

Seymour Community Center

DECEMBER

Active Adult Newsletter

Monthly Lunches & Socials

Cookies & Cocoa

Enjoy sweet treats and a cozy cup of cocoa while our German Class shares a **delightful presentation on the U.S. history of the Christmas tree** and its European roots.

It's the perfect way to **learn, laugh,** and get into the **holiday spirit!**



Dec 17 | 1 pm | FREE
Transportation Available
Call Center for ride

Holiday Dinner & Ugly Sweaters

Matteis Deli

Have a holiday feast with friends **Roast Beef, Gravy, Stuffed Sole, Roasted Potatoes, Green Bean Almondine, Rolls & Butter and Dessert. Prize for ugliest sweater!**

Holiday Music by our own Band Jam & Uke Group

Dec 10 | 12 pm | \$14
Transportation Available
Call Center for ride



Center Closures*

Dec 24 - CC Closed
Dec 25 - CC Closed
Dec 26 - CC Closed
Dec 31 - Closes at 12
Jan 1 - CC Closed

**Visit Web site for class cancellations*

Providing recreational, educational, & social programs & services for Seniors

Mary McNelis
Director

Tara Miller
Community Services Assistant

Morgyn Khoury
Active Adult Coordinator

John Fracker
Parks & Recreation Manager

Administrative Office Hours

Mon – Thur
8 am - 4:30 pm

Fridays
8 am - 12 pm

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

To register or for more information visit:
seymourct.myrec.com

facebook.com/seymour.ct

Weekly Fitness Classes, Pickleball & Clubs*

Class schedules subject to change based on instructor schedule.

Mon	Tues	Wed	Thur	Fri
Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am	Pickleball 8:15 - 9:30 am
		Mat/Wall Pilates 9 am	Tai Chi** 9 am	Knitting/Crochet Club 9:30 am
Zumba Gold 10 am	Strength & Tone 10 am	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 am
	Billiards Club 10:30 am			
Pickleball* 11 am - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Poise & Posture 11 am
Chair Yoga 11 :15 am	Cribbage 11:30 1st Tues		Chair Yoga 11:15 am	
	Mahjong 12:30 pm	Mahjong 12:30 pm	Pinochle 12:30 pm	
	Bingo 12:15 pm			
Ballroom 1 pm	Band Jam 1 pm	Dance Fusion Class 2:30 pm**	Band Jam 1 pm	
	Ukulele Club 2:30 pm			
Evening/Weekend Classes**				
Zumba Dance 6 pm	Line Dancing 7 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am

Active Adult & Fitness Center Memberships

An Active Adult Membership is required for fitness center, programs, classes, and transportation. Membership runs 7/1 - 6/30.
50-79: Res \$10 | NR \$20
80+ Res Free | NR \$10 Vets: Free
Fitness Center included

Transportation

Seymour Community Center provides transportation to Center Events, Shopping & Doctor appts. Call 7 business days prior to request ride. For Shopping, call Wed - Fri before the Tuesday date to request pick-up. 15 riders max.

Shopping/Event Rides

Dec 2	Shop Rite
Dec 8	Walmart
Dec 10	CC Lunch
Dec 16	Market 32
Dec 17	CC Cookies
Dec 23	Stop & Shop
Dec 30	CC Lunch

*Daytime Classes are included with Active Adult Membership BUT you must register for each class separately.

**Prices vary for evenings & Saturdays, & certain day classes. View On Line Calendar for Schedule Updates & Cancellations

Monthly Activities

Haircuts

Hair by Donna - brings affordable haircuts to you at our Center! Book your appointment with us and pay her directly.

1st Wed | Dec 3 | 11 am - 4:30 pm | \$10

Tech Time

Ask questions about your cell phones, Ipad/tablet, laptop, pictures, email, etc.

1st Thur | Dec 4 | 2 - 4 pm by apt | Free

Chair Massage

Christine Gomulinski, LMT brings affordable Chair Massages to the Center! Book your appointment.

1st & 3rd Wed | Dec 3 & 17 | 10 am - 1 pm | \$15

Foot Reflexology

Reflexology is the art of foot massage and foot pressure point treatment. Please bring a blanket, towel and a pillow. Book an appointment and pay reflexologist directly.

4th Wed | Jan 28 | 10 am - 12 pm | \$20

Movies at the Center

2nd Mon | 1:30 pm | Free | Popcorn \$1

Superman

Dec 8

Mickey 17

Jan 12



Weekly Activities & Fitness

Activity	Days	Times
Pickleball	Mon - Fri	Varied
Billiards Club	Tue	10:30 am
Cribbage	1st Tues	11:30 am
Bingo	Tue	12:15pm
Band Jam	Tues/Thurs	1:00 pm
Mahjong	Tues/Wed	12:30 pm
Ukulele Club	Tues	2:30 pm
Pinochle	Thur	12:30 pm
Crochet/Knitting	Fri	9:30 am

Classes	Days	Times
Zumba Gold	Mon/Wed	10 am
Chair Yoga	Mon/Thur	11:15 am
Ballroom Dance	Mon	1 pm
Strength & Tone	Tue/Fri	10 am
Mat/Wall Pilates	Wed	9 am
Standing Pilates	Thur	11:15 am
Tai Chi	Thu	9 am
Zumba Tone	Thur	10 am
Poise & Posture	Fri	11 am

Acupuncture

Achieve relaxation! Provided by Soleil Acupuncture+Naturopathic Wellness. Bring Blanket, pillow, or yoga mat for comfort. Appx. 10-20 needles (5-10 pts/pp).

Community Acupuncture - 12 participants

Jan 28 | 1:30 pm | \$10 | 50+ Members

Jan 28 | 6:30 pm | \$10 | 18+

Individual Treatment - 1:1 - (18+)

Jan 28 | 3/4/5/15 pm | \$50

Lunches

Lunches & Socials

Holiday Dinner

Dec 10 | \$14

Coffee w/First Selectwoman

Dec 17 | 11 am

Cookies & Cocoa

Dec 17 | FREE

Lunch & Learns

Lunch served at 12 pm | Free

Each month learn something new and enjoy a light lunch with friends.

Beethoven: Eroica Symphony

Dec 11

Beethoven: Consoling Beauty

Jan 22

Improve Balance & Prevent Falls

Feb 26

Grandchild & Me Bingo Day!



Enjoy quality time with your grandchildren before they return to school. Price Includes: Pizza, Ice Cream, & Prizes.

Dec 29 | 12 pm | \$5 pp

Bingo & Lunch

Enjoy lunch before bingo. Pizza, Hot Dogs, or BLTs are served. Price includes 2 bingo cards.

Dec 30 | 12 pm | \$3 | Pizza

Jukebox Bingo & Lunch

Registration opens Dec 1

Join us for a fun and interactive game that pairs the traditional game of bingo with music. Pizza & Ice Cream Sandwiches.

Feb 24 | 12 pm | \$5 | Max 75 people

New Year Fitness

Dance Fusion Class

Have fun while getting exercise! This class will fuse together both, jazz and old school hip hop moves to make it fun for all! Music from the 50's - 80's.

Weds | 6 wks | Jan 7 | 2:30 pm | \$20

Personal Training

Reg Opens Dec 17 @ 9 am

Hesitant to use our fitness center? Can't stay motivated? Workout with Certified Personal Trainer, Cullen Zemaitaitis. Small group personal training, 3 people/hr

M & W | 4 wks | Jan 5 | 10am - 12pm | \$125

Age Well Series

Griffin Health and the Agency on Aging of South-Central CT

Scarf Dancing

Dec 1

1st Mon | 1:30 pm | Free

Tai Chi *New

Often described as "meditation in motion," this ancient Chinese practice combines slow, flowing movements with deep breathing & mindfulness to improve physical & mental well-being.

Thurs | 4 Weeks | Jan 15 | 9 am | \$20

Evening Fitness Center Hours

Monday and Wednesdays Fitness Center will be open from 6 - 9 pm. Must register for Evening Fitness Center and Check in.

Dec 1 - Feb 28 | 6 - 9 pm | Free Res Only

Programs

Arts + Crafts Workshops

1 pm | Free
Get Crafty!

Sponsored by Shady Knoll!

Holiday Cards for a Cause

Dec 4

New Year Wishes & Goals Collage

Jan 8

No-Sew Heart Pillows

Feb 12

Paint an Ornament

Spend the afternoon getting in the festive spirit, painting an ornament! Take it home or leave it on display at the Center.

Dec 18 | 1 pml Free

Lotus Flower Lantern Craft

This Workshop is presented by the Korean Spirit & Promotion Project and members will be on hand to assist you in making your Lotus Flower Lantern.

March 19 | 1 pm | \$6

Mahjong Lessons

Learn to play this popular game in three 2 hour sessions. Must attend all three.

April 14, 21 & 28 | 10 am | \$15

Learn to Speak German

Learn to Speak German with friends. Volunteer led by one of our Active Adult (50+) members!

Weds | 6 wks | Ongoing | 6 pm | Free

Trips

Woodbury Commons Outlets

accepting waitlist

Complete your holiday shopping! This premium outlet center has over 200 stores!

Dec 6 | 8:30 am | \$20

Aqua Turf

Price includes Transportation, Ticket, Coffee & Donuts, Glass of Beer or Wine, Lunch, and Door Prizes!

Holiday Classics with The Cartells!

Dec 9 | 10:15 am | \$65

Casino Trip

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

Foxwoods | Mar TBD | 8 am | \$15

Shades of Ireland 2026

10 days | 13 Meals | Activity Level 2

Explore the beautiful landscapes and vibrant culture of Ireland, offering unforgettable memories. Visiting Kingscourt, Limerick, Galway, Cliffs of Moher, Killarney, Ring of Kerry, Blarney Stone, Waterford, Kilkenny, Dublin.

Oct 10 - 19 | 13 meals | \$4649*/DO