

Seymour Community Center

Active Adult Newsletter

December

Holiday Brunch

Catered by Corner Deli of Seymour
assorted bagels, hashbrowns,
scrambled Eggs, bacon & sausage
patties, fruit, Coffee & Tea.

Dec 11 | 12 pm | \$6



Holiday Dinner & Ugly Sweaters

Catered by Vazzy's: Roast Beef
& Gravy, stuffed sole, roasted
potatoes, greenbean Alondine,
bread & butter, and dessert.
Prize for ugliest sweater!

Dec 18 | 12 pm | \$10

Class Cancellations & Closures

Dec 12 No Zumba Tone
Dec 23 - Jan 1 No Classes/Bldg open
Dec 24 & 25 - Center Closed
Dec 31 Center Closes at 12
Jan 1 Center Closed
Jan 2 Classes resume

Shopping/Event Rides

Center Events, Shopping & Doctor appts. Call 7
business days in advance to ensure a ride.
For Shopping, call Wed - Fri before the Tuesday date
to schedule pick-up. 15 riders max.

Dec 3	Market 32
Dec 10	Shop Rite
Dec 11	CC Lunch
Dec 17	Walmart
Dec 18	CC Lunch
Dec 24	Stop & Shop
Dec 31	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 - 2 pm	Pickleball 11 - 2 pm	Pickleball 11 - 2 pm	Pickleball 11 - 2 pm	Poise & Posture 11 am
Chair Yoga 11 am	Cribbage 11:30 1st Tues		Chair Yoga 11 am	
	Mahjong 12:30 pm	Mahjong 12:30 pm	Standing Pilates 11 am	
	Bingo 12:30 pm		Pinochle 12:30 pm	
Ballroom 1 pm	Band Jam 1 pm		Band Jam 1 pm	
Evening/Weekend Classes**				
Zumba Dance 6 pm	Line Dancing 7 pm	Zumba Tone 6 pm	Ballroom Dance 7 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

MUNICIPAL AGENT

Dawnmarie Hunter, Municipal Agent,
is a Licensed Clinical Social Worker
(LCSW) has 20 years of experience.
Dawn is available to help residents in
many areas including:

- 2024 Renters Rebate is closed
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare Program
- QMB (Medicare Savings Plan)
- Heating Assistance

dhunter@seymourct.org
203-888-0406 ext. 3

Seymour Community Center 20 Pine Street, Seymour, CT 06483

203-888-0406 xt 1 | seymourct.myrec.com

Programs

Melt & Pour Soap Making

Berry Nice Co hosts this class participants will be guided to create their own soap to take home. It's a very hands-on and engaging experience!

Dec 5 | 1:30 pm | \$20

Paint an Ornament

Join us and paint an ornament for your tree or give it as a gift.

Dec 19 | 1 pm | Free

Long Term Healthcare

Lou and Jessica Pelletier will present topics such as understanding long-term care needs, evaluating financial strategies, the benefits of early planning, and discussions on legal documents and financial planning.

Feb 20 | 1:30 pm | Free

4th Annual Pickleball Tournament



Friendly round robin, lunch, & prizes.

Jan 23 | 10 am - 12:30 pm | \$10

Cartooning Art Workshop

Megan Jeffery will be teaching you how to develop and illustrate your own characters!

Jan 30 | 3 pm | \$5



10 Tips to Boost Energy

Presented by Joe Violetta. Sponsored by Wesley Village.

Dec 12 | 12 pm | Free

Acupuncture 101

Presented by Soleil:
Acupuncture + Naturopathic Wellness

Jan 9 | 12 pm | Free

5 Steps to Better Digestion

Soleil: Acupuncture + Naturopathic Wellness will discuss digestive issues such as bloating, constipation, and heartburn and will go over foods for better gut and 5 steps you can take to improve digestion.

Feb 13 | 12 pm | Free

Trips

Nelson Hall

A Swingin' Christmas

A Swinging Christmas with Louis Prima Jr. and the Witnesses, experience the holiday season like never before.

Dec 5 | 1 pm | \$50

Woodbury Commons

Complete your holiday shopping! This premium outlet center has 200+ Stores!

Dec 7 | 8:30 am | \$15

Palace Theater

The Addams Family

The Addams Family a comical feast that embraces the wackiness in every family.

Jan 18 | 1:15 pm | \$80

Bring Your Grandchild to Bingo

Enjoy pizza, ice cream, bingo & prizes! Fun for grandchildren of all ages!

Dec 30 | 12 pm | \$5/pp @ CC

Broadway

The Great Gatsby

Accepting Waitlist

The Great Gatsby
join us on the CC bus for a fun filled day on Broadway.

Feb 8 | 8:45 am | \$120

Adventures of Southern Italy

Journey through a crossroads of civilizations in Sicily and the coastlines of Southern Italy.
Coming Fall 2025.

Oct 17 - 29 | 13 days | 20 Meals | DO \$4,999



Fitness Center NEW Fitness Equipment!

2 New Treadmills &
A Elliptical Machine

Expanded evening hours

Dec – Feb

Mon & Wed 6 - 8:30 pm.

Fitness Center will be available during center hours.

Closed Dec 24, 25, & Jan 1

Open until Noon on Dec 31

Ongoing Programs

Game Time Corner

Come hang out with friends, enjoy some coffee, and play some Games.

Billiards | Tues | 10:30 am

Cribbage | Dec 3 | 11:30 am

Mahjong | Tue & Wed | 12:30 pm

Pinochle | Thurs | 12:30 pm

Blood Pressure Screening

No Appointment Needed.

Dec 3 | 12 pm | Free



Haircuts

Hair by Donna - brings affordable haircuts to you at our Center!

Dec 4 | 12:30-4 pm | \$10

Monthly Chair Massage

Christine Gomulinski, LMT
offers affordable Chair Massages!

Dec 4 & 18 | 10 am-1 pm | \$15

Tech Time

Ask questions on your cell phones, Ipad/tablet, Laptop, Pictures, Email, 1st Thurs of each month

DEC 5 | 2-4 PM BY APT. | FREE

Movies @ the Center

1:30 pm | Free | Popcorn \$1

Dec 9 | Kiss Kiss Bang Bang

Jan 13 | Argyle



Ukulele Club

Lessons & group play. See online for schedule.

Tues | 2:30 pm | \$20

