

# 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 2019



DOREEN LAUCELLA, DIRECTOR

Volume No. 49 No. 01

## Shelton Senior Center Staff Directory

Shauna Dumas, Assistant  
Diane Gannon, Clerk  
Virginia Rodriguez, Clerk  
Magdalena Thompson, Renters Rebate  
Art Botsford & Chris Wills, Custodian  
Sue Legen & Claudia Mick, Kitchen

## Greetings From The Director

Fabulous Holiday Season - The Festival of Trees, Boys & Girls Thanksgiving and our Center's First Thanksgiving Day Turkey Dinner together. My sincere thanks to all those who volunteered. A special thanks to Judy Melita who donated the raffle of stines and Bic Corporation of Shelton for hosting a luncheon to 20 of our lucky Veterans, They truly made Veterans Day extra special. Do not forget our Holiday Party with Paula, always a blast with her! Thank you to those who donated to our Toys for Kids toys drive.

Detailed information regarding registration for paid classes will be in the February newsletter, please be sure to read. Also, parking to all trips MUST be followed as noted in newsletter. Too many are not following directions. Thank you for your continued support. Happy 2019!

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 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: YOU MUST FOLLOW DIRECTIONS!** 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 DUES 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 have renewed by March 1st. According to the new policy appointed in regards to no new non-resident members will be able to join the Center. You are grandfathered in as members as long as you paid the appropriate member dues by March 1, 2018. Memberships for all Shelton residents are ongoing throughout the calendar year.

**ATTENTION SENIORS!!**

**ITEMS NEEDED:** The Center is looking for donations please. We are in need of baby food jars & lids and buttons for baby sweaters. Thank you.

**INTERESTED IN JOINING A SOCIAL DISCUSSION GROUP?** We are putting our feelers out to see if any Seniors would be interested in meeting monthly to discuss Basic Economics. Those interested please see Doreen.

**FYI!!!** Regular Postage is going up as of January 2019 to 55 cents.

**PAID FITNESS CLASS REGISTRATIONS**

Registrations for "priority" (all seniors currently enrolled in the classes/times) will be held on  
February 19th 10-11:30AM and  
February 20th 10-11:30AM.

Open Registration begins  
February 21st 10-11:30AM.

No classes the week of February 25th.

The new session of paid classes are set to begin March 4th.

**CLASSES, EVENTS & SERVICES**

**CERAMICS:** An open studio on **Tuesdays at 9:30AM** with now many NEW items to choose from. Come relax and paint the morning away with these lovely group of ladies.

**COMPUTER & PHOTO CLUB:** Do you have questions about your computer and managing your photos? Join us on Friday mornings at 9:30AM to get answers!

**MOVIES AT THE CENTER:** All are welcome to join us for a FREE movie on our new GIANT flat screen in the dining hall **Thursday, January 3rd from 2:00PM-4:00PM**. BYO snacks and beverages, cabaret style! Great movie...and company! This month's showing is the comedy, "The Book Club."

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, January 7th from 12:00-1:30PM**. All are welcome.

**PRECISION HEARING:** Stop in on **Tuesday, January 8th at 10:30AM** for maintenance & cleaning. Please call ahead for an appointment.

**ELDER LAW SESSION:** On **Wednesday, January 9th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic "How to keep long term care from becoming a long term financial crisis."

**EYE SCREENINGS:** Free screenings will take place on **Thursday, January 10th at 10:30AM** by Dr. Alex Voldman from Eye Physicians and Surgeons. Reserve spot at front desk. Limited space.

**TECHNOLOGY CLASSES:** Shelton High School Teen Tech Team will be here providing a free lesson once a month to our seniors at no charge. Interested in new technology but not sure how to use it effectively? Would you like to stay connected to your family and friends through the use of social media? If so, then you do not want to miss this! SHS will be conducting learning workshops for anyone interested in expanding their use of technology. This month's session will be tailored to meet your needs and answer any questions you have about the latest and greatest technology. Please bring your smartphones and/or tablets and l pads with you on **Thursday, January 10th from 9:15-10:15AM**. No appointments necessary.

**BOOK CLUB:** On **Friday, January 11th 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 Lilac Girls: A novel" by Martha Hall Kelly.

**AARP CHAPTER MEETING:** On **Tuesday, January 15th at 1:30PM** AARP will be having their monthly meeting with a guest speaker will be Senior Center Director, Doreen Laucella. All seniors are invited. Refreshments will be served.

**SUPERINTENDENT OF SHELTON SCHOOLS:** Dr. Christopher Clouet will be here on **Wednesday, January 16th at 10:30AM** to discuss the topic "The How, Why & Where of the Shelton School Budget." Light refreshments will be served.

**MUSIC BINGO:** On **Thursday, January 17th at 2:00PM** Wesley Heights will be here promoting their Lifestyles Transitions program by hosting a FREE fun filled afternoon with Bingo, Raffles, Gifts, and Light Refreshments. Limited Seating available. Must reserve a seat at the front desk.

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On **Friday, January 18th from 10:30AM-12:00PM** will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

**49TH ANNIVERSARY PARTY:** Celebrate the Center on **Friday, January 18th at 12:00PM**. Cost: \$10.00 per member & \$15.00 per guest. Dinner and dancing. Music by the fabulous "AIRBORNE!" Menu includes Champagne toast, hors d'oeuvres, baked ziti, chicken parmesan, garden salad, bread and butter, dessert&coffee. Tickets on sale till sold out.

**VALENTINES DAY PARTY:** On **February 15th from 12:00PM-3:00PM** with a lunch of Chicken Cordon Bleu, potatoes, garden salad, bread, coffee, tea and dessert. Cost: \$10.00 member & \$15.00 guest. Music by Larry and Doreen. **Tickets go on sale January 11th.**

**SHOPPING BUS SCHEDULE**

Call Valley Transit 203- 735-6408 to schedule on

**January 2,9,16,23,30**

Ansonia Stop & Shop or Shop Rite or Adams-IGA

**UPCOMING TRIPS.**

**JUST ADDED! UCONN WOMEN'S BASKETBALL AT GAMPEL PAVILLION:** UConn vs. University of South Florida on **Sunday January 13th.** Game time is 1:00PM. Cost: \$60.00PP. Registrations going on now.

**MOHEGAN SUN CASINO:** Enjoy an overnight stay at the luxurious Mohegan Sun Casino Resort and Spa on **January 23rd-24th.** Included are hotel accommodations, 2 buffet vouchers, \$20.00 slot play and transportation. Cost: \$168.00PP Double, \$234.00PP Single, \$158.00PP Triple. Registrations going on now.

**FUTURE TRIPS**

**CT FLOWER & GARDEN SHOW:** The 38th annual show will take place on **February 21st** (snow date 22nd). Enjoy lunch first at Dakota's Restaurant and after head to the Connecticut Convention Center for this years theme of "Breath of Spring." Cost: \$89.00PP. Registrations going on now.

**FIREPLACE FEAST AT SALEM CROSS INN:** Depart on **March 2nd** to Historic Salem Cross Inn Restaurant and Tavern to enjoy a 1700's style Feast prepared on the open hearth of a great fieldstone fireplace. Featured on Food Network's "The Best of". Please see Center for complete menu. Cost: \$108.00PP. Registrations going on now.

**2019 UCONN WOMEN'S HUSKIES SEMI-FINAL AT MOHEGAN SUN:** Watch UConn play against the winner of the tournament's quarter final game held on **March 10th.** Ticket to game, food voucher and casino bonus, drivers gratuity. Cost: TBA. Registrations going on now.

**SLEIGH RIDE AT ADAMS FARM:** On **March 7th** depart to the New England House in Brattleboro, Vermont and enjoy a delicious luncheon. Next stop is The Adams Farm in Southern Vermont for a ride of a lifetime pulled by a team of Belgian Draft horses. Cost: \$119.00PP. Registrations going on now.

**WESTCHESTER "RHYTHM OF THE DANCE":** On **March 12th** travel to Elmsford, NY to watch a matinee performance at the Westchester Broadway Theatre where lunch is included. Cost: \$107.00 PP. Registrations going on now.

**ST. PATRICK'S CELEBRATION AT AQUATURF:** On **March 19th** embark to one of CT's premier ban

quet facilities and enjoy a Corned Beef & Cabbage traditional meal and dessert and be entertained by live Irish entertainment, Padraig Allen and the Maclean Avenue Band. Cost: \$82.00PP. Registrations going on now.

**BROADWAY:** Depart to NYC on **April 3rd** to see either Kiss Me Kate of The Cher Show. Upon arrival enjoy lunch at the famous Italian restaurant Carmines on 44th Street. Cost: \$249.00PP. **Registrations begin January 4th.**

**CREATIVE CUISINE AT THE CULINARY INSTITUTE OF AMERICA:** On **April 9th** travel to Hyde Park, NY to dine at "Caterina De' Medici Ristorante." Enjoy a three course meal then head to Millbrook Winery for a tour and tasting. Cost: \$130.00PP. **Registrations begin January 4th.**

**WESTCHESTER BROADWAY THEATRE:** On **April 25th** enjoy lunch and musical "Newsies". Cost: \$105.00PP. **Registrations begin January 4th.**

**DAFFY DAFFODILS:** On **April 26-28th** depart to Cape Cod and enjoy Nantucket Daffodil Festival. Please see full itinerary at Center. Cost: \$591.00PP Double, \$736.00PP Single, \$571.00PP Triple. **Registrations begin January 4th.**

**WEST POINT DRESS PARADE AT HOTEL THAYER:** On **Saturday, April 27th** view the famous U.S. Military Academy Cadet Review. The Cadets march in full dress uniform to the cadence of the tunes played by the military band. Buffet lunch is served at The Thayer Hotel followed by a guided tour of West Point, Cadet Chapel, Trophy Point and the Hudson river lookout. Cost: \$116.00PP. Registrations going on now.

**THE SIGHTS, SOUNDS AND TASTES OF LANCASTER:** Travel to Lancaster PA. on **May 1st- 3rd** and spend two evenings at the Eden Resort. Enjoy tours, meals and musicals including Sister Act and Jesus. For a full itinerary please see Center. Cost: \$505.00PP Double, \$621.00PP Single, \$485.00PP Triple. Registrations coming soon!

**BERMUDA CRUISE:** Depart out of NYC on the Norwegian Escape Cruise Ship and embark to Bermuda for a week long trip **May 12th-19th.** Transportation to dock for additional \$40.00 per person. Additional FREE upgrades/add on options with this trip!!!! Cost: \$899.00PP Interior Room & \$1,229.00PP Balcony Room. Call Center for details & itinerary. Registrations going on now.

**SOUTHERN ITALY & SICILY:** Enjoy touring the beautiful country of Italy on **October 10th—21st, 2019.** For itinerary please see Center. Cost: \$4,039.00 PP. Deposits/Registrations going on now.



S	P	H	T	U	C	I	E	E	A	M	B	E	B
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R	V	R	B	T	R	C	R	T	F	E	P	U	E
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MONTHS OF THE YEAR

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER



OCTOBER

NOVEMBER

DECEMBER



# JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</b></p>	<p>1.)</p> <p><b>CLOSED</b></p> 	<p>2.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE <b>1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE</b> 1:30: INTERMEDIATE LINE DANCE</p>	<p>3.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: ORGAN WITH FRIENDS 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES <b>2:00: MOVIE</b> 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>4.) <b>9:30: REGISTRATIONS BEGIN FOR ALL APRIL TRIPS</b> 9:30: COMPUTER &amp; PHOTO CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>7.) 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA <b>12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON</b> 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>8.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) <b>10:30: PRECISION HEARING</b> 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>9.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS <b>10:30: ATTORNEY DRAZEN</b> 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>10.) 9 &amp; 10:30: STRENGTH TRAIN <b>9:15: SHS TECH TEAM</b> 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>11.) <b>9:30: TICKETS ON SALE FOR VALENTINES DAY PARTY</b> <b>9:30: EXECUTIVE MEETING</b> 9:30: COMPUTER &amp; PHOTO CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES <b>10:15: MEMBERSHIP MEETING</b> <b>12:00: AAA DRIVER SAFETY</b> 12:30: LOW IMPACT EXERCISE <b>1:00: BOOK CLUB</b> 1:00: BINGO 3:00: CARDIO LITE</p>
<p><b>Sunday</b></p> <p>13.) <b>UCONN</b></p> <hr/> <p>14.) 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p> <p><b>5:00: VOLUNTEER DINNER FROM T.E.A.M. FESTIVAL OF TREES</b></p>	<p>15.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG <b>1:30: AARP CHAPTER MEETING</b> <b>3:30: COMMISSION MEETING</b></p>	<p>16.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE <b>10:30: SUPERINTENDANT SHELTON SCHOOLS- CHRIS CLOUET</b> 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>17.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES <b>2:00: MUSIC BINGO SPONSORED BY WESLEY HEIGHTS</b> 2:30: TAI CHI</p>	<p>18.) 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTER &amp; PHOTO CLUB 10:00: DOMINOES <b>10:30: VALLEY PARISH NURSES</b> <b>12:00: ANNIVERSARY PARTY</b></p> <p style="text-align: center;"><b>NO LUNCH, LOW IMPACT EXERCISE, BINGO OR CARDIO LITE TODAY</b></p>
<p>21.)</p> <p><b>CLOSED</b></p> 	<p>22.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>23.) <b>MOHEGAN SUN</b> 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>24.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>25.) 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTER &amp; PHOTO CLUB 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>28.) 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>29.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>30.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>31.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p><b>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU &amp; CANCELLATIONS</b></p>