

# SEYMOUR COMMUNITY CENTER

Recreation for Youth, Adults, & Seniors

## FALL <sup>2025</sup> WINTER PROGRAM GUIDE

### Membership & Fall/Winter Planing Newsletter

#### 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**

Providing recreational, educational, and social programs and services

for all Seymour  
Residents

**Mary McNelis**  
Director

**Tara Miller**  
Community Services  
Assistant

**Morgyn Khoury**  
Active Adult  
Coordinator

**John Fracker**  
Parks & Recreation  
Manager

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)

### Transportation

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

#### September Transportation:

Sept 2	Stop & Shop	Sept 17	Chili Bread Bowls
Sept 9	Big Y Derby	Sept 23	Walmart
Sept 10	Hoedown Lunch	Sept 30	Shop Rite
Sept 16	Shop Rite		

### Evening Adult Fitness & Activities

#### 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 | Sept 3 | 6:30 pm | \$45/6 wks**

#### Self Defense Class (15+) @ CC

Awareness, prevention, & strategies to disable/escape assailants.

**Tues | Oct 7 | 7 pm | \$60/3 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!

**Fri | Jan - Feb | 6:30 pm | \$10/wk**

#### Zumba Tone

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

**Thu | Sept 11 | \$45/6 wks**

#### Beginner Ballroom Dance

Learn various Latin and Ballroom dances such as Salsa, Cha-cha, Swing, Tango, Foxtrot, and Waltz. No partner needed.

**Thu | TBD | 7 pm | \$30/session**

#### Country Line Dancing

Learn a variety of classic and contemporary country line dances.

**Tues | Oct 14 | 7 - 9 pm | \$75/8 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 | Sept 8 | \$45/\$75 (both)/6 wks**

#### 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.

**Oct 17 | 6 - 8 pm | \$25/team**

**Jan 16 | 6 - 8 pm | \$25/team**



### Town Voting

#### School Referendum Vote

This referendum vote is for a new Bungay School building. Voting will take place at Seymour Community Center.

**Thurs, Oct 9 | 6 am - 8 pm | @ CC**



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

#### Charter Revision Vote

This vote is to approve potential changes to Seymour's Town Charter.

**Tues, Nov 4 | all polling locations**

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

## 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 to 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

**1:30 pm | Free | Popcorn \$1**

The Luckiest Man in America  
Sinners  
Companion  
Superman  
Mickey 17  
Novocaine  
Knox Goes Away

**Sept 15**  
**Oct 20**  
**Nov 17**  
**Dec 8**  
**Jan 12**  
**Feb 9**  
**Mar 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+)

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.

**Sept 10 | 2:30 pm | 6 wks | \$20**

### 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. Ongoing 4 week sessions.

**2x a week | Mon & Wed | 1 hr slots,  
9:15 am - 12:15 pm | \$65/ 4 week session**

## Lunches

### Lunches & Socials

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

**Registration opens the first of each month**

Hoedown Fried Chicken	Sept 10	Cookies & Cocoa	Dec 17
Butternut Squash Soup	Sept 17	Chili Bread Bowls	Jan 14
Pierogies & Kielbasa	Oct 8	Pot Roast	Jan 21
Chicken Francaise	Oct 15	V-Day Italian	Feb 11
Veteran's Brunch	Nov 12	Sausage Grinders	Feb 18
Thanksgiving Feast	Nov 19	St. Patrick's	Mar 11
Holiday Dinner	Dec 10	Soup & Sandwich	Mar 18



### Lunches & Learn

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

**Lunch served at 12 pm | Free**

Money 101: Investing Basics	Sept 25
Dancing With Wolves	Oct 16
Hearing Loss & Dementia	Nov 6
Beethoven: Eroica Symphony	Dec 11
Beethoven: Consoling Beauty	Jan 22
Improve Balance & Prevent Falls	Feb 26

### Bingo & Lunch

The last Tuesday of each month, we offer a lunch and two bingo cards.

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

## Day Trips

### Aqua Turf

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

*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**

### Big E

Head to this fair full of Vendors, Parades, Bands, and Floats. Price includes ticket & transportation.

**Sept 18 & 24 | 9:30 am | \$20**



### Bronx Zoo

Join us on the Community Center Bus to the Bronx Zoo! One of the largest zoos in the United States by area, comprising 265 acres of park lands and naturalistic habitats. Time for lunch on own at Zoo. Price includes admission and transportation.

**Sept 27 | 9 am | \$50**

### Stormville Flea Market

Join us as we travel to one of NY's great flea markets. As seen on HGTV's Flea Market Flip.

**Nov 1 | 9:15 am | \$20**



### Woodbury Commons Outlets

Complete your holiday shopping! This premium outlet center has over 200 stores!  
**Dec 6 | 8:30 am | \$20**

### Shades of Ireland 2026

**10 days | 13 Meals | Activity Level 2**

Explore the beautiful landscapes and vibrant culture of Ireland, offering unforgettable memories. Visiting Kingscourt, Limerick, Galway, Cliffs of Moher, Killarney, Ring of Kerry, Blarney Stone, Waterford, Kilkenny, Dublin.

**Oct 10 - 19 | 13 meals | \$4649\*/DO**

**Info Presentation - Sept 25, 2025 | 6:30 pm**

## Programs

### Arts + Crafts Workshops

**1 pm | Free**

Get Crafty! Sponsored by Shady Knoll!

Painted Rocks with Fall Messages	Sept 4
Pumpkin Decorating	Oct 2
No-Sew Fleece Scarves	Nov 13
Holiday Cards for a Cause	Dec 4
New Year's "Wishes & Goals" Collage	Jan 8
No-Sew Heart Pillows	Feb 12
Mini Herb Garden Starters	Mar 12

### 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.

Healthy Sleep After 50 **Sept 8**

### Ukulele Lessons: Beginner

Learn to become a Uke player—it's fun and easy! Meets bi-weekly.

**Sept 9-Oct 21 | 1:30 pm | 4 wks | \$20**

### Medicare Info Seminar

Understanding Medicare can be challenging. New regulations, additional coverage needed and the best supplemental coverage for your needs will be discussed.

**Oct 9 | 1 pm | Free**

### Memory Screening

Have you noticed changes in your memory? Julie Ramia, Dementia Specialist from Hartford Healthcare's Center will be offering free & confidential screens.

**Oct 23 | 1-4 pm by apt | Free**

### Paint an Ornament

Spend the afternoon getting in the holiday spirit, painting an ornament! Take it home or leave it on display at the Center. Supplies and 1 ornament provided. Limited to 30 people.

**Dec 18 | 1 pm | Free**

### Grandchild & Me Bingo Day!

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

**Dec 29 | 12 pm | \$5 pp**



### Jukebox Bingo

Join us for a fun and interactive game that pairs the traditional game of bingo with music. Pizza & Ice Cream provided.

**Feb 24 | 12 pm | \$5 pp**

### Lotus Flower Lantern Craft

Make your own Lotus Flower Lantern! Presented by Korean Spirit & Culture Promotion Project.

**Mar 19 | 1 pm | \$6**

### Learn to Speak German

Learn to Speak German with friends. Volunteer led by one of our (50+) members!  
**Tues | 6 wks | Ongoing | 6 pm | Free**

### Acupuncture

Achieve relaxation! Provided by Soleil Acupuncture+Naturopathic Wellness. Bring Blanket, pillow, or yoga mat for comfort. Approx. 10-20 needles (5-10 points) pp.

**Community Acupuncture - 12 participants**

**Oct 1 | 1:30 pm | \$10 | 50+ Members**

**Oct 1 | 6:30 pm | \$10 | 18+**

**Jan 28 | 1:30 pm | \$10 | 50+ Members**

**Jan 28 | 6:30 pm | \$10 | 18+**

**Individual Treatment - 1-1 - (18+)**

**Oct 1 | 3/4/5:15 pm | \$50**

**Jan 28 | 3/4/5:15 pm | \$50**

Active Adults (50+)