

SEYMOUR COMMUNITY CENTER

ACTIVE ADULT MAY NEWSLETTER

Chowder Day

Mattei's Deli will serve up a delicious Clam or Corn Chowder in a breadbowl!

May 14 | 12 pm | \$10

**Transportation Available
Call Center for ride**

60s Party

Join us for some Pulled Pork, Macaroni Salad, and corn on the cob while you enjoy Sun Kings a Beatles Tribute Band. 60s attire encouraged.

May 21 | 12 pm | \$13

**Transportation Available
Call Center for ride**

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	Standing Pilates 11:15 am	
	Bingo 12:15 pm		Pinocle 12:30 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

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

May 6	Stop & Shop
May 13	Big Y Derby
May 14	CC Lunch
May 20	Shop Rite
May 21	CC Lunch
May 27	Walmart

Closures & Class Cancellations

April 30 - No PM Pickleball

May 1 - Gym Closed for Voting

No AM/PM Pickleball

Zumba Tone - in Bingo Hall

May 26 - Center Closed

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

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

To register or for more
information visit:
seymourct.myrec.com

facebook.com/seymour.ct

*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.

1st Wed | May 7 | 11 am - 4:30 pm | \$10

Tech Time

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

1st Thur | May 1 | 2-4 pm by apt | Free



Chair Massage

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

1st & 3rd Wed | May 7 & 21 | 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 | May 28 | 10 am - 1 pm | \$20

Movies at the Center

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

The Apprentice

May 12

Saturday Night

June 9



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 | May 21 | 2 pm | \$20

Thur | 6 wks | May 29 | 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 May 12.

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

Lunches

Lunches & Socials

Chowder Day (Clam or Corn)
60s Party Pulled Pork Sandwich

May 14 | \$13

May 21 | \$13

Lunch & Learns

Lunch served at 12 pm | Free

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

Celebrate Joy, Happiness, & Humor
Brain Health: What Can I Do?
Dental Oral Health Bingo
All About Chronic Pain

May 29

June 19

July 24

Aug 14



Bingo & Lunch

Join us for a friendly game of Bingo and lunch.

May 27 | 12 pm | \$3

Day Trips

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

Simon and Garfunkel - Accepting Waitlist

May 9 | 1 pm | \$50

Dr. K's Motown Revue

June 27 | 1 pm | \$50



Casino Trip

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

May 28 | 8 am | \$15 | Foxwoods

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 | Waitlist Being Accepted

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



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



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.

Mystery of Processed Foods May 5

1st Mon | 1:30 pm | 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.

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

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

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

Learn to Speak German

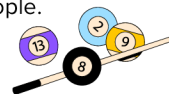
Learn to Speak German with friends. Volunteer led by one of our Active Adult (50+) members!

Weds | 6 wks | Ongoing | 6:30 pm | Free

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