



Seymour Community Center

February

Active Adult (50+) Newsletter

Monthly Lunches & Socials

Valentines Italian Feast

That's Amore! Live entertainment by Jack Lynn, bringing the timeless style and sound of Dean Martin to the stage. Join us for a heartwarming feast of Eggplant Parm, Chicken Parm, Pasta, Salad, Bread w/Butter, & tiramisu! **Catered by Vazzy's.**

Feb 11 | 12 pm | \$13
Transportation Available
Call Center for ride

Sausage Grinders

Enjoy hearty Sausage & Pepper Grinders served with a fresh side garden salad — a classic, satisfying meal everyone loves.

Catered by Vazzy's.

Feb 18 | 12 pm | \$10
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

Feb 3	Shop Rite
Feb 10	Walmart
Feb 11	CC Lunch
Feb 17	Big Y
Feb 18	CC Lunch
Feb 24	Stop & Shop

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 starts on February 9 and is available to help residents in many areas including:

- Renters Rebate
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

Her office hours are:
Tues 10 am - 12 pm
Fri 9:30 - 11:30 am

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

Center Closures & Class Cancellations*

Feb 6 - No Pickleball

Feb 16 - Center Closed

*Visit Web site for additional class cancellations

Providing recreational, educational, & social programs & services for seniors

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

facebook.com/seymour.ct

*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

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 | Feb 4 | 11 am - 4:30 pm | \$10

Tech Time

Ask questions about your cell phones, Ipad/tablet, laptop, pictures, email, etc. 1st Thur | Feb 5 | 2 - 4 pm by apt | Free

Chair Massage

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

1st & 3rd Wed | Feb 4 & 18 | 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 | Feb 25 | 10 am - 12 pm | \$20

Movies at the Center

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

Novocaine Feb 9
Knox goes Away March 9



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	1:00 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	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
Tai Chi	Thur	9 am
Zumba Tone	Thur	10 am
Poise & Posture	Fri	11 am

AARP Tax Prep Locations

Call Oxford Town Hall at 203-888-2543

Lunches

Lunches & Socials

Valentines Italian Feast
Feb 11 | \$13
Sausage Grinders
Feb 18 | \$10

Coffee & Conversation with First Selectwoman
Feb 18 | 11 am



Lunch & Learns

Lunch served at 12 pm | Free

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

Beethoven: Consoling Beauty Feb 5
Improve Balance & Prevent Falls Feb 26
Senior Care 101 March 26
America's First Cookbook May 28
Seniors Helping Seniors April 16

Jukebox Bingo & Lunch

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

Feb 24 | 12 pm | \$5 | Max 75 people

February is Heart Health Month!

The Naugatuck Valley Health District will be here! Blood pressure readings, recipes, free resources and more!

Friday, Feb 27 | 9:30 - 11:30 am
Free | No Registration Needed



New Year Fitness

Dance Fusion Class *New session!*

Have fun while getting exercise! This class will fuse together both, jazz and old school hip hop moves to make it fun for all! Music from the 50's - 80's.

Weds | 6 wks | Feb 25 | 2:30 pm | \$20

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/hr

M & W | 3 wks | Feb 4 | 10am - 12pm | \$95

Tai Chi *New sessions!*

Often described as "meditation in motion," this ancient Chinese practice combines slow, flowing movements with deep breathing & mindfulness to improve physical & mental well-being.

Mon | 4 Weeks | Feb 2 | 9 am | \$20

Thurs | 4 Weeks | Feb 12 | 9 am | \$20

Evening Fitness Center Hours

Monday and Wednesdays Fitness Center will be open from 6 - 9 pm. Must register for Evening Fitness Center and Check in.

Dec 1 - Feb 28 | 6 - 9 pm | Free Res Only

Programs

Arts + Crafts Workshops

1 pm | Free

Get Crafty!

Sponsored by Shady Knoll!!

No-Sew Heart Pillows

Feb 12

Mini Herb Garden Starters

Mar 12

Age Well Series

Griffin Health and the Agency on Aging of South-Central CT presents:

Boost your Heart Health Bingo Feb 2
Nutrition with Chef Mar 2
1st Mon | 1:30 pm | Free

Psychic Medium Patricia Griffin

PATRICIA GRIFFIN is a natural-born medium. Based in Monroe, Connecticut, Patricia continues to blaze a trail through her grassroots movement spreading the message that love sees all, believes all, and never ends.

March 4 | 1 pm | \$20 | 50+ Members
March 4 | 6 pm | \$30 Res/\$35 NR

Lotus Flower Lantern Craft

This Workshop is presented by the Korean Spirit & Promotion Project and members will be on hand to assist you in making your Lotus Flower Lantern.



March 19 | 1 pm | \$6

Mahjong Lessons

Learn to play this popular game in three 2 hour sessions. Must attend all three.

April 14, 21 & 28 | 10 am | \$15

Learn to Speak German

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



★ **Beginners: Thurs | March 5 | 1:15 pm | Free**
Intermediate: Weds | 6 pm | ongoing | Free

Trips

Aqua Turf

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

Rock n Roll Heaven

April 14 | 10:15 am | \$65

Casino Trip

Registration opens Feb 23

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

Foxwoods | Mar 25 | 8 am | \$15

Shades of Ireland 2026

10 days | 13 Meals | Activity Level 2

Oct 10 - 19 | 13 meals | \$4649* / DO