Seymour Community Services
20 Pine Street
Seymour, CT 06483

Local
Residential Customer
Seymour, CT 06483

PRSRT STD
ECRWSS
U.S. Postage
PAID
EDDM RETAIL

Seymour Community Services

Administrative office Hours:

Mon – Thurs 8 am – 4:30 pm
Fridays 8 am – Noon

203-888-0406

www.serymourcommunityservices.com

www.facebook.com/seymour.ct

Twitter@SeymourRec

Instagram@SeymourRecCT

https://www.youtube.com Seymour Rec

www.seymourtradition.com
SEYMOUR TRADITION
...a "Tradition" in Softball Excellence!!!
SOFTBALL

TEDDY BEAR TREEHOUSE LEARNING CENTER
(203)888-2900

William Jarvis Electric
Seymour, CT since 1969
203-734-4525

MW
Miller Ward
Funeral Home & Cremation Services
Helping Families Honor & Remember

203-881-2005
Free Estimates
EAGLE CLEANING SERVICE
Residential & Commercial
Carpet & Upholstery

FOX PEST CONTROL
55 Old State Rd
Oxford
Free Same Day
Inspection and Quote
203-989-4792

Alberto's Restaurant & Pizzeria
Pasta Pizza Calzones
814 Derby Ave, Seymour 203-736-6105

HAYNES
BUILDING A BETTER WORLD, ONE STONE AT A TIME.
OUTDOOR LIVING MATERIALS DEVELOPMENT
visit us: www.gohaynes.com

ZOIS PIZZA
48 Main St. Seymour, Ct
SINCE 1970
zoispizza.com
203-888-1131

Route 67 DINER
& Family Restaurant
13 Klarides Village Dr. 203-463-8060

TJ Nagy Roofing
203-888-9259
QUALITY WORKMANSHIP
WITH SUPERIOR CUSTOMER SERVICE

Falcini
Painting Co.
203-888-3000

BLANCHETTE
SPORTING GOODS
· SINCE 1968 ·
425 Bridgeport Ave. Shelton
www.blanchettesportinggoods.com
203-929-6331

SEYMOUR PAWN & JEWELRY
Highest Prices Paid!
For over 30 years!
Family Owned and operated
203-881-0388

Children's Dentistry
Seymour
Compassionate Care. Modern Technology. Healthy Smiles.
56 Garden St. 2nd Floor 203-590-1578

Grand Concepts
SCREEN PRINTING AND EMBROIDERY
SEYMOUR, CT- 688 DERBY AVE

TEAMSTERS LOCAL 1150
Representing the workers at Sikorsky Aircraft for over 50 years

Ralph E. HULL
Funeral Home & Cremation Services
161 West Church Street • 203-888-2538

SEYMOUR LAND TRUST
S.L.C.T.

Retina Systems, Inc.
Protecting Your Reputation
Manufacturer in Seymour
203-881-1311

TO REGISTER FOR A PROGRAM OR ACTIVITY VISIT:

WWW.SEYMOURCOMMUNITYSERVICES.COM—24/7 OR CALL 203-888-0406

Seymour Community Services

Spring/Summer Programs 2018

Seymour Community Services is pleased to release our Spring/Summer Program Guide. We offer a wide variety of social activities, educational programs, sports activities, fitness classes, and day & overnight trips for all ages. Whether your goal is to find a sport for your child, develop a new skill, improve your emotional or physical well-being, or travel, we have you covered.

In addition to expanded programs, we are happy to announce the coming of our new outdoor recreation areas — A "Grow Your Own Garden", walking path, and bocce court all located around the Community Center.
Stay tuned for opening dates!

Lastly, a huge thank you as this mailing is made possible by the generous support of local businesses and organizations. The next time you are looking for a service, dinner out or a handy man please consider those listed on the back page of this guide. Without their sponsorship this mailer wouldn't be possible.

CALL FOR VOLUNTEERS!
Does your son or daughter need community service hours? Are you a stay at home parent? Are you a senior looking to get involved? The Seymour Community Services Department has volunteer opportunities. Register on line at seymourcommunityservices.com or call 203-888-0406 ext. 4.

Community Resources

SEYMOUR PUBLIC LIBRARY
Various programs are offered for children and adults at the Seymour Public Library. Go to seymourpubliclibrary.com or call 203-888-3903.

GROW YOUR OWN GARDEN
The grow your own neighborhood garden is sponsored by Valley United Way. Created to help stop food insecurity and supplement residents' diets with fresh produce while teaching families to grow and cook nutritious food and learn healthy habits. For more information contact The Valley United Way, at 203-926-9478

TRANSPORTATION
Seymour Community Services provides scheduled transportation for seniors to local grocery stores, doctor appointments, the Seymour Oxford Food Bank and events at the community center. Reservations required 48 hrs. in advance.

MUNICIPAL AGENT
The Municipal Agent advises and connects Seymour seniors with available resources to maintain a healthy, happy, independent, self-sufficient life. Office hours are held Thursdays by appointment. Call 203-881-0256.

VETERAN'S SERVICES
Veterans needing information about services and benefits available in the State of Connecticut should contact Seymour Community Services. For information call 203-888-0406.

Memberships

FITNESS CENTER MEMBERSHIP
The Community Center Fitness Room is open to Seymour Residents and Senior Center Members. It is located in the Seymour Community Center and includes two treadmills, rowing machine, stationary bike, an all-in-one gym, dumbbells, and body bars.

Membership Cost: ***FREE***
Days & Times: Mon-Thurs, 8 am-4:30 pm
Fri, 8:00 am-12 pm

POOL MEMBERSHIP
Seymour High School Pool is open for swimming, exercise and fun on Monday, Wednesday, and Thursday evenings. Lap lanes available.

Membership Fees: $40 - $75 Residents
Dates: September - June
Days & Times: Mon, Wed, Thurs, 7 - 9 pm

SENIOR CENTER MEMBERSHIP
A Senior Membership is recommended to attend a Senior Program or Trip. Not ready to become a member? You can still attend by paying an additional fee of $5.00 for the event/trip. Yearly membership runs from July 1 to June 30.

Annual Fees: 50-79 yrs. $5 Res/$7 Non Res.
80+ FREE (must renew annually July 1)

To register visit
seymourcommunityservices.com
Or Call (203)888-0406

Recreation

Seniors

Library

Our mission is to provide recreational, educational, and social programs and services for all Seymour Residents

Mary McNelis
Director

Tara Miller
Community Services Assistant

Lucy McConologue
Elderly Services Manager

Zack Philippas
Recreation Manager

Bonnie Wilkes
Municipal Agent

Wesley Nelson
Bus Driver

Administrative Office Hours
Mon – Thurs 8 am - 4:30 pm
Friday 8 am - 12:00 pm

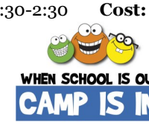
20 Pine Street
Seymour, CT 06483
(203) 888 - 0406

facebook.com/seymour.ct
twitter @SeymourRec
Instagram @SeymourRecCT
Youtube

Summer Camps

Youth Camps

Summer Playground Camp
Seymour's Summer Camp provides Seymour Kids a mixture of supervised free play and scheduled group activities. Age appropriate sports, games, arts & crafts, swimming, & field trips. ***Reg Opens April 6***.
Date: June-Aug **Place:** Bungay
Time: 8:30-2:30 **Cost:** $200 ***Increases 5/1.***



Middle School Field Trip Camp
Looking for an exciting summer program for your child? Campers are dropped off at the Community Center and travel to a different location each day.
Session 1: July 10-12 **Session 2:** July 31-Aug 2
Time: 9 am **Cost:** $140/wk.

Wildcat Basketball Camp
Provides participants with a solid foundation in the fundamentals of basketball.
Date: June 25 - 29 **Place:** SMS
Cost: $95 **Time:** Vary

Skills and Drills Basketball Camp
A clinic for female basketball players designed to improve skills.
Date: July 16-20 & 23-27 **Time:** Varies
Place: Chatfield **Cost:** $50/week

Seymour Recreation Soccer Academy
Cunningham Soccer Academy provides a week long training opportunity for boys & girls grades 3rd-9th grade to play soccer. 2 hours sessions.



Date: Aug 6-10
Time: Varies by age
Place: SMS **Cost:** $99

Horseback Riding Camp
Camp includes daily riding lessons, grooming, and feeding of the horses, horsemanship skills & equine anatomy.



Dates: Aug 13-17
Ages: 5 and up
Time: 9am -1:00pm **Price:** $200
Location: Little Bit Farm, Seymour

Preschool Camps

Seymour Rec Pre-K Summer Camp
Campers will enjoy arts and crafts, sports, water play and exposure to nature, music and literature. Low counselor (Certified teacher and aid) to camper ratio. Earlier start & weekly registration available.

Date: July 2—27 **Place:** CC
Time: 9 am -12pm **Cost:** $240

Mini Hawk–Multi Sport Camp (4-6)
Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. By the end of the week, your child will walk away with knowledge of (2 or 3) new sports along with vital life lessons such as respect, teamwork, and self-discipline.

Date: Aug 6 -10 **Place:** CC
Time: 9-12 pm **Cost:** $99

Youth Activities

Jump Bunch Spring Program This fun-focused program is loaded with activities that will foster eye/hand coordination, balance, and gross/fine motor skills. Ages 3-5
Date: Apr 20 - May 25 **Place:** CC
Time: 9:30-10:15 **Cost:** $48

Chess Club Learn the game of chess, hone your skills, & play friendly matches.
Dates: April 11 - May 30 **Time:** 3:30-5 **Place:** CLS **Cost:** $24

Marcy's Tennis Learn the correct way to hit shots, move on court and observe the rules of the game. Open to Bungay and CLS Students.
Date: May 1 - June 5 **Place:** CLS
Time: 3:40 - 5 pm **Cost:** $85

Tang Soo Do & Mini Ninjas
This Martial Art inspires its children to improve their bodies, minds, hearts, and spirits. Classes run 30 min-1 hr. & vary by ability and age (3+).
Days: Tues & Thurs **Place:** CC
Time: 4:15 - 6 pm **Cost:** $70

Aquatic Programs

Spring Pool Membership Have some fun with the kids, lap swim, water exercise all at Seymour High School Pool.
Dates: April - June
Time: M,W,Th 7-9 pm **Cost:** $75/Fam

Aqua Zumba - New Instructor!
Aquatic Fitness uses the natural resistance of water to provide a wide variety of conditioning activity. Swimming not required and flotation devices are used.
Interest list being accepted for night class
Dates: May 9—June 13
Time: Weds, 7:15-8 pm **Cost:** $40

Adult Sports & Fitness

Adult Flag Football League
Date: May 20-July 8
Time: 10-1 pm **Cost:** $50
Place: SHS Turf Field

Outdoor Basketball League
Date: Tues or Thurs **Time:** Evenings
Place: Gary Park **Cost:** TBD

Adult Co-ed Volleyball
Date: April 5-May 10 **Time:** 6:30 - 8 pm
Place: CC **Cost:** $20/Session/$8

Pick Up Basketball (HS/College)
Date: Spring **Time:** 10-12 pm
Place: CC **Cost:** $20/8 wks.

Country Line Dancing
Date: May 10-June 28 **Time:** 7-9 pm
Place: CC **Cost:** $75

Couch to 5k Have you always wanted to run or walk a 5k but didn't know how to start? Our coach will support you to the finish line!
Date: May **Time:** 6:30 pm
Place: Chatfield Park **Cost:** $45

Health & Wellness

Nutrition Information Night
Anna Daniele, Dietician and Certified Health coach will give an overview of the nutritional seminars below. Join us for this info session.
Date: April 17 **Time:** 6:30 pm
Place: CC **Cost:** Free - Reg Req

Get Fit and Lose Weight This is an 8-week weight loss challenge that meets once a week to jump start you to sustainable weight loss & improve wellness.
Date: Apr 24 **Time:** 6-7:30 pm
Place: CC **Cost:** $155

Mindless Eating This 2 hour session takes an in depth look at mindless eating and the research behind effortless weight loss.
Date: May 7 **Time:** 6 - 8 pm
Place: CC **Cost:** $25

Amusement Park Tickets
Purchase your Discounted Six Flags, Lake Compounce, and Adventure Park Tickets to avoid lines at the gate. Tickets are good for most days. Purchase & pick up tickets at CC.

Fitness Class Schedule

Day	Time	Class	Price Session/Drop-in
Mon	10 am	Chair Yoga	Free *
	6:30 pm	Zumba Dance	$45/$8
Tu	10 am	Tai Chi Easy II	$24
	11 am	Tai Chi Easy I	$24
	6:15 pm	Circuit Training	$35
Wed	10 am	Zumba Gold	Free *
	6:00 pm	PiYo	$45
	7:15 pm	Aqua Zumba	$40
Th	10 am	Qigong	Free *
	7 pm	Line Dancing	$75
Fri	10 am	Strength & Balance	Free *
Sat	9 am	Zumba Dance	$45/$8
	9:30	Tai Chi I	$24

* Registration & Membership Required

Adult Programs

Bocce League Join us for an info meeting to learn more about our Bocce Court and weekly games.



Date: April 12 **Time:** 1 pm
Place: CC **Cost:** Free

Jam Session Bring your instrument and join the band or just come listen to the tunes. Info session to discuss details.
Date: April 19 **Time:** 1 pm
Place: CC **Cost:** Free

Chair Volleyball A Co-Ed program. Great exercise and plenty of fun using a beach ball.
Date: April 23 **Time:** 1 pm
Place: CC **Cost:** Free

Alzheimer's Support Group Join us for this info session which will provide and overview of this caregivers support group.
Date: May 3 **Time:** 6:30 pm
Place: CC **Cost:** Free , Reg Req

Decluttering Your Home
Susan Lovallo, Professional Organizer and the owner of Clutter Solutions discusses ways to determine what to keep and what to let go of. Light lunch served.
Date: May 14 **Time:** 11:15 pm
Place: CC **Cost:** Free, Reg Req

Living Well with Diabetes/Prediabetes
Do you have diabetes or trying to prevent it? Join us for this info session which will provide an overview of this future workshop.
Date: May 15 **Time:** 6:30 pm
Place: CC **Cost:** Free/Reg Req

AARP Driver's Refresher Course A review of driving skills, new laws and hazards of the road. You will receive a certificate to forward to your Insurance Co. for a discount.
Date: June 11 & Sept 10 **Time:** 9-12 pm
Place: CC **Cost:** $15/$20

Paint & Pizza You know you like Pizza now try painting! Create your own masterpiece during this instructor led session for beginners or Picassos!
Date: June 20 **Time:** 12 pm
Place: CC **Cost:** $20

Grandchild & Me Painting
Make a date with your grandchild to create a memorable 2 panel painting an instructor will be assisting you step-by-step to create your art. Ice Cream will be served.
Date: August 15 **Time:** 1-3 pm
Place: CC **Cost:** $25



Weekly Activities & Clubs

The Community Center offers a variety of Weekly activities & clubs.

Mon-Fri	Walking Club	8-9:30 am
Mon	Chair Volleyball	1:00 pm
Tues	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Poker Club	12:30 pm
Thurs	Pinochle	12:30 pm
	Weekly Jam	1:00 pm

Day & Overnight Trips

Monthly Casino Trip Last Monday of each month we travel to either Foxwood or Mohegan. Call for details.
Date: Last Mon **Departs:** 8 am **Cost:** $22

Fascia's Chocolate Experience & Tour
Visit this Family owned Waterbury chocolate maker established in 1964. This trip includes tastings, demonstration, and making your own chocolate bar.
Date: April 26 **Departs:** 10 am CC Bus
Cost:$15/ Lunch on own.

Atlantic City-3days/2 nights



Our accommodations will be at the Tropicana Hotel & Casino. Trip includes: 2 Meal Vouchers, $30 free play, show if available.
Date: May 7-9 **Departs:** 7am **Cost:**$247/DO

Mother's Day SPA Special Treat yourself to a facial, manicure & paraffin treatment, make-up application, and blow out. Services take place at Oxford Academy of Hair Design
Date: May 10 **Departs:** 1 pm CC Bus
Cost: $25 (Gift Certificate Avail)

Westchester Dinner Theater A Sister Act is a hilarious story of a disco diva whose life takes a surprising turn. A funny & funky musical. Cost includes lunch & show. CC Bus.
Date: June 7 **Departs:**9:30 am **Cost:** $68

150th Belmont Stakes Join us for to the 150th Belmont stakes! Enjoy live music, food & beverage trucks and horse racing.
Date: June 9 **Cost:** TBD
Departs: 11 am CC

Sharon Playhouse-Anything Goes
A Musical Comedy with lyrics and music by Cole Porter. Lunch on own. CC Bus.
Date: June 28 **Departs:** 9:30 am **Cost:** $33

Essex Train & Riverboat Tour Enjoy a 3 course meal on a restored Pullman Diner Car and then transfer to the Becky Thatcher Riverboat and cruise the Connecticut River.
Date: July 19 **Time:** 10am **Cost:** $60 CC Bus

Senior Lunches

Lunch Bunch Monthly we venture out to a local restaurant, enjoying great food and friends. CC Bus
Time: Varies **Cost:** Lunch on Own
Mon, April 9 Olive Garden/Christmas Tree Shop
Mon, May 24 Painted Pony
Thur, June 21 Juniper's
Mon, July 9 Captain's Cove
Mon Aug 13 Lenny & Joe's & Outlets
Wed, Sept 5 Chowder Pot & Bishop's Orchard

Senior In-House Lunches Enjoy a catered lunch and entertainment with friends at the Community Center. Local, need a ride? Give us a call.
Time: 12 pm **Cost:** $8
Apr 18 Spring Fling **July 22** Annual Picnic
May 16 EB Dinner **Aug 22** EB Dinner
June 13 Summer Fun **Sept 19** Fall Feast

Finger Lakes Wine & Garden Tour
Tour & Tasting at the Saranac Brewery & 3 wineries. Visit MacKenzie-Childs, Sonnenberg Gardens & Mansion, Taughannock Falls. Lunch with wine pairing at NY Culinary & Wine Institute. Includes 5 Meals, and taxes, tips, & ins.



Date: Aug 7-9 **Time:** 7 am **Cost:** $596/DO

Branson Christmas Trip Includes flight to St. Louis, a guided tour of the city, dinner & stay at Hollywood Casino Hotel followed by 4 nights in Branson at the Great Oaks Hotel. includes 7 shows, 11 meals, airfare, tips & ins.
Date: Nov 10-15 **Cost:** $1,922/DO

Radio City Music Hall



Start the holiday season with a trip to Radio City Music Hall for their annual Christmas Extravaganza featuring the Rocketts and a visit from Santa. Sightsee, eat & shop on own.
Date: Nov. 17 **Departs:** 7:30 am **Cost:** TBD

Monthly Museum Series
Visit a different museum each month followed by lunch on own.
Cost & Time: Varies call for details

June	New England Carousel
July	Green Animals Topiary
Aug	Yale Art Museum
Sept	Peabody
Oct	Mystic Museum & Village

2019 CRUISE CORNER

Information Night Join us for a presentation & Q&A on the Cruises below.



Date: May 17
Time: 6:30 pm
Place: CC
Cost: Free

Caribbean Cruise NY-11 Nights Round trip from NY to the Caribbean aboard the Norwegian Gem. Port stops include San Juan, St. Lucia, Barbados, Antigua, & St. Thomas. Trans & Ins Included.
Date: Feb 25-Mar 8 **Cost:** $1379 & up

Mediterranean Cruise Fly to Barcelona for 2 nights. Then, board "Brilliance of the Seas" for 7 nights docking at Nice, Portofino, Florence, and Rome. Includes trans & trip Ins.
Dates: Oct 10-21 **Cost:** $3009 & up

Monthly Services*

Service	Day of Week	Price
Foot Care	2nd Monday each month	$30/30 min
Reiki	3rd Monday each month	$15/30 min
Haircuts at Oxford Academy	1st Wednesday each month	20% off Services
Chair Massage	3rd Thursday each Month	$15/15 min

Appointments Required