

# Seymour Community Center

Active Adult Newsletter



# October

## Open House

Join us for our open house where we will introduce the center to new and prospective members. Topics covered will be classes, Fitness Center, Activities, Membership details and Services offered.

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



## Hoedown Luncheon

Matteis Deli is catering a delicious Southern Fried Chicken, corn, mashed, gravy and coconut cake. Take a lesson with our line dance instructor.

**Oct 9 | 12 pm | \$13**

## Lunches & Socials

### Pierogis & Kielbasa

The Rogi Shoppe will serve Pierogis, Kielbasa, & Kraut.

**Oct 16 | 12 pm | \$13**



## October Class Cancellations & Closures

October 1 & 8 - No Strength & Tone  
Oct 14 - 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.

Oct 1	Walmart
Oct 7	CC Open House
Oct 8	Market 32
Oct 9	CC Lunch
Oct 15	Walmart
Oct 16	CC Lunch
Oct 22	Shop Rite
Oct 29	S&S

**Transportation to Events** The Center is now offering Seymour Residents transportation on select days to our Center. This service is provided for those residents who do not drive or do not have a family member or friend to drive them. We will do our best to accommodate all residents but time, drivers and vehicle availability may affect our ability to provide this service. Reservations must be made a minimum of 7 business days prior to a scheduled transportation day.

## Member Fitness Classes & Activity 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 Gold 10 am	Zumba Tone 10 am
Pickleball* 11 am - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Strength & Tone 10 am
Chair Yoga 11 am	Cribbage 11:30 1st Tues	Pickleball 11 - 2pm	Chair Yoga Standing Pilates 11 am	Poise & Posture 11 am
Ballroom 1 pm	Bingo & Mahjongg 12:30 pm	Mahjongg 12:30 pm	Pinocle 12:30 pm	
Zumba Dance 6 pm	Band Jam 1 pm	Zumba Tone 6 pm	Band Jam 1 pm	
	Line Dancing 7 pm	Zumba Tone 6 pm	Ballroom Dance 7 pm	<b>Sat</b> Zumba Dance 8:15 am

Must be an Active Adult Member & register to attend programs & activities.

\*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  
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## Programs

### Paint a Pumpkin

Get in the festive spirit and paint a pumpkin! Take it home or leave it on display at the Center. Supplies provided.



**Oct 3 | 1 pm | \$5**

### Age Well

#### Stroke Awareness

Griffin Hospital will present on the prevention as well as awareness of strokes.

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

### Veterans Benefit Fair

Sponsored by American Legion Post 10. Various VA organizations will be available to ask 1:1 questions about services & benefits, On site benefits applications & help will also be available

**Oct 9 | 6 - 8 pm | Free**

### Medicare Info Seminar

Understanding Medicare can be challenging. New regulations, additional coverage needed and the best supplemental coverage for your needs will be discussed.

**Oct 17 | 1 pm | Free**



### Lunch & Learns

#### Credit Scores & Reports

Sponsored by M&T Bank

**Oct 2 | 12 pm | Free**

#### Headaches Decoded

Presented by Joe Violetta.

Sponsored by Wesley Village.

**Oct 10 | 12 pm | Free**

#### Tips & Tricks to Reduce Sodium

Sponsored by Wesley Village

**Nov 14 | 12 pm | Free**

### Covid/Flu Clinic

Sponsored and administered by Naugatuck Valley Health District. Nurses will be available all day to administer shots. No appointments necessary.

**Oct 15 | 10am - 1 pm | Bring Insurance Card**

## Trips

### Adventures of Southern Italy

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

Coming Fall 2025

**Presentation Oct 2 | 6:30 pm  
Please pre-register**

### Nelson Hall

#### Beginnings: Celebrating the Music of Chicago

**Oct 24 | 1 pm | \$50**

### Casino

Foxwoods with friends.

**Oct 30 | 8 am | \$15**

### Shubert Theatre

#### Dear Evan Hansen (12+\*)

A Tony & Grammy winning Best Musical and the first contemporary musical about connection in the digital age. Dinner on own - make your reservations early.

**Nov 23 | 12 pm | \$95**

### NE Christmas Festival *waitlist accepted*

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**

### Woodbury Commons

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

**Dec 7 | 8:30 am | \$15**

### Broadway

#### The Great Gatsby

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

**Feb 8 | 8:45 am | \$120**

## Ongoing Programs

### NEW POOL TABLE Coming Soon



Come hang out with friends, enjoy some coffee, and play some pool or table tennis.

### Boardgames & Cards

Sign up for each game in advance so we know we have enough players.

**Pinochle | Thurs | 12:30 pm**

**Cribbage | Oct 1 | 11:30 am**

**Scrabble | Oct 9 | 2 pm**

### Blood Pressure Screening

No Appointment Needed.

**Oct 1 | 12 pm | Free**



### Haircuts

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

**Oct 2 | 12:30-4 pm | \$10**

### Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

**Oct 2 & 16 | 10 am - 1 pm | \$15**

### Tech Time

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

**Oct 3 | 2-4 pm by apt. | Free**

### Movies @ the Center

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

**Oct 21 | The Black Phone**

Horror | Suspense | 2022

**Nov 18 | Civil War**

Action | Suspense | 2024



**Bingo**  
Tuesdays  
12 pm



**Halloween Bingo & Lunch**  
Join us for lunch. Free cards for best costume.  
**Oct 29 | 12 pm | \$5**

### Puzzle Palooza

Join us for a fun puzzle-making contest! Teams (max 4 people) race to finish a 500 piece puzzle. Snacks provided. Prize for winning team.

**Oct 18 | 6 pm | \$25**