

SHELTON SENIOR CITIZENS CENTER

81 WHEELER STREET
SHELTON, CONNECTICUT 06484
(203) 924-9324
www.cityofshelton.org

CURRENT RESIDENT OR

PRSRT-STD
U.S Postage
PAID
Shelton, CT
Permit No.77

Vol.54 No.01

Call our main line (203) 924-9324
Info Line Ext: 1550
General Info & Reservations Ext: 1551

JANUARY 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

&

The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Chris & Art

Dear Shelton Senior Center Friends,

Happy New Year! Get ready for a fun-filled eventful year ahead! We are looking forward to spending 2024 with you!

It is that time again to renew your Shelton membership cards. We will be accepting renewals until March 1st. Important: Friendly reminder on our policy. Any current non-resident member who in which does not renew in this timeframe, will forfeit their membership here at the Center. Please be sure to renew in the coming weeks! At this time membership fees with remain at \$4.00 for Shelton residents and \$10.00 for non-residents. Renewals are done daily at our front desk from 9:00am-3:30pm.

If there is anything you would like the Center to have or do, please know you can contact me with suggestions. I am always open to new ideas! Talk to me anytime.

We are looking for crafters! Meet with friends to accomplish great projects together. All items done are put to good use or donated to area organizations. We are here for the good of the Seniors and our Community.

We have just added a trip to World Resorts Casino in Catskills. \$50.00pp. On March 19th at 7:30am. Comps \$25.00 slots and \$15.00 food.

A special thank you to Judie Ayer for baking our November/December birthday cakes. Delicious!!! We appreciate you, Judie!

Warm Regards, Doreen

CLASSES AND EVENTS

AGE WELL PROGRAM WITH GRIFFIN HEALTH: On **Wednesday, January 24th from 10:30am-11:30am**. Nurses will be providing sessions on different topics. Must RSVP.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. **\$4.00**. Bring your own dabber.

BOOK CLUB: Join Pete D'Ostilio on **Friday, January 12th at 1:00pm** for a discussion on the book, **"In the Midst of Winter" by Isabel Allenda**.

LINE DANCING W/ TOM: Every Wednesday at 12:30pm. New friends are needed for this class of dancing and laughter. Join this group who meets weekly to exercise thru dance. No need to be a dancer for these easy step classes. Learn something new and have some fun! \$4.00 per class drop in fee.

MATTER OF BALANCE: A new eight week session is set to begin on **January 19th at 9:30am**. All those interested please register at the front desk.

SINGLE SOCIAL : This month's meeting will be held on **Tuesday, January 16th at 2:15pm**.

VALENTINE'S DAY PARTY: Celebrate together with music and dancing on **Friday, February 16th at 12:00pm**. Music by Airborne. Lunch: Hero Sandwich, pasta salad, chips, coffee and dessert. \$15.00 per person. *Tickets on sale beginning January 12th.*

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, January 3rd from 10:30am-12:30pm**.

VETERAN AFFAIRS: The **second Tuesday of each month at 12:30pm**. The Connecticut Veteran Affairs will be here to privately help assist with questions and provide information to our Senior Veterans. First come, first serve.

WESLEY VILLAGE: Join Lisa Bisson from WV Living facility on **Tuesday, January 16th at 10:30am**, for her informative discussion on options and lifestyles for a Senior's future. Light refreshments served.



LUNCH SERVICE

Lunch is served cafeteria style, from 11:45AM to 12:15PM. The cost for lunch is \$5.00, on a reservation basis. Daily additional items available for an extra charge at time of purchase. You must call and reserve lunch the day before. Please no messages to be left on voicemail. Contact the Center during business hours and speak to a staff member to reserve.

Weekly menus will be made available the Thursday prior, at the front desk and also announced on the daily information line.

**No drop-in's for lunch, reservations and lunch selections
MUST be made THE DAY BEFORE.**

TRANSPORTATION

VALLEY TRANSIT: Free transportation provided on Mondays, Wednesdays and Fridays to and from the Center. Please call 203-735-6408 to make your reservations.

DAY AND OVERNIGHT TRIPS

RESORTS WORLD CATSKILLS CASINO: Tuesday, March 19th. \$50.00 per person, includes \$25.00 comps for slots and \$15.00 for food. Limited seats.

ORCHID FLOWER SHOW BOTANICAL GARDENS: Wednesday, March 27th.
\$124.00 per person.

ELTON JOHN TRIBUTE : Thursday, April 25th. \$116.00 per person.

IRELAND: Thursday, May 2nd—May 10th. \$3,975.00 per person/varies.

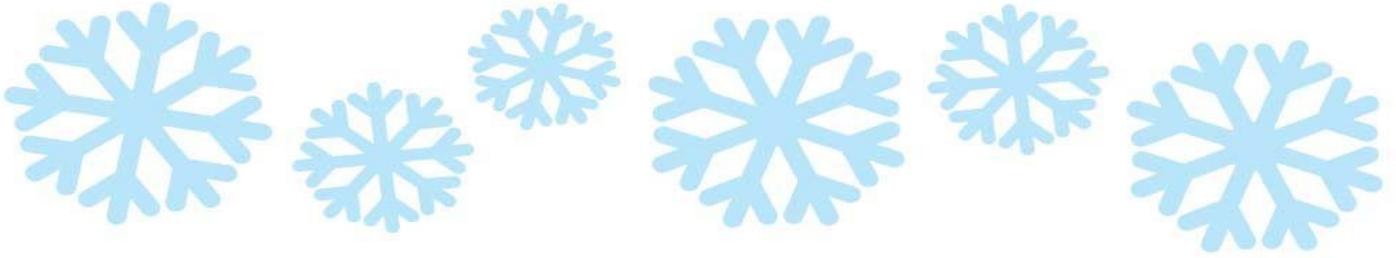
NEIL DIAMOND TRIBUTE AT AQUATURF: Tuesday, May 14th. \$124.00 pp.

**ATLANTIC CITY TROPICANA CASINO AND JERSEY BOYS & GIRLS:
Wednesday May 29th- 31st.** \$415.00 per person/varies.



JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.)</p> <p style="font-size: 2em; font-weight: bold;">CLOSED</p>	<p>2.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian—NO class 1:30: Step and Tone</p>	<p>3.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30: Valley Parish Nurses Blood Pressure 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact</p>	<p>4.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p>	<p>5.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>8.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo <i>12:30: Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>9.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Veterans Affairs 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 3:00: Committee Meeting</p>	<p>10.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact</p>	<p>11.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p>	<p>12.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:15: Executive Meeting 9:30: Valentine's Day Tickets on Sale 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:15: Member Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact</p>
<p>15.)</p> <p style="font-size: 2em; font-weight: bold;">CLOSED</p>	<p>16.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 10:30: Wesley Village 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 2:15: Single Social</p>	<p>17.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact</p>	<p>18.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p>	<p>19.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 9:30: Matter of Balance 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>22.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo <i>12:30: Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>23.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone</p>	<p>24.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30-11:30: Age Well 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact</p>	<p>25.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p>	<p>26.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 9:30: Matter of Balance 10:00: Card Making 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>29.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo <i>12:30: Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>30.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone</p>	<p>31.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact</p>		<p style="font-weight: bold; font-size: 1.2em;">HOURS OF OPERATION</p> <p style="font-weight: bold; font-size: 1.2em;">8:30AM – 4:00PM</p>



WINTER

WORD SEARCH



BLANKET
BLIZZARD
CANDLES
COLD
DECEMBER

FEBRUARY
FROST
HAT
HOCKEY
ICE

ICICLE
JANUARY
MITTENS
SKIS
SNOW

SNOWFLAKE
SNOWMAN
SWEATER
TEMPERATURE
WINTER

