

SEYMOUR COMMUNITY CENTER

JUNE

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 must reregister for all memberships and programs

Monthly Lunches

Fish Fry

Join us for a good ole fashioned fish fry with Battered Fried Fish, Mac & Cheese, and Coleslaw + Cake w/ Berries & Whipped Cream

June 10 | 12 pm | \$15

Annual Summer Picnic

Cheeseburgers, Fries, and Assorted Sides, ice cream, friends and outdoor fresh air. Join us for our annual picnic! Music by our Band Jam and Raffles!

June 17 | 12 pm | \$12

Transportation Available - Call for ride

Weekly Fitness Classes, Pickleball & Clubs*

Class schedules subject to change vis Today's Activities on website for daily schedule/changes

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			
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			

*Classes 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.

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

June 2	Shop Rite
June 9	Walmart
June 10	CC Lunch
June 16	Big Y
June 17	CC Lunch
Mon, June 22	Stop & Shop
Mon, June 29	Walmart

New 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 ext. 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

Ongoing Activities

Tech Time

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

June 4 | 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 | June 3 | 10 am - 4:30 pm | \$10

Chair Massage

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

1st/3rd Wed | June 3 & 17 | 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 | June 24 | 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

Tai Chi

Often described as "meditation in motion," This ancient Chinese practice combines slow, flowing movements with deep breathing to support physical and mental well-being.

Mon or Thurs | 9 am | \$25 for June

Dance Fusion Class (50+)

Exercise and have fun! This class fuses together jazz steps & old school hip hop to make it fun for all! Music from 50's, 60's, 70's, & 80's.

Wed | 2:30 pm | \$20 for June

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

Lunches

Lunches & Socials

Wed | Times Vary | \$ Visit website

Registration opens the first of each month

Fish Fry **June 10** Hawaiian Luau **July 8**
 Summer Picnic **June 17** 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.

The Chilling Chronicles of Ice Cream **June 25**
 What you Think of Me is None of my Business **July 16**
 Once upon a time: The Danbury Fair **Aug 27**

Jukebox Bingo

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

Day & Overnight Trips

Casino Trips

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

We travel on the CC Bus to Casinos

Mohegan | Monday, June 8

New York Botanical Garden NYBG

Channel the spirit of the '60s at *Flower Power*, a joyous celebration of the enduring symbolism of flowers as icons of peace & love. **Waitlist being accepted**

June 13 | 8:30 am | \$60

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

Sunny Portugal - Oct 2027

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

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

Programs

Arts + Crafts Workshops

1 pm | Free

Get Crafty! Sponsored by Shady Knoll!

Flower Pot Painting **June 11**
 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.

Fiber and Why it Matters **June 1**
 Hearing Aware **July 6**
 Stroke/Brain Health **Sept 14**

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 | June 8 | 3:45 pm | Free

The Cat's Meow Social

Join us for a special visit from a Whiskers Pet Rescue bringing calm, senior-friendly cats. Spend time petting, relaxing, and enjoying the company of these sweet feline friends! Refreshments provided.



Jun 8 | 1 pm | Free

Ukulele Lessons

No experience necessary. Ukuleles provided or bring your own. In this 4 part program, participants will learn about tuning, strumming, fretting and how to play some easy songs.

Jun 9, 23, 30, & 14 | 1:30 pm | \$10

Medicare 101

For those approaching 65 or thinking about Medicare. Come learn how it works & the timeline for applying.

Jun 11 | 6:30 pm | Free

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 11 | 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