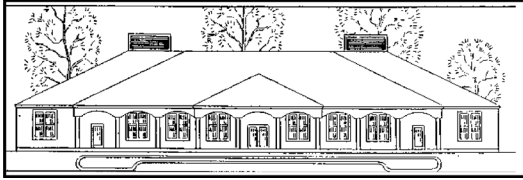


SHELTON SENIOR CITIZENS CENTER



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

FEBRUARY 2018



DOREEN LAUCELLA, DIRECTOR

Volume No. 48 No. 02

Shelton Senior Center Staff Directory

Shauna Dumas, Assistant
Diane Gannon, Clerk
Virginia Rodriguez, Clerk
Art Botsford, Custodian
Chris Wills, Custodian

Greetings From The Director

BURRR!! We have seen a really frigid winter this year. It maybe cold outside but we have warmed things up at the Center. Our exercise classes are off and running on schedule. The Center's 48th Anniversary Party was a great success. Thanks to Dave G for all his musical talents and our kitchen staff/volunteers for another delicious meal. Thank you for coming out and bearing with the winter.

I am really looking forward to the warm weather but until then we have a lot of great events coming in the near future. Stay tuned!! Stay Warm!!

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.

EFFECTIVE JANUARY 1, 2018 NEW MEMBERSHIP DUE PRICING! Shelton residents will remain at \$4.00 and all non-residents are now \$10.00 per calendar year, Jan-Dec. 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 a non-resident 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 inactive. According to the new policy appointed in regards to new non-resident 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.

ATTENTION VETERANS!!

We have been selected by the Federal Veterans Association to have an on site Representative every Friday from 9:00AM-4:00PM to host a Veterans Support Center here at our Center. They are here for you, "The Veteran." The Support Center's goal is to make a difference for you. Please stop by anytime on Fridays. No appointment necessary.

SENIORS WANTED!!!

The following are looking for more participants...

MAH JONGG - TUESDAYS 1:00PM
BRIDGE (EXPERIENCED) - TUESDAYS 10:00AM
CAMERA CLUB - FRIDAYS 9:30AM
COMPUTER CLUB - 9:30AM

All those interested in partaking please contact the Center. Thank you!

CLASSES, EVENTS & SERVICES

NEW!!! LINE DANCING FOR BEGINNERS: Please come and join instructor Shirley Anderson and learn how to Line Dance every **Thursday at 12:30PM.**

ELDER LAW SESSION: On **Wednesday, February 7th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic, "All about Elder Law."

BOOK CLUB: On **Friday, February 9th at 1:00 PM** 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 is "The Shack", by William Young.

GRIEF SUPPORT GROUP: On **February 15th at 12:30PM.** Doris Wills will be leading grief share seminar. 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, February 16th 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.

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 on sale now.**

AARP CHAPTER MEETING: On **Tuesday, February 20th at 1:30PM** AARP will be having their monthly

meeting along with guest speakers Fran & Gary Scarpa of Center Stage Productions. Guests invited and refreshments will be served.

FREE FACIALS: On **Wednesday, February 21st from 9:00AM—3:00PM** lucky senior winners will be able to enjoy the luxury of this therapeutic treatment. Drop your name in the bucket at the front desk to enter and be one of five lucky winners.

BLOOD PRESSURE SCREENINGS: Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, February 26th from 12:00-2:00PM.** They will now be here the third Monday of every month. All are welcome.

NEWTOWN SAVINGS BANK SEMINAR: On **Wednesday February 28th at 10:30AM** Phil Lukianuk, from our local Newtown Savings Bank will be here to discuss the topic "Smart Money." Refreshments will be served. All are welcome to attend.

JAZZ FEST: On **Friday, March 16th at 12:00PM** come and join us for a jazzy ole time! Lunch served: Pulled Pork on a roll, coleslaw, cornbread, dessert, coffee & tea. Musical entertainment by Airborne, a five piece Jazz band. Cost \$10.00 member & \$15.00 guest. **Tickets go on sale February 9th.**

FOXWOODS CASINO: A Shelton Senior Center sponsored trip will be held on **Tuesday, March 20th.** Bus transportation, food and game vouchers included. Cost \$23.00 member & \$28.00 guest. (Bus costs have increased) **Registrations begin on February 23rd.**

SHOPPING BUS SCHEDULE

The bus picks up and returns to the Center after shopping. There is no charge for this service. Please you **MUST** call the Center to reserve your spot.

February 7th, 14th, 21st, 28th
 Ansonia Stop&Shop or Shop Rite or Adams-IGA

UPCOMING 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.**



FUTURE TRIPS

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.

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.

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,

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

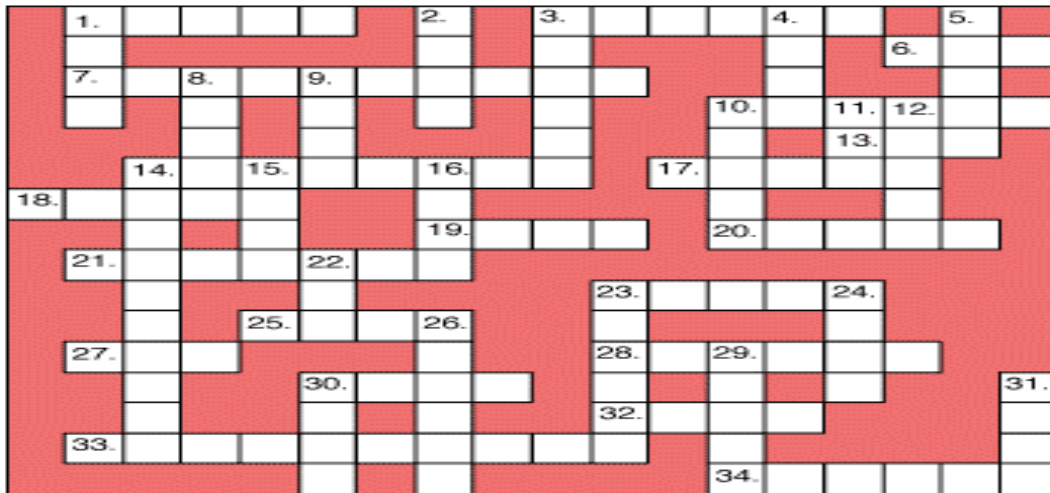
choice of Chicken Marsala, Veal Parmigiana or Eggplant Parmigiana served with salad, dessert, coffee, tea or decaf. Cost is \$93.00 PP. Price includes transportation, lunch, and drivers gratuity.

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.

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.

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.

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



Across:

- 1. Opposite of boys
- 3. Valentine colour
- 6. ___ goes there?
- 7. St. ___ Day
- 10. The targets of Cupid's arrows
- 13. This little piggy is one
- 14. Valentine month
- 17. Tolls paid
- 18. ___ change, pocket money
- 19. Sign above door
- 20. Donald's girlfriend
- 21. Crayon maker
- 23. He shoots love arrows

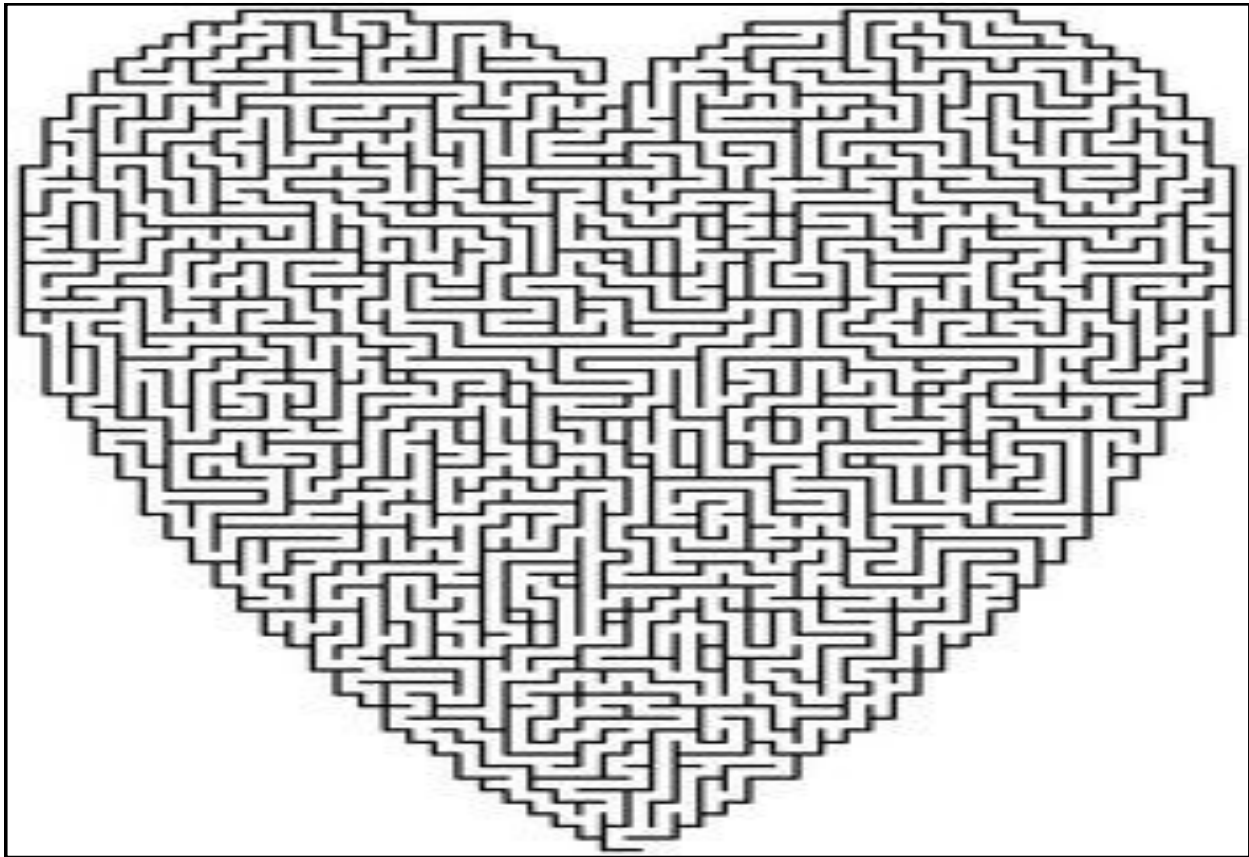
- 25. Short form for animal doctors
- 27. Valentine's colour
- 28. Cupid shoots these
- 30. Valentine colour
- 32. Choose
- 33. Sweet valentine gifts
- 34. ___ admirer

Down:

- 1. Bestow
- 2. ___ the bottle
- 3. Attractive
- 4. Frilly trim
- 5. Valentine colour
- 8. Mickey ___ Minnie
- 9. Close to
- 10. Listened

- 11. Past tense of eat
- 12. Red flowers
- 14. February ___ is Valentine's
- 15. ___ valentine.
- 16. Length x width
- 22. Single, __, 2, 3, ...
- 23. Winners
- 24. Opposite of up
- 26. First day of the week
- 29. Speed contests
- 30. Scheme
- 31. Pepper ___ candy





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



ADAMS
 ARTHUR
 BUCHANAN
 BUSH
 CARTER
 CLEVELAND
 CLINTON
 COOLIDGE
 EISENHOWER
 FILLMORE

FORD
 GARFIELD
 GRANT
 HARDING
 HARRISON
 HAYES
 HOOVER
 JACKSON
 JEFFERSON
 JOHNSON




KENNEDY
 LINCOLN
 MADISON
 MCKINLEY
 MONROE
 NIXON
 OBAMA
 PIERCE
 POLK
 REAGAN

ROOSEVELT
 TAFT
 TAYLOR
 TRUMAN
 TYLER
 VAN BUREN
 WASHINGTON
 WILSON



FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>STOP IN AND JOIN US FOR LUNCH!</p> <p>LUNCH SERVED FROM 11:45AM-12:15PM</p>	<p>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY ANNOUNCEMENTS, LUNCH MENU & CANCELLATIONS.</p>	<p>1.) WESTCHESTER 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p> <p>NO STRENGTH TRAIN TODAY</p>	<p>2.) 9:00-4:00: VETS SUPPORT 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO</p>
<p>5.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS 10:00: ARTS & CRAFTS 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p> <p>NO MOVE-IT W/DARLENE TODAY</p>	<p>6.) 9:00: BRIDGE 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</p> <p>NO STRENGTH TRAIN TODAY</p>	<p>7.) 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: INTERMEDIATE COUNTRY LINE DANCE 1:00: BINGO BONANZA SPONSORED- EXECUTIVE CARE</p> <p>NO ZUMBA GOLD TODAY</p>	<p>8.) 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p> <p>NO STRENGTH TRAIN TODAY</p>	<p>9.) 9:00-4:00: VETS SUPPORT 9:15: EXECUTIVE MEETING 9:30: TICKETS ON SALE FOR JAZZ FEST 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 1:00: BINGO 1:00: BOOK CLUB</p>
<p>12.)</p> <p>CLOSED</p> 	<p>13.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN * NEW SESSION BEGINS TODAY* 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</p> <p>4:00: COMMISSION MEETING</p>	<p>14.) 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: INTERMEDIATE COUNTRY LINE DANCE</p>	<p>15.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER 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</p>	<p>16.) 9:00-4:00: VETS SUPPORT 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 11:00: VALENTINES BRUNCH</p> <p>NO LUNCH OR BINGO TODAY</p>
<p>19.)</p> <p>CLOSED</p> 	<p>20.) 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 1:30: AARP MEETING</p>	<p>21.) 9:00-3:00 : LOTTERY DRAWN FACIALS (5 WINNERS) 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: INTERMEDIATE COUNTRY LINE DANCE</p>	<p>22.) FLOWER SHOW 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p>	<p>23.) 9:00-4:00: VETS SUPPORT 9:30: REGISTRATIONS BEGIN FOR FOXWOODS CASINO 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO</p>
<p>26.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>27.) 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</p>	<p>28.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: NEWTOWN SAVINGS BANK SEMINAR "SMART MONEY" 10:30: BALLROOM AEROBICS 1:00: PINOCHLE 1:00: BINGO 1:00: INTERMEDIATE COUNTRY LINE DANCE</p>	<p>AND IN THE END, IT'S NOT THE YEARS IN YOUR <i>Life</i> THAT COUNT. IT'S THE LIFE IN YOUR <i>Years</i></p> <p>— ABRAHAM LINCOLN</p>	