November 2026

ACTIVE ADULT NEWSLETTER

SEYMOUR COMMUNITY CENTER

Lunches & Special Events

Now You See Me Live

This Broadway production follows the impossible heists of the Four Horsemen-a team of the world's greatest illusionists. It brings magic to life with an explosive mix of high-tech illusions, solo stunts and spectacles.

Nov 14 | 9 am | $135

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 13 | 6 - 8 pm | $25/team

Thanksgiving Feast

Turkey, Stuffing, Potatoes, Yams/Squash, Cranberry, Gravy, Rolls, & Pumpkin pie catered by Creative Kitchen. Raffles!

Nov 18 | 12 pm | $14



Veterans Brunch

Celebrate our Veterans- Join us for brunch! Assorted Bagels (Cream Cheese & Butter). Hash Browns, Scrambled Eggs, Bacon Strips & Sausage Patties, Fruit. Coffee (Blend & Decaf, Tea). Milk & Cream. Catered by Corner Deli. Patriotic Music by David A. Inman - Relax to the Sax.

Mon, Nov 9 | 12 pm | $9
Veterans Free!

Bingo & Lunch

BLT & Potato Salad includes 2 bingo cards. Catered by Corner Deli



Nov 24 | 12 pm | $6

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)

Coffee & Conversation with the First Selectwoman



Have questions, comments, or concerns to bring to the First Selectwoman?
Check CC website for exact dates and schedule.

Nov 18 | 11 am - 11:45 am | @ CC



Transportation

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

Shopping/Event Rides

Nov 3	**Big Y**
Nov 9	**Lunch**
Nov 10	**S&S & Market 32**
Nov 17	**Walmart**
Nov 18	**Lunch**
Nov 24	**Shop Rite**

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

Call: 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

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

Municipal Agent
Ext. 3

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

50+ Membership

(50+) Membership	Res	Non Res
Basic Membership		
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.
Nov 5 | 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.
Nov 4 | 1st Wed | 10 am - 4:30 pm | $10

Bereavement Support Group
Group will offer confidential, respectful, and safe support for those who need it.
Nov 9 | 2nd Mon | 3:45 pm | Free

Chair Massage
Christine Gomulinski, LMT brings affordable Chair Massages to the Center! Book your appointment.
Nov 4 & 18 | 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.
Nov 25 | 4th Wed | 10 am - 12 pm | $20

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. Next session starts
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
Dance Fusion !!!	Wed	2:30 pm
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

Veteran's Brunch *(Mon)*	**Nov 9**	Pot Roast	**Jan 20**
Thanksgiving Feast	**Nov 18**	V-Day Italian	**Feb 10**
Holiday Dinner	**Dec 9**	Sausage Grinders	**Feb 17**
Cookies & Cocoa	**Dec 16**	Soup & Sandwich	**Mar 10**
		St. Patrick's	**Mar 17**

Lunches & Learn
Each month learn something new & enjoy a light lunch with friends.
Lunch served at 12 pm | Free

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


Includes lunch and two bingo cards. Lunch is BLT & Potato Salad catered by Corner Deli.
Nov 24 | 12 pm | $6

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 Mohegan Sun Casino!
Nov 23 | 8 am | $15

Nelson Hall Performing Arts
LAST CALL - Act Fast!
Nov 5 | 1 pm | $55
The Rat Pack - One More Time!

Center Stage Theatre

Only 4 tickets remain
Bye Bye Birdie
Nov 15 | 1:30 pm | $35

Aqua Turf *accepting waitlist*
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!

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**

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.

Low Vision as you grow older	**Nov 2**

Mahjong Lessons: Beginner (18+)

Learn to play the popular game in three 2 hour sessions. You must attend all three sessions.
Nov 5, 12, & 19 | 6:30 pm | $15 res, $20 non-res

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

Ukulele Lessons

Open to beginners and those who know to play! Ukuleles provided or bring your own. Participants will learn about tuning, strumming, fretting and how to play some easy songs.
Jan 12, 26, Feb 9, & 23 | 1:30 pm | $10

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.
Limited seats left!
10/3-12/27 | 10 days | 13 meals | DO $4,899