

Seymour Community Center

Active Adult Newsletter



Vet's Pasta Dinner

Jimmys Place is catering Spaghetti and Meatballs, Garlic Bread, Salad, & Jello. A Patriotic Trumpet & Piano Performance, sponsored by the Music Performance Trust Fund.

Nov 13 | 12 pm | \$13
(Free for Veterans)

Thanksgiving Feast

Matteis Deli is catering our annual Thanksgiving feast! Turkey with all the fixin's

Nov 20 | 12 pm | \$13



Class Cancellations & Closures

Nov 5 - No Strength & Tone
Nov 7 - No Zumba Tone
Nov 11 - Center Closed

Shopping/Event Rides

Center Events, Shopping & Doctor appts. Call 7 business days in advance to ensure a ride. For Shopping, call Wed - Fri before the Tuesday date to schedule pick-up. 15 riders max.

Nov 5	Walmart/voting
Nov 12	Market 32
Nov 13	CC Lunch
Nov 19	Walmart
Nov 20	CC Lunch
Nov 26	Shop Rite

Weekly Fitness Classes, Pickleball & Clubs*

Class schedules subject to change based on instructor schedule.

Mon	Tues	Wed	Thur	Fri
Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am
		Mat/Wall Pilates 9 am		Knitting/Crochet Club 9:30 am
Zumba Gold 10 am	Strength & Tone 10 am	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 am
Pickleball* 11 am - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Poise & Posture 11 am
Chair Yoga 11 am	Cribbage 11:30 1st Tues		Chair Yoga 11 am	
	Bingo 12:30 pm	Mahjong 12:30 pm	Standing Pilates 11 am	
	Mahjong 12:30 pm		Pinochle 12:30 pm	
Ballroom 1 pm	Band Jam 1 pm		Band Jam 1 pm	
Evening/Weekend Classes**				
Zumba Dance 6 pm	Line Dancing 7 pm	Zumba Tone 6 pm	Ballroom Dance 7 pm	Saturday Zumba Dance 8:15 am

*Daytime Classes Included with Active Adult Membership BUT you must register for each class separately.

**Prices vary for evening & Saturday classes

View On Line Calendar for Schedule Updates & Cancellations

MUNICIPAL AGENT

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

- 2024 Renters Rebate is closed
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

dhunter@seymourct.org
203-888-0406 ext. 3

Seymour Community Center 20 Pine Street, Seymour, CT 06483

203-888-0406 xt 1 | seymourct.myrec.com

Programs

Ballroom Dance Night

Dance the night away with friends and our in-house dance instructor Gaby Takacs

Nov 1 | 6:30 - 9:00 pm | \$20



Age Well Series

Understanding Medications

Sponsored by Griffin Hospital. Lisa Jaser our Head Pharmasist will discuss medications.

Nov 18 | 1:30 - 2:30 pm | Free

Watercolor Techniques

Learn watercolor techniques. This workshop will be conducted by Mattatuck museum.

Nov 21 | 3 pm | \$5



Melt & Pour Soap Making

Berry Nice Co hosts this class participants will be guided to create their own soap to take home. It's a very hands-on and engaging experience!

Dec 5 | 1:30 pm | \$20



Lunch & Learns

Tips & Tricks to Reduce Sodium

Sponsored by Wesley Village

Nov 14 | 12 pm | Free

Ten Tips to Boost Your Energy

Sponsored by Wesley Village

Dec 12 | 12 pm | Free

Acupuncture 101

Presented by Soleil: Acupuncture + Naturopathic Wellness

Jan 9 | 12 pm | Free

Trips

NE Christmas Festival

Accepting waitlist

It's their 38th annual award-winning arts and crafts festival, 350+ pop up shops by American Artisans come together at the Mohegan Sun! You will find special and unique gifts for everyone on your list – in all price ranges.

Nov 8 | 9 am | \$20

Nelson Hall

A Swining Christmas

A Swining Christmas with Louis Prima Jr. and the Witnesses, experience the holiday season like never before.

Dec 5 | 1 pm | \$50

Woodbury Commons

Complete your holiday shopping! This premium outlet center has 200+ Stores!

Dec 7 | 8:30 am | \$15

Palace Theater

The Addams Family

The Addams Family a comical feast that embraces the wackiness in every family.

Jan 1 | 1:15 pm | \$80

Broadway

The Great Gatsby

Accepting Waitlist

The Great Gatsby

join us on the CC bus for a fun filled day on Broadway.

Feb 8 | 8:45 am | \$120

Adventures of Southern Italy

Journey through a crossroads of civilizations in Sicily and the coastlines of Southern Italy.

Coming Fall 2025. Call office for details.



4th Annual Pickleball Tournament

Friendly round robin, lunch, & prizes.

Jan 23 | 10 am - 12:30 pm | \$10

Ongoing Programs

Game Time Corner

Come hang out with friends, enjoy some coffee, and play some Games.

Pinochle | Thurs | 12:30 pm

Cribbage | Nov 5 | 11:30 am

Mahjong | Tue & Wed | 12:30 pm

Billiards | Tues | 10:30 pm

Blood Pressure Screening

No Appointment Needed.

Nov 5 | 12 pm | Free



Haircuts

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

Nov 6 | 12:30-4 pm | \$10

Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

Nov 6 & 20 | 10 am-1 pm | \$15

Tech Time

Ask questions on your cell phones, Ipad/tablet, Laptop, Pictures, Email, 1st Thurs of each month

Nov 7 | 2-4 pm by apt. | Free

Movies @ the Center

1:30 pm | Free | Popcorn \$1

Nov 18 | Civil War



Bingo
Tuesdays
12 pm

Bingo & Lunch
Nov 26 | 12 pm | \$3