

# 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](http://seymourct.myrec.com)

[facebook.com/seymour.ct](http://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
Zumba Gold 10 am	Strength & Tone 10 am	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 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	
	Mahjong 12:30 pm	Mahjong 12:30 pm	Standing Pilates 11:15 am	
	Bingo 12:15 pm		Pinochle 12:30 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	<b>Shop Rite</b>
Jan 13	<b>Walmart</b>
Jan 14	<b>CC Lunch</b>
Jan 20	<b>Big Y</b>
Jan 21	<b>CC Lunch</b>
Jan 27	<b>Stop &amp; Shop</b>

\*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
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

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 Zemaitaitis. 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**