

SEYMOUR COMMUNITY CENTER



August

Active Adult (50+) Newsletter

2026/27 New Membership Rates

Renewal Begins on or after July 1

Basic Memberships

Residents 50 - 79 **\$10** / 80+ **Free**
Non Residents 50 - 79 **\$25** / 80+ **\$15**
Veterans **Free**

Additional Program Fees

Exercise Classes: Res **Free** / NR **\$50/yr**
Pickleball: Res **Free** / NR **\$50/yr**

Center Closures & Class Cancellations

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

Monthly Lunches

Rock & Lobster Rolls



Let's party like a yacht star! Menu: Connecticut Lobster Roll (warm with Butter), French Fries & Coleslaw. Yacht Rock music performance by Spellbound Acoustic Duo.

Aug 12 | 11:30 or 12:30 pm | \$25

*transp available

Katz's Deli



Corned Beef Reuben, Slaw, & Pickle, Dessert

Aug 19 | 12 pm | \$14

*transp available

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 4	Big Y
Aug 11	Stop & Shop and Market 32
Aug 12	CC Lunch
Aug 18	Walmart
Aug 19	CC Lunch
Aug 25	Shop Rite
Sept 1	Big Y

Municipal Agent

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

- Renters Rebate (4/1 - 9/30)
- Farmer's Market Cards (6/1 - 11/30)
- Medicaid (10/15-12/7)
- Heating Assistance
- Food stamps/SNAP
- Senior Housing
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)

Office hours:

Regular: Mon 10 - 1 pm
Special: Mon 6/15 12 - 2 pm and by appointment

kwalton@seymourct.org
203-888-0406
Extension 3

Weekly Fitness Classes, Pickleball & Clubs*

Class schedules subject to change vis Today's Activities on website for daily schedule/changes

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	Pinochle & Canasta 12:30 pm	
	Bingo 12:15 pm			
Ballroom 1 pm	Band Jam 1 pm	Dance Fusion Class 2:30 pm	Band Jam 1 pm	
	Ukulele Club 2:30 pm			
Evening/Weekend Classes**				
Zumba Dance 6 pm	Yoga 6 pm Line Dancing 7 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am

*Classes & Pickleball are an added annual fee for non-residents and you must register for each class separately.

**Additional cost for evenings, and Saturdays, & certain day classes. View On Line Calendar for Schedule Updates & Cancellations.

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

Kristina Walton
Municipal Agent

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

facebook.com/seymour.ct

Ongoing Activities

Tech Time

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

Aug 6 | 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 | Aug 5 | 10 am - 4:30 pm | \$10

Chair Massage

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

1st/3rd Wed | Aug 5 & 19 | 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 26 | 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

Oct 7 | 1:15 pm | \$10 | 50+ Members

Oct 7 | 6:30 pm | \$10 | 18+

Individual Treatment - 1:1 - (18+)

Oct 7 | 2/3/4/5:30 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
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	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

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

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 | Aug 10 | 3:45 pm | Free

Lunches

Lunches & Socials

Wed | Times Vary | \$ Visit website

Registration opens the first of each month

Rock & Lobster Rolls **Aug 12**

Katz' Deli Rueben **Aug 19**



Lunches & Learn

Lunch served at 12 pm | Free

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

Once upon a time: The Danbury Fair **Aug 27**

Cats and Seniors: A Purr-Fect Match **Sept 10**

Fire Prevention Q&A with Fire Marshal **Oct 22**

Bingo & Lunch

Each player receives lunch! Plus 2 bingo cards! Requires advanced registration. Must register by the Friday before.

Aug 25 | 12 pm | \$3



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

Coffee with the First Selectwoman

Join First Selectwoman, Annmarie Drugonis as she addresses residents' Questions, Comments, Concerns?

2nd Wednesdays | Aug 12 | 12 pm | Free

Membership Renewal

&

Re-registration

for classes & pickleball

seymourct.myrec.com

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Veterans **Free**

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Programs

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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.

Get Crafty! Sponsored by Shady Knoll!

Aug 14 | 6 pm | \$25/team of 4

Arts + Crafts Workshops

1 pm | Free

Bookmark Decorating

Aug 20



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.

Stroke/Brain Health

Sept 14



Chess Lessons for Beginners

Curious about chess? Looking to learn the game? Join Marc Weissman for weekly lessons.

Mon | Sept 9 - Nov 9 | 1 pm | \$60/6weeks

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

Day & Overnight Trips

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

Casino Trips

8 am | \$15

We travel on the CC Bus to Casinos

Foxwoods | Aug 26

Big E

Head to this fair full of Vendors, Parades, Bands, and Floats. Price includes ticket & transportation.

Sept 23 & Oct 1 | 9:30 am

Res \$20 - Reg open 7/1

NR \$30 - reg opens 8/14



Sunny Portugal - Oct 2027

Presentation: Sept 10, 2026 | 6:30 pm | Pre-register

From the Portuguese capital, Lisbon, to the sunny cliffs of the Algarve and Portuguese Riviera, venture along the stunning shoreline. Explore soft, sandy beaches and classic fishing villages. Soak in the Portuguese sunshine and savor local flavors!

Oct 3-12, 2027 | 10 days | 13 meals | DO \$4,899