

Seymour Community Center

Active Adult Newsletter



Upcoming Day Trips

Aqua Turf

Shake Rattle n' Roll Dueling Pianos

Two top piano entertainers battle it out and mix music, comedy and audience interaction win a sing-a-long.

Sept 10 | 10:15 am | \$60

Nelson Hall

Beginnings: Celebrating the Music of Chicago

Oct 24 | 1 pm | \$50

Casino

Mohegan Sun with friends.

Sept 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.

**Recommended for ages 12 and up and contains adult themes, including discussions of suicide.*

Nov 23 | 12 pm | \$95

September Closures & Class Cancellations

- Sept 2 - Center Closed
- Sept 5 & 26 - No Chair Yoga
- Sept 10 - No Zumba Tone

Transportation

Shopping Trips & Doctor appts on Tues. Call Wed - Fri before the Tuesday date to schedule pick-up. 15 riders max.

Sept 3	Walmart
Sept 11	Market 32
Sept 17	Walmart
Sept 24	Shop Rite
Oct 1	S&S

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	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 am
Pickleball* 11 am - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Poise & Posture 11 am
Chair Yoga 11 am	Cribbage 11:30 1st Tues		Chair Yoga & Standing Pilates 11 am	
Ballroom 1 pm	Bingo & Mahjongg 12:30 pm	Mahjongg 12:30 pm	Pinochle 12:30 pm	
Zumba Dance 6 pm	Band Jam 1 pm		Band Jam 1 pm	
	Line Dancing 7 pm	Zumba Tone 6 pm		Sat 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
dhunter@seymourct.org
203-888-0406 ext. 3**

Dawnmarie Hunter, Licensed Clinical Social Worker (LCSW) has 20 years of experience. Dawn is available to help residents in many areas including:

- 2024 Renters Rebate is due 9/30 NO medical extensions.
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

Seymour Community Center 20 Pine Street, Seymour, CT 06483

203-888-0406 xt 1 | seymourct.myrec.com

Health Fairs

Vetera Benefit Fair

Oct 9 | 6 - 8 pm
Free

Covid/Flu Clinic

Oct 15 | 10am - 1 pm
Bring ins.
Card

Lunches & Socials



Chicken Cacciatore

Vazy's is catering Chicken Cacciatore with Buttered Egg Noodles. Teresa Cavaliero will be reading from her book "The Journey of an Italian-American Princess".

Sept 11 | 12 pm | \$13

National Cheeseburger Day

Voted best burgers in CT, Jimmies Place in Seymour will be catering delicious cheeseburgers and fries.

Sept 18 | 12 pm | \$10



Lunch & Learns

Aging Happily

Presented by Joe Violetta.
Sponsored by Wesley Village.

Sept 19 | 12 pm | Free

Credit Scores & Reports

Sponsored by M&T Bank

Oct 2 | 12 pm | Free



Trips, Cont...

Aqua Turf

Shake Rattle n' Roll Dueling Pianos

Two top piano entertainers will take the stage for an epic battle! Mixing music, comedy and audience interaction in a singalong, laugh-along, dance-along show you'll never forget!

Sept 10 | 10:15 am | \$60

Big E Fair

This annual fair has Venders, Food, Parades, Bands, Floats & More!

Sept 26 | 9:30 am | \$20 tix/trans

Adventures of Southern Italy

Coming Fall Oct. 17 - 29, 2025

\$4,999/DO/ 13 days/20 meals

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

Presentation Oct 2 | 6:30 pm

Please pre-register



Programs

Ukulele Beginner Lessons

Learn to become a Uke player - its fun and easy! Meets Bi-weekly.

Sept 24 | 2:30 pm | \$20/4wks

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

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

Ongoing Programs

Boardgames & Cards

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

Pinochle | Thurs | 12:30 pm

Cribbage | Sept 3 | 11:30 am

Blood Pressure Screening

A Griffin Hospital Nurse provides blood pressure screenings before Bingo. No Appointment Needed.

Sept 3 | 12 pm | Free



Haircuts

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

Sept 4 | 12:30-4 pm | \$10

Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

Sept 4 & 8 | 10 am-1 pm | \$15

Tech Time

Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel

1st Thurs of each month

Sept 5 | 2-4 pm by apt. | Free

Movies @ the Center

1:30 pm | Free | Popcorn \$1

Sept 9 | The Fall Guy

Action | Comedy | 2024

Oct 21 | The Black Phone

Horror | Suspense | 2022



Bingo
Tuesdays
12 pm

Bingo & Lunch
Join us for Pizza and a friendly game of Bingo!
Sept 24 | 12 pm | \$3