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Seymour Community Center

RESIDENTIAL CUSTOMER

THANK YOU TO OUR SPONSORS!

SPECIAL THANKS TO

KATHERINE MATTHIES FOUNDATION, VALLEY COMMUNITY FOUNDATION, MABEL BURCHARD FISHER FOUNDATION, SEYMOUR LIONS CLUB, AND GRIFFIN HOSPITAL

THEIR ADDITIONAL SUPPORT ALLOWS US TO REDUCE RESIDENT COSTS OF SELECT PROGRAMS AND ACTIVITIES.



TO REGISTER FOR A PROGRAM OR ACTIVITY VISIT SEYMOURCT.MYREC.COM



MOTHER SON NIGHT OF FUN Join us for a heartwarming and memorable night that celebrates the unique bond between Mothers/Guardians & sons.

Oct 1116-8 pm | \$TBD | Reg opens Sept 6

BLOOD DRIVES

Sept 6, 12 - 5 pm Nov 1, 1 - 6 pm

Sponsored and administered by **American Red Cross**

First Selectwoman's Corner

TOWN OF SEYMOUR WEBSITE

Want to know when the next town meeting is? Want to know "What's Happening in the 888"? Stay up to date on all the great things happening in Seymour by visiting our website at www.seymourct.org

CODE RED SYSTEM

Seymour uses the Code Red System to provide residents with emergency updates and important community notifications. Sign up at:

https://public.coderedweb.com/CNE/en-US/0B082BD76D7C

ELECTION DAY

The Presidential Election will take place on Tuesday, November 5, 2024. Polling places will be open from 6:00 am until 8:00 pm. Should you have questions on early voting, registering to vote or your polling location, please call our Registrar of Voters at (203) 881-5039.



PUZZLE PALOOZA Join as teams race to complete a 500 piece puzzle. Snacks provided. Prize for the winners.

> Oct 18 | 6 –8 pm | \$20/team Jan 31 | 6 –8 pm | \$20/team

Community Health & Fairs

Various VA organizations, will be available to ask 1-on-1 questions about services & benefits and help, apply for benefits on-site. Oct 9 | 6 - 8 pm | Free Sponsored by American Legion Post 10

2024 FALL/WINTER PROGRAMS

Community Events

FATHER DAUGHTER DANCE

Join us for a heartwarming and memorable night that celebrates the unique bond between Fathers/Guardians & Daughters.

Feb 716 - 8 pm 1\$TBD | Reg opens Jan 3

VETERAN BENEFITS FAIR

COVID & FLU CLINIC (18+) Oct 15 | 10-1pm **BRING Ins CARD** Sponsored and administered by Naugatuck Valley Health District

Community Resources

MUNICIPAL & VETERAN'S SERVICES

dhunter@seymourct.org, 888-0406 xt. 3

Dawnmarie Hunter, Municipal Agent is a LCSW with 20 vears of experience. She helps residents with many aspects of life such as caregiving issues, domestic violence concerns, & coping. She is also available to provide information on and assist with applications those hard to navigate State programs including:

- Renter's Rebate
- Medicaid
- Farmer's Market Cards DSS paperwork
- Food stamps/SNAP

- CT Homecare
- Senior Housing
- QMB/Medicare Savings
- **TRANSPORTATION**

Seymour Community Center provides transportation on Tuesdays to local grocery stores, Valley area doctors and the Seymour-Oxford Food Bank. Call 888-0406 for reservations 48 hrs. in advance.

FOOD BANK

Seymour Oxford Food Bank is located at the rear of the Seymour Community Center and open Tues, Thurs, & Saturdays. Call (203) 888-7826 for appointment.

RECREATION FOR YOUTH. **ADULTS & SENIORS**

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

> Mary McNelis Director

Tara Miller Community Services Assistant

Morgyn Manzer Active Adult Coordinator

John Fracker Parks & Recreation Manager

Dawn Hunter, LCSW Municipal Agent

Seymour **Community Center**

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

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

facebook.com/seymour.ct Register at: https://seymourct.myrec.com

Pre-K Programs (Ages 2 - 5)

A STEP AHEAD SOCCER PROGRAM

This program introduces kids to the game of soccer and team sports. Sun | Sept 15 | 12 pm | \$ varies | 7 wks | BES Sun | Jan - Mar I TBD I \$ varies | 7 wks | BES

MUSIC WITH JUDY

Parent & Me class consisting of nursery rhymes and classic rock and roll songs. 6weeks Thu | Sept 26 | 9:30 - 10:15am | \$80

FUTURE STARS BASKETBALL

This co-ed instructional program features lower baskets, smaller balls, game play and contests. Sat | Dec 7 - Jan 18 | Time Varies | \$110

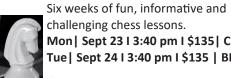
After School Programs

TAYLOR SWIFT CLUB

Calling all Swifies! Learn about the singer herself while playing Swifty games, karaoke fun, and making friendship bracelets.

Mon| Sept 23 | 3:40 pm | \$75

CHESS WIZARDS



challenging chess lessons. Mon | Sept 23 | 3:40 pm | \$135 | CLS Tue | Sept 24 | 3:40 pm | \$135 | BES

IGGLING PIG ART

A six week art program. Each class will take a creative art journey with projects such as painting a ceramic/wooden character or making their own slime!

Tues | Sept 24 | 3:40 pm | \$125 | CLS Fri | Jan 27 | 3:40 pm | \$125 | BES

MAD SCIENCE

Mad Science delivers a unique hands on 6 week experience that is fun and educational. Go line for different topics covered this fall.

Wed | Sept 25 | 3:40 pm | \$125 | CLS & BES

SCIENC

LASER TAG ON THE GO

An adrenaline-pumping, fun 6 week gaming experience with unlimited mission scenarios to thrill players of all ages.

Thu| Sept 26 | 3:40 | \$145 | CLS **FOOD EXPLORERS**

Create a mix of sweet and savory snacks while chopping, mixing, stirring and learning about food in this 6 week program. Tue | Jan 14 | 3:40 pm | \$125 | BES Fri | Jan 24 | 3:40 pm | \$125 | CLS

PE AFTERSCHOOL

After the bell rings come play Dodgeball with your friends. Thu | Jan 23 | 3:40 pm | \$65

Youth Sports

ESPORTS

6 week program featuring Esports Foundation and Fortnight Gaming. Fri | Sept 20| 6 - 7:45pm | \$135

FUTURE STARS BASKETBALL (GRS K - 2)

This co-ed program features lower baskets, smaller balls, instruction & game play. Sat | Dec - Jan | Varies | \$110

RECREATIONAL BASKETBALL (GRS 3 - 8)

This Co-Ed League is for residents only. Mon/Wed | Dec - Feb | Varies | \$110

TRAVEL BASKETBALL (GRS 5 - 8)

Milford & Trumbull.

Thu | Sept 5 | 6 pm | \$45/ Seymour Travel Basketball is for residents only. session Practices are held in Town. Games are held in

Oct Tryouts | Nov - March I Varies I \$TBD

HIGH SCHOOL BASKETBALL (GRS 9 - 12)

Friday Night HS Pick-up Bball at Seymour CC will run 6 weeks.



OPEN BASKETBALL (AGES 14+)

Open Basketball at Seymour CC. Mon - Thur | Ongoing | 2:15 - 4:15 pm | Free

MS SKI & SNOWBOARD CLUB

Hit the slopes this Winter with friends for some night skiing & snowboarding at Southington Mountain.

Tix & Tran for 4 Fridays. Fri | Winter 2025 | 4:30 - 10:30 pm | \$TBD

Multigenerational Classes

Therefore and the second secon

Join fellow budding artists and use your creativity!

Watercolor Nov 21 | 3 pm |\$5 Cartooning Jan 30 | 3 pm |\$5

BING YOUR GRANDCHILD TO BINGO Enjoy pizza, ice cream, bingo & prizes.





Aquatic Programs

SWIM LESSONS

Pre-K to Beginner 30 min classes. Tues & Sat | Date & Times TBD | \$120/6 wks



LAP SWIM, AT SHS POOL Tues, 5:30 - 8:30 pm & Sat, 10 am -1 pm | \$25

Adult Sports & Fitness

COUNTRY LINE DANCING

Learn a variety of classic and contemporative country line dances. Tues | Nov 12 | 7 - 9 pm | \$75/session_

ZUMBA DANCE

Zumba Dance takes the "work" out of a workout and mixes low & high intensity moves for calorie -burning fitness party.

Mon/Sat | Sept 7 I \$45/\$75/session

ZUMBA TONING

A dance fitness class that uses light weights to tone specific muscle groups.



BASKETBALL LEAGUES

Team registration available. Games played at various gyms.

18+ | Tu/Thu| Sept - Nov I 6-9 pm I \$645/Team 30+ | Sun | Feb - Mar | Varies | STBD

SELF DEFENSE CLASS (16+)

Learn awareness, prevention tips, and strategies to disable and escape an assailant. Tues | 7 pm | Oct 1 | \$60/session

BALLROOM DANCE

Learn various Latin and Ballroom dances such as Salsa, Cha-cha, Swing, Tango, Foxtrot, and Waltz . No partner needed. Beginner level. Thu | Sept 26| 7 pm | \$30/session

FITNESS CENTER

The Community Center Fitness Room is open to Seymour Residents and Active Adult (50+) Members. It includes two treadmills, a rower, bike, and free weights. M - Th, 8 - 4 pm | Fri, 8 - 11:30 am | Free



PICKLEBALL

is played on a badminton-sized court with 2-4 players and uses hard paddles to hit a whifflelike ball over a low tennis net.

OPEN PLAY PICKLEBALL—DAY (50+) M-Th | 8:15 - 9:45am/11-2pm | Members Only

PICKLEBALL TOURNAMENT (50+)

Pick a partner & register for this friendly competition. Pizza & Prizes.

Thu | Jan 23 | 10 am | \$10 | Members Only

PICKLEBALL RECREATIONAL LEAGUE Pick a partner & join this 6 week friendly fun league. Prizes for winning team. Thurs | Sept 26 | 6:30 - 8:30pm | \$60pp

OPEN PLAY PICKLEBALL- NIGHT (18+)

Join fellow Pickleballers for a fun night of play. Discount for Recreational League Players. Tues | Sept 24 | 6:30 - 8:30 pm | \$60/session

QUASSY TOWN FUN DAYS Visit Quassy.com and use Code

Seymour24 for discount. Sept 30 & Oct 1 | 11 am - 5 pm | \$10* *Trans & Parking not included/Waterpark closed

THE THE BIG E (21+)

This annual fair has Venders, Food, Parades, Bands, Floats & More! Sept 25 | 9:30 am | Full/Waitlist Accepted* Sept 26 | 9:30 am | \$20



HAIRCUTS

Hair by Donna brings affordable haircuts to our Center! Book apt. with us.

1st Wed | 12:30 - 4:30 pm | Apt req | \$10 **CHAIR MASSAGE**

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

1st/3rd Weds | 10 am - 1 pm | Apt reg | \$15 **TECH TIME 1:1**

Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel. 20 min one on one appointment.

1st Thur | 2 - 4 pm | Apt req | Free

MOVIES

BINGO & LUNCH

Last Tues | 12 pm | \$3

Chicken Cacciatore Sept 11

Cheeseburger Day Sept 18

Pierogis & Kielbasa Oct 16

Vet's Pasta Dinner Nov 13

Thanksgiving Nov 20

LUNCH & LEARNS

Aging Happily

Credit Scores & Reports

5 Steps to Better Digestion

Headaches Decoded

Acupuncture 101

Moving Meditation

Fried Chicken Oct 9

LUNCHES & SOCIALS

Monday | 1:30 pm | Free | Popcorn \$1 Sept 9 The Fall Guy Bang Oct 21 The Black Phone Jan 13 Argylle Feb 10 Anyone But You Nov 18 Civil War

2 Bingo Cards & either Pizza, Hot dog, BLT

Weds | Times Vary | \$ Visit website

Registration opens on a monthly basis

Dec 9 Kiss Kiss Bang Mar 10 Twisters Lunches

Holiday Dinner Dec 18

Meatloaf & Magic Jan 8

Swedish Mtballs Jan 15

St. Paddy's Day Mar 12

Sept 19

Oct 2

Oct 10

Jan 9

Feb 13

Mar 13

Feb 12

Feb 19

Italian Feast

Beef Stew

Holiday Brunch **Dec 11** Soup & Sandwich **Mar 19**

Lunch served at 12 pm all workshops | Free

Tips + Tricks Reduce Sodium Nov 14

10 Tips to Boost Your Energy Dec 12

Community Trips

SHUBERT THEATRE

Dear Evan Hansen, A Tony and Grammy-winning Best Musical sensation and the first contemporary musical about connection in the digital age. Nov 23 | 12 pm | \$95 Tix & Trans

WOODBURY COMMONS OUTLETS

Complete your holiday shopping! This Premium Outlet Center has 200+ stores! Dec 7 | 8:30 am | \$15



PALACE THEATER

The Addams Family, embraces the wackiness in every family. A magnificently macabre hit musical featuring your favorite creepy cast! Jan 18 | 1:15 pm | \$80 Tix & Trans

ADVENTURES OF ITALY 2025

Oct 17-29 | \$4,999/pp/ DO This 13 day/20 meal tour takes you through Sicily and the coastlines of Southern Italy.

Info Session: Oct 2, 2024 | 6:30 pm | Reg Req

Active Adults (50+)*

Weekly Activities & Fitness

Activity	Days	Times
Pickleball	Mon - Thurs	Varied
Cribbage	1st Tues	11:30 pm
Bingo Band Jam	Tues Tues/Thurs	12:30 pm 1 pm
Board Games	2nd Wed	2 pm
Mahjong	Tues/Wed	1 pm
Pinochle	Thur	12:30 pm
Crochet/Knitting	Fri	930 am
Fitness Class	Days	<u>Times</u>
Zumba Gold	Mon/Wed	10 am
Chair Yoga	Mon/Thur	11/10 am
Ballroom Dance	Mon	1 pm
Zumba Tone	Tues	10 am
Mat/Wall Pilates	Wed	9 am
Standing Pilates	Thurs	11:15 am
Strength & Tone	Fri	10 am
Poise & Posture	Fri	11 am

Day Trips*

CASINO TRIP

Enjoy a day at the casinos via the CC Bus. Sept 30 | 8 am | \$15 | Mohegan Oct 30 | 8 am | \$15 | Foxwoods **AQUA TURF**

Shake Rattle n' Roll Dueling Pianos - Two top piano entertainers battle it out and mix music, comedy and audience interaction in a singalong, laugh along, dance along show you'll never forget! Package includes: Tix, trans, coffee & donuts, beer/wine, lunch, and door prizes! Sept 10 | 10:15 am | \$60

NELSON HALL PERFORMING ARTS

Beginnings: Celebrating the Music of Chicago Oct 24 | 1 pm | \$50 Ticket & Transportation

A Swinain' Christmas with Louis Prima Jr and the Witnesses Dec 5 | 1 pm | \$50 Tix & Trans

New England Christmas Festival

Mohegan Sun's 38th annual award-winning arts & crafts festival. Find something special & unique for everyone on your holiday list with 350+ popup shops by American Artisans. Nov 8 | 9 am | \$20 Tix & Trans

UKULELE BEGINNER LESSONS

Learn to become a Uke player—it's fun and easy! Meets Bi-Weekly.

Tues | Sept 24 | 2:30 pm| \$20 | 4 wks

PAINT A PUMPKIN

Get in the festive spirit and paint a pumpkin! Take it home or leave it on display at the Center. Supplies provided.



Programs

SOAP MAKING CLASS

Dec 5 | 1:30 pm | \$20

Create and take home 1/2 pound of your own handmade melt & pour soap.



LONG-TERM HEALTH CARE

Key topics include understanding long-term care needs, evaluating financial strategies, the benefits of early planning, and discussions on legal documents and financial planning presented by Lou and Jessica Pelletier.

Feb 20 | 1:30 pm | Free

Ballroom Dance Night

Enjoy a night of dancing. Free dance lesson with Gabi Takac-Fabry, former partner of Tony Dovolani from Dancing with the Stars.

Nov 1 | 6:30 pm - 9 pm | \$15

*An Active Adult Membership is required to attend Programs & Trips - Res \$10/80+ Free / NR \$20/80+ \$10 / Vets Free

Oct 3 | 1 pm | \$5

MEDICARE INFORMATIONAL SEMINAR

Understanding Medicare can be challenging. New regulations, additional coverage needed and the best supplemental coverage for your needs will be discussed.

Oct 17 | 1 pm | Free