



Seymour Community Center

January



Active Adult Newsletter

Monthly Lunches & Socials

January Joke Jam Chili Bread Bowls

Shake off the winter blues with clean jokes, good company, and lots of laughs! Bring your favorite joke or enjoy hearing others.

Enjoy delicious chili served in a fresh bread bowl, perfectly comforting and delicious.

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



Pot Roast Dinner Matteis Deli

Comfort food done right!

Join us for a hearty Pot Roast with potatoes and carrots, served with a dinner roll & butter, and finished with brownies for dessert.

A classic, cozy meal you won't want to miss!

Jan 21 | 12 pm | \$13
Transportation Available
Call Center for ride

Center Closures & Class Cancellations*

Dec 31 - Closes at 12
Jan 1 - CC Closed
Jan 2 - No Poise & Posture
Jan 19 - Center Closed
Feb 16 - Center Closed
**Visit Web site for additional 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 - 1:15 pm	Pickleball 11 am - 1:15 pm	Pickleball 11 am - 1:15 pm	Pickleball 11 am - 1:15 pm	Poise & Posture 11 am
Chair Yoga 11:15 am	Cribbage 11:30 1st Tues		Chair Yoga 11:15 am	
			Standing Pilates 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

Jan 6	Shop Rite
Jan 13	Walmart
Jan 14	CC Lunch
Jan 20	Big Y
Jan 21	CC Lunch
Jan 27	Stop & Shop

*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 | Jan 7 | 11 am - 4:30 pm | \$10

Tech Time

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

1st Thur | Jan 8 | 2 - 4 pm by apt | Free

Chair Massage

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

1st & 3rd Wed | Jan 7 & 21 | 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

Mickey 17 **Jan 12**

Novocaine **Feb 9**



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
Pinocle	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

Joke Jam-Chili Bread Bowls **Jan 14 | \$10**

Pot Roast **Jan 21 | \$13**

Coffee & Conversation with First Selectwoman **Jan 21 | 11 am**



Lunch & Learns

Lunch served at 12 pm | Free

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

Beethoven: Consoling Beauty **Jan 22**

Improve Balance & Prevent Falls **Feb 26**

Bingo & Lunch

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

Jan 27 | 12 pm | \$3 | Hot Dogs

Jukebox Bingo & Lunch

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



Pictured: Ukulele Club

Huge thank you to our Band Jam and Ukulele Club for performing at our Holiday Luncheon Sing-a-Long!

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 14 | 2:30 pm | \$20

Personal Training

Reg Now Open for January Session

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

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

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!

New Year Wishes & Goals Collage Jan 8

No-Sew Heart Pillows Feb 12

Mini Herb Garden Starters Mar 12

Age Well Series

Griffin Health and the Agency on Aging of South-Central CT presents: Loneliness & Age Related Loss **Jan 5**
Boost your Heart Health Bingo **Feb 2**

1st Mon | 1:30 pm | Free

Puzzle Palooza

Join us for a fun puzzle-making contest! Teams (max 4 people) race to finish a 500 piece puzzle. Snacks provided.

Jan 16 | 6 pm | \$25/team

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



PSYCHIC MEDIUM PATRICIA GRIFFIN

PATRICIA GRIFFIN is a natural-born medium. Based in Monroe, Connecticut, Patricia continues to blaze a trail through her grassroots movement spreading the message that love sees all, believes all, and never ends.

March 4 | 1 pm | \$20 | 50+ Members

March 4 | 6 pm | \$30 Res/\$35 NR

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

Aqua Turf

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

Rock n Roll Heaven

April 14 | 10:15 am | \$65

Casino Trip

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

Foxwoods | Mar 30 | 8 am | \$15

Shades of Ireland 2026

10 days | 13 Meals | Activity Level 2

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