

SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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U.S Postage
PAID
Shelton, CT
Permit No.77

81 WHEELER STREET, SHELTON CT
(203) 924-9324

INFO LINE (203) 924-2355

OCTOBER 2017



Volume No. 47 No. 10

Shelton Senior Center Staff Directory

Doreen Laucella, Director
Shauna Dumas, Assistant
Diane Gannon, Clerk
Virginia Rodriguez, Clerk
Mia Flores, Renters Rebate
Art Botsford, Custodian
Chris Wills, Custodian

Greetings From The Director

What a start to the Fall! The Sock Hop was a big success. A special thanks to our very own Senior, Rene Caisse who DJ'd the event. Great job! Everyone had a great time on the dance floor.

Thank you to all who donated for the Hurricane Harvey relief. I am proud to say we raised a whopping \$525.00!!!! We gave that full amount of monetary donations to St. Vincent De Paul who brought that along with other items down to Texas. Thank you for everyone's generosity!

The Block Party was a blast!! It was a nice way to end the summer and Dancing Under The Stars here at the Center. Till next year..

We have a full and fun filled Fall ahead!! Please check the newsletter for details. We have a little something for everyone that's for sure!

Warm Regards,
Doreen

SENIOR CENTER INFO LINE: Our Center has a special telephone number to call for daily announcements, cancellations, Center closing (due to weather) and information. The information available: cancellations or changes in any of the daily activities, details regarding a special function for that day and the daily lunch menu. The number is: (203) 924-2355.



PARTY TICKET PURCHASE: When buying tickets for table-assigned parties all Members can pick up numbers at 9:00 AM for ticket sales at 9:30 AM. When purchasing Birthday or Monthly Dance tickets tables are then assigned. Please present your Membership Card and your partner's Membership Card at sign up. (Two tickets may be purchased.) If you live out-of-town, you can have another member purchase your ticket with your Membership Card. Only on the first day of ticket sales do we follow the specified time for selling. Tickets will be sold up until the Wednesday (12:00 Noon) before the event. Checks payable to: Shelton Senior Center. Guests tickets are \$5.00 more per member ticket price.

TRIP REGISTRATION: On the day of registration, all members interested in the trip should come to the Center for registration at 9:30 AM. Each member may register them self and one (1) other member. Please have Membership Cards for both you and your partner; your check and meal selection if needed. Registration will be on a first come ~ first serve basis. After the initial Registration, you may register any time. Please Note: Trips must be paid for by check (no cash) made payable to the travel agency sponsoring the trip.

TRIP CANCELLATIONS: If you have to cancel your trip, please notify the Center. We will make every effort to reimburse your ticket from our "Wait List." Please do not transfer the ticket yourself or ask another member to do so – we will need the proper information for the replacement, registration and refund.

TRIP PARKING: When traveling with the Senior Center, please park in the Police/Senior parking lot if there are spaces available. If there are no available spaces, you may park in the outer and far end area of the Senior Center Lot. Thank you for your co-operation.

VALLEY TRANSIT TRANSPORTATION: All Shelton residents are able to receive rides from the Valley Transit to and from the Center for FREE on Mondays, Wednesdays and Fridays. Approximate arrival to Center is 10:00 AM and pick up is 3:00/4:00 PM. In order to utilize this service you must be a Shelton resident and contact them 24 hours the day before at 203-735-6408. Valley Transit also offers a Dial-A-Ride service for ALL Valley members daily for a charge of \$3.50* each way.

RENTERS REBATE: Monday thru Friday 10:00am -2:00pm. Please call Center for more info.

CLASSES & EVENTS

MEMBERSHIP MEETING: All members are welcome and encouraged to attend. Bring your thoughts and ideas for the Center! The 2nd Friday of every month at 10:15AM. We look forward to seeing you!

CERAMICS: Available to anyone interested in making their own beautiful pieces (small charge). Join our wonderful group of seniors on Tuesdays at 9:30 AM. Beginners and Intermediate students welcome. Kiln on premise.

NEW! BOCCE: It has officially begun out back in our new Bocce pit. Looking for a teammate or would rather play alone? Please let us know and we will schedule you a day and time to play. Enjoy a low impact activity with some of our fun members. No knowledge of the game necessary.

POOL LESSONS: Please call Center.

MORNING WALKING CLUB: Enjoy quiet early **Friday mornings** around the Center grounds with the lovely Gina/Diane. Meet outside the Center at **8:00AM**. Sign up at the front desk.

MEDICARE SEMINAR: Come listen to Rich Felitto speak about "The Keys to Unlocking Medicare Benefits" and all there is to know about Medicare on **Wednesday, October 4th at 10:30AM**.

FLU CLINIC: The Naugatuck Valley Health Department will be sponsoring a clinic here on **Thursday, October 5th 10:00AM-12:00PM**, covered by Medicare.

SHELTON ECHO HOSE AMBULANCE: On **Saturday, October 7th from 10:00AM-12:00PM** there will be a FREE hands on class for Seniors on "Community CPR, Choking and AED Practices". Light refreshments will be served. Limited class size. This will fill up fast! Please call Center to reserve your seat.

ELDER LAW SESSION: On **Wednesday, October 11th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic "My spouse is having a health crisis: How do we stay out of the poor house."

BOOK CLUB: Starts back up again on **Friday, October 13th at 1:00 PM**. Discussion is led by Joan Pollack. Book selections are made in advance. All those interested in participating must be a Shelton Senior Center member. This month's book will be "The Hillbilly Elegy" by J.D. Vance.

SMILE AWHILE: Enjoy a wonderful afternoon with us on **Friday, October 13th at 2:00PM**. This group of ladies puts all their hearts and souls in dancing & singing. Please help support their wonderful efforts. Donation price of \$2.00 member and \$7.00 guest. Limited seating. Tickets on sale now.

FOXWOODS CASINO: A Shelton Senior Center sponsored trip will be held on **Tuesday, October 17th**. Bus transportation, food and game vouchers included. Cost \$22.00 member & \$27.00 guest.

PNUEMONIA CLINIC: Walgreens will be sponsoring a clinic here on **Tuesday, October 17th from 10:00AM-12:00PM**. There is a fee, Medicare and Insurance excepted.

SELF PUBLICATION SEMINAR: On **Wednesday, October 18th at 10:30 AM** please join CT Authors and Publishers Joe Keeney, with an introduction to "How to self publish and the pros and cons". Perfect for those interested in writing!

MEDICARE PART D SEMINAR: On **Thursday, October 19th at 9:00AM** Tom Kilfoyle from Crowe & Associates will be here discussing everything you need to know about Medicare Part D a question and answer forum will follow.

AAA DRIVER SAFETY: On **Friday, October 20th at 12:00PM-4:00PM**. Registrations going on now.

CHORUS CONCERT: The Shelton Songsters will be here on **Friday, October 20th at 1:00PM**. This seasons concert theme, "The Colors of Our Lives." FREE.

DRIVER SAFETY AARP: On **Tuesday, October 24th at 9:15AM—1:15PM**. Registrations going on now.

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, October 27th from 10:30AM-12:00PM** will be here for blood pressure/medical needs. Medical Van WILL NOT be here. Presented by Maggie Sessa.

"BEER & BRATTS" OCTOBERFEST: A German inspired luncheon with entertainment on **Friday, October 27th at 12:00PM**. Menu includes "Senior" beer, bratwurst with onions and kraut on rolls, German potato salad, pretzels w/mustard, dessert and coffee. Entertainment by Accordion musician Dave Gdclowski and DJ Rene Caisse. Cost: \$10.00 member and \$15.00 guest. Tickets on sale now.

BLOOD PRESSURE SCREENINGS: The Emergency Care Institute of Bridgeport Hospital will conduct Blood Pressure Screenings at the Senior Center on **Monday, October 30th from 12:00-2:00PM**. All are welcome.

VETERANS DAY LUNCHEON: On **Friday, November 17th at 12:00PM-3:00PM** we will be honoring our very own Veterans and pay tribute to them with a special luncheon. Menu: Pork Roast, potatoes, green beans, applesauce, bread & butter, dessert, coffee and tea. Fee is waived and **FREE for Shelton Senior Center Member Veterans only**. Proof of Branch Service required at time of purchase. Cost for others, \$10.00 per member and \$15.00 per guest. Special guest speaker/s and musical entertainment by two separate performers Willy Nininger and also the Park Street Singers. **Tickets go on sale October 13th**.

SHOPPING BUS SCHEDULE

The bus picks up and returns to the Center after shopping. There is no charge for this service.

October 4 - Ansonia Stop&Shop or Shop Rite

October 11 - Adams-IGA

October 18 - Ansonia Stop&Shop or Shop Rite

October 25 - Adams-IGA

UPCOMING TRIPS

VILLA ROMA RESORT OKTOBERFEST: **October 3-4th** in Catskill Mountains. Itinerary can be viewed at the Center. Cost: \$257.00 PP Double, \$299.00 PP Single, \$247.00 PP Triple. Includes transportation, hotel, taxes and baggage, 3 meals, entertainment, and gratuity. Registrations going on now.

VERMONT FALL FOLIAGE TOUR: Depart on **October 12th** to the beautiful Green Mountain State. Multiple stops along the way on this wonderful Vermont Getaway. Cost: \$97.00 PP. Includes transportation, lunch at New England House, slice of pie a la mode at the Apple Barn & gratuity. Registrations going on now.

OCTOBERFEST AT THE BROWNSTONE: Enjoy a traditional Bavarian style festival party presented by Ace in the Hole on **October 13th**. Lunch is included with family style knockwurst and roast chicken with all the fixings, two complimentary drinks and free soda. Cost: \$109.00 PP. Registrations going on now.

OKTOBERFEST AT KRUCKER'S RESORT: On **October 19th** travel to Pomona, New York for an Oktoberfest celebration. Includes lunch choices of pork loin, or sauerbraten, beef barley soup, and a German dessert. Free beer, wine and soft drinks all afternoon. Following lunch enjoy music, dancing and games. Upon departure you will be served a bratwurst sandwich and cucumber salad. Cost: \$111.00PP. Registrations going on now.

ROCKING HORSE RANCH: Back by popular demand!! Depart for a three day two night getaway to Highland, New York on **October 22nd-24th**. All inclusive trip including all meals, activities, live entertainment, deluxe hotel accommodations and round trip transportation. More information at the Center. Cost is \$419.00 PP Double; \$479.00 PP Single; \$414 PP Triple. Register now.

GERMANFEST AT THE WILLIAMS INN: Depart to Williamstown, MA for a Germanfest celebration on **October 26th**. Cost: \$109.00PP. Includes transportation, Germanfest, visit to Yankee Candle, and gratuity. Registrations going on now.

**FUTURE TRIPS**

WESTCHESTER BROADWAY THEATRE PRESENTS ANNIE GET YOUR GUN: Travel to Elmsford New York on **November 9th** to enjoy a matinee performance where lunch is included. Choice of entrée upon arrival. Cost: \$99.00 PP. Registrations going on now.

RADIO CITY CHRISTMAS SPECTACULAR: On **November 17th** depart to NYC. Upon arrival enjoy family style lunch at the famous Italian restaurant Carmine's. After lunch you will depart to Radio City Music Hall where you will enjoy the 2017 edition of the Christmas Spectacular. Cost: 198.00PP Register now.

THE AMISH CHRISTMAS GETAWAY FEATURING THE MIRACLE OF CHRISTMAS AT SIGHT AND SOUND: Enjoy this three day trip **December 6-8th**. Itinerary can be viewed at the Center. Cost: \$475.00 PP Double, \$600.00 PP Single, \$450.00 PP Triple. Includes transportation, hotel, 4 meals, 2 Christmas Shows, admissions, taxes & gratuities. Registrations going on now.

TWIN RIVER CASINO & BILL HALEY & THE COMETS: Travel to Lincoln RI on **December 7th** to enjoy a casino bonus package that includes slot play and lunch buffet. After lunch you will be entertained by an American Rock/Roll Band. Cost: \$91.00 PP. Registrations going on now.

CHRISTMAS IN WHITE MOUNTAINS: Celebrate the magic of Christmas at the beautiful White Mountain Hotel and Resort **December 8th—10th** and enjoy the splendor on this 3 day 2 night tour. Cost: \$449.00 PP Double, \$429.00 PP Triple, \$559.00 PP Single. Includes meals, deluxe accommodations, activities, transportation and gratuity. Please see the Center for itinerary. Registrations going on now.

WESTCHESTER THEATRE PRESENTS THE GLENN MILLER ORCHESTRA: On **December 11th** enjoy lunch and all your favorite big band hits. Cost: \$99.00 PP. Includes transportation, lunch, show and gratuity. Registrations going on now.

BOARS HEAD FEAST AT THE WILLIAMS INN WITH BRIGHT NIGHTS: Enjoy a Christmas Festive groaning board buffet on **December 12th**. After enjoy Miss B. Haven Cabaret Troupe singing some of your favorites from 30's, 40's and 50's as well as holiday favorites. Then stop by Bright Nights holiday light display. Cost: \$117.00 PP. Includes transportation, BH procession, buffet, cabaret, Bright Nights and gratuity. Registrations going on now.

HOLIDAY TRAIN SHOW AT NY BOTANICAL GARDENS: On **December 14th** enjoy lunch at Ann & Tonys followed by the show. Cost: \$102.00 PP. Registrations going on now.

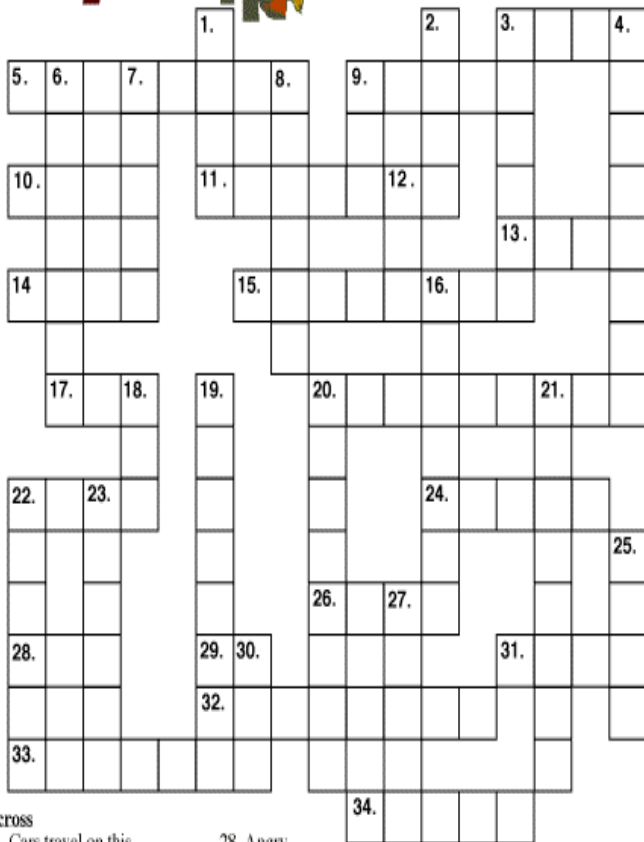
UCONN VS. OKLAHOMA SOONERS: On **Tuesday, December 19th** depart to Mohegan Sun to enjoy lunch and gaming tables before the game. Cost: TBA

Please contact Center for when registrations are set to begin.

POLYNESIAN CHRISTMAS WITH BRIGHT NIGHTS: On **December 19th** depart to the Hu Ke Lua Restaurant and Dinner Theater. Choice of Prime Rib or Chicken and Broccoli Fried Rice. Following lunch enjoy a "Polynesian Christmas" show. Then stop by the Holyoke Mall to shop and finally stop by Bright Nights light display. Cost: \$80.00 PP. Includes transportation, luncheon, Polynesian show, admissions to Bright Nights and gratuity. Registrations going on now!

GRAND ALASKAN CRUISE AND TOUR: On September 1st 2018 depart on this 12 day trip to Alaska. Itinerary at Center. Deposits being taken now!!! \$250.00 deposit will hold your spot.

Autumn CROSSWORD



- Across**
- 3. Cars travel on this
 - 5. Woollen garments
 - 9. Plural of goose
 - 10. An angel has this
 - 11. To make smooth
 - 13. Things aren't always as they
 - 14. Who, what, where, ___?
 - 15. Vegetables with many eyes?
 - 17. Maple leaves often turn this colour
 - 20. The first month of Autumn
 - 22. Cautious
 - 24. A tree with white, papery bark
 - 26. To raise children
 - 28. Angry
 - 29. Opposite of out
 - 31. Another name for Autumn
 - 32. Autumn month
 - 33. Gather a crop
 - 34. Ripe fruit or vegetables
- Down**
- 1. Grows on a tree
 - 2. ___ager
 - 3. Playtime in school
 - 4. Last month of Autumn
 - 6. Sunny, cold, rain, eg.
 - 7. The nut from an Oak tree
 - 8. Spring, summer, fall, winter eg.
 - 9. Fetch
 - 12. "___ your supper."
 - 16. Autumn month
 - 18. Opposite of night
 - 19. Large orange fruits which grow on a vine
 - 20. Nut hoarding animal
 - 21. Used to carry school books
 - 22. What you get from a fireplace
 - 23. One who reads
 - 25. Opposite of hot
 - 27. Brownish yellow colour
 - 30. "He is ___ here right now."

Autumn Word Search

Can you find the Autumn words in the puzzle below?



- rake
- squirrel
- bonfire
- orange
- scarecrow
- leaves
- harvest
- acom
- brown
- apple
- fall
- yellow
- red
- pear

Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

- ULQIT
- LAVEES
- BEEESTRMP
- SVRTAEH
- TECTHUNS
- AUMUTN
- ATOLFLOB

Q: What do you get when you drop a pumpkin?



OCTOBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2.) 9:30: COMPUTERS #4 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING TBD: BOCCE	3.) VILLA ROMA RESORT 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG	4.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: MEDICARE SEMINAR 10:30: BALLROOM AEROBICS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO BONANZA SPONSORED- EXECUTIVE CARE 1:00: COUNTRY LINE DANCE TBD: BOCCE	5.) 9 & 10:30: STRENGTH TRAIN 10:00: ORGAN WITH FRIENDS 10:00: SQUARE DANCING 10:00-12:00: FLU CLINIC 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI	6.) 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO TBD: BOCCE <div style="text-align: center;">Saturday</div> 7.) 10:00-12:00: ECHO HOSE AMBULANCE FREE CLASS
9.) <div style="text-align: center;">CLOSED</div> 	10.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 4:00: COMMISSION MEETING	11.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: ELDER LAW WITH ATTORNEY DRAZEN 12:30: CHORUS 1:00: PINOCHLE 1:00: COUNTRY LINE DANCE TBD: BOCCE	12.) VERMONT 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI	13.) BROWNSTONE 8:00: WALKING CLUB 9:15: EXECUTIVE MEETING 9:30: TICKETS ON SALE FOR VETERANS DAY TRIBUTE 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 1:00: BOOK CLUB 2:00: SMILE AWHILE TBD: BOCCE <div style="text-align: center;">*NO BINGO TODAY*</div>
16.) 9:30: COMPUTERS #5 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING TBD: BOCCE	17.) 7:00: FOXWOODS 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 10:00-12:00: PNEUMONIA CLINIC 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: AARP CHAPTER MEETING	18.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: SELF PUBLICATION 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE TBD: BOCCE	19.) KRUCKER'S RESORT 9 & 10:30: STRENGTH TRAIN 9:00: MEDICARE PART D 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI	20.) 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 12:00: AAA DRIVER SAFETY 1:00: BINGO (TBD) 1:00: CHORUS CONCERT TBD: BOCCE <div style="text-align: center;">Sunday</div> 22.) ROCKING HORSE
23.) 9:30: COMPUTERS #6 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO 1:00: PAINTING TBD: BOCCE	24.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:15: AARP DRIVER SAFETY 9:30: CERAMICS 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG	25.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO SPONSORED- RAVEIS REAL ESTATE 1:00: COUNTRY LINE DANCE TBD: BOCCE	26.) GERMANFEST 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI	27.) 8:00: WALKING CLUB 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 12:00: "BEER & BRATTS" OCTOBERFEST TBD: BOCCE <div style="text-align: center;">*NO LUNCH & BINGO TODAY*</div>
30.) 9:30: COMPUTERS #7 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: BLOOD PRESSURE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING TBD: BOCCE	31.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG <div style="text-align: center;">HAPPY HALLOWEEN</div>	<div style="text-align: center;"> PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY ANNOUNCEMENTS, LUNCH MENU & CANCELLATIONS. </div>	<div style="text-align: center;"> STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM </div>	