



**SEYMOUR
COMMUNITY CENTER**

Recreation for Youth, Adults, & Seniors

FALL 2026 WINTER PROGRAM GUIDE

Family Fun

Puzzle Palooza

Put your puzzle-solving skills to the test. Bring a team and race against others to complete your puzzle the fastest. Enjoy snacks, friendly competition, and a prize for the winning team.

Nov 6 | 6 - 8 pm | \$25/team

Drop & Shop

Need time to tackle your holiday shopping? Our Drop & Shop event gives parents two hours to shop stress-free while kids enjoy pizza, popcorn, and a fun movie with friends. Kindergarten - 5th grade.

Dec 4th | 6-8 pm | \$10/pp

Father Daughter Dance

A heartwarming evening celebrating the special bond between Fathers/Guardians and Daughters. Enjoy a delicious dinner, dance the night away, and capture the memories with our fun photo booth!

Feb 5 | 6 pm | \$TBD | Reg opens Jan 4, 9am

Senior Vendor Fair

Come to our free community event and chat with friendly, knowledgeable professionals. Whether you have questions about Medicare, retirement planning, or probate, we have the resources and answers you need.

**Oct 8
1 - 3 pm
Free**

Flu Clinic

Stay healthy this winter. The Naugatuck Valley Health Department is providing a FLU Clinic for Adults 18+ at the Community Center. No reservations needed. bring your Insurance card.

**Oct 6
10 am - 1 pm
Free**

Farmers Market

Stop by the Community Center and grab some fresh, locally grown produce, handmade goods, & delicious treats. Meet local vendors, support small businesses, & experience the best our community has to offer!

**Tues
Apr - Oct
12 - 6 pm**

Transportation

Seymour Community Center provides transportation for residents on Tuesdays to local grocery stores, Valley area doctor appt., monthly lunches, and Food Bank appts. Call 48 hours in advance for reservations. Membership Required.

Municipal Agent

Our Municipal Agent is available to assist with:

- Renters Rebate (4/1 - 9/30),
- Farmers Mkt Crds (6/1 - 10/30)
- Food stamps/SNAP
- Senior Housing
- Medicare/Medicaid(10/15-12/7)
- CT Homecare
- Heating Assistance

Office hours:

Mon 10 - 1 pm or by appt
kwalton@seymourct.org
203-888-0406 ext. 3

Food Bank

Seymour Oxford Food Bank is located at the rear of the Community Center.

BUSINESS HOURS

Mon - Sat 8:30 am - 11 am

SHOPPING HOURS

Tuesdays & Thursdays

9 - 11 am & 12 - 2 pm

Saturdays 9 - 11 am

Mondays 4 - 6 pm

Call for appointment
(203) 888 - 7826

Memberships

Active Adult Membership (50+)

Membership runs July 1 - June 30. Meet new friends and stay active while enjoying exercise classes, monthly lunches, exciting excursions, clubs, and lunch & learns. A Center Membership is required to register for all 50+ programs. Additional program fees may apply.

Age 50-79: Res \$10 | NR \$25 | Vets Free

Age 80+ Res Free | NR \$15 | Vets Free

Fitness Center Membership

The Community Center Fitness Room is free for Residents and Active Adult Members. The Center includes: 4 treadmills, 2 bikes, a rower, elliptical, all-in-one weight rack, and dumbbells.

Open during center hours

**&
6-8 pm Mon & Wed (Dec - Feb Only)**
Registration Required

Coffee & Conversation with the First Selectwoman



Have questions, comments, or concerns to bring to the First Selectwoman? Join her at the Community Center for monthly discussions.

Check website for exact dates & times



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

Mary McNelis
Director

Tara Miller
Community Services Assistant

Morgyn Khoury
Active Adult Coordinator

John Fracker
Parks & Recreation Manager

Kristina Walton
Municipal Agent

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

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

seymourct.myrec.com

facebook.com/seymour.ct
Instagram.com/SeymourCTCC

To register for a program or for more information visit seymourct.myrec.com

Basketball For All

HOOPS Pre-K-Adult!

We have basketball for ages

Future Stars (Pre-K)

This co-ed program features lower baskets, smaller balls, instruction & game play.

Sat | Dec - Jan | Varies | \$120

Future Stars (Grs K - 2)

This co-ed program features lower baskets, smaller balls, instruction & games.

Sat | Dec - Jan | Varies | \$120

Recreational Bball (Grs 3 - 8)

This Co-Ed League includes skills, drills, practices and games. Residents only.

Mon/Wed | Dec - Feb | Varies | \$120

Girls Rec Bball Interest List

Interested in a Girls Recreational Basketball Program? Join our interest list and help us determine interest for Seymour residents in Grades 3-8.

Register by Nov 1

Travel Basketball (Grs 5 - 8)

Seymour Travel Basketball is for residents only. Practices are held in Town. Games are held in Milford & Trumbull. *Tryouts in late Sept/Early Oct check website.*

Nov - Mar | Varies | \$TBD

SMS Afterschool Basketball

Play Hoops after school with Coach Carf. Fun drills and games to improve your skills.

Fri | Sept 25 - Oct 30 | 2:45 - 3:45 pm | \$75

High School Basketball

Saturday Mornings HS Pick-up Bball at Seymour CC will run 8 weeks.

Sat | Oct 3 - Nov 21 | 10 am-12 pm | \$40

Open Basketball

Shoot-around and Pick-up games for all ages. Under 14 must be accompanied by adult. Adult must register child under 18.

M - Th | July - June | 1:15 - 4:15 pm | \$10

Adult Basketball Leagues

Team registration. Games in Seymour.

18+ | Tu/Thu | Sep - Nov | 6-9pm | \$715/Team
30+ | Sun | Feb | Varies | \$TBD

Amazing Athletes

Provides physical activity through exploration, play and movement for children. Preschoolers will develop their fine & gross motor skills while building coordination, balance & confidence.

Thur | Sept 17 | 9:30 am | \$95/6 weeks



Pre-K (2 - 5)

A Step Ahead Soccer

Soccer development program for boys & girls. SHS Lower JV Field.

Sun | Sept 20 | 12:00 pm | \$Varies/7 wks



Playful Palette

Creating playful, hands-on art and sensory experiences that nurture creativity, connection and early childhood development

Mon | Sept 14 | 10 am | \$80/6 wks | CC



BES & CLS After School

Taylor Swift Club

Calling all Swifties! Join us for a fun-filled hour of Taylor Swift games, karaoke, and friendship bracelet-making.

BES | Mon | Sept 21 | 3:40 pm | \$75/6 weeks

CLS | Tue | Sept 22 | 3:40 pm | \$75/6 weeks

Candy Sushi

Make candy sculptures while competing with your friends using Rice Krispie treats, fruit roll-ups, and other beloved snacks and candies.

CLS | TBD | 3:40 pm | visit web for info

BES | TBD | 3:40 pm | visit web for info



Chess Wizards

Six weeks of fun, informative & challenging chess lessons.

BES/CLS* | Tue | Sep 22 | 3:40 pm | \$135

*transportation from CLS to BES



Mad Science

Fizz, bubble, and discover! Explore the wonders of chemistry through colorful reactions, hands-on experiments, and unforgettable scientific fun.

BES | Fri | Jan 29 | 3:40 pm | \$150/6 wks

CLS | Mon | Jan 25 | 3:40 pm | \$150/6 wks

Futsal Soccer

Indoor soccer with foot skill development, including 1v1 and 5v5 games.

CLS | Thu | Jan 21 | 3:40 pm | \$110/6 wks

BES | Wed | Jan 20 | 3:40 pm | \$110/6 wks



P.E. After-School

Come play Gaga Ball and Kickball in the Fall and Dodgeball in the Winter. Grades 3-5.

BES | Thur | Sept 24 | 3:40 pm | \$75/6 wks

BES | Thur | Jan 21 | 3:40 pm | \$75/6 wks

Food Explorers

Create a mix of sweet and savory snacks while chopping, mixing, stirring and learning about food.

BES | Wed | Sept 23 | 3:40 pm | \$110 | 6 wks

CLS | Thu | Sept 24 | 3:40 pm | \$110 | 6 wks

SMS After School Programs

SMS Afterschool Basketball

Play Hoops after school with Coach Carf. Fun drills and games to improve your skills.

Fri | Sept 25 | 2:45 - 3:45 pm | \$75/ 6 wks

MS Food Explorers

Create a mix of sweet and savory snacks while chopping, mixing, stirring and learning about food.

Tue | Jan 26 | 2:45 pm | \$110 | 6 wks



Friday Night: Esports



Explore the world of Esports gaming in a supportive environment. Through structured gameplay, Participants will elevate their passion and learn safe gaming through Fortnite. **Grades 4 - 8**

Fri | Nov 6 | 6 - 7:30 pm | \$135/5 wks



Adult Programs

Zumba Dance

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

Mon/Sat | Aug 24 & Oct 12 | \$45/\$75 (both)/6 wks

Zumba Tone

Combine Zumba Dance with light weight for a combined cardio and strength training workout that tones and sculpts the body

Thu | Aug 27 & Oct 8 | \$45/\$75 (both)/6 wks

Mahjong Lessons: Beginner

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

Thur | Sept 10, 17, & 24 | 6:30 pm | \$15

Mahjong Club - Thurs Nights

Meet to play each Thursday with friends. Reg. Required by noon the day before.

Thurs | 6:00 pm | Free

POUNDFit

Energizing full-body workout that merges cardio and strength training with yoga and pilates-inspired movements, incorporating drumsticks for a fun and dynamic experience.

Wed | Sept 2 | 6:30 pm | \$45/6 wks

Country Line Dancing

Learn a variety of classic and contemporary country line dances.

Tues | Sept 29 | 7 - 9 pm | \$75/8 wks

Yoga

Unwind and recharge after a busy day with our calming and rejuvenating evening yoga class. Two Levels - visit web for more info.

Level 1 | Mondays | Sept 28 | 6 pm | \$45/6 wks

Level 2 | Tuesdays | Sept 29 | 6 pm | \$45/6 wks

Optimize Your Brain's Response to Food:

Tips for Managing Weight. Come and learn how to optimize your brain's response to food for better weight management and to optimize wellbeing.

Jan 20 | 6:30 pm | \$5

Acupuncture

Provided by Soleil Acupuncture+Naturopathic Wellness. BYO Blanket, pillow, or mat. Approx. 10-20 needles/5-10 pts/person

Oct 7 & Jan 27 | 6:30 pm | \$10 | 18+ - Community

Oct 7 & Jan 27 | 2/3/4/5:30 pm | \$50 - Individual

Smartphone Photography

This class teaches you how to use smartphone camera settings to produce high-quality images with your smartphone.

Mon | Oct 26 | 6-8:30 pm | \$25 | 18+

Sip & Paint

We provide the easels, paints, and all the art supplies. You bring an open mind, and a sense of adventure!

Feb 19 | 6-8 pm | \$20 | 21+

Friday Night Pickleball

Play a game with no pressure and lots of fun! Bring a partner or find one when you get there! Reg each week.

Fri | Jan - Feb | 6:30 pm | \$10/pp/wk



50+ Membership

(50+) Membership

Basic Membership	Res	Non Res
50-79	\$10	\$25
80+	Free	\$15
Veterans	Free	Free
Additional Program Fees		
Exercise Classes	Free	\$50/yr
Pickleball	Free	\$50/yr

Ongoing Activities

Tech Time

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

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



Haircuts

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

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

Chair Massage

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

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

Foot Reflexology

Reflexology is the art of foot massage and foot pressure point treatment. Bring a blanket, towel and pillow. Book appointment. Pay reflexologist directly.

4th Wed | 10 am - 1 pm | \$20



Acupuncture

Achieve relaxation! Provided by Soleil Acupuncture+Naturopathic Wellness. Approx. 10-20 needles (5-10 points) pp.

Community Acupuncture - 12 participants

Oct 7 & Jan 27 | 1:15 pm | \$10 | 50+ Members

Oct 7 & Jan 27 | 6:30 pm | \$10 | 18+

Individual Treatments - 1:1 - (18+)

Oct 7 & Jan 27 | 2/3/4/5:30 pm | \$50 - Individual

Personal Training

Hesitant to use our fitness center? Can't stay motivated? Workout with Certified Personal Trainer, Cullen Zemaitaitis. Small group personal training, 3 people/45 min session.

M&W | 10am - 12pm | Ongoing | \$125/4wks

Tues PM/Sat AM | Ongoing | \$125/4wks



Weekly Activities

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

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

Lunches

Lunches & Socials

Wed | Times Vary | \$ Visit website

Registration opens the first of each month

Hoedown Fried Chicken	Sept 9	Cookies & Cocoa	Dec 16
Chicken Francaise	Sept 16	Pot Roast	Jan 20
Pierogies & Kielbasa	Oct 21	V-Day Italian	Feb 10
Veteran's Brunch (Mon)	Nov 9	Sausage Grinders	Feb 17
Thanksgiving Feast	Nov 18	Soup & Sandwich	Mar 10
Holiday Dinner	Dec 9	St. Patrick's	Mar 17



Lunches & Learn

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

Lunch served at 12 pm | Free

Cats and Seniors: A Purr-Fect Match	Sept 10
Fire Prevention Q&A with Fire Marshal	Oct 22
UFO Files: Analyzing the Gov. Releases	Dec 17
Stress and Disease	Jan 14
Tips For Increasing Happiness	Feb 18
12 Drug-Free Approaches to Manage Pain	Mar 18

Bingo & Lunch

The last Tuesday of each month, we offer a lunch and two bingo cards.

Last Tues | 12 pm | \$3



Jukebox Bingo

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

Feb 23 | 12 pm | \$5 pp

Day Trips

Casino Trips

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

Select Dates | 8 am | \$15

Big E

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

Sept 23 & Oct 1 | 9:30 am | \$20



Sharon Playhouse

Dinner on own at Clocktown Brewing Co.

Come From Away - Accepting Waitlist

Sept 17 | 12:15 pm | \$40



Nelson Hall Performing Arts

1 pm | \$55

Bee Gees Gold - The Tribute

The Rat Pack - One More Time!

Oct 23

Nov 5

Center Stage Theatre

Bye Bye Birdie

Nov 15 | 1:30 pm | \$35

Aqua Turf

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

Holiday Classics with The Cartells!

Dec 8 | 10:15 am | \$65

Woodbury Commons Outlets

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

Dec 5 | 8:30 am | \$20

Lockwood-Mathews Mansion Museum

Guided Tour of the Mansion's majestic 1st floor Period Rooms, 2nd floor bedrooms, and Servants' Quarters. Lunch on own at Wegmans after tour.

Jan 6 | 8:45 am | \$30

Amazon Fulfillment Center Tour

Join us on a walking tour of an Amazon warehouse and see how their people and technology deliver for customers. Lunch on own at Chili's after tour.

Feb 3 | 11:30 am | \$20

visit seymourct.myrec.com

Programs

Arts + Crafts Workshops

1 pm | Free

Get Crafty! Sponsored by Shady Knoll!

Candy Apples	Sept 3
Pumpkin Decorating	Oct 15
Fall Picture Frame Decorating	Nov 19
Ornament Making	Dec 10
Vision Boards	Jan 7
Chocolate Covered Strawberries	Feb 25
Mini Herb Garden Starters	Mar 4



Canasta Lessons: Beginner

Learn to play the popular game in four 2 hour sessions. Must attend all sessions.

Sept 14 | 4 wks | 12:30 pm | \$15

Bereavement Support Group

Group will offer confidential, respectful, and safe support for those who need it.

2nd Mon | 3:45 pm | Free

Chess Lessons: Beginner

Curious about chess or looking to finally learn the game?



Sept 28 | 6 wks | 1 - 2:30 pm | \$60

Age Well Series

1:30 pm | Free

Griffin Health and the Agency on Aging of South-Central CT are partnering to increase access to care and disease prevention for our seniors. Monthly topics vary.

Stroke/Brain Health

Sept 14

Lizzie's Corner Crafts @ CC

1 pm | \$18

Join us as Lizzie's Corner shows you how to create your crafts, step-by-step!

Decoupage Tea Light Holders Sept 24

Kinusaiga - Japanese Art w/ Fabric Oct 29

Dept of Motor Vehicles Outreach

Difficulty visiting a branch or finding answers to your DMV questions? Available transactions:

- Issue new non-driver IDs
- Renew license, IDs, & registrations
- Issue accessible parking placards

Sept 30 | 9 am - 1 pm | Free

Medicare Info Seminar

This session will cover the challenging topics of new regulations, additional coverage, & the best supplements for you.

Oct 5 | 1 pm | Free

AARP Smart Drivers Course

Refresh your driving skills to help you become a safer, more confident driver! Multi-year discounts on your auto insurance premiums.

Nov 16 | 12:30 pm | Pay AARP directly cash/chk
AARP Member \$20, Non-AARP Mem \$25

Grandchild & Me Bingo Day!

Enjoy quality time with your grandchildren during the holiday break. Price Includes: Pizza, Ice Cream, & Prizes.

Dec 30 | 12 pm | \$5 pp

Food Explorers

Join us for this fun culinary workshop! We will be making tacos with homemade tortillas. Supplies included. Max 30 people.

Mar 11 | 1 pm | \$5

Learn to Speak German

Learn to Speak German with friends. Volunteer led by one of our (50+) members!
Beginner: Thurs | 10 am | ongoing | Free
Intermediate: Weds | 6 pm | ongoing | Free



Sunny Portugal - Oct 2027

Soak in the Portuguese sunshine and savor local flavors! Lisbon to Algarve & the Portuguese Riviera. Explore soft, sandy beaches and classic fishing villages.

Presentation: 9/10/26 | 6:30 pm | Pre-reg
10/3-12/27 | 10 days | 13 meals | DO \$4,899

Seymour Community Center
20 Pine Street
Seymour, CT 06483

THANK YOU TO ALL OUR SPONSORS

Katherine Matthies Foundation, Valley Community Foundation, Seymour Lions Club, & Griffin Hospital.
Their additional support allows us to reduce resident costs of select programs and activities.

 Pasta Pizza Calzones 814 Derby Ave, Seymour 203-736-6105	 E N G I N E E R I N G	 A HIGHER STANDARD www.brightstarcare.com (203) 810-4800
 BUSHI BAN CONNECTICUT WHERE DISCIPLINE MEETS DESTINY info@bushibanct.com 800 868-8959 www.bushibanct.com	 <i>Christine Aquila</i> Broker® Serving your Community Since 2015 160 Christian Street Oxford, CT 06478 203-278-2635 Christine.Aquila@coldwellbankermoves.com	 800-632-3346 203-735-0275
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