

# Seymour Community Services

## 2019 Fall/Winter Programs

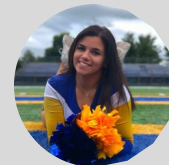
Seymour Community Services is pleased to release our 2019 Fall/Winter Program Guide. We offer a wide variety of social activities, educational programs, sports activities, fitness classes, and day & overnight trips for all ages. Whether your goal is to find a sport for your child, develop a new skill, improve your emotional or physical well-being, or travel, we have you covered.

*This mailing is made possible by the generosity of local businesses & organizations. The next time you are looking for a service, dinner out, or a handy man please consider those listed below and on the back page of this guide. Without their sponsorship this mailer wouldn't be possible.*

- |                               |                              |                               |
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### HELP US HELP CHLOE!

The American Red Cross and Seymour Recreation will be holding a blood drive to help Seymour Resident & SHS Senior, Chloe Martins  
**October 26, 8 am - 2 pm, Seymour Community Center**



### Community Resources

#### Seymour Public Library

Various programs are offered for children and adults. For more information visit [seymourpubliclibrary.org](http://seymourpubliclibrary.org) or call 203-888-3903.

#### Transportation

Seymour Community Services provides scheduled transportation for seniors to local grocery stores, doctor appointments, the Seymour Oxford Food Bank and events at the community center. Reservations required 48 hrs. in advance.

#### Municipal Agent

The Municipal Agent advises and connects Seymour seniors with available resources to maintain a healthy, happy, independent, self-sufficient life. Office hours are Thursdays from 10 - 1. Call 203-888-0406 xt. 3 to schedule an appointment.

#### Veteran's Services

Veterans needing information about services and benefits available in the State of Connecticut should contact Seymour Community Services. For information Call 203-888-0406.

### Memberships

#### Fitness Center Membership (New Hours!)

The Community Center Fitness Room is open to Seymour Residents and Senior Center Members. It is located in the Seymour Community Center and includes two treadmills, rowing machine, stationary bike, an all-in-one gym, dumbbells, and body bars.

**Membership Cost: FREE**

**Days & Times:** Mon-Thurs, 8 am - 8 pm  
 Fri, 8:00 am-12 pm

#### Pool Membership

Seymour High School Pool is available for open swim, aquatic exercise, and laps. Individuals and families welcome.

**Membership Fees:** \$40 - \$75 Residents

**Dates:** January - June

**Days & Times:** Tues, Wed, Thurs, 7 - 9 pm

#### Senior Center Membership (50+)

A Senior Membership is required to attend a Senior Program/Trip. Yearly membership runs July 1 to June 30.

**Annual Fees:** Residents \$7/80+ Free  
 Non-Residents \$9

### Recreation for Youth, Adults & Seniors

Our mission is to provide recreational, educational, and social programs and services for all Seymour Residents

**Mary McNelis**  
 Director

**Tara Miller**  
 Community Services Assistant

**Lucy McConologue**  
 Elderly Services Manager

**Zack Philippas**  
 Recreation Manager

**Bonnie Wilkes**  
 Municipal Agent

**Wesley Nelson**  
 Bus Driver

**Administrative Office Hours**  
 Mon – Thurs 8 am - 4:30 pm  
 Friday 8 am - 12:00 pm

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 Seymour, CT 06483  
 (203) 888 - 0406

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### PEDIATRIC CPR TRAINING

November 14, 6:30 - 8:30 pm, Seymour Community Center  
 February 8, 9 - 11 am, Seymour EMS Building reg req

To register visit  
[seymourcommunityservices.com](http://seymourcommunityservices.com)  
 Or Call (203)888-0406



## Pre-K Programs (ages 3-5)

### Storytime & Art

Join us for a fun class of stories and art. Each class will contain a story and an art project associated with the book.

**Dates:** Thurs, Sept 19-Oct 24 **Time:** 5:45pm  
**Cost:** \$60 **Location:** CC

### Mad Science

Come on a Science Adventure! This program covers everything from cool dry ice to hot air balloons, and dinosaurs to a rocket launch.

**Dates:** Sat, Sept 21-Oct 26 **Time:** 10 am  
**Cost:** \$95 **Location:** CC

### Happy Feet Soccer Program

HappyFeet is an excellent opportunity to watch your little one develop and showcase his/her HappyFeet soccer skills. A perfect way to introduce kids ages 3-5 to team sports.

**Dates:** Sept 15 - Oct 27 **Time:** 11 am  
**Cost:** \$95 **Location:** SMS

### Jump Bunch Program

This fun-focused sports program is loaded with activities that will foster hand/eye coordination, balance and gross/fine motor skills for children.

**Dates:** Mon, Jan 27 - Mar 23 **Time:** 6 pm  
**Cost:** \$55 **Location:** CC

### Mini Ninjas

Teaches basic karate skills. Students progress by mastering skills focusing on behavioral, motor & technical skills.

**Dates:** Fri, Sept 20-Nov 8 **Time:** 9:30  
**Cost:** \$55 **Location:** CC

## Youth Basketball

### Future Stars Academy (Grs K-2)

**Session I:** Dec 7-Jan 25  
**Session II:** Feb 8 - March 21  
**Time:** Varies **Cost:** \$75

### Recreational League (Grs 3 - 8)

**Dates:** Weekdays **Dates:** Dec - Feb  
**Time:** 6 pm-8 pm **Cost:** \$80

### Travel League (Grs 5 - 8)

**Dates:** Mon - Sunday **Dates:** Nov - Feb  
**Time:** 6 pm-8 pm **Cost:** TBD

### High School League (Grs 9 - 12)

**Dates:** Fridays **Dates:** January  
**Time:** 7:30 pm **Cost:** TBD

### Hot Shots Basketball Shootout

This fun state-wide basketball shooting contest is for boys & girls ages 9 - 15.

**Date:** Spring **Time:** Varies  
**Place:** CC **Cost:** \$5

## Aquatic Programs

**Pool Membership** Have some fun with the kids, lap swim, water exercise all at Seymour High School Pool.

**Dates:** January - June  
**Dates:** T, W, Th, 7-9 pm **Cost:** \$75/Fam

### Swim Lessons

Keep your child safe this summer and start swim lessons now. 30 minute classes from Pre-k to Beginner.

**Dates:** Begins January  
**Time:** TBD, Evenings **Cost:** \$80

**Aqua Zumba** Aquatic Fitness uses the natural resistance of water to provide a wide variety of conditioning activity. Swimming not required and flotation devices are used.

**Dates:** January 15 - March 4  
**Time:** Weds, 7:15 pm **Cost:** \$40

## Youth Activities & Programs

### Marcy's Tennis Academy CLS

All skill levels welcome! Come learn the correct way to hit shots, move on the court and observe the rules of the game while emphasizing fun.

**Dates:** Tuesdays **Dates:** Sept 17-Oct 22  
**Time:** 3:40 pm **Cost:** \$90

### Mad Science CLS & Bungay

Mad Science delivers a unique hands on experience that is fun and educational. Go on line for different topics covered this fall.

**Dates:** Weds **Dates:** Sept 18-Oct 30  
**Time:** 3:40 pm **Cost:** \$99

### Indoor Futsal (Soccer)

Futsal is a fast-paced small sided game that focuses on technique and skill over size and athleticism. It allows kids to sharpen their skills in a fun environment.

**Dates:** Tues (Bungay) & Wed (CLS)  
**Dates:** Jan 15- Feb 20  
**Cost:** \$90 **Time:** 3:40 pm

### Tang Soo Do & Mini Ninjas

This Martial Art inspires its children to improve their bodies, minds, hearts, and spirits. Classes run 30 min-1 hr. & vary by ability & age (3+).

**Dates:** Tues & Thur **Dates:** Ongoing  
**Time:** 4-6pm **Cost:** \$70/mo

### Safe@Home

Presented by Seymour EMS, this 90-minute program teaches students how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Trans for Bungay Students

**Dates:** Thurs, Oct 24 at CLS  
Wed, Nov 7 at SMS  
**Time:** Afterschool **Cost:** \$16

### Krav Maga for Teens

This self defense and fitness academy focuses on practical and instinctive response training while increasing self confidence, awareness, and fitness.

**Dates:** Tu & Th **Time:** 5-6 pm **Cost:** \$80/mo

### Middle School Adventure Club

Looking for a fun Friday night to spend with friends? Join our MS Adventure club! Each month this group will take on a new adventure on a select Friday.

**Dates:**  
Sept 27 Urban Air Adventure Park  
Oct 25 Lake Compounce,  
Haunted Graveyard  
Nov 22 Bowlero Milford  
**Time:** 6:30-9:30pm **Cost:** \$40 ea or \$100/3



## Adult Sports, Fitness, & Programs

### Basketball League (under 35)

Teams & individual players are welcome.

**Dates:** Tues & Thurs **Date:** Sept 24  
**Time:** 6-9 pm **Cost:** \$60/pp

### Basketball League (over 30)

Teams & individual players are welcome.

**Dates:** Sundays **Date:** Jan 26  
**Time:** 6-9 pm **Cost:** \$60/pp

### Country Line Dancing

Participants will learn a variety of classic and contemporary country line dances.

**Dates:** Tuesdays **Date:** Ongoing  
**Time:** 7-9:00 pm **Cost:** \$75/session

### Adult Self Defense

Learn to defend against common chokes, grabs, and bear hugs against larger attackers. Realistic training scenarios covered.

**Dates:** Saturdays **Date:** Sept 28  
**Time:** 9 - 10 am **Cost:** \$45/session

### 4<sup>th</sup> Annual Dodgeball Tournament

If you thought Dodgeball was fun in the 4th grade, try it as a grown-up. Must be in HS or older to participate. Includes pizza & t-shirt.

**Dates:** Friday **Date:** January 3  
**Time:** 5:30 pm **Cost:** \$15/pp

### Pickleball Open Play

Pickleball combines badminton, tennis and table tennis together into one sport. Using a badminton-sized court, 2-4 players use hard paddles to hit a wiffle like ball over a net that is slightly lower & shorter than a tennis net players of any skill level, are invited to play.

**Dates:** Sept 18 - Oct 23  
**Time:** Weds, 6:30-8 pm **Cost:** \$25/session

### Martial Arts Playground

Join Martial Artists to practice and apply martial concepts in an unstructured setting.

**Dates:** varies 1x/month  
**Time:** Sats, 10 am **Cost:** \$60/year

## Friday Night Out

### Sip & Paint

Invite your friends, sip your favorite beverage\* and enjoy step-by-step instruction with our experienced & enthusiastic local artists.

**Dates:** Oct 11 & Feb 7 **Time:** 6:30 pm  
**Cost:** \$30/pp **Location:** Seymour Land Trust



**Murder Mystery**  
Totally 80's  
Totally Murder

Grab a group of your friends and join us for this Murder Mystery Night.

**Date:** January 17 **Time:** 7 pm  
**Cost:** \$30/pp group discounts available

### Senior Fit Senior Strong

Seymour Recreation offers a free daily exercise class for our Senior Members.  
**Classes include:** Chair Yoga, Zumba Gold, Qigong, Strength, Tone & Balance

### Fitness Classes

\*Registration and Membership Required

Morning				Evening			
Day	Time	Class	Price	Day	Time	Class	Price
Mon	10:00 am	Chair Yoga	Free*	Mon	6:30 pm	Zumba Dance	\$45
	11:15 am	MindFit-Strength	\$25		6:30 pm	Pilates	\$45
	11:15 am	Tai Ji Quan	Free*	Tu	7:00 pm	Line Dancing	\$75
Tu	10:00 am	Strength & Tone	Free*		6:00 pm	PiYo	\$45
	10:00 am	Zumba Gold	Free*	Wed	6:00 pm	Yoga	\$35
Wed	11:15 am	Tai Ji Quan	Free*		Multi Class Discount on Certain Classes		
	10:00 am	Qigong	Free*				
Thu	10:00 am	Strength & Tone	Free*				
	9:00 am	Zumba Dance	\$45				
Fri	10:00 am	Yoga	\$35				
	8:30 am						
Sat							



## Adult & Senior Programs

### Monthly Book Club



Enjoy reading and interesting discussion? October Book: "A Man Called Ove". Books available at Seymour Public Library.

**Dates:** 1st Wed **Time:** 1 - 2 pm **Cost:** Free

### Veterans Benefits

Learn what services & financial benefits are available to Veterans and their spouses. Q&A to follow. Reg req.

**Date:** Sept 9 **Time:** 10 am **Cost:** Free

### Tai Ji II

This 8 week class is for participants who completed Tai Chi Easy or Tai Ji Quan. The class will continue to maintain strength & balance using Tai Chi movements.

**Dates:** Sept 12 **Time:** 9 am **Cost:** \$25

### Mind Fit - Strength

Come improve your physical energy with this MindFit strength training developed to help your body feel rejuvenated and healthy!



**Free Trial Class, Tues, Sept 10, 11 am**

**Dates:** Mon, Sept 16 - Oct 28

**Time:** 11:15 am **Cost:** \$25

### AARP Driver's Refresher Course

Review driving skills, new laws, and hazards of the road. Course completion may qualify you for an insurance discount.

**Dates:** Sept 16 **Time:** 9-1 pm **Cost:** \$15/\$20

### Recipe for Healthy Stress

Program focuses on healthy ways to balance stress as you age.

**Date:** Sept 18 **Time:** 11:15 am **Cost:** Free

### A Matter of Balance

This 8 week class sponsored by NVH includes information & skills on fall prevention. A strength & balance session ends each class.

**Dates:** Sept 25 **Time:** 1 - 3 pm **Cost:** Free

### Mahjong Lessons

Learn to play Mahjong in 3 two-hour sessions. Includes Mahjong cards.

**Dates:** Wed or Fri Sept 25 - Oct 11

**Time:** 1 pm

**Cost:** \$10

### Flu Clinic

LNV Health Flu Clinic at the Community Center. Bring your Insurance card.

**Date:** Oct 4 **Time:** 9-11:30 am **Cost:** Ins Card

### Healthy Organization

It pays to be organized. Learn to manage your health records, organize meds and all emergency information.

**Date:** Oct 21 **Time:** 11:15 am **Cost:** Free

### Medicare Information Session

Understanding Medicare can be challenging. New regulations, added & supplemental coverages for your needs will be discussed.

**Dates:** Oct 23 **Time:** 9:30 am **Cost:** Free

### Meet Your Probate Judge

This program covers the role your Probate Judge plays in wills & testaments, competency issues & guardianship.

**Date:** Nov. 7 **Time:** 10 am **Cost:** Free

### Tai Ji Quan - Info Session

Improve your balance! 24 week program meets 2x a week. Reg. Req

**Date:** Jan 8 **Time:** 11:15 am **Cost:** Free

### AARP Tax Prep

Free Tax prep. Call last week in Jan for apt.

**Dates:** Feb-April **Time:** By apt. **Cost:** Free

### Memory Baseline Screening

Brief Screening to address capability & measure daily function, memory and recall. A summary will be sent to your Doctor.

**Date:** Feb 10 **Time:** 10 am **Cost:** Free

### Understanding Home Care

What help am I eligible for? How do I get it? What will insurance pay? Q&A to follow.

**Date:** March 9 **Time:** 10 am **Cost:** Free

## Day Trips

### Monthly Casino Trip

Last Monday of each month we travel by motor coach to either Foxwood or Mohegan.

**Date:** Mondays **Departs:** 8 am **Cost:** \$25

### Riverview Cinema-Southbury

Transportation from CC once a month to the Riverview Cinema in Southbury. Reg req.

**Date:** Monthly **Departs:** 12:30pm **Cost:** Tix

### Maritime Aquarium

Travel to Norwalk and tour the aquarium enjoy an IMAX movie. Lunch on own. CC Bus

**Date:** Sept 16 **Departs:** 9 am **Cost:** \$27

### The Big "E"

Travel to the Big "E" Fair in Springfield, MA. Enjoy food, vendors, concerts and a parade.

**Date:** Sept 23 **Departs:** 9:30am **Cost:** \$20

### Yankees Playoff Game - ALDS

Includes Transportation & Tickets

**Date:** Oct 5 **Cost:** \$112

**Location:** Yankee Stadium



### Yankee Candle/Butterfly Garden

Great place to shop for candles, Christmas Items and Unusual gifts. We will also visit Magic Wings Butterfly Garden.

**Date:** Nov. 6 **Departs:** 9:15 am **Cost:** \$25

### Radio City Music Hall

Start the holiday season with a trip to Radio City for their Christmas Spectacular.

**Date:** Nov 16 **Cost:** \$99 **Departs:** 7:30 am

### Wadsworth Athenaeum-Festival of Trees

Can't wait for Christmas? Enjoy the unusual decorated trees and wreaths and be entertained by local artists.

**Date:** Dec 2 **Departs:** 12:30 pm **Cost:** \$20

### Woodbury Commons Outlets

Complete your holiday shopping! This Premium Outlet Shopping Center has over 200 stores!

**Date:** Dec 7 **Departs:** 8:30 am **Cost:** \$8

### Annual Gingerbread Village Display

A breathtaking display of Houses. Churches and scenery all created by the members of St. George Episcopal Church.

**Date:** Dec 9 **Departs:** 1:30 pm **Cost:** Free

### KoC - Crèches of European Countries

Travel to the Knight of Columbus Museum for a bit of Christmas in January. Enjoy the display of over 100 crèches. Lunch on own.

**Date:** Jan 8 **Departs:** 11 am **Cost:** Free

### Connecticut Flower & Garden Show

A showcase of floral arrangements, landscapes, plants, and lawn & garden vendors. Fast Food is available.

**Date:** Feb 20 **Departs:** 9:30 am **Cost:** 5+tix

## Free Weekly Activities & Clubs

### Strider's Club

Come walk with friends and get some fresh air on our new Community Center Walking Path!

**Days:** M,W,F **Time:** 8:30am



### Music Clubs

Enjoy music? Come to play or just listen. Grab a cup of coffee and sit back as you enjoy old time classics with new and old friends.

Interested in playing? New members welcome.

**Band Jam, Thurs, 2 pm**

**Acoustic Music, Tues, 2 pm**

Activity	Days	Time
Strider's Club	Mon, Wed, & Fri	8:30 am
Pickleball	Mon, Wed, & Thurs	9:00 am
Wii Bowling	Mondays	1:00 pm
Walking DVD	Tues & Thurs	10:00 am
Bingo	Tuesdays	12:30 pm
Mahjong	Tues & Weds	12:30 pm
Music Clubs	Tues & Thurs	2:00 pm
Pinochle	Thurs	12:30 pm

## Monthly Senior Lunches

### Senior In-House Lunches

Enjoy a catered lunch and entertainment with friends. Need a ride? Give us a call. Visit our website or join the Senior Center to receive our Monthly Newsletter with dates & details.

**Dates:** Monthly **Time:** 12 pm **Cost:** \$9

### A Salute to Our Veteran's

Let's celebrate our Veterans with Lunch and entertainment. All are invited.

**Dates:** November 14 **Time:** 12:00 pm

**Cost:** Veterans Free/ Non-Vets \$5

### Lunch Bunch

Monthly we venture out to a local restaurant, enjoying great food and friends. Visit our website or join the Senior Center to receive our monthly newsletter with destinations & dates. CC Bus.

**Dates & Times:** Vary by Month

**Cost:** Lunch on Own

## Monthly Services\*

Service	Day	Price
Foot Care	2nd Monday/mo	\$30/30 min
Chair Massage	3rd Thursday/	\$15/15 min

**\*Appointments Required**

## 2020 Cruise Corner

### Baltic Capitals

9 Nights aboard the *Norwegian Escape* plus Copenhagen Ultimate Beverage package, gratuities, Air, Flight, & Ins. Included.

**Date:** June 4-16 2020

**Cost:** \$3479/\$4479



### Panama Canal

13 Nights aboard *Norwegian Encore* from NY. Includes choice of two: Beverage, Dining, wifi, shore excursions.

**Date:** October 2020

**Cost:** \$2249/\$3749

Seymour Community Services

20 Pine Street

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## Seymour Community Services

Administrative office Hours:

Mon – Thurs 8 am – 4:30 pm

Fridays 8 am – Noon

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