



# 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](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
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 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	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am
	Line Dancing 7 pm			

\*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

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  
Sausage Grinders

**Feb 11 | \$13**

**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**