



SEYMOUR COMMUNITY CENTER **ACTIVE ADULT** JULY NEWSLETTER

RICH FARM



Join us for our annual Summer Ice Cream Social.
July 9 | 1 pm | Free
Ice Cream Donated By Rich's Farm

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 16 | 12 pm | \$13



Active Adult & Fitness Center Memberships

An Active Adult Membership is required for programs, classes, fitness center, and transportation.
Membership runs 7/1 - 6/30.
50-79: Res \$10 | NR \$20
80+ Res Free | NR \$10
Veterans: Free
Fitness Center included

Municipal Agent

The Municipal Agent, Dawn Marie Hunter, LCSW is available by appointment to help Senior and Veteran residents. She is your contact for Farmer's Market Cards & Renter's Rebate (opens 4/1).
dhunter@seymourct.org, 888-0406 xt. 3

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 7* Stop & Shop

July 14* Big Y Derby

July 21* Shop Rite

Fri, Aug 1* Walmart

*June 23 - August 1 shopping will be on Mondays.

Closures & Class Cancellations

June 30 & July 7 - No Ballroom
July 2 & 9 - No Matt Wall Pilates
July 3 & 10 - No Standing Pilates
July 3 - Center Closes at 12
July 4 - Center Closed
July 11 - No Poise & Posture
Aug 1 - No Strength & Tone

Providing recreational, educational, and social programs and services for Seniors

Mary McNelis
Director

Tara Miller
Community Services Assistant

Morgyn Khoury (Manzer)
Active Adult Coordinator

John Fracker
Parks & Recreation Manager

Dawn Hunter, LCSW
Municipal Agent

Administrative Office Hours
Mon - Thurs, 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	Pinochle 12:30 pm	
	Bingo 12:15 pm			
Ballroom 1 pm	Band Jam 1 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
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*Daytime Classes Included with Active Adult Membership BUT you must register for each class separately.
**Prices vary for evening & Saturday 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.

July 2 | 11 am - 4:30 pm | \$10

Aug 6 | 11 am - 4:30 pm | \$10

Tech Time

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

1st Thur | Aug 7 | 2-4 pm by apt | Free



Chair Massage

Christine Gomulinski, LMT brings affordable Chair Massages to the Center!

Book your appointment.

1st & 3rd Wed | July 2 & 16 | 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 23 | 10 am - 1 pm | \$20

Movies at the Center

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

Speak No Evil

July 14

A psychological horror film about an American family who befriend a British family while on vacation and are invited to their remote farmhouse.



Challengers

Aug 11

A romantic sports drama directed by Luca Guadagnino, focusing on a love triangle between three tennis players.

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
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

Personal Training

Hesitant to use our fitness center? Can't stay motivated? Workout with Certified Personal Trainer, Cullen Zemaitaitis. He is ready to assist you in reaching your fitness goals. Small group personal training, 3 people per session. Two 45-minute PT session/week.

New session starts July 9

M & W | 4 wks | 9:15 am - 12pm | \$125

visitseymourct.myrec.com

Lunches

Lunches & Socials

Ice Cream Social
Hawaiian Luau

July 9 | Free

July 16 | \$13

Lunch & Learns

Lunch served at 12 pm | Free

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

Dental Oral Health Bingo
All About Chronic Pain
Money 101: Investing Basics

July 24

Aug 14

Sept 25



Bingo & Lunch

Join us for a friendly game of Bingo and lunch.

July 29 | 12 pm | \$3

Day Trips

Casino Trip

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

July 28 | 8 am | \$15 | Mohegan Sun

Aladdin

(waitlist being accepted)

Fun for the whole family!

Experience the magic of Aladdin on Broadway. Enjoy free time for lunch or shopping before the show. Ticket and transportation included.

Aug 2 | 8:45 am | \$155



Slipaway River Tour

Sit back, relax, and enjoy the sounds of the river. Bring your own food/beverages.

Aug 4 | 9:45 am | \$35

New York Botanical Garden

Join us for *Van Gogh: Painting with Flowers*, as NYBG becomes a canvas for the colorful brush strokes of one of the world's most revered artists. **Waitlist being accepted**

Aug 7 | 8:30 am | \$55

Aqua Turf - Jukebox45

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

Sept 9 | 10:15 am | \$65

ACTIVE ADULT (50+) MEMBERSHIP

TIME TO RENEW or join!

STARTS JULY 1

If renewing, please re-register for any fitness classes you still attend.

MEMBERSHIP RUNS JULY 1 - JUNE 30

An Active Adult (50+) Membership is required for programs, classes, fitness center, trips, and transportation.

RESIDENT FEE

Ages 50-79: \$10

Ages 80+: Free

Veterans: Free

NON-RESIDENT FEE

Ages 50-79: \$20

Ages 80+: \$10

Veterans: Free

More Information or to register:

SEYMOUR
COMMUNITY CENTER
20 Pine Street Seymour, CT 06483

Memberships, both new & renewed must be completed either **online** or **in-person**.
Sorry no phone calls.

Programs

Age Well Series

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.

Bone Health
Healthy Sleep After 50

July 7

Sept 8

1st Mon | 1:30 pm | Free

Acupuncture

Achieve relaxation! Affordable Community Acupuncture provided by Soleil Acupuncture + Naturopathic Wellness. Blanket and pillow or yoga mat encouraged for added comfort. Approx. 10-20 needles (5-10 pts) pp.

More dates coming

Fall 2025 | 1:30 pm or 6:30 pm | \$10

Puzzle Palooza

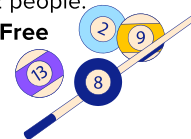
Put your puzzle-solving skills to the test. Bring a team and race against others to complete your puzzle the fastest. Enjoy snacks, friendly competition, and a prize for the winning team.

July 25 | 6 - 8 pm | \$25/team

Billiards & Breakfast

Thinking about joining our Billiards Club? Give it a try- on this special morning we will be providing breakfast sandwiches and a friendly game of pool. Limited to 12 people.

July 22 | 10 am | Free



Grandchild & Me Bingo Day!

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

Aug 21 | 12 pm | \$5 pp