

Seymour Community Center
20 Pine Street
Seymour, CT 06483

THANK YOU TO OUR SPONSORS!

Special thanks to Katherine Matthies Foundation, Valley Community Foundation, Mabel Burchard Fisher Foundation, Seymour Lions Club, Griffin Hospital, and Agency of Aging of South Central Connecticut. Their additional support allows us to reduce resident costs of select programs and activities.

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Community Events



PUZZLE PALOOZA

Join us for a fun puzzle making contest! Teams race to finish a 500 piece puzzle. Snacks provided. Prize for the winning team.

Jan 19| 6 - 8 pm | \$20/team

BALLROOM DANCE NIGHT

Dance the night away! Also enjoy a mini-lesson from our in-house ballroom expert, Gabi Takacs-Fabry, and a dance performance by Swan Conservatory.

Oct 13| 7 - 10 pm | \$15



Overnight Trips

TROPICAL COSTA RICA 2023

Nov 2 - 10 | 9 Days | \$2,849/pp/DO

This Collette Tour includes 14 meals. Forests, waterfalls, volcanoes, & endless coastlines, Costa Rica is a paradise teeming with exotic plants and incredible animals. Call center for details.



GREECE ISLAND HOPPER 2024

Oct 13-23, 2024 | \$4,999/pp/DO

This 11 day Collette Tour includes 13 meals. Tour Athens with a local guide and explore the Acropolis and Parthenon!

Register for the Info Session:
Oct 4, 2023 | 6:30 pm

COMMUNITY COVID & FLU CLINICS

COVID Booster | Sept 21 | 10 am - 12pm | Bring Your Insurance Card

FLU Clinic | Oct 12 | 10 am - 1 pm | Bring Your Insurance Card

Community Resources

TRANSPORTATION Seymour Community Center provides transportation on Tuesdays to local grocery stores, Valley area doctors and the Seymour-Oxford Food Bank. Call 888-0406 for reservations 48 hrs. in advance.

FOOD BANK Call (203) 888-7826 for appointment. Seymour Oxford Food Bank is open Tuesdays and Thursdays and is located at the rear of the Community Center.

MUNICIPAL & VETERAN'S SERVICES Dawnmarie Hunter, dhunter@seymourct.org, 888-0406 xt. 3 Dawn is a LCSW with 20 years of experience. As The Municipal Agent, she helps residents with many aspects of life such as caregiving issues, domestic violence concerns, & coping. She can also help with those hard to navigate State programs and assists with applications & info about them including:

Renter's Rebate (due Oct. 1)

Farmer's Market Cards

Food stamps/SNAP

Senior Housing

Medicaid

DSS paperwork

CT Homecare

QMB/Medicare Savings

Memberships

ACTIVE ADULT MEMBERSHIP (50+)

An Active Adult Membership is required to attend Programs & Trips. A membership runs July - June. Residents: \$10/80+ Free | NR \$15/80+ \$10 | Vets Free

FITNESS CENTER MEMBERSHIP

The Community Center Fitness Room is open to Seymour Residents and Active Adult (50+) Members. It includes two treadmills, a rower, bike, and free weights.

Mon-Thurs 8 am - 4 pm | Fri, 8 - 11:30 am | Free



Community Swimming

Seymour Recreation runs open/lap swim Jan-June at SHS Pool. Visit us on line for more details on schedule and pricing.

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

John Fracker
Parks & Recreation Manager

Dawn Hunter, LCSW
Municipal Agent

Seymour Community Center

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](https://seymourct.myrec.com)

<https://seymourct.myrec.com>

To register for a program or activity visit seymourct.myrec.com

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Pre–K Programs (Ages 2-5)

A STEP AHEAD SOCCER PROGRAM (FORMERLY HAPPY FEET)
This program introduces kids to the game of soccer and team sports.
Sun | Sept – Nov | 12 pm | \$Varies
Sun | Jan – Mar | TBD | \$Varies



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.
Session I: Sept 21 - Oct 26 | 9:30 am | \$80
Session II: Jan 18 - Feb 22 | 9:30 am | \$80

GIGGLING PIGLETS PLAYGROUP
Children & caregivers participate in sensory play, collage tables, and paint exploration stations.
Wed | Sept 27 | 10 am | \$125/6 wks.

FUTURE STARS BASKETBALL
This co-ed program features lower baskets, smaller balls, instruction, game play and contests.
Sat | Dec 2 - Jan 13 | 10 am | \$99

After School Programs

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.
Fri | Sept 22 | 3:40 pm | \$125/6 wks

FOOD EXPLORERS @ CLS & BUNGAY
Create a mix of sweet and savory snacks while chopping, mixing, stirring and learning about food.

Mon | Sept 18 | 3:40 pm | \$100/6 wks | BES
Tues | Sept 19 | 3:40 pm | \$100/6 wks | CLS

CHESS WIZARDS @ CLS
Fun, intellectual and challenging chess education and tournament experience for children of all abilities.
Tuesdays | Sept 19 | 3:40 | \$130/6wks | CLS



GIGGLING PIG ART @ CLS & BUNGAY
Each class will take on a creative art adventure by painting a ceramic or wooden character, or make their very own slime!
Tues | Jan 16 | 3:40 pm | \$115/6 wks | BES
Fri | Jan 19 | 3:40 pm | \$115/6 wks | CLS

MS SKI & SNOWBOARD CLUB
Hit the slopes this Winter with friends for some night skiing & snowboarding at Mohawk Mountain. Price includes transport & lift tickets for 4 Fridays.
Fri | Jan 19 – Feb 9 | 4:30 - 10:30 pm | \$225



Quassy
Visit Quassy.com and use Code **seymour23** for discounted price.
Sept 30 & Oct 1 | 11 am - 5 pm | \$10*
**Waterpark not open/Parking not included*



Youth Sports

FUTURE STARS BASKETBALL (GRS K - 2)
This co-ed program features lower baskets, smaller balls, instruction, game play and contests.
Sat | Dec 2 - Jan 13 | Varies | \$99



RECREATIONAL BASKETBALL (GRS 3 - 8)
This Co-Ed League is for residents only.
Mon & Wed | Dec - Feb | 6 - 9 pm | \$105

TRAVEL BASKETBALL (GRS 5 - 8)
Seymour Travel Basketball is for residents only. Practices are held in Town. Games are held in Milford & Trumbull.
Oct Tryouts | Nov - March | Varies | \$TBD

HIGH SCHOOL BASKETBALL (GRS 9 - 12)
Firday Night HS Pick-up Basketball at Seymour CC will run from Sept - Feb. (multiple sessions)
Fri | Sept 29 | 6 - 8 pm | \$30/6 wks

OPEN BASKETBALL (AGES 14+)
Open Basketball at Seymour CC.
Mon - Thur | Ongoing | 2:15 - 4:15 pm

TEEN SELF DEFENSE CLASS (AGES 14 - 17)
Learn awareness, prevention tips, escape strategies to disable and escape an assailant.
Tues | 6 pm | Oct 3 | \$60/3week session



BEGINNER GAME CREATION & CODING
Problem-solve, be creative, think critically, and hone basic computer skills to achieve game creation goals. Start by learning code basics through Scratch, the world's largest coding community and visual coding language for children, to create their own games.
Fri | Sept 22 | 5 - 6:45 pm | \$130/6wks

BEGINNER CONTENT CREATION/STREAMING
Learn the fundamentals and skills to be a successful content creator. Explore creativity, build personal brand, and produce unique content. We will also cover hardware and software requirements, streaming platforms, lighting, audio, video editing, graphic design.
Fri | Sept 22 | 7 - 8:45 pm | \$130/ 6 wks

GAMING FOUNDATIONS BOOTCAMP
An engaging environment to learn skills, make friends, and explore the gaming industry. This class offers an overview of gaming, including digital content creation, game creation, and competitive organized gaming.
Wed - Fri | Dec 27 -29 | 9 am - 12 pm | \$150

Aquatic Programs

POOL MEMBERSHIP (JAN - JUNE)
Open/Lap Swim, at Seymour HS Pool.
Days TBD | 5:30 - 8:30pm | \$Varies

SWIM LESSONS
Pre-K to Beginner 30 min classes.
Begins Late February | \$120

Adult Sports & Fitness

COUNTRY LINE DANCING
Learn a variety of classic and contemporary country line dances.
Tues | Sept 12 | 7 - 9 pm | \$75/8 wks



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.
Mon & Sat | Sept 18 | \$45/\$75 6 wks

BASKETBALL LEAGUE (18+)
Teams & individual players are welcome. Games played Tues & Thurs.
Sept - Nov | 6 - 9 pm | \$70/pp



BASKETBALL LEAGUE (30+)
Teams & individual players are welcome. Games played on Sundays.
Feb - Mar | Varies | \$75/pp

ADULT SELF DEFENSE CLASS
Learn awareness, prevention tips, and strategies to disable and escape an assailant.
Tues | 7 pm | Oct 3 | \$60/3 wks

BALLROOM DANCE
Learn various Latin and Ballroom dances such as Salsa, Cha-cha, Swing, Tango, Foxtrot, Waltz and many more. Have a little fun! No partner needed. Beginner level.
Sept 21 | 7 pm | \$25/6 wks



Pickleball is played on a badminton-sized court with 2-4 players and uses hard paddles to hit a whiffle-like ball over a low tennis net. Certified Instructor, Rudy Meredith. Teaches clinics & lessons.

INTRODUCTION TO PICKLEBALL CLINIC
Never played Pickleball before? This 1 day/1½ hour clinic goes over the basics. Give it a try!
Tues | Sept 26 | 5 pm | \$35
Thur | Sept 28 | 9 am | \$35

PICKLEBALL GROUP LESSONS
Beginner During this hour, learn the fundamentals, rules, basic strokes, keeping score, serving & returning serve.
Mon & Wed | Oct 2 | 11:30 am | \$120/4wks
Tue & Thu | Oct 3 | 6:30 pm | \$120/4wks

Advanced Beginner During this hour, take your technique and knowledge of the game to the next level.
Mon & Wed | Oct 2 | 12:30 - 1:30pm | \$120
Tue & Thu | Oct 3 | 7:30 - 8:30pm | \$120

50+ PICKLEBALL OPEN PLAY
M - Th | Times Vary | Members Only

50+ PICKLEBALL TOURNAMENT
Pick a partner & register for this friendly competition. Pizza & Prizes.
Wed | Jan 24 | 10 am | \$10 | Members Only

Multigenerational Classes

INTERGENERATIONAL ART (11+)
Do you love art? These afternoon classes are designed to bring seniors and teens together.



Oil Pastels Nov 28 | Free
Mug Painting Jan 25 | \$5
Glass Etching Mar 28 | \$5
Tuesdays | 3 - 4:30 pm | Ages 11+

SOAP MAKING WORKSHOP (18+)
Hosted by Dirty Steve’s Homemade Soaps. Watch and learn the process of how soap is made. Free bar of soap included!
Oct 12 | 6:30 pm | \$10

WAX & WINE @ LAND TRUST (21+)
Hosted by Olive My Skin. Sip on wine and make 2 of your own woodwick candles– keep one for yourself and give one away as a holiday gift!
Nov 30 | 6:30 pm | \$35, BYOB | Ages 21+
SIP & PAINT (21+)



Invite your friends, sip your favorite beverage (BYOB) and enjoy step-by-step instruction with our experienced & enthusiastic local artists.
Oct 20 | 6-8 pm | \$30
Feb 23 | 6-8 pm | \$30
BRING YOUR GRANDCHILD TO BINGO
Enjoy pizza, ice cream, bingo & prizes.
Dec 27 | 12 pm | \$5 | membership required

Trips

CASINO TRIP
We travel on the Community Center Bus to Foxwoods or Mohegan Sun Casino.
Select Dates | 8 am | \$15

SHARON PLAYHOUSE
The Lifespan of a Fact is a 2018 critically acclaimed Broadway play with blistering comedy and timely relevance. Dinner on own at Clocktown Brewing Co.
Oct 5 | 12:15 pm | \$35 Ticket & Trans

NEW ENGLAND CHRISTMAS FESTIVAL (50+ membership required)
Mohegan Sun’s 37th annual award-winning arts & crafts festival. Find something special & unique for everyone on your holiday list with 350+ pop-up shops by American Artisans.
Nov 3 | 9 am | \$20 Ticket & Trans

PALACE THEATER (INTEREST LIST)
To Kill a Mockingbird
Accepting names for interest list for this Broadway Acclaimed Show.
Nov 4 | Matinee | Price TBD | Ticket & Trans

WOODBURY COMMONS OUTLETS
Complete your holiday shopping! This Premium Outlet Center has over 200 stores!
Dec 2 | 8:30 am | \$10

HOLIDAY HOME TOUR & FIREWORKS SHOW (50+ MEMBERSHIP REQUIRED)
Join us for cookies and cocoa on the CC Bus and enjoy Fireworks sponsored by the Land Trust. Then tour Seymour’s best decorated homes.
Dec 9 (Snow date Dec 10) | 5:45 pm | Free

Active Adults (50+) *membership required

PIZZA & SHUFFLEBOARD
Join us for an afternoon of Shuffleboard! Learn the game, play, and enjoy some pizza! \$3 Cancellation fee applies.
Sept 25 | 1 pm | Free

HEALTH & WELLNESS WORKSHOPS
Free | Lunch served at all 12 pm workshops
Therapy Dog Visit **Sept 14 | 2:30 pm**
Protect Your Hearing **Oct 12 | 12 pm**
Unpacking Processed Foods **Nov 9 | 12 pm**
Music of Mozart **Dec 7 | 12 pm**
Savoring Seasonal Veggies **Feb 8 | 12 pm**
Fraud Prevention **Mar 21 | 12 pm**

RETIREMENT 101: PLANNING FOR SUCCESS
Course teaches the foundations for a sound retirement. Investment Advice offered through *Sentinel Asset Management, LLC*.
Sept 21 | 6 pm | FREE

AAA DRIVER’S REFRESHER COURSE
Review driving skills, new laws, and hazards of the road. Course may qualify for insurance discount.
Oct 2 | 9 - 1 pm | \$20



ESCAPE ALIVE (WOMEN 50+)
Learn awareness, prevention tips, escape strategies to disable and escape an assailant.
Saturday | Oct 14 | 1 - 3 pm | Free

MEDICARE INFORMATIONAL SEMINAR
Understanding Medicare can be challenging. New regulations, additional coverage needed and the best supplemental coverage for your needs will be discussed.
Oct 19 | 1 pm | Free

CUPCAKE DECORATING CLASSES
Aetna will be sponsoring a cupcake decorating class. Hosted by Perfect Pound Cakes. All supplies included. Limited spaces available.
Nov 20 | 1 pm | Free
Mar 25 | 1 pm | Free

BRIDGE THE DIGITAL DIVIDE
Coming soon!
Bridge the Digital Divide will present ways you can make your cell phone and tablet more accessible. Individual tech help following the presentation.

MONTHLY HAIRCUTS @ THE CENTER
Hair by Donna - brings affordable haircuts to you at our Center! Book your appointment with us and pay her directly.
First Wed | 1-4 pm, apt req | \$10 Cash

MONTHLY LUNCHEES & SOCIALS
Weds | Times Vary | Visit web for details
Sept 13 Root Beer Floats & Golden Era Trivia
Sept 20 Chili in a Bread Bowl
Oct 11 Southern Food Heritage Day Hoedown
Oct 18 Pierogis and Kielbasa
Nov 8 Veteran’s Day Hot Dog Bar
Nov 15 Thanksgiving Feast
Dec 13 Cookies, Cocoa, and a Craft
Dec 20 Holiday Dinner & Ugly Sweaters
Jan 10 Baked Potatoes
Jan 17 Swedish Meatballs
Feb 14 Valentine’s Day –Pasta Fagioli
Feb 21 Italian Feast
Mar 13 St. Patrick’s Day Celebration
Mar 20 Soup & Sandwich

MONTHLY BINGO & LUNCH
2 Bingo Cards & either Pizza, Hot dog, BLT
Last Tues | 12 pm | \$3



MONTHLY MOVIES
Mon | 1:30 pm | Free | Popcorn \$1
Sept 18 Game Night
Oct 23 A Quiet Place
Nov 13 80 for Brady
Dec 11 The Holiday
Jan 22 Logan Lucky
Feb 12 Baby Driver

MONTHLY BOARDGAME DAY
Join us for our monthly board game day. Sign up for each game in advance so we know we have enough players.

2nd Weds | 2 pm | Free
Sept Uno
Oct Phase 10
Nov Connect 4
Dec Backgammon
Jan Cribbage
Feb Checkers
Mar Scrabble

MAHJONG LESSONS
Learn to play the popular game in three 2 hour sessions.
Beginner Sept 20 - Oct 4
Intermediate/Advanced Oct 18 - Nov 4
Weds | 1-3 pm | \$10 | Must attend all classes

PICKLEBALL TOURNAMENT
Pick a partner & enjoy friendly competition, lunch & prizes.
Jan 24 | 10 am | \$10/pp

Ongoing Weekly Activities & Fitness*

Activity	Days	Time	Fitness Class	Days	Time
Pickleball Open Play	Mon - Thurs	Varied	Zumba Gold	Mon & Wed	10 am
Shuffleboard	Mon	1 pm	Chair Yoga	Mon/Thur	11/10 am
Bingo	Tues	12 ³⁰ pm	Ballroom Dance	Mon	1 pm
Band Jam	Tues & Thurs	1 pm	Urban Poling	Tues & Thurs	9 am
Board Games	Wed	1 ³⁰ pm	Strength & Tone	Tues & Fri	10 am
Mahjong	Tues & Wed	1 pm	Standing Pilates	Thurs	11 ¹⁵ am
Pinochle	Thur	12 ³⁰ pm	Poise & Posture	Fri	11 am
Crochet & Knitting	Fri	9 ³⁰ am			