



# SEYMOUR COMMUNITY CENTER

# May

Active Adult (50+) Newsletter



## Monthly Lunches & Socials

### Spring Brunch

*Catered by Corner Deli of Seymour*  
Join us for Assorted Bagels (cream cheese and butter) Hashbrowns, Scrambled Eggs, bagon Strips & Sausage Patties, Fruite, Coffee (Blend & Decaf Flavor, Tea) Milk & Cream

**May 13 | 12 pm | \$10**  
**Transportation Available**  
Call Center for ride

### 60's Party

*Catered by Mattei's Deli*  
Join us for pulled pork, macaroni salad & corn on the cob. 60s attire encouraged!



**May 20 | 12 pm | \$14**  
**Transportation Available**  
Call Center for ride

### 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

May 5	Shop Rite
May 12	Walmart
May 13	CC Lunch
May 19	Big Y
May 20	CC Lunch
May 26	Stop & Shop

### Center Closures & Class Cancellations

*\*Visit Web site for Closures & cancellations in Today's Activities*

**Providing recreational, educational, & social programs & services for our 50+ adults**

**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](https://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
Tai Chi** 9 am		Mat/Wall Pilates 9 am	Tai Chi** 9 am	Knitting/Crochet Club 9:30 am
Zumba Gold 10 am	Strength & Tone 10 am	Zumba Gold 10 am	Zumba Tone 10 am	Strength & Tone 10 am
	Billiards Club 10:30 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			
<b>Evening/Weekend Classes**</b>				
Zumba Dance 6 pm	Yoga 6 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am
	Line Dancing 7 pm			

\*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

### 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

### New 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
- Medicaid (10/15/-12/7)
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

**Office hours:**  
Mon 10 - 1 pm  
and by appointment

[kwalton@seymourct.org](mailto:kwalton@seymourct.org)  
203-888-0406 ext. 3

## Ongoing Activities

### Tech Time

Ask questions about your cell phones, Ipad/tablet, laptop, pictures, email, etc.

**May 14 | 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 | May 6 | 10 am - 4:30 pm | \$10**

### Chair Massage

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

**1st & 3rd Wed | May 6 & 20 | 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 | May 27 | 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 fuses together jazz steps and old school hip hop to make it fun for all! Music from 50's, 60's, 70's, & 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 Zemaiteitis. 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**

Brunch	<b>May 13</b>	Hawaiian Luau	<b>July 8</b>
60s Party Pulled Pork	<b>May 20</b>	Rich's Ice Cream	<b>July 15</b>
Fish Fry	<b>June 10</b>	Rock & Lobster Rolls	<b>Aug 12</b>
Summer Picnic	<b>June 17</b>	Katz' Deli Rueben	<b>Aug 19</b>



### Lunches & Learn

**Lunch served at 12 pm | Free**

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

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 & 2 bingo cards.

**Last Tues | 12 pm | \$3**

**May 26 | BLT & Potato Salad**

### 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

### Casino Trips

**8 am | \$15 | Reg opens 1st of month**

We travel on the Community Center Bus to Casinos

**Foxwoods | Wednesday, May 27**

**Mohegan | Monday, June 8**

**Bronx Zoo (all ages 8+)**

Join us on the Community Center Bus to the Bronx Zoo! One of the largest zoos in the US 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 | Accepting waitlist**

**New York Botanical Garden NYBG**

Channel the spirit of the '60s at *Flower Power*, a joyous celebration of the enduring symbolism of flowers as icons of peace & 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 & Gratuuity, and Transportation. **Crazy For You-The Tap-Dancing Gershwin Hit!**

**Aug 5 | 10:15 am | \$115 | Accepting waitlist**

**Aqua Turf**

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

**Young at Heart - Feet so Smart**

**Aug 11 | 10:15 am | \$65**

## Programs

### Arts + Crafts Workshops

**1 pm | Free**

Get Crafty! Sponsored by Shady Knoll!

**Bird Feeder Project**

**Flower Pot Painting**

**Red, White, & Blue Bracelet Making**

**Bookmark Decorating**

**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.

Importance of Cervical Spine Health **May 4**  
 Fiber and Why it Matters **June 1**

**Canasta Lessons: Beginner**

Learn to play the popular game in 4-2hr. sessions. Must attend all sessions. **May 7 | 12:30 pm | \$15**

**Tea Party Social**

Learn the history & health benefits of tea and the Wisdom of Florence Scovel Shinn! Theresa Waldron, PhD will share ideas from the book: *The Game of Life and How to Play It*. Try 2 different teas and receive 2 wrapped tea bags to take home.

**May 7 | 1:30 pm | Free**

**Bereavement Support Group**

Managing loss is different for everyone. There is no right or wrong way to grieve. This group will offer caring & sharing sessions and simple interactive expressive opportunities.

**2nd Mon | May 11 | 3:45 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 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 11 | 1:30 pm | Free**

**AARP Safe Drivers Course**

Refresh your driving skills to help you become a safer, more confident driver! Attendees qualify for a multi-year discount on your auto insurance premiums. AARP accepts cash or check.

**July 20 | 12:30 pm | Pay AARP directly**  
**AARP Member \$20, Non-AARP Mem \$25**

**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 | 10 am | Ongoing | Free**  
**Inter: Weds | 6 pm | ongoing | Free**