



Seymour Community Center

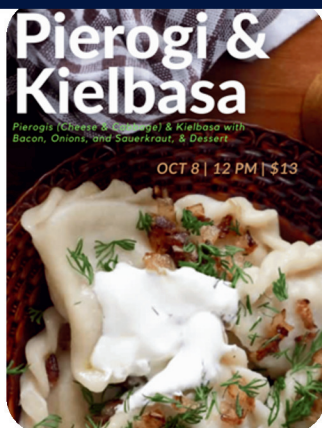


October



Active Adult Newsletter

Monthly Lunches



Pierogi & Kielbasa Matteis Deli

Pierogis (Cheese & Cabbage) & Kielbasa. Bacon, Onions, and Sauerkraut sides.

Oct 8 | 12 pm | \$13
Transportation
Available
Call Center for ride

Chicken Francaise Matteis Deli

Chicken francaise, white rice & cheesy broccoli.

Oct 15 | 12 pm | \$13
Transportation
Available
Call Center for ride



Closures & Class Cancellations

Oct 13 - Center Closed

Nov 3 - No 11 Pickleball

Nov 4 - No Pickleball

Nov 11 - Center Closed

Nov 24 - No Zumba Gold

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	
	Mahjong 12:30 pm	Mahjong 12:30 pm	Pinocle 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	
Oct 7	Shop Rite
Oct 8	CC Lunch
Oct 14	Stop & Shop
Oct 15	Senior Lunch
Oct 21	Big Y Derby
Oct 28	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 | Oct 1 | 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 | Oct 1 & 15 | 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 | Oct 22 | 10 am - 1 pm | \$20

Movies at the Center

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

Sinners **Oct 20**

Companion **Nov 17**



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, 60's, 70'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 | Nov 5 | 10am - 12pm | \$125

Active Adult Membership Required

visit seymourct.myrec.com

Lunches

Lunches & Socials

Pierogi & Kielbasa **Oct 8 | \$13**
Chicken Francaise **Oct 15 | \$13**

Lunch & Learns

Lunch served at 12 pm | Free

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

Dancing with Wolves **Oct 16**

Hearing Loss & Dementia **Nov 6**

Bingo & Lunch

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

Oct 28 | 12 pm | \$3 | Pizza

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

Flu & Covid Clinic

Stay healthy this winter. The Valley Health District will be providing FLU Clinic for Adults 18 & older. Clinic is open to the public. No reservations required. Regular & Senior Flu shots. Valley Pharmacy will be bringing Covid Boosters, RSV, Pneumonia, and others.

Oct 14 | 10 - 1 pm | Bring Ins. Card

Trips

Casino Trip

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

Mohegan | Oct 27 | 8 am | \$15

Stormville Flea Market

Waitlist being accepted

Join us as we travel to one of NY's great flea markets. As seen on HGTV's Flea Market Flip.

Nov 1 | 9:15 am | \$20



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

Oct 1 | 1:30 pm | \$10 | 50+ Members

Oct 1 | 6:30 pm | \$10 | 18+

Individual Treatment - 1:1 - (18+)

Oct 1 | 3/4/5:15 pm | \$50

Arts + Crafts Workshops

1 pm | Free

Get Crafty!

Sponsored by Shady Knoll!

Pumpkin Decorating **Oct 2**

No-Sew Fleece Scarves **Nov 13**

Holiday Cards for a Cause **Dec 4**

Age Well Series

Griffin Health and the Agency on Aging of South-Central CT **Oct 6**

Narcan and You: How to Respond to an Opioid Overdose **Nov 3**

AARP Fraud Watch

1st Mon | 1:30 pm | Free

Medicare Seminar

Understanding Medicare can be challenging. New regulations, additional coverage, and the best supplemental coverage for your needs will be discussed.

Oct 9 | 1 - 2 pm | Free

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.

Oct 17 | 6 - 8 pm | \$25/team

Memory Screening

Waitlist being accepted.

Oct 23 | 1 - 4 pm by apt | Free

Learn to Speak German

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

Weds | 6 wks | Ongoing | 6:30 pm | 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