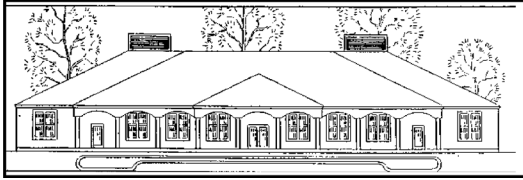


SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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

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

INFO LINE (203) 924-2355

JANUARY 2018



DOREEN LAUCELLA, DIRECTOR

Volume No. 48 No. 01

Shelton Senior Center Staff Directory

Shauna Dumas, Assistant
Diane Gannon, Clerk
Virginia Rodriguez, Clerk
Sue Legen, Kitchen
Diana Falango, Kitchen
Art Botsford, Custodian
Chris Wills, Custodian

Greetings From The Director

We welcome 2018 and a very exciting year ahead!

Thank you to our Songsters for their endless talents throughout the year. We look forward to this years upcoming concerts. Keep up the great work!

New Year! New Changes! New Prices!

Please be aware that ALL memberships have expired. Everyone must renew. There will no longer be a Honorary status. If you have been an Honorary member for years you must now renew your membership. It is now a paid membership for all. This goes for all Shelton and Out of Town members.

Remember if you do no renew by March 1, 2018 you lose your membership. This is especially important to our out of town members. There will be no way to be grandfathered in after March 1, 2018

Renewals are from January 1st—March 1st so you have plenty of time to renew. The NEW fees which will apply are as follows...

Shelton Residents \$4.00

Out of Town Residents \$10.00

(Fairfield & New Haven County Residents only)

Please read the newsletter for further details. Thank you for your continued support. Wishing you all a healthy, Happy New Year!

Kind 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 Monthly Dance tickets tables are then assigned. *Members must present Membership Card and may purchase one additional ticket at this time with that persons membership card present.* 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.





PAID FITNESS REGISTRATIONS IN JANUARY

Registrations will now be done in paper form which will be picked up at the Center and you will be returning them to the Center during the following specific timeframe. Registration and medical forms can be found at the front desk in the beginning of January.

Priority registrations (for all those *presently* in the class) may do so January 10th—January 24th.

Open registrations (for all *new* participants) will take place in person at Center January 25th—26th from 10:00AM-11:00AM and/or until classes fill.

This new registration process will give you 10 days prior to registration to renew your membership.

No registrations will be accepted without your renewal for 2018 membership before January 9th.

*Membership must be done prior to registration,
NOT AT THE SAME TIME!!!*

Classes will be in session the entire month of January as a grace period while we make this transition then there will be a one week break before the new session that will begin February 12th.

The paid fitness classes and fees for registrations are as follows:

CLASS SCHEDULES & FEES

Strength Training Class

Tuesdays & Thursdays

(The Center will be open at 8:45am on these days)

9:00-10:00 am OR

10:30-11:30 am

6 month fee

Shelton Residents: \$25.00

Non-Residents: \$50.00

Move it with Darlene Class

Mondays

10:30am-11:30am

6 month fee

Shelton Residents: \$12.50

Non-Residents: \$25.00

Zumba Gold

Wednesdays

9:15am-10:15am

6 month fee

Shelton Residents: \$25.00

Non-Residents: \$50.00

CONTINUED ...

Friendly reminder: You MUST have submitted at the time of registration your renewed membership card number, completed medical form (new registrants only) and check made payable to "City of Shelton."

IMPORTANT: A check or form not written correctly will automatically be rejected. We will NOT contact you. There will be a rejected file located in front of the reception desk. You are on your own to look there and see what has been put in there and has been rejected. Thank you.

IMPORTANT UPDATED NEWS! PLEASE READ!

NEW MEMBERSHIP DUE PRICING FOR 2018

Shelton residents will remain at \$4.00 and all out of town residents are now \$10.00 per calendar year, January-December.

EFFECTIVE JANUARY 1, 2018 there will no longer be an Honorary Status in regards to memberships. All Honorary and Non Honorary must renew according to the New Membership Dues amounts. Please be clear if you are an out of town and presently an Honorary Member. You must renew by March 1st or you will no longer be able to be a member here. So please be aware that you must renew or your status will become expired. According to the new policy appointed in regards to no new out of towners members will be able to join the Center. If you are not sure please call to confirm so your membership does not expire. You are grandfathered in as members as long as you pay the appropriate member dues by March 1, 2018. No exceptions. Thank you.

ATTENTION SENIORS!!

WANTED: We are looking to track down a **1943 Shelton High School yearbook**. Anyone who may have one in their possession please contact Doreen.

BOX TOP COLLECTIONS: We will be collecting again box tops for the Shelton School System. Please consider clipping those tops and donating here at the Center. All tops help raise money for our schools. They can be dropped off in the Box Top can in the hallway adjacent to the bathrooms. Thank you!

CLASSES, EVENTS & SERVICES

COMPUTER/DIGITAL CAMERA CLUB: Want to expand your computer knowledge, install new apps and programs, update operating systems and other computer maintenance? Would you like to take better pictures, share your pictures, learn more about your camera, composition techniques and photo editing? We look for ways to improve your photos, computer knowledge and skills and how to safely save your photos for years to come. Join in and share your expertise with the group, all levels are welcome. Bring your digital camera, photos & computer skills to share on **Fridays from 9:30AM-11:00AM**. See you there!

PRECISION HEARING: Owner of PH, David DeFlippo will be here speaking about the topic "Am I ready for Ear Aids?" He will also be conducting regular maintenance on **Tuesday, January 9th at 10:30AM.**

ELDER LAW SESSION: On **Wednesday, January 10th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic, "Home Care, Nursing Home, Assisted Living? What is the right choice?"

BOOK CLUB: On **Friday, January 12th at 1:00PM** a discussion will be 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 Immortal Life of Henrietta Lacks", by Rebecca Skloot.

VALLEY SENIOR COUNCIL: On **Tuesday, January 16th at 10:30AM** the VSC will be sponsoring a seminar on the topic "Senior Scams and Safety". Light refreshments will be served.

AARP CHAPTER MEETING: On **Tuesday, January 16th at 1:30PM** AARP will be having their monthly meeting along with guest speakers State Representatives Ben McGorty and Jason Perillo.

GRIEF SUPPORT GROUP: Beginning on **January 18th at 12:30PM** Doris Wills will be leading grief share seminars. If you need that little extra help to get through the day please stop by and meet this wonderful group who will be here monthly, the third Thursday of each month. Friendship, support and compassion is what you will find with this group. Members welcome.

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, January 19th from 10:30AM—12:00PM** will be here for blood pressure, diabetes screening and medical needs. *No medical van today.* Presented by Maggie Sessa R.N.

COMPUTERS: A new session of computer classes are set to begin on **Monday, January 22nd at 9:30AM.** \$20.00 per person. Please register at the front desk. Limited seats available.

BLOOD PRESSURE SCREENINGS: Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, January 22nd from 12:00-2:00PM.** They will now be here the third Monday of every month. All are welcome.

A PLACE FOR MOM: On **Tuesday, January 23rd at 10:30AM** the VSC will return to sponsor a seminar on the topic "Be ready before emergency strikes." All are welcome to attend.

48TH ANNIVERSARY PARTY: Celebrate the Center on **Friday, January 26th at 12:00PM - 3:00PM.** (NEW TIME) Cost: \$10.00 per member & \$15.00 per guest. Dinner and dancing with special entertainment by Dave Goclowski. Menu: Roast Beef, potatoes, vegetable, garden salad, dessert & coffee. **Tickets on sale NOW!**

FOOTCARE: On **Wednesday, January 31st at 10:30AM** Dr. Sharnoff will be here for your needs.

VALENTINES DAY BRUNCH: On **Friday, February 16th from 11:00AM-1:00PM** we will be having a brunch menu along with the well known and talented harpist Rebecca Swett for your enjoyment. Tickets are \$10.00 members and \$15.00 guests. **Tickets go on sale January 19th.**

SHOPPING BUS SCHEDULE

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

**January 3rd
January 10th
January 17th
January 24th
January 31st**

Ansonia Stop&Shop or Shop Rite or Adams-IGA

UPCOMING TRIPS

MOHEGAN SUN CASINO: January 24th-25th.
Cost: \$163.00PP Double \$228.00PP Single or \$153.00PP Triple. Includes transportation, hotel accommodations, 2 buffet vouchers, \$20.00 free slot play, taxes, baggage and gratuity.

UCONN WOMEN'S BASKETBALL: On **January 27th at 12:00PM** the Huskies will take on Tulane at Gampel Pavilion. Cost: \$60.00PP. Includes transportation, ticket and gratuity.

FUTURE TRIPS

WESTCHESTER THEATRE PRESENTS "100 YEARS OF BROADWAY": On **February 1st** travel to Elmsford, NY for a day of entertainment and fun. Enjoy a matinee performance at the Westchester Broadway Theatre where lunch is included. Cost: \$99.00 PP. Includes: Transportation, gratuity, lunch and show. **Registrations going on now.**

THE 37TH ANNUAL CT FLOWER & GARDEN SHOW IN HARTFORD: **February 22nd.** Cost: \$86.00 pp. Theme is "Breath of Spring". Stop for lunch before the show at the Dakotas Restaurant choice of Prime Rib, Salmon, or Chicken. Includes transportation, lunch, admission to the CT Flower Show and gratuity. **Registrations going on now.**

WOMEN'S BASKETBALL 2018 TOURNAMENT SEMI FINAL GAMES AT MOHEGAN SUN: On **Sunday, March 4th** enjoy the AAC Tournament semi-final games. Cost: \$95.00 PP. Price includes transportation, tickets, food voucher and casino bonus along with driver's gratuity. **Registrations going on now.**



SLEIGH RIDE AT ADAMS FARM: On **March 7th** travel to the New England House in Brattleboro Vermont and enjoy a luncheon with a choice of Pot Roast or Butternut Squash Ravioli served complete with all the trimmings. Next destination is The Adams Farm in Southern Vermont to get on a sleigh ride pulled by a team of Belgian Draft horses. Cost: \$119.00 PP. Price includes transportation, luncheon, sleigh ride and gratuity. **Registrations going on now.**

ST. PATRICKS CELEBRATION AT THE AQUA TURF: On **March 20th** enjoy a real St. Patrick's Day Celebration. Lunch will include Corned Beef and cabbage, baked scrod, and all the fixings, topped off with carrot cake for dessert and a complimentary glass of wine or beer. After lunch enjoy live Irish entertainment, Pdraig Allen and the Maclean Avenue Band. Cost: \$79.00 PP. Price includes transportation, lunch, entertainment and drivers gratuity, **Registrations going on now.**

ARTHUR AVENUE ANN & TONY'S RESTAURANT: On Friday, **March 23rd** visit Little Italy and Arthur Ave. Spend time before lunch exploring the retail market. Then head to Ann and Tony's for lunch menu with a choice of Chicken Marsala, Veal Parmigiana or Eggplant Parmigiana served with salad, dessert, coffee, tea or decaf. Cost is \$93.00 PP. Price includes transportation, lunch, and drivers gratuity. **Registrations going on now.**

BROADWAY "ESCAPE TO MARGARITAVILLE" OR "CAROUSEL": Depart to NYC on **April 4th** and enjoy lunch at Carmines on 44th Street served family style and includes salads, rigatoni & broccoli, penne ala vodka, chicken marsala, and eggplant parmesan followed by tiramisu for dessert. After lunch enjoy on of two shows offered. Cost: \$259.00PP Price includes transportation, show tickets, lunch and gratuities. **Registrations begin on January 12th.**

HISTORIC SOUTH: Explore what Savannah, GA and Charleston, SC have to offer **April 14-21st.** For the complete eight day fun filled itinerary please see Center. Cost: \$1579.00 PP Double \$2124.00 Single and \$1549.00 PP Triple. Includes transportation, hotel accommodations, 14 meals, admission to all sites, taxes and baggage handling, driver gratuities. **Registrations begin on January 12th.**

WESTCHESTER BROADWAY THEATRE "SISTER ACT": On **April 19th** travel to Elmsford, NY for a day of entertainment and fun at the theatre where lunch is included. Choice of entrée upon arrival. After lunch enjoy the very funny show, Sister Act! Cost: \$99.00 PP. Includes transportation, lunch and show at Westchester and drivers gratuity. **Registrations begin on January 12th.**

GRAND ALASKAN CRUISE AND TOUR: On **September 1st 2018** depart on this 12 day trip to Alaska. Itinerary at Center. Deposits being taken now!!!



F S K A T I N G H O C K E Y V
V U S B J T M P W O L P T D W
P T N P B O O T S F Y S A L T
S N O W M A N Y C C S T O R M
E F W T Z L S E I R R U L F S
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F S V V L R K T F I R D F G S
T S C R A P E R J W W H I T E

BOOTS
DRIFT
FISHING
FLAKES
FLURRIES
FUN
HOCKEY
ICY
PLAY
PLOW
SALT
SAND
SCRAPER
SCULPTURE
SHOVEL

SKATING
SKIING
SLIDING
SLIPPERY
SNOWBALL
SNOWBLOWER
SNOWMAN
SNOWMOBILE
STORM
WHITE



JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1.) CLOSED 	2.) 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	3.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 1:00: PINOCHLE 1:00: BINGO BONANZA SPONSORED- EXECUTIVE CARE 1:00: COUNTRY LINE DANCE	4.) 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	5.) 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO
8.) 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	9.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 10:30: PRECISION HEARING 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	10.) 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 1:00: PINOCHLE 1:00: COUNTRY LINE DANCE 1:00: BINGO PRIORITY PAID CLASS REGISTRATIONS BEGIN TODAY PICK UP FORMS IN LOBBY	11.) 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	12.) 9:30: REGISTRATIONS BEGIN FOR ALL APRIL TRIPS 9:15: EXECUTIVE MEETING 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 1:00: BINGO 1:00: BOOK CLUB
15.) CLOSED 	16.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 10:30: VALLEY SENIOR COUNCIL SCAM & SAFETY SEMINAR 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 1:30: AARP MEETING	17.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE	18.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 12:30: GRIEF SUPPORT GROUP 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI	19.) 9:30: VALENTINES BRUNCH TICKETS GO ON SALE 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 1:00: BINGO
22.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS (1) 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO 1:00: PAINTING	23.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 10:30: A PLACE FOR MOM 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	24.) MOHEGAN SUN 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE	25.) 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 PAID CLASS OPEN REGISTRATIONS TODAY 10:00AM-11:00AM	26.) 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 12:00: ANNIVERSARY PARTY PAID CLASS OPEN REGISTRATIONS TODAY 10:00AM-11:00AM NO LUNCH OR BINGO TODAY
29.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS (2) 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	30.) 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	31.) 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: DR. SHARNOFF 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE	STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM	PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY ANNOUNCEMENTS, LUNCH MENU & CANCELLATIONS.

Saturday

27.) UCONN