



Seymour Community Center

NOVEMBER

Active Adult Newsletter



Closures & Class Cancellations

Nov 3 - No 11 Pickleball
Nov 4 - No Pickleball
Nov 11 - CC Closed
Nov 24 - No Zumba Gold
Nov 26 - CC Closes at 12
Nov 27 & 28 CC Closed

Monthly Lunches

Veterans Brunch

Corner Deli - Seymour

Assorted Bagels (Cream Cheese & Butter). Hash Browns, Scrambled Eggs, Bacon Strips & Sausage Patties, Fruit. Coffee (Blend & Decaf Flavor, Tea). Milk & Cream. *Relax to the Sax* - Patriotic Music Performance by David A. Inman

Nov 12 | 12 pm | \$8, Vets Free
Transportation Available
Call Center for ride

Feast of Friends & Giving

Matteis Deli

Come join your center friends as we have a thanksgiving feast with all the fixings. *Plus raffles!*

Nov 19 | 12 pm | \$14
Transportation Available
Call Center for ride



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

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/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
		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	
			Standing Pilates 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	Line Dancing 7 pm	Poundfit 6:30 pm	Zumba Tone 6 pm	Saturday Zumba Dance 8:30 am

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

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

Nov 4	Shop Rite
Nov 10 (Mon)	Market 32
Nov 12	CC Lunch
Nov 18	Stop & Shop
Nov 19	CC Lunch
Nov 25	Big Y Derby
Dec 2	Walmart

*Daytime Classes are included with Active Adult Membership BUT you must register for each class separately.

**Prices vary for evenings, Saturdays, & dance fusion. 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 | Dec 3 | 11 am - 4:30 pm | \$10

Tech Time

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

1st Thur | Nov 6 | 2 - 4 pm by apt | Free

Chair Massage

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

1st & 3rd Wed | Nov 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 | Nov 26 | 10 am - 12 pm | \$20

Movies at the Center

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

Companion **Nov 17**
Superman **Dec 8**
Mickey 17 **Jan 12**



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
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

Dance Fusion Class

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 | Nov 5 | 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 | 4 wks | Dec 3 | 10am - 12pm | \$125

Lunches

Lunches & Socials

Veterans Day Brunch **Nov 12 | \$8, vets free**

Friendsgiving Feast **Nov 19 | \$14**

Lunch & Learns

Lunch served at 12 pm | Free

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

Hearing Loss & Dementia **Nov 6**

Beethoven: Eroica Symphony **Dec 11**

Beethoven: Consoling Beauty **Jan 22**

Bingo & Lunch

Enjoy lunch before bingo. Pizza, Hot Dogs, or BLTs are served. Price includes 2 bingo cards.

Nov 25 | 12 pm | \$3 | BLT

Grandchild & Me Bingo Day!



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

Dec 29 | 12 pm | \$5 pp

Jukebox Bingo & Lunch

Registration opens Dec 1

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

Trips

Casino Trip

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

Mohegan | Nov 24 | 8 am | \$15

Shubert Theatre

Share this Holiday Classic with your family this Thanksgiving Weekend! Price includes Transportation & Ticket, seats in 5th row Center Orchestra. Dinner on own, reservations recommended.

Miracle on 34th Street - The Musical

Nov 29 | 12 pm | \$95



Woodbury Commons Outlets

Complete your holiday shopping! This premium outlet center has over 200 stores!

Dec 6 | 8:30 am | \$20

Aqua Turf

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

Holiday Classics with The Cartells!

Dec 9 | 10:15 am | \$65

Shades of Ireland 2026

10 days | 13 Meals | Activity Level 2

Explore the beautiful landscapes and vibrant culture of Ireland, offering unforgettable memories. Visiting Kingscourt, Limerick, Galway, Cliffs of Moher, Killarney, Ring of Kerry, Blarney Stone, Waterford, Kilkenny, Dublin.

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

Programs

Acupuncture

Achieve relaxation! Provided by Soleil Acupuncture+Naturopathic Wellness. Bring Blanket, pillow, or yoga mat for comfort. Approx. 10-20 needles (5-10 points) pp.

Community Acupuncture - 12 participants

Jan 28 | 1:30 pm | \$10 | 50+ Members

Jan 28 | 6:30 pm | \$10 | 18+

Individual Treatment - 1:1 - (18+)

Jan 28 | 3/4/5:15 pm | \$50

Arts + Crafts Workshops

1 pm | Free
Get Crafty!

Sponsored by Shady Knoll!

No-Sew Fleece Scarves	Nov 13
Holiday Cards for a Cause	Dec 4
New Year Wishes & Goals Collage	Jan 8

Age Well Series

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

AARP Fraud Watch **Nov 3**

1st Mon | 1:30 pm | Free

Memory Screening

Have you noticed some changes in your memory? Julie Ramia, Dementia Specialist from Hartford Healthcare's Center for Healthy Aging will be offering free and confidential memory screens. **Second date added!**

Nov 6 | 1 - 4 pm by apt | Free

Ballroom Dance Night

Dance the night away with friends. More details to come.

Nov 8 | 6:30 - 9 pm | \$20

Paint an Ornament

Spend the afternoon getting in the festive spirit, painting an ornament! Take it home or leave it on display at the Center.

Dec 18 | 1-3 | Free

Aging In Place in the Valley

Join us for a robust discussion and Q&A focused on aging in place in the Valley! Panelist will include: David Morgan, TEAM, inc., Mary McNelis: Seymour Community Center, Jessica Kristy & Lisa Trupp NVHD.

Nov 19 | 4:30 - 6:30 pm | Open to all

Learn to Speak German

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

Tues | 6 wks | Ongoing | 6 pm | Free

Active Adult Membership Required
visit.seymourct.myrec.com