



SEYMOUR COMMUNITY CENTER

March

Active Adult (50)+ Newsletter



Monthly Lunches & Socials

St. Patty's Day Feast

Bagpipes Music performance
by Levon Ofgang!
Enjoy a feast of Corned Beef,
Potatoes, Carrots, Cabbage,
Irish Soda Bread w/ Butter,
and a Festive Dessert!
Catered by Mattei's Deli.

March 11 | 12 pm | \$14
Transportation Available
Call Center for ride

Soup & Sandwich

Irish Cheese & Ham
Toastie and Tomato Soup.
Catered by Mattei's Deli.



March 18 | 12 pm | \$8
Transportation Available
Call Center for ride

Transportation

Seymour Community Center provides transportation to 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.

Shopping/Event Rides

Mar 3	Shop Rite
Mar 10	Walmart
Mar 11	CC Lunch
Mar 17	Big Y
Mar 18	CC Lunch
Mar 24	Stop & Shop
Mar 31	Shop Rite

Active Adult & Fitness Center Memberships

An Active Adult Membership is required for fitness center, programs, classes, and transportation.

Membership runs 7/1 - 6/30.
50-79: Res \$10 | NR \$20
80+ Res Free | NR \$10 Vets: Free
Fitness Center included

New Municipal Agent

Kristina Walton, Municipal Agent is available to help residents in many areas including:

- Renters Rebate (starts 4/1)
- Farmer's Market Cards (starts 6/1)
- Food stamps/SNAP
- Senior Housing
- Medicaid (10/15/-12/7)
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

Office hours:
Mon 10 - 12 pm
Fri 9:30 - 11:30 am

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

Center Closures & Class Cancellations

**Visit Web site for Closures & cancellations in Today's Activities*

Providing recreational, educational, & social programs & services for our 50+ adults

Mary McNelis
Director

Tara Miller
Community Services Assistant

Morgyn Khoury
Active Adult Coordinator

John Fracker
Parks & Recreation Manager

Administrative Office Hours

Mon - Thur
8 am - 4:30 pm

Fridays
8 am - 12 pm

20 Pine Street
Seymour, CT 06483
(203) 888 - 0406

To register or for more information visit:
seymourct.myrec.com

[facebook.com/seymour.ct](https://www.facebook.com/seymour.ct)

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
Tai Chi** 9 am		Mat/Wall Pilates 9 am	Tai Chi** 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 - 1:15 pm	Pickleball 11 am - 1:15 pm	Pickleball 11 am - 1:15 pm	Pickleball 11 am - 1:15 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	Dance Fusion Class 2:30 pm**	Band Jam 1 pm	
	Ukulele Club 2:30 pm			
Evening/Weekend Classes**				
Zumba Dance 6 pm	Yoga 6 pm Line Dancing 7 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am

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

**Prices vary for evenings & Saturdays, & certain day classes. View On Line Calendar for Schedule Updates & Cancellations

Ongoing Activities

Haircuts

Hair by Donna - brings affordable haircuts to you at our Center!
Book your appointment with us and pay her directly.

March 17 | 11 am - 4:30 pm | \$10

Tech Time

Ask questions about your cell phones, Ipad/tablet, laptop, pictures, email, etc.

1st Thur | Mar 5 | 2 - 4 pm by apt | Free

Chair Massage

Christine Gomulinski, LMT brings affordable Chair Massages to the Center! Book your appointment.

1st & 3rd Wed | Mar 4 & 18 | 10 am - 1 pm | \$15

Foot Reflexology

Reflexology is the art of foot massage and foot pressure point treatment. Please bring a blanket, towel and a pillow. Book an appointment and pay reflexologist directly.

4th Wed | Mar 25 | 10 am - 12 pm | \$20

Movies at the Center

2nd Mon | 1:30 pm | Free | Popcorn \$1

Knox goes Away **March 9**

TBD **April 13**



Acupuncture

Affordable Community Acupuncture provided by Soleil Acupuncture + Naturopathic Wellness. 10-20 needles (5-10 points) pp.

Apr 29 | AM & PM Slots | \$10/\$50

Weekly Activities & Fitness

Activity	Days	Times
Pickleball	Mon - Fri	Varied
Billiards Club	Tue	10:30 am
Cribbage	1st Tues	11:30 am
Bingo	Tue	12:15pm
Band Jam	Tues/Thurs	1:00 pm
Mahjong	Tues/Wed	12:30 pm
Ukulele Club	Tues	2:30 pm
Pinochle	Thur	12:30 pm
Crochet/Knitting	Fri	9:30 am

Classes	Days	Times
Tai Chi	Mon	9 am
Zumba Gold	Mon/Wed	10 am
Chair Yoga	Mon/Thur	11:15 am
Ballroom Dance	Mon	1 pm
Strength & Tone	Tue/Fri	10 am
Mat/Wall Pilates	Wed	9 am
Dance Fusion	Wed	2:30 pm
Standing Pilates	Thur	11:15 am
Tai Chi	Thur	9 am
Zumba Tone	Thur	10 am
Poise & Posture	Fri	11 am

Tax Prep Locations

AARP in Oxford has filled. No appointments remaining

Vitas/SOFB March 30, 12 - 5:30 pm @ SCC - call for appointment - 203-888-7826

Lunches

Lunches & Socials

St. Patty's Day Feast
Soup & Sandwich

Mar 11 | \$14

Mar 18 | \$8



Coffee & Conversation
with First Selectwoman

Mar 18 | 11 am

Lunch & Learns

Lunch served at 12 pm | Free

Each month learn something new and enjoy a light lunch with friends.

Senior Care 101

Mar 26

Seniors Helping Seniors

April 16

America's First Cookbook

May 28

Chilling Chronicles of Ice Cream

June 25

Bingo

Regular Bingo - Every Tuesday

Every Tues | 12:15 pm | \$1/card

Jukebox Bingo (in lieu of regular bingo)

Join us for a fun and interactive game that pairs the traditional game of bingo with music. Pizza & Ice Cream Sandwiches.

Mar 3 | 12 pm | \$5 | Max 75 people

Bingo & Lunch - BLT & Potato Salad

The last Tuesday of the month we offer a bingo and lunch special. Price includes lunch & 2 bingo cards (12 games). Double Prizes.

Last Tues | Mar 31 | 12 pm | \$3

We Want Your Feedback!

We're partnering with an *Appalachian State University - Recreation Management* college student to conduct a Program Feedback Survey, **open March 20-April 3.**

Stay tuned for details on how to complete the survey.

Fitness

Dance Fusion Class

Have fun while getting exercise! This class will fuse together both, jazz and old school hip hop moves to make it fun for all! Music from the 50's - 80's.

Weds | 6 wks | Mar 4 | 2:30 pm | \$20

Weds | 6 wks | April 15 | 2:30 pm | \$20

Personal Training *New session!*

Hesitant to use our fitness center? Can't stay motivated? Workout with Certified Personal Trainer, Cullen Zemaitaitis. Small group personal training, 3 people/hr Registration opens Monday 2 weeks prior to session. Spots fill fast.

M & W | 4 wks | Mar 9 | 10am - 12pm | \$125

T & Sat | 4 wks | Mar 9 | Eve/Wkend | \$125

Tai Chi *New sessions!*

Often described as "meditation in motion," this ancient Chinese practice combines slow, flowing movements with deep breathing & mindfulness to improve physical & mental well-being.

Mon | 4 Weeks | Mar 16 | 9 am | \$20

Thurs | 4 Weeks | Mar 19 | 9 am | \$20

Programs

Arts + Crafts Workshops

1 pm | Free
Get Crafty!

Sponsored by Shady Knoll!

Mini Herb Garden Starters

Mar 12

Age Well Series

Griffin Health and the Agency on Aging of South-Central CT presents:

Nutrition with Chef

Mar 2

Body Mechanics & Adaptive Equipment

Apr 6

Importance of Cervical Spine Health

May 4

1st Mon | 1:30 pm | Free

Learn to Speak German



Learn to Speak German with volunteer instructor, Erica Vogel, PHD

Beginner: Thurs | Mar 12 | 1:15 pm | Free

Inter: Weds | 6 pm | ongoing | Free

Lotus Flower Lantern Craft

Presented by the Korean Spirit & Promotion Project and members will be on hand to assist you in making your Lotus Flower Lantern.



March 19 | 1 pm | \$6

Medicare 101

For those approaching 65 or or thinking about Medicare. Come learn how it works & timeline for application.

Mar 12 | 6:30 pm | FREE

Canasta Lessons

Curious about Canasta or ready to brush up your skills? Instructor led lessons. **Accepting waitlist.**

April 2, 9, 16 & 23 | 12:30 pm | \$15

Mahjong Lessons

Learn to play this popular game in three 2 hour sessions. Must attend all three. **Accepting waitlist.**

Food Explorers

Join us for a culinary workshop! You'll be making **Summer Herb Gnocchi** by making and shaping your own gnocchi full of fresh herbs.

April 23 | 1:30 pm | \$5 | Max 30 people

Trips

Casino Trip

We travel on the Community Center Bus to Foxwoods or Mohegan Sun.

Foxwoods | Mar 25 | 8 am | \$15

Foxwoods | Mar 26 | 8 am | \$15

Aqua Turf

Price includes Transportation, Ticket, Coffee & Donuts, Glass of Beer or Wine, Lunch, and Door Prizes!

Rock n Roll Heaven

April 14 | 10:15 am | \$65

Bronx Zoo

Come to the Bronx Zoo! One of the largest zoos in the US by area and THE largest metropolitan zoo in the US by area. Lunch on own. Price includes admission & transportation.

May 30 | 9 am | \$50

