



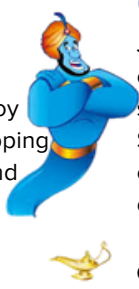
# Seymour Community Center

## 2025 Spring Summer Programs

### Family Fun

#### Aladdin

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**

#### Adventures of Italy

Journey through a cross roads of civilization in Sicily and the spectacular coastlines of Southern Italy. 13 days, 20 meals, experiences for a lifetime. Details on-line. Price increase on 4/18.

**Oct 17 - 29, 2025 | \$4999\*/DO**

#### 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.

**May 2 | 6 - 8 pm | \$25/team**  
**July 25 | 6 - 8 pm | \$25/team**

### Recreation for Youth, Adults & Seniors

Providing recreational, educational, and social programs and services for all Seymour Residents

**Mary McNelis**  
Director

**Tara Miller**  
Community Services Assistant

**Morgyn 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

[seymourct.myrec.com](http://seymourct.myrec.com)

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

#### Farmers Market

Stop by the Community Center and grab some fresh, locally grown produce, handmade goods, and delicious treats. Meet local vendors, support small businesses, and experience the best our community has to offer! Tuesdays from April - October, 12 - 6 pm

#### Transportation

Seymour Community Center provides transportation on Tuesdays to local grocery stores, Valley area doctors and the Seymour-Oxford Food Bank. Call the Community Center 48 hours in advance for reservations. 203-888-0406

#### Food Bank

The Seymour Oxford Food Bank is located at the back of the Community Center. They are open Tuesdays, Thursdays, and Saturdays and the 1st & 3rd Monday's of the month. Must call the Food Bank for appointment 203-888-7826.

#### Municipal Agent

The Municipal Agent, Dawn Marie Hunter, LCSW is available by appointment to help Senior and Veteran residents in areas such as caregiving, domestic violence concerns, & coping. She can assist with applications & information about State programs including Medicaid, DSS Paperwork, homecare, Medicare, Senior Housing, and Food Stamps. She is your contact for the Farmer's Market Cards and Renter's Rebate programs. [dhunter@seymourct.org](mailto:dhunter@seymourct.org), 888-0406 xt. 3

#### Memberships

##### Active Adult Membership (50+)

A Center Membership is required to register for all 50+ programs. Enjoy exercise classes, monthly lunches, exciting excursions, clubs, and lunch & learns. Meet new friends and stay active. Membership runs July 1 - June 30

**Age 50-79: Res \$10 | Non-res \$20 | Vets Free**  
**Age 80+ Res Free | Non-res \$10 | Vets Free**

##### Fitness Center Membership

The Community Center Fitness Room is free for Residents and Active Adult Members. The center includes 4 treadmills, 2 bikes, a Rower, elliptical, all in one weight rack, and dumbbells, Open during center hours. Registration required.

### Town Budget Meetings

#### Town Meeting

The Annual Town Meeting is for residents to approve the Board of Finance's Budget and forward it to referendum.

**April 2 | 6 pm | Town Hall**



Visit the town website for more info [seymourct.org](http://seymourct.org)

#### Budget Referendum

Voting for The Town & Board of Education Budgets as approved at the Town Meeting. All voting will take place at the Community Center.

**April 17 | 6 am - 8 pm**

To register for a program or for more information visit [seymourct.myrec.com](http://seymourct.myrec.com)

## Summer Rec Camps

Campers enjoy a full day of planned age appropriate activities

Registration is open  
**Prices Increase 4/15**



### Pre-K Summer Camp @ CLS

Campers Enjoy arts & crafts, sports, water play and exposure to nature, music and story time. Low counselor to camper ratio.

June 23 - Aug 1 | 9 am - 1 pm | \$525

### Summer Rec Camp @ SHS

K-5 Campers enjoy a full day of planned age appropriate activities.

Session I: June 23 - July 3 | \$239

Session II: July 7 - July 18 | \$265

Session III: July 21 - Aug 1 | \$265



### Field Trip Camp

Middle School Campers attend field trips on Tue/Wed/Thur Lunch is included.

Session I: June 24 - July 3 | \$420\*

Session II: July 8 - July 17 | \$420

Session III: July 22 - July 31 | \$420

All Three Sessions: \$1140

### CIT Program

9th & 10th Graders who are 15 yrs old may apply . CITs assist counselors in overseeing camp activities and children. Min. 2 sessions required.

Session I: June 23 - July 11 | \$80

Session II: July 14 - July 25 | \$100

Session III: July 28 - Aug 1 | \$100



### Wildcat Basketball Camp

Kick off summer with hoops fun! Boys and girls in grades 3-8 will develop a strong basketball foundation through skill-building drills, games, and competitions. Enjoy a week of learning, teamwork, and prizes.

June 16 - 20 | 9 am - 12 pm | \$110

### Mad Science Camp

Young scientist will explore the wonders of heat and cold through jaw-dropping experiments: create fire tornadoes, freeze objects with dry ice, create their own frosty concoctions and discover the science behind extreme temperatures. Grades 1-5.

Aug 4 - 7 | 9 am - 12 pm | \$210



### All-Stars Multi-Sport Camp

Campers will have the opportunity to engage in a variety of sports, learn new skills, and make lasting friendships in a fun and supportive environment. Grades 3-5. Run by Certified PE Teacher Craig Dwelle.

Aug 11 - 14 | 9 am - 12 pm | \$98



# Adult Fitness

### Dance Fusion Class (18+)

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.

Thurs | Apr 10 | 6:30 pm | \$30/6 wks

### POUNDFit

Energizing full-body workout that merges cardio and strength training with yoga and pilates-inspired movements, incorporating drumsticks for a fun and dynamic experience.

Wed | Apr 9 | 6:30 pm | \$45/6 wks

Wed | May 21 | 6:30 pm | \$45/6 wks

### Country Line Dancing

Learn a variety of classic and contemporary country line dances.

Tues | Apr 15 | 7 - 9 pm | \$75/8 wks

### Acupuncture

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

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



### Open Basketball

Shoot-around and Pick-up games for all ages. Under 14 must be accompanied by adult. Adult must register child under 18.

M - Th | Ongoing | 2:15 - 4:15 pm

Free for Residents | CC

## Pre K (2 - 5)

### Jump Bunch

Physical activity through exploration, play and movement for children. Preschoolers will develop their fine & gross motor skills while building coordination, balance & confidence.

Thur | May 15 - June 19 | 9:30 am | \$90



### A Step Ahead Soccer

Soccer development program for boys & girls ages 2-5.

Sun | Apr 6 - May 25 | 12 pm

\$125/\$150 | BES Field

## After School

### Taylor Swift Club @ BES & CLS

Calling all Swifties! Join us for a fun-filled hour of Taylor Swift games, karaoke, and friendship bracelet-making while meeting new friends! Grades 1-5

Mon | Apr. 21 - Jun 2 | \$75

### P.E. After-School @ BES & CLS

After the bell rings come play Basketball at BES, Grades 3-5 or Wiffle Ball at CLS Grades 4-5.

Thur | Apr 24 - May 29 | 3:40 pml \$65

### An Artful Afternoon @ BES

Students get the opportunity to explore their artistic abilities in a relaxed environment using a variety of materials. Grades 1-5

Tue | Apr. 22 - May 27 | \$95

### Mad Science @ CLS (\*BES)

Dive deep into science and show us the phenomena that makes the world go round! Our project-based experience will help students see how science is everywhere! Grades 1-5

Tues | Apr 22 - May 27 | 3:40 pml \$125

\*Transportation Available for BES students

### MS Pokémon Club @ SMS

Create a fun and engaging environment for students to explore the Pokémon universe, foster friendships, and develop skills in teamwork, strategy, and creativity. Grades 6-8

Mon | Apr 21 - Jun 2 | \$75

### Chess Club @ SMS

Whether you're a beginner or a chess pro, this club is for YOU. Get ready to make your next move! Grades 6-8

Tue | Apr 22 - May 27 | \$95

### MS Basketball @ SMS

Play Hoops after school with Coach Carf. Fun drills and games to improve your skills. Grades 6-8

Thu | Apr 24 - May 29 | \$75

### ESPORTS: Fortnite (Gr. 3-8)

Explore the world of gaming in a supportive environment. Through structured gameplay, participants will elevate their passion and learn safe gaming through Fortnite

Fri | Apr 25 - May 23 | 6 - 8 pm | \$135 | CC

### H.S. Rec Basketball League

Join our 4 v 4 High School rec basketball league at the Community Center. Regular season games plus playoffs. Grades 9-12.

Thu | Apr 24 | 6 - 9 pm | \$105

### Zumba Tone

Combine Zumba Dance with light weight for a combined cardio and strength training workout that tones and sculpts the body

Thu | Apr 3 - May 15 | \$45/6 wks

Thu | Jun 5 - Jul 10 | \$45/6 wks

### Zumba Dance

Zumba Dance takes the "work" out of workout, by mixing low-intensity and high intensity moves for an interval-style, calorie-burning dance fitness party.

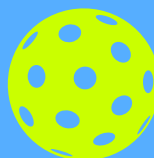
Mon/Sat | Apr 5 | \$45/\$75 (both days) 6 wks

### Friday Night Pickleball

Join fellow residents & neighbors and play a game with no pressure and lots of fun! Bring a partner or find one when you get there!

Fridays | 6 - 8 pm | Apr | \$10 Per Night\*

\*Must register weekly prior to start of play





# Monthly Activities

## Tech Time

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

**1st Thur | 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 | 11 am - 4:30 pm | \$10**

## Chair Massage

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

**1st & 3rd Wed | 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 | 10 am - 1 pm | \$20**

## Movies at the Center

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

Anora **April 14**  
 The Apprentice **May 12**  
 Saturday Night **June 9**  
 Speak No Evil **July 14**  
 Challengers **Aug 11**



## 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 | April 9 | 2 pm | \$20**  
**Thur | 6 wks | April 10 | 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 personal trainings per week. Starts April 14.

**M & W | 4 wks | 10-12 | \$125**

# Lunches

## Lunches & Socials

**Wed | Times Vary | \$ Visit website**

**Registration opens on a monthly basis**

Chicken Salad Sandwiches	<b>April 9</b>
Easter Celebration	<b>April 16</b>
NE Clam/ Corn Chowder	<b>May 14</b>
Pulled Pork Sandwiches	<b>May 21</b>
Community Center Picnic	<b>June 11</b>
Fish Fry	<b>June 18</b>
Rich's Ice Cream	<b>July 9</b>
Hawaiian Luau	<b>July 16</b>
Rock & Lobster Rolls	<b>Aug 13</b>
Katz' Deli Corned Beef Rubeen	<b>Aug 20</b>

## Lunch & Learns

**Lunch served at 12 pm | Free**

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

Right Senior Care **April 10**  
 Municipal Agent Q&A **April 23**

## Monthly Bingo & Lunch

2 Bingo Cards & either Pizza, Hot Dog, BLT

**Last Tues | 12 pm | \$3**

# Day Trips

## Aqua Turf

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

**North County Band!!**  
**April 8 | 10:15 am | \$65**  
**Jukebox45 Show Band: DooWop Show**  
**Sept 9 | 10:15 am | \$65**  
**Holiday Classics with The Cartells!**  
**Dec 9 | 10:15 am | \$65**

## Casino Trip

We travel on the Community Center Bus to Foxwoods or Mohegan Sun.  
**Select Dates | 8 am | \$15**

## Nelson Hall Performing Arts

**The Music & Passion of Barry Manilow**  
**April 12 | 1 pm | \$50**  
**Simon and Garfunkel**  
**May 9 | 1 pm | \$50**  
**Dr. K's Motown Revue**  
**June 27 | 1 pm | \$50**



## Boston/Quincy Market

Why not spend the day on your own in Boston shopping at Quincy Market or checking out some of the local restaurants and shops in the area. Make sure you visit the Farmers Market adjacent to Quincy Market for fresh fruits & vegetables at great prices.

**July 12 | 8 am | \$25**

## 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 **NYBG**

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**

## Adventures of Italy 2025

Journey through a cross roads of civilization in Sicily and the coastlines of Southern Italy. 13 days/20 meals. Details online.

**Oct 17 - 29 | 9:45 am | \$4999\*/DO** \*Price Increase April 18



# 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.

Building a Solid Core **April 7**  
 Mystery of Processed Foods **May 14**  
**1st Mon | 1:30 pm | Free**

## Diabetes Self-Management

This program is designed for adults who want to learn how to manage their diabetes. Those with Pre-Diabetes will also benefit from the information. Sponsored by Naugatuck Valley Health District.

**6 wks | April 14 | 1:30 pm | Free**

## Spring Cleaning Presentation

Get organized and freshen up your space this spring with Joe Violetta of 4CORE! Learn what documents to keep or shred and how to ensure your affairs are in order for loved ones—plus, take home a sponge, paper towels, and cleaner!



**April 24 | 1:30 pm | Free**

## Jukebox Bingo

Join us for a fun and interactive game that pairs the traditional game of bingo with music. Pizza & Ice Cream Sandwiches Provided. Max 75 people.

**April 29 | 12 pm | \$3**

## Mahjong Lessons: Beginner

Learn to play the popular game in three 2 hour sessions. You must attend all three sessions.



**May 6, 13, & 20 | 10 am | \$15**

## Annual Lions Club Bingo

Enjoy an afternoon of Bingo, food, and laughter with your friends. Sponsored by the Seymour Lions Club. Pizza, Bingo, and Prizes!



**May 22 | 11 am | Free**

## Acupuncture

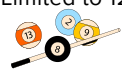
Achieve relaxation! Affordable Community Acupuncture provided by Soleil Acupuncture + Naturopathic Wellness. Blanket and pillow or yoga mat encouraged for added comfort. Approx. 10-20 needles (5-10 points) pp.

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

## 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**

## 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**

Seymour Community Center  
 20 Pine Street  
 Seymour, CT 06483

## THANK YOU TO OUR SPONSORS

Katherine Matthies Foundation, Valley Community Foundation, Mabel Burchard Fisher Foundation, Seymour Lions Club, & Griffin Hospital. Their additional support allows us to reduce resident costs of select programs and activities.

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 <p><i>Christine Aquila</i>  <b>REALTOR®</b>      203-278-2635   276 Oxford Road      Oxford, CT 06478  <a href="mailto:Christine.Aquila@coldwellbankermoves.com">Christine.Aquila@coldwellbankermoves.com</a></p>	 <p><b>DADDIO'S</b>  <b>RT.8</b>  <b>STORAGE</b>  <b>CONTAINERS</b></p> <p>800-632-3346   203-735-0275</p>	 <p><i>Dragonflies, LLC</i>      A Floral Studio      JoElle Anderson      33 Bank Street      Seymour, CT 06483      (203) 828-6237      Fax (203) 828-6257  <a href="http://www.dragonfliesflorals.com">www.dragonfliesflorals.com</a></p>
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To register for a program or for more information visit [seymourct.myrec.com](http://seymourct.myrec.com)