



SEPTEMBER 2026

**SEYMOUR
COMMUNITY CENTER**

ACTIVE ADULT NEWSLETTER

Lunches & Special Events

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

Hoedown Fried Chicken Chicken Francaise

Join us for Fried Chicken, Corn, Mashed Potatoes, Gravy, and Coconut Cake. Catered by Creative Kitchen & Catering. Line Dance demo by Lynne Martino.



Sept 9 | 12 - 2pm | \$14

Chicken Francaise, White Rice and Cheesy Broccoli. Catered by Alberto's Restaurant & Pizzeria.

Sept 16 | 12 - 2 pm | \$13

Transportation

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

Shopping/Event Rides

Sept 1	Big Y
Sept 8	S&S & Market 32
Sept 9	CC Lunch
Sept 15	Walmart
Sept 16	CC Lunch
Sept 22	Shop Rite
Sept 29	Big Y

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

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**

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?
Check CC website for exact dates and schedule.

Sept 16 | 11 am - 11:45 am | @ CC



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

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.

Sept 3 | 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.

Sept 2 | 1st Wed | 10 am - 4:30 pm | \$10

Chair Massage

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

Sept 2 & 16 | 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.

Sept 23 | 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

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.

Sept 28 | 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](http://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