



SEYMOUR COMMUNITY CENTER

ACTIVE ADULT JUNE NEWSLETTER

Community Center Annual Picnic

Picnic Fare, friends and outdoor fresh air. Join us for our annual picnic! Music by our Band Jam and Raffles!

June 11 | 12 pm | \$13
Transportation Available
Call Center for ride

Fish Fry

Join us for a good ole fashioned fish fry with Battered Fried Fish, Mac & Cheese, and Coleslaw.

June 18 | 12 pm | \$13
Transportation Available
Call Center for ride

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

June 3	Stop & Shop
June 10	Big Y Derby
June 11	CC Lunch
June 17	Shop Rite
June 18	CC Lunch
June 23*	MONDAY, Walmart
June 30*	MONDAY, Market 32

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 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

*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

Closures & Class Cancellations

June 26 - No Chair Yoga

Shopping/Transportation is on Mondays starting June 23 Must call by 11 am on Friday to be added to list.*

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

Monthly Activities

Haircuts

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

June 11 | 11 am - 4:30 pm | \$10

Tech Time

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

1st Thur | June 5 | 2-4 pm by apt | Free



Chair Massage

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

1st & 3rd Wed | June 4 & 18 | 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 25 | 10 am - 1 pm | \$20

Movies at the Center

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

Saturday Night **June 9**

Speak No Evil **July 14**



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

Dance Fusion Class (50+) NEW!!

Get your exercise while having fun at the same time! This class will fuse together both, jazz steps and old school hip hop moves to make it fun for all! Music from the 50's, 60's, 70's, and 80's.

Weds | 6 wks | June 4 | 2 pm | \$20

Thur | 6 wks | June 12 | 6:30 pm | \$30

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 June 11.

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

Lunches

Lunches & Socials

Community Center Picnic
Fish Fry

June 11 | \$13

June 18 | \$13

Lunch & Learns

Lunch served at 12 pm | Free

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

Free Senior Home Repair
Brain Health: What Can I Do?
Dental Oral Health Bingo
All About Chronic Pain

June 12

June 19

July 24

Aug 14



Bingo & Lunch

Join us for a friendly game of Bingo and lunch.

June 24 | 12 pm | \$3

Day Trips

Goodspeed Opera House

Ragtime The Musical (1 seat left)

Emerging & revival musical theater shows offered in an 1876 riverside opera house. Lunch next door at the Gelston House.

June 5 | 10:15 am | \$115 (tix, trans, lunch)

Aqua Turf

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

Jukebox45

Sept 9 | 10:15 am | \$65

Nelson Hall Performing Arts

Dr. K's Motown Revue*

June 27 | 1 pm | \$50



Casino Trip

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

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

Aladdin (1 seat left)

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. [Register by 6/30!](#)

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.

Aug 7 | 8:30 am | \$55 **Waitlist being accepted**



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.

4 Ps of Energy Conservation **June 2**
Prioritize, Plan, Pace, Position

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.

June 12 | 1:30 pm or 6:30 pm | \$10

Coffee &

Join the first Selectwoman to discuss car taxes and other town topics

June 18 | 11 am | Free

Puzzle Palooza

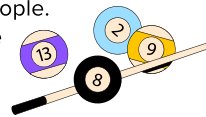
Put your puzzle-solving skills to the test. Bring a team and race against others to complete your puzzle the fastest. Enjoy snacks, friendly competition, and a prize for the winning team.

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