

SEYMOUR COMMUNITY CENTER

August

ACTIVE ADULT NEWSLETTER

Rock & Lobster Rolls

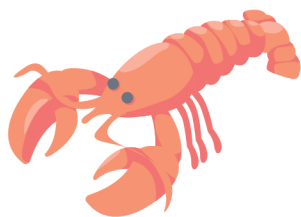
Connecticut Lobster Roll
(warm with Butter), Salad,
French Fries & Coleslaw



Katz's Deli

Corned Beef Reuben Slaw &
Pickle Dessert.

Aug 13 | 12 pm | \$20
***transp available**



Aug 20 | 12 pm | \$13
***transp available**

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	Pinochle 12:30 pm	
	Bingo 12:15 pm			
Ballroom 1 pm <i>(No Aug Classes - Restarts after Labor Day)</i>	Band Jam 1 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
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*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

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

- Aug 5 Stop & Shop
- Aug 12 Big Y Derby
- Aug 13 CC Lobster Lunch
- Aug 19 Shop Rite
- Aug 20 CC Katz's Deli Lunch
- Aug 26 Walmart

Active Adult & Fitness Center Memberships

An Active Adult Membership is required for programs, classes, fitness center, and transportation. Membership runs 7/1 - 6/30.
50-79: Res \$10 | NR \$20
80+ Res Free | NR \$10
Veterans: Free
Fitness Center included

Renters Rebate & Farmers Market Cards

Renter's Rebate
Closes Sept 30.
Call 888-0406 xt. 3

Farmers Market Cards
Call 203-888-0406 xt. 4

Closures & Class Cancellations

Aug 1 - No Strength & Tone
Aug 7 - No Chair Yoga
Aug 14/21/28 - No Standing Pilates
Aug 15/22/29- No Poise & Posture
Ballroom Dance on Mondays will
restart after Labor Day
Closed Labor Day

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

Mary McNelis
Director

Tara Miller
Community Services
Assistant

Morgyn Khoury (Manzer)
Active Adult
Coordinator

John Fracker
Parks & Recreation
Manager

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

facebook.com/seymourct

Monthly Activities

Haircuts

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

Sept 3 | 11 am - 4:30 pm | \$10

Tech Time

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

1st Thur | Aug 7 | 2-4 pm by apt | Free
1st Thur | Sept 4 | 2-4 pm by apt | Free

Chair Massage

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

Book your appointment.

1st & 3rd Wed | Aug 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 | Aug 27 | 10 am - 1 pm | \$20

Movies at the Center

1:30 pm | Free | Popcorn \$1

Challengers

Aug 11

A romantic sports drama directed by Luca Guadagnino, focusing on a love triangle between three tennis players.

The Luckiest Man in America

Sept 15

"The Luckiest Man in America" tells the true story of Michael Larson, an unemployed ice cream truck driver who cracked the pattern of the game show "Press Your Luck"

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

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 PT session/week.

New session starts Aug 6

M & W | 4 wks | 9:15 am - 12pm | \$125

Lunches

Lunches & Socials

Rock & Lobster Rolls **Aug 13 | \$20**
 Katz's Deli - Ruben Sandwich **Aug 20 | \$13**

Lunch & Learns

Lunch served at 12 pm | Free

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

All About Chronic Pain **Aug 14**
 Money 101: Investing Basics **Sept 25**
 Dealing with Difficult People **Oct 16**

Bingo & Lunch

Join us for a friendly game of Bingo and lunch.

Aug 26 | 12 pm | \$3

Day Trips

Casino Trip

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

Aug 25 | 8 am | \$15 | Mohegan Sun

Aqua Turf - Jukebox45

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

Sept 9 | 10:15 am | \$65

Shades of Ireland 2026

Info Pres - Sept 25, 2025 | 5 pm



Explore the beautiful landscapes and vibrant culture of Ireland, offering unforgettable memories.

Oct 11 - 20 | 13 meals | \$4649*/DO

Info Pres - Sept 25, 2025 | 5 pm

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.

Healthy Sleep After 50

Sept 8 | 1:30 pm | Free

Blood Pressure Screenings

Griffin Hospital performs bloodpressure screenings monthly at the Community Center. No appointment necessary

1st Tues | 12 pm | 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 pts) pp. Individual appointments available as well.

Oct 1 | 1:30 pm or 6:30 pm | \$10

Jan 28 | 1:30 pm or 6:30 pm | \$10

Learn to Speak German III

This is the third session of Learn to speak German taught by our very own member Erika Vogel.

Tues | Sept 2 - Oct 7 | 6 pm | Free

Grandchild & Me Bingo Day!

Accepting Waitlist

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

Aug 21 | 12 pm | \$5 pp



ACTIVE ADULT (50+) MEMBERSHIP

TIME TO RENEW or join!

An Active Adult (50+) Membership is required for programs, classes, fitness center, trips, and transportation.

MEMBERSHIP RUNS JULY 1 - JUNE 30

RESIDENT FEE
 Ages 50-79: \$10
 Ages 80+: Free
 Veterans: Free

NON-RESIDENT FEE
 Ages 50-79: \$20
 Ages 80+: \$10
 Veterans: Free

STARTS JULY 1

If renewing, please re-register for any fitness classes you still attend.

Memberships, both new & renewed must be completed either **online or in-person**. Sorry no phone calls.

More Information or to register:

SEYMOUR COMMUNITY CENTER
 20 Pine Street Seymour, CT 06483