

@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 14 - March 3

Time: Tues, 7:15 pm **Cost:** \$40

@SEYMOUR COMMUNITY CENTER

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 18 Singing in the Rain - Sharon Playhouse

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

To register and for more information visit
Seymourct.myrec.com

@SEYMOUR COMMUNITY 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.

To register and for more information visit
Seymourct.myrec.com

20 Pine Street
Seymour, CT 06483
(203) 888 - 0406

@SEYMOURLIBRARY

DIRECTOR'S MESSAGE

We would like to invite you to visit our Library. This visit can be to our physical location at 46 Church Street or online at seymourpubliclibrary.org.

This past year alone The Library has served close to 45,000 patrons and over 3,800 of them have attended our programs. Patrons have access to our literary collections, eBooks, audiobooks, music, DVDs, magazines, newspapers and educational programs.

Our programs are free and open to all. Library cards are free and available to all Seymour Residents. We encourage you to take advantage of all our library has to offer. Call us for more information.

Did you know the library offers:

- Audio Books
- eBooks
- Public computers
- Public Wi-Fi
- Print books
- Magazines
- Newspapers
- audio and music CDs
- DVDs
- Databases ie. Consumer Reports Online
- IndieFlix streaming service accessible from your home
- Ancestry, Library Edition

ADULT PROGRAMS

Monthly Book Clubs

Clubs meet monthly and books are available for check out with a library card 3 weeks prior.

Mystery Book Club

Days: 2nd Thursday each Month
Time: 11:00 am

Evening Book Club

Days: Last Tuesday of each Month
Time: 6 pm (Mingle) 6:30 pm Discussion
Location: Seymour Land Trust

Entertainment

Monthly Movies

Visit our website or call for movie title.

Days: Fridays
Time: 12 pm
Dates: Jan 24, Feb 21, March 20



Audrey Mae Musical Entertainment

Audrey Mae is a Bluegrass Quartet that features the duet of Peter Winne and Joe Delillo. This concert is provided by a Matthies Grant.

Date: Sat, March 21 **Time:** 1 pm



Celtic Chocolate: A Celebration of All Things Irish

Presented by Klassic Kreationz

REGISTRATION REQUIRED - Call the Library
Dates: March 3 **Time:** 6:30 pm

Historical Presentations

Mark Albertson is a historical research editor at *Army Aviation* magazine, and is the historian for the Army Aviation Association of America. Mark teaches history at Norwalk Community College. In May 2005, Mark was presented with a General Assembly Citation by both houses of Congress in Hartford for his efforts in commemorating the centennial of battleship *Connecticut*.



Date	Topic
Tues, Feb 18 6:30 pm	Queen Victoria & Prince Albert <i>A Love Story? for Valentine's Day</i>
Wed, Feb 26 6:30 pm	Suffragettes, the Right to Vote, & the 19th Amendment
Tues, Mar 10 6:30 pm	To Kill The Devil <i>The 1944 Plot to Kill Hitler</i>
Wed, Mar 18 6:30 pm	MLK and Malcolm X <i>Their Effect on the 60's</i>

Children's Programs

Pre-K

Drop-In Craft Table

Visit us any time on the days listed below to enjoy craft time with your child.

Dates:

Jan 10th-31st International Creativity Month
Feb 1st Take Your Child to the Library Day
Feb 7th & 8th Valentine Craft

Lynn Lewis Music & Movement (ages 0-6+)

Enjoy Singing dancing and playing in this interactive class.

Dates: Th, Feb 20 & Tues March 31

Time: 10:30 am

Science Snoopers (ages 2-6)

Science class for preschoolers (geared toward 2-6 yr olds - who can sit and listen). The next two classes' topic is natural science and will also feature a story and craft. *(must register!)*

Dates: Thurs, Feb 27 Brilliant Beavers
Thurs, Mar 26 Pond Life

Time: 10:30 am

Family Place Playgroup (ages 0-6)

Children will enjoy creative play, art table & story circle.

Dates: Tues, Feb 25, Mar 3,10,17, 24
Time: 10:30 am

The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go.

-Dr. Seuss



Youth Book Clubs

Book clubs consist of craft, snack & book talk. **Limited Space. Must Register.**

StoryKids (Gr. K-2)

Must have some reading ability.

Date: Thur, Mar 5 **Time:** 4 pm

BookChatters (Gr. 2-4)

Features the Magic Tree House Series.

Date: Thurs, Mar 12 **Time:** 4 pm

Nutmeggers (Gr. 5+)

Features Intermediate Nutmeg Nominees

Date: Wed, Mar 11 **Time:** 4 pm

Tues & Wed 9 am-8 pm
Thurs 9 am-5:30 pm
Fri 9 am-5 pm
Sat 9 am-4 pm
Closed Sundays & Mondays

46 Church Street,
Seymour, CT 06483
203-888-3903

seymourpubliclibrary.org