

Seymour Community Center

2022 FALL/WINTER PROGRAMS

Seymour Community Center is pleased to release our 2022 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. Our Active Adults will find transportation services for shopping and Doctors' appointments. Our Municipal Agent is available to support your social service needs. New programs and services are always being added so check out our website and follow us on Facebook. We look forward to seeing you in the coming months.

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

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Special thanks to Katherine Matthies Foundation, Valley Community Foundation, and the Seymour Lions Club. Their support allows us to reduce resident costs of select programs and activities including our Chess Club, Fit after 50 Classes, and Active Adult Lunches and Socials.

COMMUNITY FLU & COVID BOOSTER CLINIC
NVHD Flu Clinic at the Community Center
Oct 13 | 10 am – 1 pm | Bring Your Insurance Card

Community Resources

TRANSPORTATION

Seymour Community Services provides transportation on Tuesdays to local grocery stores, doctor appointments and the Seymour-Oxford Food Bank. Reservations required 48 hrs. in advance.

MUNICIPAL & VETERAN'S SERVICES

Please join us in welcoming Dawnmarie Hunter, LCSW as Seymour's new Municipal Agent. We are happy to have Dawn's years of social work experience available to serve Seymour residents.

Dawn is available per diem by appointment and can assist with applying for programs, such as Medicaid, QMB, Food Stamps, CT Homecare Program, and renters rebate for Seniors. She can be reached at (203) 888-0406 extension 3 or dhunter@seymourct.org

Memberships

FITNESS CENTER MEMBERSHIP

The Community Center Fitness Room is open to Seymour Residents and Active Adult (50+) 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 - 4 pm, Fri, 8 am - 11:30 am

Dec - Feb, Mon & Wed 6 pm - 8:30 pm

ACTIVE ADULT MEMBERSHIP (50+)

An Active Adult Membership is required to attend Programs & Trips. A membership runs July - June.

Annual Dues:

Residents \$10/80+ Free | Non-Residents \$15/80+ \$10
Veterans Free

RECREATION FOR YOUTH, ADULTS & SENIORS

**Providing recreational,
educational, and social
programs and services for
all Seymour Residents**

Mary McNelis
Director

Tara Miller
Community Services Assistant

Morgyn Manzer
Active Adult Coordinator

Zack Philippos
Parks & Recreation Manager

Dawn Hunter, LCSW
Municipal Agent

Larry Valetta
Bus Driver

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

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

facebook.com/seymour.ct
[Youtube](#)

To register call us or visit seymourct.myrec.com

Pre-K Programs (ages 3-5)



HAPPY FEET SOCCER PROGRAM

Introduce your little one to soccer and team sports with this weekly program.
Sept 17 – Oct 29 | 10 -11 am | \$125

MAD SCIENCE

Your little scientists will have a fun-filled hands-on experience in our Lab! They will be introduced to the world of dry ice and create their very own experiments, such as their very own slime!

October 10 | 9 - 11 am | \$45

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.

Winter 2023 | More Information Coming

Youth Basketball

FUTURE STARS BASKETBALL (Grs K-2)



Session I: Dec 3 - Jan 28
Session II: Feb 11 - March 25
Times Vary | \$99

RECREATIONAL LEAGUE (Grs 3 - 8)

Dec - Feb | 6 - 9 pm | \$99

TRAVEL LEAGUE (Grs 6 - 8)

Nov - Feb | 6 - 9 pm | TBD

HIGH SCHOOL LEAGUE (Grs 9 - 12)

Pick up Basketball League
Nov 4 - Dec 16 | 6 - 8 pm | \$25

Adult Sports & Fitness

COUNTRY LINE DANCING

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

Ongoing 8 week sessions.

Tuesdays | 7 - 9 pm | \$75/session

ZUMBA WITH CARA

Zumba Dance takes the "work" out of workout, by mixing low-intensity and high intensity moves for an interval-style, calorie-burning dance fitness party. Ongoing 6 week sessions.

Sept 12 | 6 - 7 pm | \$45

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. 6 week sessions.

Sept 12 | Thurs | 6 pm | \$45

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.

Sept 14 – Oct 19 | 6 - 7:30pm | \$35/session

Co-Ed KICKBALL LEAGUE

Teams & individual players are welcome.

Sept - Nov | 6 - 9 pm | \$65.00/pp

BASKETBALL LEAGUE (18+)

Teams & individual players are welcome.

Sept - Nov | 6 - 9 pm | \$65/pp

BASKETBALL LEAGUE (OVER 30)

Teams & individual players are welcome.

Feb - Mar | Varies | \$65/pp

DODGEBALL TOURNAMENT

It's BACK! If you thought Dodgeball was fun in the 4th grade, try it as a grown-up. HS or older may participate. Includes pizza & t-shirt.

Jan 6 | 5:30 - 9 pm | \$20/pp



Youth Activities & Programs

GIGGLING PIG ART @ CLS & BUNGAY



Each week, students will be taken on a creative art adventure by painting a ceramic, wooden character or their very own slime! *Runs for 6 wks.*

Mondays | Sept 19 | 3:40 - 4:40pm | \$110

Fridays | Sept 23 | 3:40 - 4:40pm | \$110

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. *Runs for 6 wks.*

Tuesdays | Sept 27 | 3:40 - 4:40pm | \$125

FOOD EXPLORERS @ SMS & CLS

One day a week the students will build on their nutrition knowledge and learn basic cooking skills. In their final week, students will show off their skills, and make a meal for the group. *Runs 6 wks.*

Tuesdays | Oct 4 | 3:40 - 4:40pm | \$99

Thursdays | Oct 6 | 3:40 - 4:40pm | \$99

CHESS WIZARDS @ CLS

Chess Wizards offers fun, intellectual and challenging chess education and tournament experiences to children of all abilities and ages. *Runs for 8 wks.*

Tuesdays | Jan 31 | 3:40 - 4:40pm | \$110



MIDDLE SCHOOL ADVENTURE CLUB

Looking for a fun Friday night to spend with friends? Join our MS Adventure club at Powder Ridge for some fun and excitement!

Visit us on line for more details of each trip.

Oct 28 | Haunted Graveyard

Jan 16 | Snow Tubing.

SAFE SITTER COURSE

This course will certify kids ages 11 - 14 in Babysitting, First Aid & CPR while teaching techniques, safety issues, and activities to do while watching children.

Saturday | Nov 5 | 9 - 4 pm | \$110



MIDDLE SCHOOL SKI CLUB

We are collecting names! If your child is interested, sign up on our the interest list for Middle School Ski Club. Friday nights @ Mount Southington.

Fridays | Feb 11 | 7 pm | \$TBD



ESCAPE ALIVE

Woman and Girls 12+ learn awareness, prevention tips, escape strategies to disable and escape an assailant.

Saturday | Feb 11 | 1 - 5 pm | Free

INTERGENERATIONAL ART PROGRAM @ CC

Do you love art? These afternoon classes are designed to bring seniors and teens together.

Watercolor Leaf Bookmark	Sept 29
Wood Slice Ornament	Nov 17
Oil Pastels Project	Jan 26
Paper Mosaic Art	March 30

Ages 11 - 99 | 3 - 4:30 pm | Free

Aquatic Programs

This Winter we are looking to add Open Swim, Swim Lessons and Aqua Zumba. Programs will run from January - June.

Details will be released once the Winter High School Swim schedule is posted.
Check our website for future details.

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

Evenings Out

MURDER MYSTERY @ LAND TRUST

Attend the Billionaires' Club Annual Masquerade Ball and help get this soiree back on track by trading clues with your guests, gathering information, and solving the crime before the masked menace gets away! Get ready for a glamorous evening of mystery, intrigue, and murder at this masquerade ball murder mystery party!

Feb 25 | 7 pm | TBD

SIP & PAINT

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

Feb 10 | 6 pm | \$30



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

Day & Overnight Trips

MONTHLY CASINO TRIP

We travel on the Community Center Bus to Foxwoods or Mohegan Sun Casino.

Last Monday of the Month | 8 am | \$15

NEWPORT PLAYHOUSE

Social Security is a hilarious Broadway comedy that surrounds a married couple who are art dealers. The comic sparks begin to fly when the art dealer's mother hits it off with his best client!

Sept 11 | 8:30 am | \$75

BEYOND VAN GOGH

Immerse yourself in the world of Vincent Van Gogh like you've never experienced before. Lunch on own at Bear's Smokehouse BBQ.

Sept 24 | 11 am | \$58

THE BIG E

Head to this fair full of Vendors, Parades, Bands and Floats. Price includes Ticket & Transportation.

Sept 28 | 9:30 am | \$20

BEETLEJUICE ON BROADWAY

The ghost-with-the-most returns to Broadway! Price includes Ticket & Transportation.

Recommended for ages 10 and up.

Oct 22 | 8:45 am | \$135

STORMVILLE FLEA MARKET

Join us as we travel to one of NY's great flea markets. As seen on HGTV's Flea Market Flip.

Nov 5 | 9:15 am | \$10

RADIO CITY CHRISTMAS SHOW

Start the holiday Season early with a trip to NYC for this timeless classic and then enjoy lunch & shopping on your own.

Nov 19 | 7:30 am | \$120 Coach Bus

WOODBURY COMMONS OUTLETS

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

Dec 3 | 8:30 am | \$10

HOLIDAY HOME DECORATION TOUR & LAND TRUST FIREWORKS SHOW

Join us on the CC Bus for the Land Trust Fireworks and drive around Seymour to tour all of the best decorated houses. Plus cookies and cocoa!

Dec 10 | 5:45 pm | Free

CT FLOWER AND GARDEN SHOW

A showcase of floral arrangements, landscapes, plants, and lawn & garden vendors.

Feb 24 | 9:30 am | \$20

THE BIG E

Active Adult (50+) Programs

MAKEUP FOR MATURE WOMEN

Celebrity makeup artist Joby Rogers will cover App Essentials, Brushes - Using the right brushes, Application Techniques, & more! *Bring your own Makeup & Brushes and Makeup Remover Wipes.*

Sept 29 | 6:30 pm | \$20

INTERGENERATIONAL ART PROGRAM

Do you love art? These classes are designed to bring seniors & teens together at the community center.

Watercolor Fall Bookmark **Sept 29**

Wood Slice Ornament **Nov 17**

Oil Pastels Project **Jan 26**

Paper Mosaic Art **March 30**

Ages 11 - 99 | 3 - 4:30 pm | Free

FOOD EXPLORERS: CULINARY WORKSHOPS

All Supplies Included | \$TBD

Pumpkin Cannoli **Oct 20 | 6:30 pm**

No Bake Cheesecakes **Nov 3 | 1 pm**

Ravioli **Jan 12 | 6:30 pm**

Sweet Potato Fritters **Feb 9 | 1 pm**

AAA DRIVER'S REFRESHER COURSE

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

Oct 3 | 9 - 12:30 pm | Free

HEALTH & WELLNESS WORKSHOPS

Free | lunch served at all 12 pm workshops

Balance & Fall Prevention **Sept 19 | 12 pm**

Women's Health **Oct 6 | 6:30 pm**

Supermarket Savings **Nov 10 | 2:30 pm**

Weight Management **Jan 4 | 12 pm**

Macronutrients **Jan 5 | 6:30 pm**

Heart Health **Feb 23 | 12 pm**

Wellness & Attitude **Mar 23 | 12 pm**

MEDICARE INFORMATIONAL SEMINAR

This seminar will discuss the challenges of Medicare - new regulations, additional & supplemental coverage options.

Oct 13 | 1 pm | Free

CUPCAKE DECORATING CLASS

This cupcake class is hosted by Mimi's Cake Decorating School! Includes, a dozen cupcakes per student, all decorating supplies & a free gift.

Jan 23 | 1 - 3 pm | \$10



MONTHLY LUNCHEONS

12 pm | \$10 | Third Wed of the month

September	Carnival
October	Pierogis and Kielbasa
November	Thanksgiving Feast
December	Holiday Dinner & Ugly Sweaters
January	Mardi Gras Party
February	Italian Feast
March	St. Patrick's Day Celebration

MONTHLY SOCIALS

1 pm | Free | Second Wed of the month

September	Cream Filled Donut Day
October	Fire Safety & S'mores
November	Veteran's Day Celebration
December	Gift Wrapping Party
January	Happy New Years!
February	Valentine's Day Celebration
March	St. Patrick's Day Celebration

HOT DOG BINGO

2 Bingo Cards, Hot Dog, Chips, & Water

12 pm | \$3 | Last Tuesday of the month

Weekly Clubs (50+)

Activity	Days	Time
Bingo	Tues	12 ³⁰ pm
Band Jam	Tues & Thurs	1 pm
Board Games	Wed	1 pm
Mahjong	Tues & Wed	1 pm
Crochet & Knitting	Fri	9 ³⁰ am

Sports & Fitness (50+)

PICKLEBALL

Monday - Thursday

11 am - 2:15 pm

PICKLEBALL 101

Interested in learning to play? Add your name to the interest list.

Sept | 10 am | Free

ANNUAL PICKLEBALL TOURNAMENT

Pick a Partner and join in on some friendly competition. Lunch and Prizes.

Oct 27 | 11 am | \$10



2023 Overnight Trips

BEAUTIFUL MAINE TRIP

July 31 | 5 Days | \$599/pp/DO

Diamond Tours Motorcoach trip includes 4 breakfasts & dinners. Enjoy a guided tour of Portland, Kennebunkport, the historic Victoria Mansion, & Pineland Farms and visit Boothbay Railway Village & Seashore Trolley Museum.

CANYON COUNTRY, ARIZONA & UTAH

April 21 | 8 Days | 10 Meals

\$3,299/pp/DO

Join Tracy O'Neill, (Collette representative) for an Informative presentation at the center.

Sept 22 | 2 pm | Info Session

Fit after 50 Classes Active Adult Members Free

Activity	Days	Time
Zumba Gold	Mon & Wed	10 am
Chair Yoga	Mon	11 am
Urban Poling	Tues & Thurs	9 am
Strength & Tone	Tues & Friday	10 am
Qigong	Thurs	10 am

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

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

Seymour Community Center
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Seymour, CT 06483

Providing recreational, educational, and social programs and services for all Seymour Residents

SPECIAL THANK YOU TO ALL OUR SPONSORS!

 <p>Alberto's Restaurant & Pizzeria</p> <p>Pasta Pizza Calzones</p> <p>814 Derby Ave, Seymour 203-736-6105</p>	 <p>Be Kind Want to Have Fun? Want to Help your Community? Join a Lions Club! Seymourlions52@att.com</p>	<p>BLANCHETTE SPORTING GOODS</p> <p>• SINCE 1968 • 425 Bridgeport Ave. Shelton www.blanchettesportinggoods.com 203-929-6331</p>
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 <p>SEYMOUR PINK A COMMUNITY'S FIGHT AGAINST BREAST CANCER</p>	 <p>SEYMOUR LAND TRUST Preserving Natural Resources S.L.C.T.</p>	 <p>TEDDY BEAR TREEHOUSE LEARNING CENTER (203) 888-2900</p>

TO REGISTER FOR A PROGRAM OR ACTIVITY VISIT
seymourct.myrec.com