

Seymour Community Center

Active Adult Newsletter

February 2025

Italian Feast & Singer

Mattei's will be serving up their famous eggplant and chicken parm with pasta, salad, bread & tiramisu.

Feb 12 | 12 pm | \$13
Transportation Available
Call Center for ride

Beef Stew

Mattei's will be preparing a hot lunch of beef stew, bread and butter.

Feb 19 | 12 pm | \$13
Transportation Available
Call Center for ride

Coffee & with First Selectwoman

Come and have coffee and discuss the town and a day in the life of First Selectwoman.

Feb 21 | 11 am | Free

Class Cancellations & Closures

Feb 6 - No PM Pickleball
Feb 7 - No AM Pickleball
No Strength & Tone
Feb 17 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.

Feb 4	Shop Rite
Feb 11	Walmart
Feb 12	CC Lunch
Feb 18	Shop Rite
Feb 19	CC Lunch
Feb 25	Stop & Shop

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
	Billiards Club 10:30 am			
Pickleball* 11 am - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Poise & Posture 11 am
Chair Yoga 11:15 am	Cribbage 11:30 1st Tues		Chair Yoga 11:15 am	
	Mahjong 12:30 pm	Mahjong 12:30 pm	Standing Pilates 11:15 am	
	Bingo 12:15 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	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 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

Programs

Age Well Series by Griffin

Addressing Heart Disease

A discussion on all things heart related and how to prevent heart disease.

Feb 3 | 1:30 pm | Free

Learn to Speak German

Volunteer led by one of our Active Adult (50+) members! German is mainly spoken in Western and Central Europe. It is the most spoken native language within the European Union: Germany, Austria, Belgium & Luxembourg and is an official language in Switzerland & Liechtenstein.

Wed | Feb 5 - Mar 12 | 1 pm | Free

Long Term Healthcare

Key topics covered include understanding long-term care needs, evaluating financial strategies, the benefits of early planning, and discussions on legal documents and financial planning. Presented by Lou and Jessica Pelletier.

Feb 20 | 1:30 pm | Free

Heart Awareness Table

NVHD will be on hand with blood pressure checks, heart health information and giveaways.

Feb 25 | 11 am - 12:30 pm

Paint Class: Winter Trees

Join us for a paint class volunteer led by one of our Active Adult (50+) Members! Materials provided.

Bring apron & rag to wipe brushes.

Feb 27 | 1:00 pm | \$5



5 Steps to Better Digestion

Soleil: Acupuncture + Naturopathic Wellness will discuss digestive issues and will review foods for better gut health.

Feb 13 | 12 pm | Free

Moving Meditation

Presented by Soleil:

Acupuncture + Naturopathic Wellness

Learn how performing gentle & natural practices can help structural issues in the body, such as osteoporosis, arthritis, and back pain.

March 13 | 12 pm | Free

Trips

Casino

Take the Community Center Bus to Mohegan Sun Casino for the day.

Feb 24 | 8 am | \$15

Nelson Hall

The Music & Passion of Barry Manilow

Nelson Hall, is a professional 300-seat concert hall open to the public and located on the beautiful campus of Elim Park in Cheshire, CT. Price includes ticket and transportation on CC Bus

Apr 12 | 1 pm | \$50

Aqua Turf

North County Band

Nominated for 2023 New England Music Awards "Country Act of the Year", North County Band brings their act to Aqua Turf after being featured on News 12 CT and WNHU Radio's "The Nashville Sound"! Includes Ticket, Transportation, Coffee, Donuts, Glass of wine/beer, Lunch & Door Prize.

Apr 8 | 10:15 am | \$65

Goodspeed Opera House

Ragtime the Musical

Emerging & revival musical theater shows offered in an 1876 riverside opera house. Lunch next door at the Gelston House. Tickets are center orchestra.

June 5 | 10:15 am | \$115

Adventures of Southern Italy

Journey through a crossroads of civilizations in Sicily and the coastlines of Southern Italy. Coming Fall 2025.

Oct 17 - 29 | 13 days | 20 Meals | DO \$4,999

6 WEEK

DIABETES SELF-MANAGEMENT

This program is designed for adults with Diabetes or Pre-Diabetes and will provide the tools needed to better manage diabetes including: Nutrition & Meal Planning, Physical activity, blood sugar monitoring, sick day guidelines, foot care, medications, stress mgmt., working with your healthcare providers, and how to set small & achievable goals

Mondays | March 3 - April 7

1:30 pm - 4 pm | Free

Ongoing Programs

Game Time Corner

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

Billiards | Tues | 10:30 am

Cribbage | Feb 4 | 11:30 am

Mahjong | Tue & Wed | 12:30 pm

Pinochle | Thurs | 12:30 pm

Tech Time

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

Feb 6 | 2-4 pm by apt. | Free

Blood Pressure Screening

No Appointment Needed.



Feb 4 | 12 pm | Free

Haircuts

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

Feb 5 | 11 - 4:30 pm | \$10

Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

Feb 5 & 19 | 10 am - 1 pm | \$15/15 min

Foot Reflexology

Reflexology is the art of foot massage and foot pressure point treatment. By using points on the soles of the feet that have a corresponding influence on other parts of the body, reflexology affects a person's overall well being, eliminates stress and brings the body & mind into balance. **Bring a Blanket/Towel & Pillow**

Feb 26 | 10 am-1 pm | \$20/20min

Movies @ the Center

1:30 pm | Free | Popcorn \$1

Feb 10 | Anyone But You

Mar 10 | Twisters



Ukulele Club

Lessons & group play. Schedule online.

Tues | 2:30 pm | \$20

