

Seymour Community Services

Spring/Summer Programs 2019

Seymour Community Services is pleased to release our 2019 Spring/Summer Program Guide. We offer a wide variety of social activities, educational programs, sports activities, fitness classes, and day & overnight trips for all ages. Whether your goal is to find a sport for your child, develop a new skill, improve your emotional or physical well-being, or travel, we have you covered.

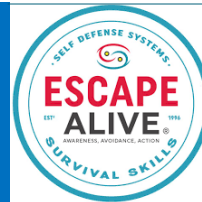
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Escape Alive

Coming to Seymour Community Center
March 23, 1 - 5 pm

FREE self-defense training class for mother/daughter and women of all ages.
See inside flyer for more information



Community Resources

SEYMOUR PUBLIC LIBRARY

Various programs are offered for children and adults. For more information visit seymourpubliclibrary.org or call 203-888-3903.

TRANSPORTATION

Seymour Community Services provides scheduled transportation for seniors to local grocery stores, doctor appointments, the Seymour Oxford Food Bank and events at the community center. Reservations required 48 hrs. in advance.

MUNICIPAL AGENT

The Municipal Agent advises and connects Seymour seniors with available resources to maintain a healthy, happy, independent, self-sufficient life. Office hours are held Thursdays by appointment. Call 203-881-0256.

VETERAN'S SERVICES

Veterans needing information about services and benefits available in the State of Connecticut should contact Seymour Community Services. For information Call 203-888-0406.

GROW YOUR OWN GARDEN

The grow your own neighborhood garden located at the community center is sponsored by Valley United Way. For more information, call 203-926-9478.

Memberships

FITNESS CENTER MEMBERSHIP

The Community Center Fitness Room is open to Seymour Residents and Senior Center Members. It is located in the Seymour Community Center and includes two treadmills, rowing machine, stationary bike, an all-in-one gym, dumbbells, and body bars.

Membership Cost: FREE

Days & Times: Mon-Thurs, 8 am-4:30 pm
Fri, 8:00 am-12 pm

POOL MEMBERSHIP

Seymour High School Pool is available for open swim, aquatic exercise, and laps. Individuals and families welcome.

Membership Fees: \$40 - \$75 Residents

Dates: September - June

Days & Times: Tues, Wed, Thurs, 7 - 9 pm

SENIOR CENTER MEMBERSHIP

A Senior Membership is recommended to attend a Senior Program or Trip. Yearly membership runs from July 1 to June 30.

Annual Fees: 50-79 yrs. \$5 Res/\$7 Non Res.
80+ FREE (must renew annually July 1)

Recreation for Youth Adults & Seniors

Our mission is to provide recreational, educational, and social programs and services for all Seymour Residents

Mary McNelis
Director

Tara Miller
Community Services Assistant

Lucy McConologue
Elderly Services Manager

Zack Philippas
Recreation Manager

Bonnie Wilkes
Municipal Agent

Wesley Nelson
Bus Driver

Administrative Office Hours
Mon - Thurs 8 am - 4:30 pm
Friday 8 am - 12:00 pm

20 Pine Street
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To register visit
seymourcommunityservices.com
Or Call (203)888-0406

Summer Camps

Preschool Camp

Pre-K Summer Camp

Campers will enjoy arts and crafts, sports, water play and exposure to nature, music and literature. Certified teacher and aid with a low counselor to camper ratio.

Date: July 1- Aug 2 **Place:** CC
Time: 9 am – 1 pm **Cost:** \$300/session
 \$75/week

Youth Summer Camps

Summer Camp

Seymour's Summer Camp provides Seymour Kids a mixture of supervised free play and scheduled group activities. Age appropriate sports, games, arts & crafts, swimming, & field trips. **Reg Opens April 1**



Date: June-Aug **Time:** 8:30-2:30
Place: Bungay **Cost:** \$220 *Increases 5/1*

Middle School Field Trip Camp

Looking for an exciting summer program for your child? Campers are dropped off at the Community Center and travel to a different location each day.

Session 1: July 9-11 **Session 2:** July 30-Aug 1
Time: 9 am **Cost:** \$140/wk

Wildcat Basketball

Provides participants with a solid foundation in the fundamentals of basketball. Grades 3-8
Date: June 17-21 **Time:** Vary
Place: SMS **Cost:** \$99

Marcy's Tennis Academy

Learn the correct way to hit shots, move on court and observe the rules of the game. Grades k-5. Sessions are 1 hour per age group.
Date: Sats, July 13-Aug 17 **Place:** CLS
Time: Varies based on age **Cost:** \$48

Seymour Recreation Soccer Academy

Cunningham Soccer Academy provides a week long training opportunity for boys & girls grades 2-8. Sessions are 2 hours.
Date: July 22-26 **Time:** Varies by age
Place: SMS **Cost:** \$99

Seymour Recreation Football Camp

This camp is designed to guide players on proper heads up tackling, blocking, & specific offensive & defensive techniques.



Date: July 22-25 **Time:** 6-8:30 pm
Place: SHS Turf **Cost:** \$65

Horseback Riding

Kids ages 5 and up will enjoy daily riding lessons, equine anatomy, and grooming & feeding the horses.

Dates: Aug 12-16 **Cost:** \$215
Time: 9-1:00 pm **Place:** Little Bit Farm

Mad Science: NASA Journey into Space

An out of this world experience! Every camper will build and launch a rocket! Children will create a satellite and overcome challenges while in training to become an astronaut!

Date: August 12-16 **Time:** 9-12pm
Place: CC **Cost:** \$155



Youth Activities

Indoor Futsal (Soccer)

Futsal is a fast-paced small sided game that focuses on technique and skill over size and athleticism. It allows kids to sharpen their skills in a fun environment. (transportation for Bungay students provided).



Date: Tues, March 19 – April 30
Time: 3:40-5 pm **Place:** CLS **Cost:** \$85

Marcy's Tennis Academy

Learn the correct way to hit shots, move on court and observe the rules of the game. Open to Bungay and CLS Students.

Dates: Thurs, March 28 - May 9
Time: 3:40-4:40 pm **Place:** CLS **Cost:** \$85

Chess Club

Learn the game of chess, hone your skills, & play friendly matches.



Dates: Mons, April - May (8 wks)
Time: 3:30-5 pm **Place:** CLS **Cost:** \$30

Mad Science Program– Spy Academy



From decoding messages to metal detectors and night vision, students will have the opportunity to become junior spies!

Dates: Wed, April 3 - May 22
Time: 3:40 - 5 pm **Place:** CLS & Bungay
Cost: \$85

Escape Alive: Survival Skills

For mothers/daughters & Women (12+)
 Participants will learn awareness, prevention tips, escape strategies, and striking techniques designed to disable assailants and enable escape. Reg Req (Space limited)

Date: March 23 **Time:** 1-5 pm
Place: CC **Cost:** FREE

Hot Shots Shooting Competition

This contest is a fun, simple, state-wide basketball shooting contest for boys and girls ages 9 - 15. Each player will have three, one -minute rounds to shoot from "hotspots" placed on the court.



Date: March 8 **Time:** Vary by Age
Place: CC **Cost:** \$5

Jump Bunch Spring Program

This fun-focused program is loaded with activities that will foster eye/hand coordination, balance, and gross/fine motor skills. Ages 3-5

Date: March 25-April 29 **Time:** 6-6:45 pm
Place: CC **Cost:** \$50

Tang Soo Do

This traditional Korean Martial Arts Program improves physical fitness, flexibility, coordination, and self-esteem. Classes vary by ability and age (6+).



Days: Tues & Thurs
Time: 4:15 - 6 pm **Place:** CC **Cost:** \$70

Mini Ninjas

Pre-K Students enjoy 30 minutes of physical activity. Class focuses on respect, self-control, and concentration. Ages 3-5

Days: Tues & Thurs **Time:** 6-6:30 pm
Place: CC **Cost:** \$60

Aquatic Programs

Spring Pool Membership Have some fun with the kids, lap swim, water exercise all at Seymour High School Pool.

Dates: April - June
Time: T, W, Th 7-9 pm **Cost:** \$75/Fam

Swim Lessons

Keep your child safe this summer and start swim lessons now. 30 minute classes from Pre-k to Beginner.

Dates: Thurs, April - June (2 sessions)
Time: Varies **Cost:** \$80

Aqua Zumba Aquatic Fitness uses the natural resistance of water to provide a wide variety of conditioning activity. Swimming not required and flotation devices are used.

Dates: April 3 - May 29
Time: Weds, 7:15 pm **Cost:** \$40

Adult Sports & Fitness

Flag Football League

Date: May 19 - July 7
Time: 9-1 pm **Cost:** \$55/pp
Place: SHS Turf Field



Summer Bash Basketball Tournament

Date: July 20, 21, 27 (Weekends)
Place: Gary Park **Cost:** \$125/team

Pick Up Basketball

Date: Spring **Time:** 10-12 pm
Place: CC **Cost:** \$20/8 wks

Country Line Dancing

Date: March 26 - May 14 **Time:** 7-9 pm
Place: CC **Cost:** \$75

Adult Co-ed Volleyball

Date: April 3 - May 22 **Time:** 6:30- 8pm
Place: CC **Cost:** \$20/8wks

Fitness Classes

*Registration & Senior Membership Required

Morning

Day	Time	Class	Price
Mon	10:00 am	Chair Yoga	Free*
	11:15 am	Tai Ji Quan	Free*
Tu	10:00 am	Strength & Tone	Free*
Wed	10:00 am	Zumba Gold	Free*
	11:15 am	Tai Ji Quan	Free*
Thu	10:00 am	Qigong	Free*
Fri	10:00 am	Strength & Tone	Free*
Sat	9:00 am	Zumba Dance	\$45
	8:30 am	Yoga	\$35

Evening

Day	Time	Class	Price
Mon	6:30 pm	Zumba Dance	\$45
Tu	6:00 pm	Circuit Training	\$35
	6:45 pm	Zumba Toning	\$45
	7:00 pm	Line Dancing	\$75
Wed	6:00 pm	PiYo	\$45
	7:15 pm	Aqua Zumba	\$40
Thu	6:00 pm	Yoga	\$35

Multi Class Discount on Certain Classes

Adult & Senior Programs

MEMORY MATTERS

Dispel the myths of memory loss & aging. Learn to maintain & improve brain function.

Date: Mar 18 **Time:** 11:15 am
Cost: Free



PSYCHIC FAIR

Explore the future with Psychic Readings. Tarot Card Reader, Numerologist & Palm Reader available.

Date: Mar 23 **Time:** 10-noon **Cost:** \$15 / \$35

AARP DRIVER'S REFRESHER COURSE

A review of driving skills, new laws and hazards of the road. Receive a certificate to forward to your Insurance Co. for a discount.

Dates: Apr 8, June 3 **Time:** 9-12 **Cost:** \$20

LION'S CLUB PIZZA BINGO

Annual Pizza/Bingo Hosted by the Seymour Lions Club-Food-Fun-Prizes. Reg req.

Date: April 10 **Time:** Noon **Cost:** Free

LOTUS FLOWER LANTERN WORKSHOP

Create a Lotus Lantern & have the opportunity to taste & enjoy Korean Desserts. Reg req.

Date: Apr 24 **Time:** 10 am **Cost:** Free

NAVIGATING THE LEGAL SYSTEM

Discussion of Advance Directives, Living Wills, Estate Planning & Probate. Reg req



Date: May 16 **Time:** 4:30 pm **Cost:** Free

PROTECTING YOUR ASSETS

Elder Law Attorney will discuss Estate Planning including wills, Power of Attorney, & legal issues to protect your assets.

Date: June 19 **Time:** 10 am **Cost:** Free

VETERANS & SPOUSES BENEFIT PROGRAM

Learn what services & financial benefits are available. Q&A to follow. Reg req.

Date: Aug 19 **Time:** 10 am **Cost:** Free

TAI JI QUAN - INFORMATION SESSION

Improve your balance! 24 week program meets 2x a week. Reg. Req

Date: Tues, July 2 **Time:** 11:15 am

Health & Wellness

Keeping Strong: Diet & Fitness

Learn what a healthy diet looks like & how to develop a more active lifestyle.

Date: June 17 **Time:** 11:15 am **Cost:** Free

Recipe for Healthy Stress

the program focuses on stress caused by changes that occur in older adults & finding a healthy balance of stress in our lives.

Date: Sept 18 **Time:** 11:15 am **Cost:** Free

Healthy Organization

It pays to be organized. Learn to manage your health records, organize medications & information about healthy foods choices.

Date: Oct 21 **Time:** 11:15 am **Cost:** Free

Senior Fit Senior Strong

Seymour Recreation offers a Free daily exercise class for our Senior Members.

Classes include: Chair Yoga, Zumba Gold, Qigong, Strength, Tone & Balance

Weekend Trips

LION KING

Every want to see Lion King and never could get tickets? Interest list being accepted. Trip includes motor coach to NYC and ticket.

Date: July 2019 **Cost:** \$180 (Aprox)
Departs: 10 am for Sunday Matinee

RED SOX VS YANKEES



Join Seymour Recreation and travel by motor coach to Yankee Stadium. Includes early access to Frank's Red Hot pregame party for all you can eat & drink.

Date: Aug 3 **Departs:** 11 am **Cost:** \$160

RADIO CITY MUSIC HALL

Not to early to be thinking about one of the most spectacular Christmas Shows and spending time enjoying the sights of NYC



Date: Nov 16 am **Cost:** TBD
Departs: 7:30

Weekly Activities & Clubs

The Community Center offers a variety of Weekly activities & clubs.

Mon-Fri	Walking Club	8-9:30 am
Mon	Wii Bowling	1pm
Tues	Walking DVD	10 am
	Bingo	12:30 pm
	Mahjong	12:30 pm
Wed	Pickleball	11:15 am
	Mahjong	12:30 pm
	Poker Club	12:30 pm
Thurs	Walking DVD	10 am
	Pickleball	10 am
	Pinochle	12:30 pm
	Jam Band	1 pm

Monthly Senior Lunches

LUNCH BUNCH

Monthly we venture out to a local restaurant, enjoying great food and friends. CC Bus.

Time: Varies **Cost:** Lunch on Own

Mon, Apr 8	Olive Garden/Christmas Tree
Wed, May 15	Bella Gio, Cheshire
Thu, June 6	Chowder Pot
Thu, July 11	The Station, Naugatuck
Mon, Aug 5	Lenny's & Joes & Outlets
Thu, Sept.12	East Side, New Britain



SENIOR IN-HOUSE LUNCHEONS

Enjoy a catered lunch and entertainment with friends at the Community Center. Local, need a ride? Give us a call.

Time: 12 pm **Cost:** Varies

Mar 14	St. Patrick's	July 15	Picnic
April 25	Spring Feast	Aug 15	EB Dinner
May 9	Mother's Day	Sept 26	Fall Feast
June 13	Summer Fun	Oct 24	Polish Diner

Day Trips

MONTHLY CASINO TRIP

Last Monday of each month we travel by motor coach to either Foxwood or Mohegan.

Date: Mon **Departs:** 8 am **Cost:** \$25

LIGHTHOUSE CRUISE

We sail from Captain's Cove for a 1 hour cruise then enjoy lunch on your own & the Boardwalk Shops. CC Bus

Date: July 18 **Departs:** 9 am **Cost:** \$22

STORMVILLE FLEA MARKET

A Bargain Hunters Delight! Shop for clothing, food, jewelry, tools, antiques and many more items in this large open-air market.

Date: Aug. 31 **Departs:** 8 am **Cost:** \$8

MARITIME AQUARIUM Travel to Norwalk and tour the aquarium enjoy an IMAX movie. Lunch on own. CC Bus

Date: Sept 16 **Departs:** 9 am **Cost:** \$27

RIVERVIEW CINEMA-SOUTHBURY

Transportation from CC once a month to the Riverview Cinema in Southbury. Reg req.

Time: 12:30 pm **Cost:** Free
April 22 July 22
May 13 Aug 12
June 17 Sept. 23

Theater

MOTOWN REVIEW

Nelson Hall presents music & dance routines of the Temptations, Marvin Gaye & The Four Tops. CC Bus



Date: May 23 **Departs:** 1:15 pm **Cost:** \$33

SHARON PLAYHOUSE SERIES

June 27 **Crazy for You**

July 25 **Beauty & the Beast**

Aug 22 **Joseph & the Amazing Dreamcoat**

Departs: 10 am **Cost:** \$28/ea

Overnight Trips

ATLANTIC CITY Enjoy 3 days/2 nights at the Tropicana Hotel & Casino. Trip includes: 4 Meal vouchers, \$30 free play, show if available.



Date: May 1-3 **Departs:** 8 am **Cost:** \$258/DO

INFORMATION PRESENTATION Join us for a presentation on the trips below.

Date: May 21 **Time:** 3:30 pm

BALTIC CAPITALS CRUISE

Fly to Copenhagen and stay 2 nights. From there board the ship. Ports include Berlin, Estonia, St. Petersburg Russia, Helsinki, Finland, Stockholm, return to Copenhagen for flight home. Ultimate Beverage package, gratuities, Air, Flight, & Ins. Included.

Date: June 4-16 2020 **Cost:** \$3479/\$4479

PANAMA CANAL CRUISE

Cruise the Panama Canal in style. Ports may include Curacao, Oranjestad, Aruba, Cartagena, Panama Canal, Costa Rica, Belize, & Costa Maya. Trip is being planned. Join us for the information session on May 21.

Date: October 2020 **Cost:** TBD

Seymour Community Services

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Seymour, CT 06483

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Administrative office Hours:

Mon – Thurs 8 am – 4:30 pm
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