAGE CLUB

Join us every month!  
1st Tues | 11:30 am

### 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

May 7	S&S
May 14	Market 32
May 21	Walmart
May 28	Shop Rite
June 4	Walmart

### Closures & Cancellations

- April 30 - No Zumba Tone
- May 2 - Town Referendum Gym Closed - No Pickleball
- May 7 - No Zumba Tone
- May 27 - Center Closed



### 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		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 Tues	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
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  
203-888-0406 ext. 3

## Upcoming Programs

### 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

#### **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.

August 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.

#### **SHARE YOUR STORY**

Share your High School memories, musical interests, dreams and words of wisdom. Pass it on to a SHS English class. Participation includes a free Monthly Lunch Coupon. Limited to 15 people.

May 22 | 11 am | Free

### Programs & Activities

#### **HAIRCUTS**

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

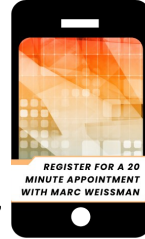
May 1 | 12:30 - 4 pm | \$10 Reg Req

#### **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

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



#### **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

#### **BLOOD PRESSURE SCREENING**

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

May 7 | 12 pm | FREE

#### **BOARDGAMES & CARDS**

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

**Cribbage Club** | May 7 | 11:30 am

**Scrabble** | May 8 | 2:00 pm

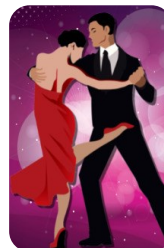
**Pinochle** | Thursdays | 12:30 pm

#### **BALLROOM DANCE NIGHT**

Dance the night away. Guests permitted.

May 10

6:30 - 9:30 pm | \$15



#### **MOVIES @ THE CENTER**

1:30 pm | Free | Popcorn \$1



May 13 | Dream Scenario

June 10 | Holdovers

July 8 | Oppenheimer

#### **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

Weds | Apr 17-May 22 | 1:30 pm | Free

#### **LUNCH & LEARNS**

**Legends Sticker History Book**

May 23 | 12 pm | Free

**Heart Healthy Living**

June 5 | 12 pm | 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

#### **MONTHLY CHAIR MASSAGE**

Christine Gomulinski, LMT offers affordable Chair Massages!

June 5 & 19 | 10 am - 12 pm | Apt req | \$15

### Lunches & Socials

#### **"NA-CHO TYPICAL" SOCIAL**

Babbakoos's Burritos in Seymour is catering for us Chicken Burritos, Chips & Salsa and Mini Churros.

May 8 | 12 pm | \$13

#### **MAY LUNCH - PENNE ALLA VODKA**

Mattei's Deli is catering Penne Alla Vodka w/Chicken, salad, bread & dessert. Musical Entertainment by The Willie & Jan Band.

May 15 | 12 pm | \$13

#### **ANNUAL LIONS CLUB PIZZA BINGO**

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

May 16 | 11 am | Free

#### **PIZZA & BINGO DAY**

May 28 | 12 pm | \$3

#### **SMOOTHIE BAR**

Join us after your workout for a delicious nutritious smoothie. Sponsored by Commons Memory Care Center, Newtown.

May 31 | 11 am | Free