



# Seymour Community Center

## April Active Adult Newsletter

### Chicken Salad Sandwich

Mattei's Deli will serve up a delicious chicken salad sandwich w/grapes & chips.

**April 9 | 12 pm | \$8**  
**Transportation Available**  
**Call Center for ride**

### Easter Celebration

Hop on over for some Grilled Rosemary Chicken, Scalloped Potatoes and Green Bean Almondine. Catered by Vazzy's

**April 16 | 12 pm | \$13**  
**Transportation Available**  
**Call Center for ride**

### 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** **Veterans: Free** **Fitness Center included**

### Municipal Agent

The Municipal Agent, Dawn Marie Hunter, LCSW is available by appointment to help Senior and Veteran residents. She is your contact for Farmer's Market Cards & Renter's Rebate (opens 4/1.) [dhunter@seymourct.org](mailto:dhunter@seymourct.org), 888-0406 xt. 3

### 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	
April 1	Shop Rite
Wed, April 9	Stop & Shop
April 15	Big Y Derby
April 16	CC Lunch
April 22	Walmart
April 29	Shop Rite

### Closures & Class Cancellations

**April 10 - 20 Gabi Away** - No Poise & Posture, Ballroom, Wall Pilates, or Standing Pilates  
**April 17** - Center Closes at 12  
**April 18** - Center Closed

Providing recreational, educational, and social programs and services for Seniors

**Mary McNelis**  
 Director

**Tara Miller**  
 Community Services Assistant

**Morgyn Manzer**  
 Active Adult Coordinator

**John Fracker**  
 Parks & Recreation Manager

**Dawn Hunter, LCSW**  
 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

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
		Mat/Wall Pilates 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 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2pm	Pickleball 11 - 2 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		
	Bingo 12:15 pm			
Ballroom 1 pm	Band Jam 1 pm	Dance Fusion Class 2 pm	Band Jam 1 pm	
	Ukulele Club 2:30 pm			
Evening/Weekend Classes**				
Zumba Dance 6 pm	Line Dancing 7 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am

\*Daytime Classes Included with Active Adult Membership BUT you must register for each class separately.  
 \*\*Prices vary for evening & Saturday classes View On Line Calendar for Schedule Updates & Cancellations

## Monthly Activities

### Haircuts

Hair by Donna - brings affordable haircuts to you at our Center! Book your appointment with us and pay her directly.

**1st Wed | April 2 | 11 am - 4:30 pm | \$10**

### Tech Time

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

**1st Thur | April 3 | 2-4 pm by apt | Free**

### Chair Massage

Christine Gomulinski, LMT brings affordable Chair Massages to the Center!

Book your appointment.

**1st & 3rd Wed | April 2 & 16 | 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 | April 23 | 10 am - 1 pm | \$20**

### Movies at the Center

**2nd Mon | 1:30 pm | Free | Popcorn \$1**

Anora

**April 14**

The Apprentice

**May 12**



### 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
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
Standing Pilates	Thur	11:15 am
Zumba Tone	Thur	10 am
Poise & Posture	Fri	11 am

### Dance Fusion Class (50+) NEW!!

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 the 50's, 60's, 70's, and 80's.

**Weds | 6 wks | April 9 | 2 pm | \$20**

**Thur | 6 wks | April 10 | 6:30 pm | \$30**

### Personal Training

Hesitant to use our fitness center? Can't stay motivated? Workout with Certified Personal Trainer, Cullen Zemaitaitis. He is ready to assist you in reaching your fitness goals. Small group personal training, 3 people per session. Two 45-minute personal trainings per week. Starts April 14.

**M & W | 4 wks | 10am - 12pm | \$125**

## Lunches

### Lunches & Socials

Chicken Salad Sandwiches  
Easter Celebration

**April 9 | \$8**

**April 16 | \$13**

### Lunch & Learns

**Lunch served at 12 pm | Free**

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

Right Senior Care **April 10**  
Municipal Agent Q&A **April 23**

### Jukebox Bingo & Lunch

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

**April 29 | 12 pm | \$3 | Max 75 people**

## Day Trips

### Aqua Turf

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

**North County Band!!**

**April 8 | 10:15 am | \$65**

### Nelson Hall Performing Arts

*The Music & Passion of Barry Manilow*

**April 12 | 1 pm | \$50**

*Simon and Garfunkel*

**May 9 | 1 pm | \$50**

*Dr. K's Motown Revue*

**June 27 | 1 pm | \$50**



### Casino Trip

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

**April 28 | 8 am | \$15 | Mohegan**

**May 28 | 8 am | \$15 | Foxwoods**

### Boston/Quincy Market

Why not spend the day on your own in Boston shopping at Quincy Market or checking out some of the local restaurants and shops in the area. Make sure you visit the Farmers Market adjacent to Quincy Market for fresh fruits & vegetables at great prices.

**July 12 | 8 am | \$25**

### Aladdin

Fun for the whole family! Experience the magic of Aladdin on Broadway. Enjoy free time for lunch or shopping before the show. Ticket and transportation included. Register by 6/30!

**Aug 2 | 8:45 am | \$155**



### Adventures of Italy 2025

Journey through a cross roads of civilization in Sicily and the coastlines of Southern Italy.

13 days/20 meals Details online.

**Oct 17 - 29 | 9:45 am | \$4999\*/DO**



## Programs

### Age Well Series

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.

Building a Solid Core **April 7**  
Mystery of Processed Foods **May 14**

**1st Mon | 1:30 pm | Free**

### Diabetes Self-Management

This program is designed for adults who want to learn how to manage their diabetes. Those with Pre-Diabetes will also benefit from the information. Sponsored by Naugatuck Valley Health District.

**6 wks | April 14 | 1:30 pm | Free**

### Spring Cleaning Presentation

Get organized and freshen up your space this spring with Joe Violetta of 4CORE! Learn what documents to keep or shred and how to ensure your affairs are in order for loved ones—plus, take home a sponge, paper towels, and cleaner!



**April 24 | 1:30 pm | Free**

### 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 2 | 6 - 8 pm | \$25/team**

**July 25 | 6 - 8 pm | \$25/team**

### Mahjong Lessons: Beginner

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



**May 6, 13, & 20 | 10 am | \$15**

### Annual Lions Club Bingo

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

**May 22 | 11 am | Free**



### Acupuncture

Achieve relaxation! Affordable Community Acupuncture provided by Soleil Acupuncture + Naturopathic Wellness. Blanket and pillow or yoga mat encouraged for added comfort. Approx. 10-20 needles (5-10 points) pp.

**June 12 | 1:30 pm or 6:30 pm | \$10**

### Learn to Speak German

Learn to Speak German with friends. Volunteer led by one of our Active Adult (50+) members!

**Weds | 6 wks | Ongoing | 6:30 pm | Free**

[visit.seymourct.myrec.com](http://visit.seymourct.myrec.com)