

Trips & Travel

Looking for your next travel destination?
Seymour Community Center has the trip for you!

- Atlantic City—May 2020
- Baltic Capitals—June 2020
- Panama Canal—October 2020

Visit our websites for more information at seymourct.myrec.com



Youth, Adult & Senior Programs

Sessions Start in January

Check out the Recreation, Senior, & Library pull-out sections on pages 3 - 5. Visit our websites for more information at

seymourct.myrec.com

and

seymourpubliclibrary.org

@SEYMOURCT

Coming Soon



The US Census provides crucial information to governments and businesses to make decisions that impact the community. Responding to the Census is

MANDATORY & CONFIDENTIAL!

Your Census response cannot be shared with anyone, including other government agencies. Stand up and be counted!

The information you provide will be used for the next ten years to determine:

- Representation at the State & Federal level
- Federal funding
- Where businesses should open new locations
- Emergency response plans

Message from the First Selectman

Happy New Year! It is with great pride that I am introducing to you the first issue of Seymour's quarterly newsletter. My team and I are constantly working to improve communication with residents. Over the years, we have implemented or improved social media, CODE RED emergency information, and Community Services communications. This Town Wide Newsletter is the next stage in our continued efforts to keep residents informed of what is going on in town offices and around town. Our hope is that it will provide a single, universally available source of information.

Each issue will include crucial dates such as elections and referenda as well as public events and services like parades and leaf pickups. Additionally, we have asked staff to prepare information to help residents discover and understand the services we offer. This *quarterly* newsletter will replace the Community Services *semi-annual* mailer providing even more information including the Community Center & Library pull-out.

Our next issue will be posted on the Town Website and mailed to homes in April. I hope that you will find this newsletter useful. If you have any suggestions, or if you are a town organization and wish your dates to be included, please let us know.

-Kurt



→ **December 1**

→ **January 1**

→ **January 20**

→ **February 17**

→ **February 24**

Winter Parking Ban Begins - Odd side of the street

Second Real Estate & Property Tax payment due

Town Offices Closed in observance of MLK Day

Town Offices Closed in observance of Presidents' Day

Parks Applications due by for Spring Season

@SEYMOUR TOWNHALL

Tax Collector

Its that time of year again! The second half of the 2018 grand list real estate and personal property taxes are **due January 1, 2020** and become delinquent after February 3, 2020.

Also, due are the 2018 grand list supplemental motor vehicle taxes. You only receive a supplemental motor vehicle tax bill if you registered a motor vehicle between October 2, 2018 and July 31, 2019. Cash, money order, or **Visa Debit** is necessary for DMV clearance.

If you have back taxes due (delinquent), payment must be applied to oldest outstanding tax bill first.

Payments can be made:

- A. Online* - www.seymourct.org
- B. By Phone* - 1-833-440-3767
must use bill number to insure proper processing of payment.
- B. In person at Town Hall
- C. By Mail

**Fees apply - \$2.00 minimum, \$3.95 for visa debit, 2.5% for credit card & \$2.00 for e-check.*

Assessor's Office

Seymour is currently conducting a Town-wide revaluation to ensure a more equitable distribution of the tax burden by bringing assessments up to date. State law requires this to be conducted every five years. This new value will go into effect October 1, 2020.

You may receive a visit from a town inspector who will display identification. Please allow the data collectors to conduct a 5-minute interior inspection of your home to promote a fair assessment. By law, any outstanding building permits will be evaluated by the Assessor as if they existed as of the 2015 revaluation to determine if construction will add or detract value from the assessment.



Cybersecurity

Cybersecurity Cybersecurity Cybersecurity!

With the recent news of governments and school districts across Connecticut and the country falling victim to cyberattacks, we have been reevaluating our hardware, software, and user education to ensure we are as safe as possible.



Seymour is ahead of the curve with respect to cybersecurity since we upgraded to a next-gen firewall in 2018. This was an excellent first step, but our work will not stop there. Two-thirds of all cyber breaches occur as a result of human error or behavior. We are adding safety protocols and training to help employees avoid threats so we can keep Seymour's digital presence secure.

Town Clerk

Birth, Marriage, & Death Certificates

Seymour Town Clerk can provide you with certified copies of your birth certificate if you were born in Seymour or your parents were living in Seymour at the time of your birth.



For Marriage Certificates, you must have been married in Seymour or living in Seymour at the time of your marriage. Copies of Certificates are \$20 each and payment may be made in the form of **cash, check or money orders only**. You may need these to obtain a REAL ID.

REAL ID Required October 1, 2020

As of October 1, 2020 anyone wishing to board a commercial aircraft for a domestic flight, access a federal facility, or enter a nuclear power plant, must possess a REAL ID Driver's License (verified license) or other verified government issued ID (passport). Visit <https://portal.ct.gov/DMV> for further details on how to obtain a REAL ID and necessary documents.

Monday - Thursday 8 am - 4:30 pm
Friday, 8 am - 12 noon

seymourct.org

1 First Street
Seymour, CT 06483
(203) 888 - 2511

@SEYMOUR COMMUNITY CENTER

Memberships

Fitness Center

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, recumbent bike and assault bike, an all-in-one gym, dumbbells, and body bars.



Membership Fee: **FREE**

Winter Hours:

Mon-Thurs 8 am - 8 pm
Fridays 8 am-12 pm

Seniors (50+)

Seymour Senior Center Welcomes Seniors age 50+ from Seymour and surrounding Communities. Membership entitles you to the Senior Newsletter mailed to your home, participation in our Senior Fit Senior Strong Exercise Programs for free and also allows you to attend our Senior Programs and Trips. Membership runs July 1 to June 30.

Fees:

Residents \$7/80+ Free;
Non-Residents \$9

Seymour Pool

Seymour High School Pool is available for open swim, swim lessons, aquatic exercise, and laps.

Days: Tues, Wed, Thurs

Dates: January - June

Times: 7 - 9 pm



Fees:

Individual: \$35
Family: \$75
Senior: \$25



Fitness Classes

MindFit	M or Th	11:15 am	\$25
Zumba	M, W Sat	6:30 pm 8:30 am	\$45
Outsmart Osteoporosis	M	2:00 pm	\$30
Pilates	Tu	6:30 pm	\$40
Line Dancing	Tu	7:00 pm	\$75
Kickboxing	Th	6:00 pm	\$40
PiYo	W	6:00 pm	\$40
Yoga	Th Sat	6:00 pm 8:30 am	\$35

Multi Class Discount on Certain Classes

Senior Fit Senior Strong*

Chair Yoga	M	10:00 am
Tai Ji Quan	M & W	11:15 am
Strength & Tone	Tu & F	10:00 am
Zumba Gold	M & W	10:00 am
Qigong	Th	10:00 am

*Seymour Recreation offers a **free** daily exercise class for our Senior Members.

Aquatic Programs

Swim Lessons

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

New WSI Instructors for 2020

Session I: Jan 16 - March 12 **Cost:** \$80

Session II: Mid March

Time: 6 & 6:30 pm (30 min lessons)

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

Pre-K Programs

Mini Ninjas

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

Days: Friday **Dates:** Jan 17- Feb 21
Time: 9:30 am **Cost:** \$55

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.

Days: Thursdays **Dates:** Jan 16-Feb 20
Time: 5:45pm **Cost:** \$60

Jump Bunch Program

This fun-focused sports program is loaded with activities that foster coordination, hand-eye balance, gross & fine motor skills.

Days: Monday **Dates:** Jan 27 - Mar 23
Time: 5:45 pm **Cost:** \$55

Adult Programs

Fitness Classes

See prior page for a list of days and times.

Country Line Dancing

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

Days: Tuesdays **Time:** 7 pm **Cost:** \$75/session
Session I: Jan 14 - Mar 3
Session II: Mar 17 - May 12

Basketball League (over 30)

Teams & individual players are welcome.

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

50+ Fit Personal Training

Stay strong and maintain your independence with personal trainer Linda Gottlieb.

Days: By aptment - Mon, 8-9am or 3-5pm
Cost: \$120/1 person for 4/30 min sessions
\$200/2 people for 4/30 min sessions

Friday Night Out

Sip & Paint

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

Dates: Feb 7 **Time:** 6:30 pm
Cost: \$30/pp **Location:** 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



Youth Programs



Future Stars Academy

Grades: K-2 **Days:** Sats
Dates: Feb 8 - Mar 21
Time: Varies **Cost:** \$75

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

Krav Maga for Teens

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

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

Tang Soo Do

This Martial Art inspires children to improve their bodies, minds, hearts, and spirits. Classes run 30-60min & vary by ability.

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

Open House 4 - 6 pm, January 7th

Mad Science

Science made fun with unique hands on topics that are fun and educational.

Days: Weds @ CLS **Dates:** Jan 15-Feb 26
Time: 3:40 pm **Cost:** \$99



Crayola Artist's Passport



Travel the world through art. Children create masterpieces such as drums, masks, canvases, prints, buses, and more!

Days: Tues @CLS **Dates:** Jan 14-March 3
Time: 3:40pm **Cost:** \$99

Indoor Futsal (Soccer)

This fast-paced small sided game focuses on technique and skill over size & athleticism. Sharpen skills and have fun.

Days: Wed @ CLS **Dates:** Jan 16- Feb 27
Time: 3:40 pm **Cost:** \$90



Marcy's Tennis Academy

All skill levels welcome! Learn the correct techniques of tennis while emphasizing fun.

Days: Tues @ CLS
Dates: Mar 17 - April 28
Time: 3:40 pm **Cost:** \$90

Day Trips &

Monthly Casino Trip

Travel by motor coach to either Foxwood or Mohegan the Last Monday of each Month.

Date: Last Mon **Departs:** 8 am **Cost:** \$25

KoC - Crèches of European Countries

Enjoy the Knight of Columbus Museum for & enjoy over 100 crèches on display.

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+tax

Upcoming Theater Productions

April 15 All Shook Up Westchester Theater

May 7 Wedding Singer Sharon Playhouse

June 10 Cinderella Westchester Theater

Monday - Thursday 8 am - 4:30 pm
Friday, 8 am - 12 noon

To register and for more information visit
Seymourct.

MUNITY CENTER

Senior Programs

Caregiver - My Time

This newly formed group meets the first Monday of each month for friends, relaxation & activities. Reg pref/walk-ins welcome.

Date: Monthly **Time:** 1:30pm **Cost:** Free

Tai Ji Quan - Info Session

Improve your balance! 24 week program meets 2x a week. Registration Required.

Information Session: January 8

Date: Jan 13-June 24 **Time:** 11:15am **Cost:** Free

AARP Tax Prep

Free Tax Preparation. Call last week in Jan for appointments. Apt. Fill quickly!

Dates: Feb-April **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

Outsmarting Osteoporosis

Nationally certified fitness trainer Linda Gottlieb introduces you to safe exercises that help prevent osteopenia and osteoporosis.

Info Session: Jan 16 **Time:** 2 pm **Cost:** Free

Dates: Jan 27 - Feb 24 **Time:** 2 pm **Cost:** \$30

Overnight Trips

Atlantic City

Enjoy 3 days/2 nights at the Tropicana Hotel & Casino. Trip includes: \$30 free play voucher, 2 buffet tickets, tip and transportation.

\$50/pp deposit due at booking. Final payment due May 1.

Dates: May 11-13 **Departs CC:** 8:30 am

Cost: \$252 Dbl, \$337 Single, \$232 Triple

Baltic Capitals

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

Date: June 5-16 2020

Cost: \$3479/\$4479



Panama Canal

13 Nights aboard

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

Date: Nov 29—Dec 12 **Cost:** \$2249/\$3749

Free Weekly Activities & Clubs

Strider's Club

Too Cold to walk outside on our walking path, you have choices. Walk inside or out. Group meets at Rm 107 in Community Center.

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.

Acoustic Music, Tues, 2 pm

Band Jam, Thurs, 2 pm



Monthly Movies & Lunches

Movies

Join your friends and enjoy movies & popcorn one afternoon a month.

Cost: Free @ CC

Dates: Jan 13, Feb 10, & Mar 23



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: Jan 16, Feb 13, Mar 12 **Cost:** \$9 **Time:** 12^{pm}

Hot Dog & Bingo Lunch

Join us for Hot Dogs & Chips before a fun game of Bingo the last Wednesday of every month.

Time: 12 pm

Cost: \$3

Lunch Bunch

Monthly we venture out to a local restaurant, enjoying great food and friends.

Cost: Lunch on Own

January 23 Roses

February 6 Maples

March 16 Italian Pavilion

Monthly Services

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

Appointments Required

Activity	Days	Time
Strider's Club	Mon, Wed, & Fri	8:30 am
Pickleball	Mon, Wed, & Thurs	Varies
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
Game Day	Wednesdays	1:00 pm
Pinochle	Thurs	12:30 pm

Community Resources

Transportation

Seymour Community Services provides Door-to-Door transportation for seniors.

48 hour Advanced Registration required.

Shopping

We take weekly trips to local Grocery Stores.

Tuesdays ShopRite, Derby

Fridays Varies - see below

(Stop & Shop, Walmart, Market 32)

Doctor Appointments

We transport to Valley Doctors apts. on Tues and Friday afternoons. Reservation required and based on driver availability.

Seymour-Oxford Food Bank

Rides are provided to Seymour residents who have scheduled appointments with Food Bank on Tuesday mornings.

Municipal Agent

The Municipal Agent advises and connects Seymour Seniors with available resources to maintain a healthy, happy, independent life.

Office hours are Thursdays from 10 - 1.

Call (203) 888-0406 xt. 3 for appointment.

Veteran's Services

Veterans needing information about services and benefits available in the State of Connecticut should contact

Lucy McConologue at (203) 888-0406 xt. 1.

@ROUNDTOWN

PUBLIC WORKS

SNOW REMOVAL

During winter months our focus is your safety with respect to snow removal and sidewalk clearing.

In order to effectively clear the roads in a timely manner. We ask that you follow these guidelines:

- Heed the advice from local news and Emergency Management regarding weather forecasts.
- Make every attempt to stay off the roads to expedite plowing and treatment.
- Residents and private plow drivers are prohibited from pushing snow onto town roads

POT HOLE REPAIRS CONTINUE

We have rolled out a second asphalt machine to further improve response times for pothole repairs.

In between inclement weather events pot hole repairs will take place as follows: one crew will be deployed east of the river and one crew will be deployed west of the river.

Public Works takes great pride in delivering quality, professional services to our residents and business community. We always appreciate your patience, cooperation & understanding.



POLICE

The Seymour Police Department would like to provide residents with the following information for the winter season.

- **2019-2020 Winter Parking Ban** is in effect daily throughout the entire winter season Dec 1 - March 31. Parking will be on **ODD SIDE** of roadway unless otherwise denoted. Visit www.seymourct.org for list of exemptions.
- Remove SNOW/ICE from walkways within the first six hours of daylight immediately following a storm.
- DO NOT push, throw, blow or plow SNOW/ICE into roadway.
- Remove SNOW/ICE from vehicle before operating vehicle.

When traveling, leave enough time to reach your destination and increase space between vehicles

FIRE

WINTER FIRE SAFETY TIPS

Home heating fires are the second most common cause of structure fires in the United States.

Keep your family safe by:

- Servicing your furnace annually
- Cleaning your Chimney
- Plug portable heaters directly into outlet and only use when home
- Regardless of heat source, never place combustibles within 3 feet
- Use logs only - not garbage or lumber - in woodstoves
- Install carbon monoxide detectors near the bedrooms
- Test smoke alarms monthly and change the batteries when you change your clocks (March 8th)

PARKS

Parks Commission Meets 4th Monday of each month and accepts field use applications for one time use such as birthday parties.



Field Use

Applications for Spring Leagues & ongoing spring programs are **due Feb 24**. Visit the Town Website for the application.

TOWN SPORTS LEAGUES

Town Sports Leagues are not for profits that are run independently of the Recreation Department. For more information visit their Websites.

George J. Hummel Little League

gjhl.org

Softball: Bob Lang, rclang27@sbcglobal.net
Baseball: Scott Lang, slang1855@sbcglobal.net

GJHLL Registration Spring Season

Date: Tues, Jan 14 **Time:** 7-9 pm
Location: M.A.G.'s

Dates: Thur, Feb 6 **Time:** 6 - 8 pm
Location: Community Center

Seymour Pop Warner

seymourpopwarner.com

Registration for Fall 2020 coming in March check website for Dates.



Seymour Soccer Association

seymoursoccer.org

Winter Indoor Foot Skills

AFC's futsal program in Seymour.

Dates: Saturdays, Jan - Mar **Cost:** \$65

Spring Soccer League (U5 - U19)

In-House, Recreational & Competitive Soccer

Dates: April - June **Registration:** February

Visit website for on-line registrations

Calling all non-profits! Interested in having your groups information highlighted, please contact mmcool@seymourct.org. Each quarter one organization will be chosen. Selection will be based on relevance of submission, time of year, and size of target market to be reached.

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