

ACTIVE ADULT NEWSLETTER 2026

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 6 | 6 - 8 pm | $25/team

Pierogies & Kielbasa

Join us for Pierogis (farmer cheese & potato) & Kielbasa with Bacon, Onions, and Sauerkraut, & Dessert catered by Aria's European Deli & Market.
A Cappella Barbershop Harmony Performance by Valley Chordsmen!

Oct 21 | 12 pm | $13

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

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

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.

Oct 21 | 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

Oct 6	**Big Y**
Oct 13	**S&S & Market 32**
Oct 20	**Walmart**
Oct 21	**CC Lunch**
Oct 27	**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

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.
Oct 1 | 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.
Oct 7 | 1st Wed | 10 am - 4:30 pm | $10

Chair Massage
Christine Gomulinski, LMT brings affordable Chair Massages to the Center! Book your appointment.
Oct 7 & 21 | 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.
Oct 28 | 4th Wed | 10 am - 1 pm | $20

Acupuncture

Achieve relaxation! Provided by Soleil Acupuncture+Naturopathic Wellness. Approx. 10-20 needles (5-10 points) pp.

Oct 7 & Jan 27 | 1:15 pm | $10 | 50+ Members
Oct 7 & Jan 27 | 6:30 pm | $10 | 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

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
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

Pierogies & Kielbasa	**Oct 21**	Pot Roast	**Jan 20**
Veteran's Brunch *(Mon)*	**Nov 9**	V-Day Italian	**Feb 10**
Thanksgiving Feast	**Nov 18**	Sausage Grinders	**Feb 17**
Holiday Dinner	**Dec 9**	Soup & Sandwich	**Mar 10**
ookies & Cocoa	**Dec 16**	St. Patrick's	**Mar 17**

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

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**

Halloween Bingo & Lunch


Includes lunch and two bingo cards. Costume party! Wear a costume - prize for best! Lunch is half a meatball sub and a bag of chips!
Oct 27 | 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 Casino!
Oct 28 | 8 am | $15

Nelson Hall Performing Arts
1 pm | $55

Bee Gees Gold - The Tribute	**Oct 23** - *1 ticket left!*
The Rat Pack - One More Time!	**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

Programs

Arts + Crafts Workshops

1 pm | Free
Get Crafty! Sponsored by Shady Knoll!

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**

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

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.

Disaster Preparedness for Older Adults **Oct 5**

Lizzie's Corner Crafts @ CC
1 pm | $18
Join us as Lizzie's Corner shows you how to create your crafts, step-by-step!
Kinusaiga - Japanese Art w/ Fabric **Oct 29**

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

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.
Presentation: 9/10/26 | 6:30 pm | Pre-reg
10/3-12/27 | 10 days | 13 meals | DO $4,899