



SEYMOUR COMMUNITY CENTER

Recreation for Youth, Adults, & Seniors

SPRING ²⁰²⁶ SUMMER PROGRAM GUIDE

Family Fun

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.

May 8 & Aug 14
6 - 8 pm | \$25/team



Family Game Night

Connect with friends and neighbors over an evening of laughter and friendly competition. Join us for a fun-filled night at the Community Center featuring a variety of board games - bring your favorite or enjoy ours.

1st Friday of every month
6-8 pm | \$5/Family



Stranger Things on Broadway

The Olivier Award-winning prequel to the hit Netflix series arrives on Broadway. Enjoy free time for lunch or shopping before the show. Ticket and transportation included.

July 11 | 8 am | \$170



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

Kristina Walton
Municipal Agent

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

Farmers Market

Stop by the Community Center and grab some fresh, locally grown produce, handmade goods, and delicious treats. Meet local vendors, support small businesses, and experience the best our community has to offer!

Tues | Apr - Oct | 12 - 6 pm

Transportation

Seymour Community Center provides transportation for residents on Tuesdays to local grocery stores, Valley area doctors, monthly luncheons and the Seymour-Oxford Food Bank. Call 48 hours in advance for reservations. Membership required.

(203) 888 - 0406

Food Bank

Seymour Oxford Food Bank is located at the back of the Community Center.

BUSINESS HOURS

Monday - Saturday
8:30 am - 11 am

SHOPPING HOURS*

Tuesdays & Thursdays
9 - 11 am & 12 - 2 pm
Sats 9 - 11 am
Mon 4 - 6 PM
*Call for appointment

(203) 888 - 7826

Municipal Agent

Kristina Walton, Municipal Agent is available to help residents in many areas including:

- Renters Rebate (starts 4/1)
- Farmer's Market Cards (starts 6/1)
- Food stamps/SNAP
- Senior Housing
- Medicare/Medicaid (10/15-12/7)
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

Office hours:

Mon 10 - 12 pm
Fri 9:30 - 11:30 am

kwatson@seymourct.org
203-888-0406 ext. 3

Memberships

Active Adult Membership (50+)

A Center Membership is required to register for all 50+ programs. Enjoy exercise classes, monthly lunches, exciting excursions, clubs, and lunch & learns. Meet new friends and stay active. Membership runs July 1 - June 30.

Age 50-79: Res \$10 | NR \$20 | Vets Free
Age 80+ Res Free | NR \$10 | 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.

Registration Required

Town Budget Information

Town Budget Meeting

The Annual Town Meeting is for residents to approve the Board of Finance's Budget and forward it to referendum.

Apr 7 | 7 pm | SMS



Visit the town website for more info
seymourct.org

Budget Referendum

Voting for The Town & Board of Education Budgets as approved at the Town Meeting. All voting will take place at the Community Center.

Apr 21 | 6 am - 8 pm

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

Ongoing Activities

Tech Time

Ask questions about your cell phones, Ipad/tablet, laptop, pictures, email, etc.
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.
1st Wed | 10 am - 4:30 pm | \$10

Chair Massage

Christine Gomulinski, LMT brings affordable Chair Massages to the Center! Book your appointment.
1st & 3rd Wed | 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 | 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

Apr 29 | 1:30 pm | \$10 | 50+ Members

Apr 29 | 6:30 pm | \$10 | 18+

July 29 | 1:30 pm | \$10 | 50+ Members

July 29 | 6:30 pm | \$10 | 18+

Individual Treatment - 1:1 - (18+)

Apr 29 | 3/4/5:15 pm | \$50

July 29 | 3/4/5:15 pm | \$50

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 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
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	Tue/Fri	10 am
Mat/Wall Pilates	Wed	9 am
Dance Fusion	Wed	2:30 pm
Standing Pilates	Thur	11:15 am
Zumba Tone	Thur	10 am
Poise & Posture	Fri	11 am

Tai Chi

Often described as "meditation in motion," this ancient Chinese practice combines slow, flowing movements with deep breathing and mindfulness to improve your physical & mental well-being.

Mon or Thurs | 9 am | 6 wks | \$30

Dance Fusion Class (50+)

Get your exercise while having fun at the same time! This class will fuse together both, jazz steps and old school hip hop moves to make it fun for all! Music from 50's, 60's, 70's, and 80's.

Wed | 2:30 pm | 6 wks | \$20

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

Chicken Pot Pie	Apr 8	Summer Picnic	June 17
Rosemary Chicken	Apr 15	Hawaiian Luau	July 8
Brunch	May 13	Rich's Ice Cream	July 15
60s Party Pulled Pork	May 20	Rock & Lobster Rolls	Aug 12
Fish Fry	June 10	Katz' Deli Rueben	Aug 19



Lunches & Learn

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

Lunch served at 12 pm | Free

Seniors Helping Seniors	Apr 16
Estate & Financial Planning	Apr 30
America's First Cookbook	May 28
The Chilling Chronicles of Ice Cream	June 25
What you Think of Me is None of my Business	July 16
Once upon a time: The Danbury Fair	Aug 27

Bingo & Lunch

The last Tuesday of each month, we offer a lunch and two bingo cards.

Last Tues | 12 pm | \$3



Annual Lions Club Bingo

Enjoy an afternoon of Bingo, food, and laughter! Sponsored by the Seymour Lions Club. Pizza, Bingo, and Prizes!

May 21 | 11 am | Free

Jukebox Bingo

Join us for a fun and interactive game that pairs the traditional game of bingo with music. Pizza & Ice Cream provided.

Jun 30 | 12 pm | \$5 pp

Day Trips

Aqua Turf

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

Rock n Roll Heaven!! - Accepting waitlist

Apr 14 | 10:15 am | \$65

Young at Heart - Feet so Smart

Aug 11 | 10:15 am | \$65

Casino Trips

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

Select Dates | 8 am | \$15

Bronx Zoo (all ages 8+)

Join us on the Community Center Bus to the Bronx Zoo! One of the largest zoos in the United States by area, comprising 265 acres of park lands and naturalistic habitats. Time for lunch on own at Zoo. Price includes admission and transportation.

May 30 | 9 am | \$50



New York Botanical Garden

Channel the spirit of the '60s at *Flower Power*, a joyous celebration of the enduring symbolism of flowers as icons of peace and love.

June 13 | 8:30 am | \$60



Stranger Things on Broadway

The Olivier Award-winning prequel to the hit Netflix series arrives on Broadway. Enjoy free time for lunch or shopping before the show. Ticket and transportation included.

July 11 | 8 am | \$170



Goodspeed Opera House

Emerging & revival musical theater shows offered in an 1876 riverside opera house. Lunch next door at the Gelston House. Includes ticket in Center Orchestra, Lunch & Gratuity, and Transportation.

Crazy For You-The Tap-Dancing Gershwin Hit!

Aug 5 | 10:15 am | \$115

Programs

Arts + Crafts Workshops

1 pm | Free

Get Crafty! Sponsored by Shady Knoll!

Diamond Art	Apr 9
Bird Feeder Project	May 14
Flower Pot Painting	June 11
Red, White, & Blue Bracelet Making	July 30
Bookmark Decorating	Aug 20



Chess Lessons: Beginner

Curious about chess or looking to finally learn the game? Join Marc Weissman for a fun and welcoming introduction to chess!

Apr 20 | Mon | 8 wks | 1-2:30 pm | \$30

Food Explorers

Join us for this fun culinary workshop! We will be making Summer Herb Gnocchi. All supplies included. Max 15 people.

Apr 23 | 1:30 pm | \$5



A Matter of Balance

An award-winning program designed to manage falls and increase activity levels. Presented by the NVHD.

Apr 24 | 8 wks | 9-11 am | 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.

Body Mechanics & Adaptive Equip	Apr 6
Importance of Cervical Spine Health	May 4
Fiber and Why it Matters	June 1

Mahjong Lessons: Beginner

Learn to play the popular game in three 2 hour sessions. Must attend all sessions.

May TBD | 10 am | \$15

Canasta Lessons: Beginner

Learn to play the popular game in four 2 hour sessions. Must attend all sessions.

May TBD | 10 am | \$15

Tea Party Social

Learn the history & health benefits of tea! Try 2 different teas and receive 2 wrapped tea bags to take home.

May 7 | 1:30 pm | Free



The Cat's Meow Social

Join us for a special visit from a Whiskers Pet Rescue bringing calm, senior-friendly cats. Spend time petting, relaxing, and enjoying the company of these sweet feline friends! Refreshments provided.

Jun 8 | 1 pm | Free



Medicare 101

For those approaching 65 or thinking about Medicare. Come learn how it works & the timeline for applying.

Jun 11 | 6:30 pm | Free

History of Fireworks & Craft

Join us to learn the history of fireworks, celebrations, significance & production. Each attendee creates a firework design on 2 bookmarks - 1 to keep and one to gift.

July 1 | 1:30 pm | Free

Grandchild & Me Bingo Day!

Enjoy quality time with your grandchildren before they return to school. Price Includes: Pizza, Ice Cream, & Prizes.

Aug 13 | 12 pm | \$5 pp

Learn to Speak German

Learn to Speak German with friends.

Volunteer led by one of our (50+) members!

Beginner: Thurs | 1:15 pm | Ongoing | Free

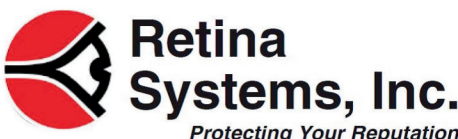
Inter: Weds | 6 pm | ongoing | Free

visit.seymourct.myrec.com

Seymour Community Center
20 Pine Street
Seymour, CT 06483

THANK YOU TO ALL OUR SPONSORS

Katherine Matthies Foundation, Valley Community Foundation, Seymour Lions Club, & Griffin Hospital.
Their additional support allows us to reduce resident costs of select programs and activities.

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 DADDIO'S RT.8 STORAGE CONTAINERS 800-632-3346 203-735-0275	 <i>Dragonflies, LLC</i> A Floral Studio JoElle Anderson 33 Bank Street Seymour, CT 06483 (203) 828-6237 Fax (203) 828-6257 www.dragonfliesflorals.com	 Ralph E. HULL FUNERAL HOME & CREMATION SERVICE 161 WEST CHURCH STREET (203) 888-2538 WWW.HULLFH.COM
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