

# Seymour Community Center

Active Adult Newsletter

# March 2025

## Bacon Egg & Cheese with the First Selectwoman

Learn about senior services offered by the Town. Open to residents of Seymour. First 30 people registered get free BEC sandwich.

March 7 | 11 am | Free

## St. Patrick's Day Luncheon

Corned Beef, Potatoes, Carrots, Cabbage, Irish Soda Bread w/butter & dessert. Entertainment Irish music.

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

## Soup & Sandwich

Irish Cheese & Ham Toastie with Tomato Soup.

March 19 | 12 pm | \$6  
Transportation Available  
Call Center for ride

## Class Cancellations & Closures

NO ELEVATOR starting March 3 (new one being installed)

## Shopping/Event Rides

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

March 4	Shop Rite
March 11	Walmart
March 12	CC Lunch
March 18	Big Y Derby
March 19	CC Lunch
March 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
Zumba Gold 10 am	Strength & Tone 10 am	Mat/Wall Pilates 9 am	Zumba Tone 10 am	Knitting/Crochet Club 9:30 am
Pickleball* 11 am - 2pm	Billiards Club 10:30 am	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 am
Chair Yoga 11:15 am	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Poise & Posture 11 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	NEW Dance Fusion Class 2 pm (\$20/6 weeks)	Band Jam 1 pm	
<b>Evening/Weekend Classes**</b>				
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

# Trips

## 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**

## 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**

## 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**

## Broadway: Aladdin

Your Broadway Wish is Granted. There's Nothing Like the Excitement Inside the New Amsterdam Theatre. Intended for guests 6 and up. All guests require a ticket, regardless of age.

**Aug 2 | 8:45 am | \$155**

## Adventures of Southern Italy

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

Coming Fall 2025. **Price increase 4/18**

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

6 WEEK

### DIABETES SELF-MANAGEMENT

Designed for adults with Diabetes or Pre-Diabetes. These sessions will provide the tools needed for diabetes management 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**

# Programs

## Retirement Planning

Review how to plan for retirement such as: Setting goals, estimating expense, identifying strategies to maximize savings and comparing retirement plans. **Pizza served courtesy of M&T Bank**

**March 12 | 6:30 pm | Free**

## Age Well Series by Griffin

### Nutrition with the Chef

A discussion on healthy and good tasting food.

**March 3 | 1:30 pm | Free**

### Building a solid core

Learn how and why a solid core is key to good health.

**April 7 | 1:30 pm | Free**

## Making Budgets Work

Do you have financial goals? Need a refresher on how to create and stick to a reasonable budget? Join M&T Bank for this informative presentation. Pizza will be provided courtesy of M&T Bank

**April 2 | 6:30 pm | Free**

## Dance Fusion

Introducing our new Dance Fusion Class! This class will fuse together both jazz steps such as a lindy to a box step to some old school hip hop moves to make it fun for all!

**April 9 | 12 pm | \$20/6 week session**

**April 10 | 6:30 pm | \$30/6 week session**

## Spring Cleaning

Join Joe Violetta of 4CORE for key tips on cleaning out and organizing personal information. Everyone gets a sponge, roll of paper towel, and a bottle of cleaner.

**April 24 | 1:30 pm | Free**

# Lunch & Learns

## How to choose the Right Senior Care

When should you consider home care, assisted living, skilled nursing, dementia care, and hospice care? Learn about the key factors to consider when deciding. Sponsored by Wesley Village

**April 10 | 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**

## Municipal Agent Q&A

Meet Dawn Hunter

Ask questions about her services (see first page).

**April 23 | 12 pm | Free**

# Activities

## Game Time Corner

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

**Billiards | Tues | 10:30 am**

**Cribbage | Mar 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

**March 6 | 2-4 pm by apt. | Free**

## Blood Pressure Screening

No Appointment Needed.

**March 4 | 12 pm | Free**

## Haircuts

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

**March 5 | 11 - 4:30 pm | \$10**

## Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

**Mar 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**

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

## Movies @ the Center

**1:30 pm | Free | Popcorn \$1**

Mar 10 | Twisters

April 14 | Anora



## Ukulele Club

Lessons & group play. Schedule online.

**Tues | 2:30 pm | \$20**

