

SEYMOUR COMMUNITY CENTER



JULY

Active Adult (50+) Newsletter

2026/27 New Membership Rates

Renewal Begins on or after July 1

Basic Memberships

Residents 50 - 79 **\$10** / 80+ **Free**
 Non Residents 50 - 79 **\$25** / 80+ **\$15**
 Veterans **Free**

Additional Program Fees

Exercise Classes: Res **Free** / NR **\$50/yr**
 Pickleball: Res **Free** / NR **\$50/yr**

Membership & Program Registrations Begin on or after July 1

On July 1, visit seymourct.myrec.com to register for membership and programs before arriving to beat the lines

Monthly Lunches

Hawaiian Luau

Live Hula Dance by Dancin in the city while you enjoy Huli-Huli Chicken, Teriyaki Ribs and Coconut Rice. Finish with tropical fruit kabobs!



July 8 | 12 pm | \$14

Rich's Farm Ice Cream



Join us for our annual Summer Ice Cream Social. Ice Cream Donated By Rich's Farm

July 15 | 1 pm | FREE

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

| | |
|--------------|-------------|
| July 6 | Big Y |
| July 13 | Stop & Shop |
| July 20 | Walmart |
| July 27 | Shop Rite |
| Tues, Aug 4 | Big Y |
| Tues, Aug 11 | Stop & Shop |

Municipal Agent

Kristina Walton, Municipal Agent is available to help residents in many areas including:

- Renters Rebate (4/1 - 9/30)
- Farmer's Market Cards (6/1 - 11/30)
- Medicaid (10/15-12/7)
- Heating Assistance
- Food stamps/SNAP
- Senior Housing
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)

Office hours:

Regular: Mon 10 - 1 pm
 Special: Mon 6/15 12 - 2 pm and by appointment

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

Center Closures & Class Cancellations

*Visit Web site for Closures & cancellations in Today's Activities

Providing recreational, educational, & social programs & services for our 50+ adults

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](https://www.facebook.com/seymour.ct)

| 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 | Standing Pilates 11:15 am | |
| | Bingo 12:15 pm | | Pinochle & Canasta 12:30 pm | |
| Ballroom 1 pm | Band Jam 1 pm | Dance Fusion Class 2:30 pm | Band Jam 1 pm | |
| | Ukulele Club 2:30 pm | | | |
| | Yoga 6 pm | | | |
| Zumba Dance 6 pm | Line Dancing 7 pm | Poundfit 6:30 pm | Zumba Tone 6 pm | Saturday Zumba Dance 8:30 am |

*Classes & Pickleball are an added annual fee for non-residents and you must register for each class separately.

**Additional cost for evenings, and Saturdays, & certain day classes. View On Line Calendar for Schedule Updates & Cancellations.

Ongoing Activities

Tech Time

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

July 9 | 2-4 pm by apt | Free

Haircuts

Hair by Donna - brings affordable haircuts to you at our Center! Book your appointment with us and pay her directly.

1st Wed | July 1 | 10 am - 4:30 pm | \$10

Chair Massage

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

1st/3rd Wed | July 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 | July 22 | 10 am - 1 pm | \$20

Acupuncture

Achieve relaxation! Provided by Soleil Acupuncture+Naturopathic Wellness. Approx. 10-20 needles (5-10 points) pp.

Community Acupuncture - 12 participants

July 29 | 1:15 pm | \$10 | 50+ Members

July 29 | 6:30 pm | \$10 | 18+

Individual Treatment - 1:1 - (18+)

July 29 | 2/3/4/5:30 pm | \$50



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 pm |
| Mahjong | Tues/Wed | 12:30 pm |
| Ukulele Club | Tues | 2:30 pm |
| Pinochle | Thur | 12:30 pm |
| Canasta | Thur | 12:30 pm |
| Crochet/Knitting | Fri | 9:30 am |
| Classes | Days | Times |
| Tai Chi | Mon/Thur | 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 |
| Zumba Tone | Thur | 10 am |
| Poise & Posture | Fri | 11 am |

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/45 min session.

M&W | 10am - 12pm | Ongoing | \$125/4wks

Tues PM/Sat AM | Ongoing | \$125/4wks

Bereavement Support Group

Managing loss is different for everyone. There is no right or wrong way to grieve. This group will offer caring & sharing sessions and simple interactive expressive opportunities.

2nd Mon | July 13 | 3:45 pm | Free

Lunches

Lunches & Socials

Wed | Times Vary | \$ Visit website

Registration opens the first of each month

Hawaiian Luau **July 8**

Rich's Ice Cream **July 15**

Rock & Lobster Rolls **Aug 12**

Katz' Deli Rueben **Aug 19**



Lunches & Learn

Lunch served at 12 pm | Free

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

What you Think of Me is None of my Business **July 16**

Financial Fraud Bingo *Just Added* **July 27**

Once upon a time: The Danbury Fair **Aug 27**

Jukebox Bingo - Last Call!!!

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

Jun 30 | 12 pm | \$5 pp



Membership Renewal & Re-registration for classes & pickleball

begins on or after July 1
Beat the lines on July 1 and register at
seymourct.myrec.com

Basic Memberships

Residents 50 - 79 \$10 / 80+ Free

Non Residents 50 - 79 \$25 / 80+ \$15

Veterans Free

Additional Annual Program Fees:
Exercise Classes: Res Free / NR \$50
Pickleball: Res Free / NR \$50

Volunteers Needed !!!

We are in need of volunteers to call Bingo for our Active Adult members (50+).

Bingo is every Tuesday, approx from 12:15 pm - 2 pm.

Let staff know if interested



Programs

Arts + Crafts Workshops

1 pm | Free

Get Crafty! Sponsored by Shady Knoll!

Red, White, & Blue Bracelet Making **July 30**

Bookmark Decorating **Aug 20**



Age Well Series

1:30 pm | Free

Griffin Health and the Agency on Aging of South-Central CT are partnering to increase access to care and disease prevention for our seniors. Monthly topics vary.

Hearing Aware **July 6**

Stroke/Brain Health **Sept 14**

History of Fireworks & Craft

Join us to learn the history of fireworks, celebrations, significance & production. Each attendee creates a firework design on 2 bookmarks - 1 to keep and one to gift.

July 1 | 1:30 pm | Free



AARP Safe Drivers Course

Refresh your driving skills to help you become a safer, more confident driver! Attendees qualify for a multi-year discount on your auto insurance premiums. AARP accepts cash or check.

July 20 | 12:30 pm | Pay AARP directly
AARP Member \$20, Non-AARP Mem \$25

Grandchild & Me Bingo Day!

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

Aug 13 | 12 pm | \$5 pp

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.

Aug 14 | 6 pm | \$25/team of 4

Learn to Speak German

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

Beginner: Thurs | 10 am | Ongoing | Free
Inter: Weds | 6 pm | ongoing | Free

Day & Overnight Trips

Casino Trips

8 am | \$15 | Reg opens 1st of month

We travel on the CC Bus to Casinos

Foxwoods | Aug 26

Aqua Turf

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

Young at Heart - Feet so Smart

Aug 11 | 10:15 am | \$65

Big E

Head to this fair full of Vendors, Parades, Bands, and Floats. Price includes ticket & transportation.

Sept 23 & Oct 1 | 9:30 am

Res \$20 - Reg open 7/1

NR \$30 - reg opens 9/1



Sunny Portugal - Oct 2027

Presentation: Sept 10, 2026 | 6:30 pm | Pre-register

From the Portuguese capital, Lisbon, to the sunny cliffs of the Algarve and Portuguese Riviera, venture along the stunning shoreline. Explore soft, sandy beaches and classic fishing villages. Soak in the Portuguese sunshine and savor local flavors!

Oct 3-12, 2027 | 10 days | 13 meals | DO \$4,899