

Seymour Community Center

Active Adult Newsletter



Meatloaf & Magic

Mattei's will be serving up meatloaf with mashed potatoes, corn, & greenbeans. Entertainment by Chris Lengyel Magic.

Jan 8 | 12 pm | \$13
Transportation Now Available
Call Center to schedule ride



Swedish Meatballs

Join us for Vazzy's Egg noodles, roasted carrots, greenbeans, bread & butter. **First Selectwoman Annmarie Drugonis will be having a Q&A after lunch.**

Jan 15 | 12 pm | \$13
Transportation Now Available
Call Center to schedule ride

Class Cancellations & Closures

Dec 31 Center Closes at 12
Jan 1 Center Closed
Jan 2 Most classes resume
Jan 2 - No Pilates
Jan 3 - No Poise & Posture
Jan 24 & 31 - No Strength & Tone

Shopping/Event Rides

Center Events, Shopping & Doctor appts. Call 7 business days in advance to ensure a ride. For Shopping, call Wed - Fri before the Tuesday date to schedule pick-up. 15 riders max.

Jan 7	Market 32
Jan 8	CC Lunch
Jan 14	Shop Rite
Jan 15	CC Lunch
Jan 21	Walmart
Jan 28	Stop & Shop

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		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	Standing Pilates 11 am	
	Bingo 12:15 pm		Pinochle 12:30 pm	
Ballroom 1 pm	Band Jam 1 pm		Band Jam 1 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

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

**Prices vary for evening & Saturday classes

View On Line Calendar for Schedule Updates & Cancellations

MUNICIPAL AGENT

Dawnmarie Hunter, Municipal Agent, is a Licensed Clinical Social Worker (LCSW) has 20 years of experience. Dawn is available to help residents in many areas including:

- 2024 Renters Rebate is closed
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

dhunter@seymourct.org
203-888-0406 ext. 3

Seymour Community Center 20 Pine Street, Seymour, CT 06483

203-888-0406 xt 1 | seymourct.myrec.com

Programs

Age Well Series by Griffin

Spirituality of Aging

A discussion with Griffin Health's Spiritual Care Department regarding Aging Faithfully.

Jan 6 | 1:30 pm | Free

Cartooning Art Workshop

Megan Jeffery will be teaching you how to develop and illustrate your own characters!

Jan 30 | 3 pm | \$5

Puzzle Palooza 2

Join us for a fun filled few hours as we race against the clock and other teams to piece together a puzzle. Prize for winning team.

Jan 31 | 6-8 pm | \$25/team

Learn to Speak German

Volunteer led by one of our Active Adult (50+) members! German is mainly spoken in Western and Central Europe. It is the most spoken native language within the European Union: Germany, Austria, Belgium & Luxembourg and is an official language in Switzerland & Liechtenstein.

Wed | Feb 5 - Mar 12 | 1 pm | Free



Acupuncture 101

Presented by Soleil:

Acupuncture + Naturopathic Wellness

Join licensed acupuncturist, Briana Trudell as she answers common questions about acupuncture, like, "What is acupuncture, what can it be used for and how does it really work?"

Jan 9 | 12 pm | Free

5 Steps to Better Digestion

Soleil: Acupuncture + Naturopathic Wellness will discuss digestive issues and will review foods for better gut health.

Feb 13 | 12 pm | Free

Fitness Center

NEW Fitness Equipment!

2 New Treadmills &
A Elliptical Machine

Expanded evening hours

Dec – Feb

Mon & Wed 6 - 8:30 pm.

Open during center hours

Trips

Palace Theater

The Addams Family accepting waitlist

The Addams Family a comical feast that embraces the wackiness in every family.

Jan 18 | 1:15 pm | \$80

Casino

Take the Community Center Bus to Mohegan Sun Casino for the day.

Jan 27 | 8 am | \$15

Nelson Hall

The Music & Passion of Barry Manilow

Nelson Hall, is a professional 300-seat concert hall open to the public and located on the beautiful campus of Elim Park in Cheshire, CT. Price includes ticket and transportation on CC Bus

Apr 12 | 1 pm | \$50

Aqua Turf

North County Band

Nominated for 2023 New England Music Awards "Country Act of the Year", North County Band brings their act to Aqua Turf after being featured on News 12 CT and WNHU Radio's "The Nashville Sound"!! Includes Ticket, Transportation, Coffee, Donuts, Glass of wine/beer, Lunch & Door Prize.

Apr 8 | 10:15 am | \$65

Adventures of Southern Italy

Journey through a crossroads of civilizations in Sicily and the coastlines of Southern Italy. Coming Fall 2025.

Oct 17 - 29 | 13 days | 20 Meals | DO \$4,999

4th Annual Pickleball Tournament

Friendly round robin, lunch, & prizes. Teams preregister.

Jan 23

10 am - 12:30 pm

\$10/pp



Ongoing Programs

Game Time Corner

Come hang out with friends, enjoy some coffee, and play some Games.

Billiards | Tues | 10:30 am

Cribbage | Jan 7 | 11:30 am

Mahjong | Tue & Wed | 12:30 pm

Pinochle | Thurs | 12:30 pm

Tech Time

Ask questions on your cell phones, Ipad/tablet, Laptop, Pictures, Email, 1st Thurs of each month

Jan 2 | 2-4 pm by apt. | Free

Blood Pressure Screening

No Appointment Needed.

Jan 7 | 12 pm | Free



Haircuts

Hair by Donna - brings affordable haircuts to you at our Center!

Jan 8 | 11 - 4:30 pm | \$10

Monthly Chair Massage

Christine Gomulinski, LMT offers affordable Chair Massages!

Jan 15 | 10 am - 1 pm | \$15/15 min

Foot Reflexology

Reflexology is the art of foot massage and foot pressure point treatment. By using points on the soles of the feet that have a corresponding influence on other parts of the body, reflexology affects a person's overall well being, eliminates stress and brings the body & mind into balance.

Jan 22 | 10 am-1 pm | \$20/20min

Movies @ the Center

1:30 pm | Free | Popcorn \$1

Jan 13 | Argyll

Feb 10 | Anyone But You



Ukulele Club

Lessons & group play. Schedule online.

Tues | 2:30 pm | \$20



Weekly Fitness Classes & Pickleball Times*

*Class schedules subject to change based on instructor schedule.
See monthly bulletin for details. Reminders are sent via email and text.*

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		
Zumba Gold 10 am	Strength & Tone 10 am	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 am
Chair Yoga 11:15 am			Chair Yoga 11:15 am	
			Standing Pilates 11 am	
Pickleball* 11 am - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 pm	Poise & Posture 11 am
Ballroom 1 pm				
Evening/Weekend Classes**				
Zumba Dance 6 pm	Line Dancing 7 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Sat Zumba Dance 8:30 am

***Must be an Active Adult Member & register to attend programs & activities.**

****Prices vary for evening & Saturday classes**

View On Line Calendar for Schedule Updates & Cancellations

Fitness Class Descriptions

Zumba Gold

Zumba Gold is a lower-intensity, dance-based exercise class. It's a modified version of the original Zumba class, with moves that are broken down slowly and in a manageable way. Participants are encouraged to work at their own pace.

Who is it for:

Active older adults, beginners, and people with physical limitations.

Benefits:

Balance, Range of motion, Coordination, Cardiovascular conditioning, Muscle conditioning, and Flexibility.

Mon & Wed, 10 am

Instructors:

Germaine Frozalone
Toni Nuzullo



Zumba Tone

Zumba Toning is a high-energy, fun, and calorie-burning fitness class that combines cardio and strength training to tone and sculpt the body:

Who it's for: Suitable for all exercise levels

Benefits: Helps improve posture, balance, coordination, agility, bone density, and joint mobility

What to bring: Bring your own weights or Zumba Toning Sticks.

Thursdays 10 am

Instructors:

Toni Nuzullo



Chair Yoga

Chair yoga is a gentle form of yoga that involves performing poses while seated or using a chair for balance. It's a modified version of traditional yoga that makes the practice more accessible to people.

Who is it for:

Good for those who might find standard yoga poses challenging, such as seniors, people with mobility issues, or those recovering from injuries.

Benefits: Improved flexibility, Better concentration, Increased strength, Boosted mood, and Reduced stress and joint strain.

Mon & Thur, 11:15 am

Instructor:

Jeanne Dziewulski



Strength & Tone

Strength & Tone is a workout class that aims to improve muscular endurance, range of motion, and agility.

Strength training can also help reduce pain and stiffness from arthritis, and improve glycemic control for diabetes.

Tues & Fri, 10 am

Instructors:

Toni Nuzullo
Gloria Timpanelli



Ballroom Dance

You don't need a partner to enjoy this dance class. Learn from Gabi Takacs-Fabry - Professional Ballroom Dancer.

Mondays 1 pm

Instructor:

Gabi Takacs-Fabry

Mat/wall Pilates

Mat and wall Pilates is a low-impact exercise that combines traditional Pilates moves with a wall for support, balance, and resistance.

Benefits: Improves flexibility, stability, and posture, and strengthen your core, glutes, and hamstrings.

Wednesdays 9 am

Instructor:

Gabi Takacs-Fabry



Standing Pilates

Standing Pilates is a variation of traditional Pilates that's performed while standing instead of on the floor.

What it does

Improves balance, coordination, flexibility, posture, and circulation
What muscles it strengthens
Core, leg, hip, and glute muscles

Benefits

Can help prevent falls, improve mood, and reduce stress

Who it's for:

Great for beginners and regular practitioners alike

Equipment

No equipment is needed, but you can use a sturdy chair for support

Thursdays 11 am

Instructor:

Gabi Takacs-Fabry



Poise & Posture

Posture classes can help improve your balance and posture, and can help reduce pain and other symptoms of medical conditions.

Postural training

An instructor guides you through exercises to improve your body alignment, especially in your neck, back, and spine.

Benefits: Helps people improve their balance at home and in the community, and can be beneficial for people with injuries or chronic disorders.

Fridays 11 am

Instructor:

Gabi Takacs-Fabry

