

# Seymour Community Center

## Active Adult Newsletter

| February 2022 |



### February is Heart Healthy Month!

Stop by the Heart Healthy Table sponsored by Naugatuck Valley Health on Feb 22 from 11:30 am - 12:30 pm. They will be providing free blood pressure screening, exercise tips, and heart healthy recipes.

### HOLISTIC LUNCH & LEARN SERIES

Join our Holistic Therapist for our Lunch & Learn Wellness Series. Made possible through the generous support of the Katharine Matthies Foundation.

*Restricted Motion, Fascia, Muscle Weakness, Myofascial Pain*

Feb 17 | 12:00 pm | Free

*Back & Neck Pain and Arthritis*

March 10 | 12:00 pm | Free

*Incontinence, Pelvic Floor Dysfunction, & Urinary Frequency*

April 21 | 12:00 pm | Free

No classes or programs on **February, 21** as the Center is Closed for President's Day

## Memberships, Transportation, & Municipal Services

### MEMBERSHIPS

**Active Adult Membership** is required to participate in all Programs. Memberships start at \$7, are free to residents over 80 years old & run from July 1 - June 30.

### Fitness Center Membership

is required to use the fitness center. A membership is Free and requires a signed waiver. Fitness Center is open during Center Hours.

### TRANSPORTATION

Available to grocery stores, the library, CC, & doctor apts. on Tuesdays. Call to schedule pick up 48 hours in advance.

### WEEKLY SHOPPING

Tues | 10:00 am | Free



Feb 1	Shoprite
Feb 8	Walmart
Feb 15	Shoprite
Feb 22	Walmart
March 1	Shoprite

### MUNICIPAL & VETERAN SERVICES

Our Municipal Agent connects elderly residents & Veterans to community resources, services, and benefits. **Call for an appointment.**

Seymour Community Center | 20 Pine Street, Seymour, CT 06483

(203) 888-0406 | <https://seymourct.myrec.com>

Hours of Operation: Monday - Thursday 8 am - 4:30 pm, Fridays 8 am - 12 pm



# Upcoming Programs

All programs require registration



## Health & Wellness

### BOOST YOUR IMMUNITY

Join Dr. Lyndsey Maher as she discusses how to make lifestyle adjustments to promote health.

Feb 7 | 2:30 pm | Free

### INTERGENERATIONAL ART

Do You Love Arts & Crafts? Do you love collaborating with young people? Each month we will embark on a new art project with students from our community.

Feb 24 | 3:00 pm | Free

### FREE GLASSES FOR SENIORS

Call the Walmart Vision Center in Naugatuck at 203-720-2395. Members must mention Seymour Senior Center.

## Lunches & Socials

### FEBRUARY SOCIAL

Join us for pizza, Valentines Day craft, & hit love songs!

Feb 9 | 1:00 pm | Free

### FEBRUARY LUNCHEON

Join us for an Italian Feast! Catered by Antonio's Restaurant.

Feb 16 | 12:00 pm | \$9

### HOT DOG BINGO

Join us for Lunch followed by a friendly game of Bingo.

Feb 22 | 12:00 pm | \$2

### CRIBBAGE ANYONE?

Have you ever played this 2-4 player game? Sign up on our interest list!

## Trips & Travel

### AMERICA'S MUSIC CITIES TOUR Tour Presentation

February 24 | 2:00 pm | Free

A Collette Tour through New Orleans, Memphis, & Nashville. Oct 16 -23, 2022 •8 Days•10 Meals

### CINDERELLA @ CENTER STAGE

The Broadway adaptation of the classic musical features new characters, a hilarious libretto, surprising twists, and a score from Rodgers & Hammerstein.

Feb 26 | 1:30 pm | \$25

### CASINO

Hop on the CC bus and try your luck at Mohegan Sun Casino.

Feb 28 | 8:00 am | \$15

### NY BOTANICAL GARDENS

Don't miss this horticultural spectacle featuring thousands of dramatically displayed orchids. Lunch included.

March 24 | 8:30 am | \$70

### NEWPORT PLAYHOUSE

Travel to RI for Lunch & The hilarious comedy of Social Security! CC Bus, Lunch & Show included.

April 3 | 8:30 am | \$65

### AQUA TURF

Join us for lunch & comedian, singer, & entertainer, Mark Verselli.

April 12 | 10:15 am | \$55



*AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This year, tax-aid volunteers will be located at Seymour Community Center From February 10 - April 14.*

*Residents & Members may begin to register on February 1  
Registration opens to public on Feb. 7*

## Fitness Classes & Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
10 am	Zumba Gold	Strength & Tone	Zumba Gold	Qigong Pickleball	Strength & Tone
11 am	Chair Yoga Pickleball	Pickleball	Pickleball		<b>Saturday</b>
12:30 pm		Bingo Mahjong		Pinochle	8:30 am* Zumba Dance
1 pm		Band Jam	Board Games	Band Jam	Must be an Active Adult Member and register to attend all programs and activities.  *Prices vary for evening/Saturday classes
1:30 pm	Cornhole			Wii Bowling	
6 pm*	Zumba Dance		Pound Fitness	Kickboxing	
7 pm*		Line Dancing			

### FIT AFTER 50 PROGRAM

Fit after 50 (formerly Senior Fit/Senior Strong) is a series of classes specific for our adults over 50 years of age. Classes focus on cardio, strength, balance, and flexibility. Free with membership.