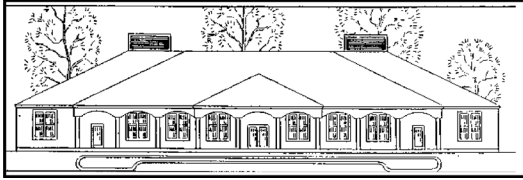


SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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

INFO LINE (203) 924-2355

PLEASE CALL DAILY FOR
SCHEDULE AND CANCELLATIONS

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



JUNE 2019

DOREEN LAUCELLA, DIRECTOR

Volume No. 49 No. 06

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

Welcome Summer!

We had such an unbelievable Spring with our numerous classes, trips and special events. We are a village full of so many talented and devoted members. Great job and thank you to all of you that bring so much to the Center. I can never say thank you enough for all you bring here. We are having our annual Volunteer Brunch on June 21st. Invitations to those who volunteered have been mailed out. Please remember to sign up for this brunch at the Front Desk and get your ticket if you have contributed 50 hours or more to the Center this past year! This is our small way of thanking you for everything you do!

Looking forward to a Sensational Summer ahead!!

Best 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 9:15 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 up to TEN tickets at this time with ALL persons membership cards present and complete payment of these tickets must be done at this time. No seats will be reserved unless these steps are followed. This should alleviate congestion on the days we begin selling tickets for events. 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 themselves 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.

QUESTION FROM THE DIRECTOR

Are you a grandparent who is the primary caregiver of grandchildren? Doreen maybe able to help! Please call or stop by the center to see her to discuss.

ATTENTION SENIORS!!

CHESS PLAYERS WANTED: The Center is looking to add some additional players to our Chess Group on Tuesdays and Thursdays at 10:00AM. All those interested please call the Center.

ARTS & CRAFT SUPPLIES NEEDED: The Arts and Crafts class is asking please for donations of 12" Styrofoam cone forms. Thank you.

RENTERS REBATE

Do you have questions concerning Medicare, Medicaid, Housing or Nutrition Services? See Madga in the Renters Rebate office for free confidential counseling and assistance. Walk-ins are welcome, appointments are preferred. Office hours are 9:30am-1:30pm Monday through Friday. This program runs April 1st - October 1st.

CLASSES, EVENTS & SERVICES

GRIEF SUPPORT GROUP: A new thirteen week seminar session that began in April will continue in June on **Wednesdays at 1:00PM** with Doris Wills. If you need that little extra help to get through the day please stop by and meet with these wonderful group of people who will be here weekly. Friendship, support and compassion is what you will find with this group. Members welcome. Please register at the front desk.

BLOOD PRESSURE SCREENINGS: Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, June 3rd from 12:00-1:30PM**. All are welcome.

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, June 6th from 2:00PM-4:00PM**. BYO snacks and beverages, cabaret style! Great movie...and company! This month's showing is the new blockbuster **"A Star Is Born"** with Bradley Cooper and Lady Gaga.

BEYOND BEGINNERS BRIDGE CLASS: A new class starting where Beginner's Bridge left off. You will continue with topics on style, conventions, algorithms, etc. Additional topics will be chosen by class. Instructed by Pete Ross. One hour class for six weeks. Begins **Friday, June 7th at 10:00am**. Please sign up at front desk.

CHORUS CONCERT: The Shelton Songsters will be performing their late "Summer" show on **Friday, June 7th at 1:00PM**. Come enjoy the talents of our seniors. Light refreshments served.

MEET & GREET "SINGLES" SOCIAL: A social gathering for our Single Seniors on **Tuesday, June 11th at 1:00PM**. All are welcome. Light refreshments served.



MEDICINE SHOPPE: Dipika Patel, PharmD on **Thursday, June 13th at 11:00AM** will be here to assist you with questions you may have, bring your meds and she will go over them with you. Blood pressure and diabetes screenings will also be available.

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, June 14th from 10:30AM-12:00PM** will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

FATHERS DAY BBQ: On **Friday, June 14th at 12:00PM** we will be having a Barbeque Luncheon for all the special guys. Included is a Hamburger and Hot Dog, Mac Salad, Baked Beans and Pickle followed by Dessert and Coffee. Music entertainer will be Paula Pettinella. \$10.00 member and \$15.00 per guest. **Tickets on sale till sold out.**

BOOK CLUB: On **Friday, June 14th 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 months book will be "The Quality of Life Report" by Megan Dawn.

ELDER LAW SESSION: On **Wednesday, June 19th at 10:30AM** Certified Elder Law Attorney, Attorney Drzen will be speaking this month about the topic "My spouse is having a health crisis. How do we stay out of the poor house?"

VOLUNTEER BRUNCH: On **Friday, June 21st from 11:00AM-1:00PM** we will be celebrating all our wonderful volunteers here at the Center. An invitation has been sent to those in the mail and an RSVP is needed prior to attend. A Senior Art Showcase will be displayed. Please contact front desk with your RSVP and pick up your ticket.

HOT TOPICS: *NEW* Join Jan and others every fourth Thursday of the month with fun and rousing conversations about topics pertaining to nowadays society. Kick off is on **Thursday, June 27th at 10:00AM**. All are welcome!

ICE CREAM SOCIAL: On **Friday, July 19th at 1:00PM** join us for sundaes and delight in the Rat Pack music by Dean Martin and Frank Sinatra impersonators. Cost \$5.00 member and \$10.00 guests. **Tickets go on sale June 7th.**

JUST ADDED!! MOHEGAN SUN CASINO: A Shelton Senior Center sponsored trip will be held on **July 23rd**. Bus transportation, food and game vouchers included. Cost \$23.00 member & \$28.00 guest. **Registrations begin on June 21st.**

UPCOMING TRIPS

ITS SHOWTIME AT THE LOG CABIN: Enjoy a Lobster Feast and The Great American Swing Band on **June 13th** at The Log Cabin in Holyoke, MA. Cost: \$109.00. Registrations going on now.

CT SUN VS. SEATTLE STORM AT MOHEGAN SUN: Enjoy a WNBA game at the casino on **June 16th**. Includes a food voucher and casino bonus too! Cost: \$55.00. Registrations going on now.



THE INSPIRING INTREPID: Visit NYC to see the Intrepid and have lunch (TBA) on **June 26th**. Cost: \$115.00. Registrations going on now.

FUTURE TRIPS

BOSTON POPS AT TANGLEWOOD: Across the Stars: Music of John Williams on **July 7th** in the Berkshires. Enjoy lunch at The Red Lion inn followed by the show at Tanglewood. Cost: \$145.00. Registrations going on now.

COINS & CLAWS: On **July 12th** head to Abbott's Lobster in the rough in Noank, CT for lunch followed by a visit to Mohegan Sun where you will receive a casino package including a food credit. Cost: \$77.00. Registrations going on now.

JUST ADDED! NIAGARA FALLS: On **July 16th—July 19th** enjoy a 3 night stay and a fully packed itinerary filled with food and activities along with transportation. Please see Center for details. Cost: \$630.00 Double, \$849.00 Single, \$570.00 Triple. Registrations going on now!

THE REAL QUEBECOIS: Spend five days dining and enjoying the sites in Quebec City, Canada from **July 22nd-26th**. For itinerary please see Center. Cost: \$1079 Double, \$969 Triple, \$1509 Single. Registrations going on now.

WNBA CT SUN BASKETBALL AT MOHEGAN SUN: CT Sun versus New York Liberty game on **July 24th** at 11:30AM. After the game enjoy lunch and gaming tables before heading home with a food and casino voucher. Cost: \$57.00. Registrations going on now.

ESSEX DINNER TRAIN & RIVERBOAT RIDE: Enjoy a three course lunch, train and riverboat sightseeing excursion on **July 25th**. Cost: \$97.00. Registrations going on now.

SARATOGA: On **August 8th** depart to "The Sport of Kings" in Saratoga, NY. Cost: \$79.00. Includes transport

and grandstand admission with reserved seating. Registrations going on now.

BLOCK ISLAND: On **August 15th** head to Point Judith, RI and board a Ferry to beautiful Block Island. Once you arrive enjoy a narrated Island tour and a complete luncheon at The National Hotel. Cost: \$139.00. Registrations going on now.

LAKE GEORGE & SARATOGA: Enjoy a two night three day stay from **August 21st—23rd** taking in the sights, shows, races and cuisine of NY on this fully packed trip. Please see itinerary at the Center. Cost: \$489.00 Double, \$692.00 Single, \$469.00 Triple. Registrations going on now.

WESTCHESTER BROADWAY "MAMBO ITALIANO": On **August 29th** travel to Elmsford NY for a matinee performance and lunch. Cost: \$105.00. Registrations going on now.

9/11 MEMORIAL AND MUSEUM: On **September 5th** depart to NYC to visit the national tribute of remembrance and honor to those lost in 9/11. After the museum have a family style lunch at the famous Italian restaurant Carmine's. Cost: \$115.00. **Registrations begin on June 28th.**

THE BIG E: Celebrate Connecticut Day on **September 18th** at New England's Great State Fair in Mass. Cost: \$53.00. **Registrations begin on June 28th.**

TRAINS OF NEW ENGLAND: From **September 30th through October 6th** enjoy New England at its finest. Itinerary can be viewed at the Center. Cost: \$1719.00 PP Double. \$2319.00 Single. \$1669.00 PP Triple. **Registrations begin on June 28th.**

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.



The Shelton Senior Center Dancers

Shown left to right: Bernice, Mary Ann, Carol, Brenda, Judy & Anna
These talented ladies performed "Staying Alive" at our Chorus concert this Spring. A job well done!



WELCOME SUMMER

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

AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION



JUNE 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>4.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 12:00: CROCHET & 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>5.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:00: CHORUS REHEARSAL 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE 1:30: INTERMEDIATE LINE DANCE</p>	<p>6.) 9 & 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 2:00: MOVIE 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>7.) 8:00: WALKING CLUB 9:30: ICE CREAM SOCIAL TICKETS GO ON SALE TODAY 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: BEYOND BEGINNERS BRIDGE *NEW 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: CHORUS CONCERT 3:00: CARDIO LITE</p> <p style="text-align: center;">* NO BINGO TODAY</p>
<p>10.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>11.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: MEET & GREET SINGLES SOCIAL 1:00: POOL LESSONS 1:00: MAH JONGG</p> <p>3:30: COMMISSION MEETING</p>	<p>12.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>13.) LOG CABIN 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 11:00: MEDICINE SHOPPE 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>14.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 9:30: EXECUTIVE MEETING 10:00: BEYOND BEGINNERS BRIDGE *NEW 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 10:30: VALLEY PARISH NURSES 12:00: FATHERS DAY BBQ 1:00: BOOK CLUB</p> <p style="text-align: center;">* NO LUNCH, LOW IMPACT, BINGO & CARDIO LITE TODAY</p>
<p style="text-align: center;">Sunday</p> <p>16.) MOHEGAN SUN</p> <hr/> <p>17.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO SPONSORED BY APPLE REHAB 1:00: PAINTING (OPEN STUDIO)</p>	<p>18.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 12:00: CROCHET & 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>19.) 9:00: FREE FACIALS 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: ATTORNEY DRAZEN 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS BEGIN 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>20.) 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 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>21.) 8:00: WALKING CLUB 9:30: MOHEGAN SUN REGISTRATIONS BEGIN TODAY 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: BEYOND BEGINNERS BRIDGE *NEW 10:00: DOMINOES 11:00: VOLUNTEER BRUNCH</p> <p style="text-align: center;">* NO LUNCH, LOW IMPACT, BINGO & CARDIO LITE TODAY</p>
<p>24.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>25.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 12:00: CROCHET & 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>26.) INTREPID IN NYC 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>27.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 10:00: HOT TOPICS W/JAN *NEW* 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>28.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: REGISTER FOR SEPTEMBER TRIPS 9:30: COMPUTER & PHOTO CLUB 10:00: BEYOND BEGINNERS BRIDGE *NEW 10:00: DOMINOES 12:00-4:00: AAA DRIVERS SAFETY 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
	<p>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</p>		<p>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU & CANCELLATIONS</p>	