

Seymour Community Center
 20 Pine Street
 Seymour, CT 06483

Seymour Community Center

2024 SPRING/SUMMER PROGRAMS

THANK YOU TO OUR SPONSORS!

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

 <p>E & B ENGINEERING</p>	<p>BLANCHETTE SPORTING GOODS · SINCE 1968 · 425 Bridgeport Ave. Shelton www.blanchettesportinggoods.com 203-929-6331</p>	<p>Seymour 203-732-8900 Southbury 800-868-8859</p>  <p>BUSHI BAN www.bushiban.com</p>
 <p>Christine Aquila REALTOR® 203-278-2635 276 Oxford Road Oxford, CT 06478 Christine.Aquila@coldwellbankermoves.com</p>	<p>DADDIO'S RT.8 STORAGE CONTAINERS 800-632-3346 203-735-0275</p>	 <p>Dragonflies, LLC A Floral Studio JoElle Anderson 33 Bank Street Seymour, CT 06483 (203) 828-6237 Fax (203) 828-6257 www.dragonfliesflorals.com</p>
 <p>EXPLORERS LEARNING CENTER</p>	<p>JACHIMOWSKI CONSTRUCTION CO., INC. 1967 50 2017 PASJ, LLC</p>	<p>~ SEYMOUR LIONS CLUB ~ "Alone we can do so little; together we can do so much." Helen Keller</p>  <p>Looking to Serve Your Community? Be Kind Join a Lions Club! Email: seymourlions52@att.net</p>
<p>MATTEI'S DELI & CATERING 203-735-7997</p>	<p>microboard brilliant together</p>	 <p>MSL HOUSEKEEPING Housekeeping & Cleaning / Organizing Commercial Facility & Office Cleaning Covid Deep Cleaning & Sanitizing Post Construction Cleanup Clean Outs & Junk Hauling Window Washing & Cleaning Carpet Cleaning</p>
<p>Ralph E. HULL Funeral Home & Cremation Services 161 West Church Street • 203-888-2538</p>	 <p>SEYMOUR LAND TRUST S.L.C.T.</p>	 <p>SEYMOUR PINK A COMMUNITY'S FIGHT AGAINST BREAST CANCER</p>
<p>SEYMOUR TRADITION ...a "Tradition" in Softball Excellence!!!</p>	<p>TEAMSTERS LOCAL UNION 1150 builders of the world's finest helicopters</p>	<p>TEDDY BEAR TREEHOUSE LEARNING CENTER (203)888-2900</p>

William Jarvis Electric
Seymour, CT since 1969
203-734-4525

To register for a program or activity visit seymourct.myrec.com

Town Budget Meetings

<p>PUBLIC HEARING The Public Hearing on the Budget allows residents the ability to give public comment on the Board of Finance Budget Proposal. April 3 7 pm Town Hall</p>	<p>TOWN MEETING The Annual Town Meeting is for residents to approve the Board of Finance's Budget and forward it to referendum. April 17 7 pm Community Center</p>	<p>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. May 2 6 am - 8 pm</p>
---	---	---

Travel

<p>ATLANTIC CITY May 6-8 \$370/pp/DO 3 days, 2 nights hotel accommodations at Tropicana. \$30 Slot Bonus, (2) \$25 Meal Credits, & Coach Transportation.</p>		<p>ADVENTURES OF ITALY Fall October 2025 \$TBD Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. 13 days. Details online.</p>
---	--	--

VETERAN BENEFITS FAIR

The Fair is sponsored by the American Legion Post 10. It will bring VA Organizations together so that Veterans can ask one-on-one questions, apply for benefits on-line, and learn about what services are available. Services may include compensation, healthcare, home loans, pension benefits, employment, and life insurance & burial benefits.
Wednesday, April 24 | 10 am - 2 pm | Free

Community Resources

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

FOOD BANK Call (203) 888-7826 for appointment. Seymour Oxford Food Bank is open Tuesdays, Thursdays, and select Saturdays and is located at the rear of the Community Center.

MUNICIPAL & VETERAN'S SERVICES
Dawnmarie Hunter, dhunter@seymourct.org, 888-0406 xt. 3
Dawn is a LCSW with 20 years of experience. As The Municipal Agent, she helps residents with many aspects of life such as caregiving issues, domestic violence concerns, & coping. She can also help with those hard to navigate State programs and assists with applications & info about them including:

- Renter's Rebate (Opens 4/1)
- Farmer's Market Cards
- Food stamps/SNAP
- Senior Housing
- Medicaid
- DSS paperwork
- CT Homecare
- QMB/Medicare Savings

Memberships

ACTIVE ADULT MEMBERSHIP (50+)
An Active Adult Membership is required to attend Programs & Trips. A membership runs July - June. Residents: \$10/80+ Free | NR \$15/80+ \$10 | Vets Free

FITNESS CENTER MEMBERSHIP
The Community Center Fitness Room is open to Seymour Residents and Active Adult (50+) Members. It includes two treadmills, a rower, bike, and free weights.
Mon-Thurs 8 am - 4 pm | Fri, 8 - 11:30 am | Free

POOL MEMBERSHIP
Seymour Recreation runs open/lap swim until May 30 at the SHS Pool. Visit us on line for more details on schedule and pricing.

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

Seymour Community Center

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

20 Pine Street
Seymour, CT 06483
(203) 888 - 0406

facebook.com/seymour.ct
<https://seymourct.myrec.com>



To register for a program or activity visit seymourct.myrec.com

SUMMER camps

SUMMER REC CAMPS
Reg Opens April 15. Price Increase 5/1
Campers enjoy a full day of planned age appropriate activities.
PRE-K SUMMER CAMP @ CLS
Low counselor to camper ratio.
June 24 - Aug 2 | 9 am - 1 pm | \$500
SUMMER REC CAMP @ BES
June 24 - Aug 2 | 8:30 am - 2:30 pm | \$400

CIT PROGRAM @ REC CAMP
15 years olds may apply for our CIT program. CITs assist counselors in overseeing camp activities and children. Applications being accepted. Discounts for multiple sessions.
June 24-July 3 | 8:30 am - 2:30 pm | \$80
July 8-July 19 | 8:30 am - 2:30 pm | \$100
July 22-Aug 2 | 8:30 am - 2:30 pm | \$100

MIDDLE SCHOOL FIELD TRIP CAMP
Campers attend field trips on Mons & Weds. Fridays are a day at Bungay with their friends.
Session I: June 24 - July 3
Session II: July 8 - July 19
Session III: July 22 - August 2
M,W,F | 8:30 am | \$350

WILDCAT BASKETBALL CAMP
Provides Girls & Boys with a solid foundation in the fundamentals of basketball. Grades 3-8
June 17 - 21 | Boys | 9 am - 12 pm | \$105
June 17 - 21 | Girls | 1 - 4 pm | \$105

FOOD EXPLORERS CAMP
Campers learn about food and nutrition by creating tasteful snacks each day.
Aug 5-9 | Gr 2 - 4 | 9 am - 12 pm | \$160
Aug 5-9 | Gr 5 - 7 | 1 - 4 pm | \$160

MAD SCIENCE CAMP
Join us as we shoot for the stars on a hands-on NASA-designed adventure to the cosmos!
Aug 12-16 | Gr 1 - 5 | 9 - 12 pm | \$245

Aquatic Programs

POOL MEMBERSHIP
Have some fun with the kids, lap swim, water exercise all at SHS Pool until May 31.
Tues/Thu | 5:30 - 8:30pm | \$Visit Website
Sat - Lap Swim Only | 8 am starting Apr 20

SPRING SWIM LESSONS
Tue or Sat | April 20 | \$120/6 wks

AQUA ZUMBA
High energy Low impact exercise for all ages.
Apr 20 | 8 - 8:45 am | \$45/6wks

Youth Activities

Preschool (2-5)

A STEP AHEAD SOCCER
Soccer development program for boys & girls ages 2-5.
Sun | Apr 7 - May 19 | 12 - 1 pm | \$135

MUSIC WITH JUDY
Each week kids will learn classic cultural-literacy sing along songs. Dance and Sing to rock-n-roll tunes as well as learn a tune from Judy's personal collection.
Tue | April 23 - May 28 | 9:30 am | \$80

JUMP BUNCH
Physical activity through play, exploration and movement for children. Preschoolers will develop their fine and gross motor skills while building coordination, balance and confidence.
Thur | April 25 - May 30 | 9:30 am | \$80

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.
M - F | June 24 - Aug 2 | 9 am - 1 pm | \$500

After School

GIGGLING PIG
Six weeks of fun and creative art projects. Helps build self-esteem and confidence in a safe environment.
Tues | Apr 23 | 3:40 pm | \$120/6 wks | BES
Fri | Apr 26 | 3:40 pm | \$120/6 wks | CLS

P.E. AFTER-SCHOOL
After the bell rings come play Kickball and Gaga Ball with your friends. Grades 3-5.
Thur | Apr 25 | 3:40 pm | \$60/6 wks | BES

MAD SCIENCE
Each week become the ultimate scientist and using creativity, analytical, motor, and thinking skills.
Thur | Apr 25 | 3:40 pm | \$125/6 wks | CLS
Fri | Apr 26 | 3:40 pm | \$125/6 wks | BES

INTERGENERATIONAL ART
Do you love art? See description under Multigenerational Classes.

OPEN BASKETBALL (REG. REQUIRED)
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 pm | R Free | CC

H.S. SENIOR LEAGUE BASKETBALL
Join our rec basketball league at the Community Center. Regular season games plus playoffs. Grades 9-12
Tues | April 30 | 6 - 9 pm | \$110 | CC

Adult Activities

ZUMBA WITH CARA
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. 15 | \$45/\$75 both 6 wks

BALLROOM DANCE NIGHT
Dance the night away and enjoy a mini-lesson from our in-house ballroom expert, Gabi Takacs-Fabry.
May 10 | 6 - 8pm | \$15

FLAG FOOTBALL (18+)
Takes place on Sundays at Seymour High School Turf Field. Register your team. T-shirt included if registered before May 19. 11 week season.
Sun | June - Aug | 8 am-12 pm | TBD

COUNTRY LINE DANCING
Learn a variety of classic and contemporary country line dances.
Tues | May 21 | 7-9 pm | \$75/8 wks

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!
MORNING/AFTERNOON OPEN PLAY (50+)
M-Th | 8:15 - 9:30 am/11:15 - 2:15 pm | Res Free with membership
EVENING OPEN PLAY
Weds | 6 - 8 pm | Apr 24 | \$40/6weeks

Multigenerational Classes

INTERGENERATIONAL ART
Do you love art? These afternoon classes are designed to bring seniors and teens together.
Bath Bombs May 30 | \$5
Printmaking Cards July 25 | \$5
DIY Sharpie Coasters Sept 26 | \$5
Watercolor Techniques Nov 21 | \$5
Thursdays | 3 - 4:30 pm | Ages 11+

BRING YOUR GRANDCHILD TO BINGO
Enjoy pizza, ice cream, bingo & prizes.
Aug 22 | 12 pm | \$5/pp

Trips

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

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 and vegetables at great prices.
June 8 | 8 am | \$20

AQUA TURF
A Journey through the Decades—Your favorite Legendary Songs & Artists come to life! From Sinatra & Kenny Rogers to Ella Fitzgerald, & Roberta Flack you'll enjoy every second of this Powerful tribute to these renowned entertainers. Price includes Transportation, Ticket, Coffee & Donuts, Glass of Beer or Wine, Lunch, and Door Prizes!
Aug 13 | 10:15 am | \$60

SLIPAWAY RIVER TOUR
Sit back, relax, and enjoy the sounds of the river. Bring your own food/beverages.
Aug 19 | 12 pm | \$15

ADVENTURES OF ITALY
Coming for Fall October 2025 | \$TBD
Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. 12 - 13 day trip. Check on line for details.

JOB VACANCY: CC BUS DRIVER
Seeking Driver with CDL with P & F Endorsements. Flexible schedule nights and weekends a plus but weekday only schedule available. Apply on town website.
Call Center for info.

Active Adults (50+) *membership required

BOARDGAME DAY
Join us for our monthly board game day. Sign up for each game in advance so we know we have enough players.
2nd Wed | 2 pm | Free
April Cribbage
May Scrabble

HEALTH & WELLNESS WORKSHOPS
Free | Lunch served at all 12 pm workshops
Guide to Roof Replacement April 11 | 12 pm
Sticker History Book May 23 | 12 pm
Heart Healthy Living June 5 | 12 pm
UV Skin Safety July 24 | 12 pm
Importance of Self-Care Aug 28 | 12 pm

AGE WELL SERIES
Griffin Health & the Agency on Aging of South-Central CT are partnering to increase access to care and disease prevention for our seniors. Monthly Topics vary.
1st Mon | 1:30 pm | Free
May The Basics of Balance and Fall Risk!

LIVEWELL WITH CHRONIC DISEASE
Anyone with a chronic disease is welcome to join! Learn self-management tools to help manage your disease. Presented by Naugatuck Valley Health District
Weds | April 17-May 22 | 1:30 pm | Free

NATIONAL BASEBALL DAY CELEBRATION
Join us for Cracker Jacks, Hot Dogs, & a TV screening of Yankees game. Be sure to wear MLB gear for your favorite team – those who do, get entered into a raffle!
April 22 | 12:30 pm | \$5

AAA DRIVER REFRESHER COURSE
A review of driving skills, new laws and hazards of the road. You will receive a certificate upon completion of the course to send to your Insurance Company for a discount on your insurance.
April 29 | 9 am | \$20

MAKING BUDGETS WORK
Do you have financial goals? Need a refresher on how to create and stick to a reasonable budget? Join M&T Bank for this informative presentation. Pizza provided.
June 26 | 12 pm | Free

UKULELE LESSON
One instructor, 24 ukuleles, & a really good time! Learn to become a Uke player - it's fun and easy!
July 23 | 2:30 pm | \$5

MONTHLY HAIRCUTS
Hair by Donna - brings affordable haircuts to you at our Center! Book your appointment with us and pay her directly.
1st Wed | 12:30 - 4:30 pm | Apt req | \$10

MONTHLY TECH TIME 1:1
Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel. 20 min one on one appointment.
1st Thur | 2 - 4 pm | Apt Req | Free

MONTHLY MOVIES
2nd Mon | 1:30 pm | Free | Popcorn \$1
April Barbie
May Dream Scenario
June Holdovers
July Oppenheimer
Aug Wonka

MONTHLY CHAIR MASSAGE
Christine Gomulinski, LMT brings affordable Chair Massages the Center! Book your appointment.
3rd Wed | 10 am - 12 pm | Apt req | \$15

MONTHLY LUNCHESES & SOCIALS
Weds | Times Vary | \$ Visit website
Registration opens monthly basis
April 10 Ice Cream Social
April 17 Chicken Dijonnaise & Rice Pilaf
May 8 Nacho Typical Social
May 15 Penne Vodka with Chicken
June 12 Fish Fry
July 10 Rich's Ice Cream & Game Show
July 17 Community Center Picnic
Aug 14 Rock & Lobster Rolls
Aug 21 Katz' Deli Corned Beef Rueben

ANNUAL LIONS CLUB PIZZA BINGO
Sponsored by the Seymour Lions Club. Pizza, Bingo, and Prizes! Registration required.
May 16 | 11 am | Free

MONTHLY BINGO & LUNCH
2 Bingo Cards & either Pizza, Hot dog, BLT
Last Tues | 12 pm | \$3

Ongoing Weekly Activities & Fitness*

Activity	Days	Time	Fitness Class	Davs	Time
Pickleball Open Play	Mon -Thurs	Varied	Zumba Gold	Mon & Wed	10 am
Bingo	Tues	12 ³⁰ pm	Chair Yoga	Mon/Thur	11/10 am
Band Jam	Tues & Thurs	1 pm	Ballroom Dance	Mon	1 pm
Board Games	2nd Wed	2 pm	Urban Poling	Tues/Thur	9 am
Mahjong	Tues & Wed	1 pm	Zumba Tone	Tues	10 am
Pinochle	Thur	12 ³⁰ pm	Standing Pilates	Thurs	11 ¹⁵ am
Crochet & Knitting	Fri	9 ³⁰ am	Strength & Tone	Fri	10 am
			Poise & Posture	Fri	11 am