Shelton Senior Center Staff Directory
Shauna Dumas, Assistant
Diane Gannon, Clerk
Virginia Rodriguez, Clerk
Kathy Moran, Renters Rebate
Art Botsford & Chris Wills, Custodian
Vivian Kudej, Kitchen

Greetings From The Director
As Winter closes and Spring is near we look forward to many upcoming events, seminars and much needed health and safety classes. These are all designed for our Seniors. Please take advantage of all things available to you. Should there be something you are specifically looking for, come talk to me and I will see what can be done. I look forward and appreciate the feedback.

Reminder: Our 50th Anniversary is on Sunday, March 29th at 1:00PM at Vazzanos Four Seasons Stratford, CT. A complete multiple course delicious sit down meal will be provided along with music and dancing by Over Easy Band. Lots of special people from our Center’s past and present will be in attendance along with a few surprises to celebrate our Center for all these many years. We look forward to having you all take part in this fun filled party as we celebrate you, the past, the present and the future members that make up the Shelton Senior Center. Tickets on sale until sold out.

Warm Regards, Doreen

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 (excluding Center sponsored Casino trips, guests can register one week after tickets go on sale). 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 cooperation.

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: Do you have questions concerning Medicare, Medicaid, Housing or Nutrition Services? See Kathy 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. Please call Center for more information.
SALEN CLASSES, EVENTS & SERVICES

COFFEE WITH JOE: Joe Laucella, Director of Operations of Echo Hose Ambulance will be on site twice a month to be available to meet with residents. This month he will be here on Monday, March 2nd and Tuesday, March 17th 10:30AM-11:30AM. The Echo Hose Ambulance team will be able answer questions about Shelton EMS, help residents register any special needs or instructions into their dispatch system, assist with connecting people with medical resources in the community, provide residents with a “File for Life” emergency medical card and help residents build an emergency medical plan for their home. In addition, their team can discuss any billing questions or answer any other questions you may have regarding the local EMS system. Echo Hose Ambulance is the primary ambulance provider for the City of Shelton. Their service responds to over 5300 emergency calls each year and they are committed to providing our community with the highest level of pre-hospital emergency care. Please drop in and meet with Joe and his team. Light refreshments.

BLOOD PRESSURE SCREENINGS: Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on Monday, March 2nd from 12:00-1:30PM, All are welcome.

HEARTS OF HOPE: Looking to do a craft that offers itself to be enjoyed by many? Come join Gwen and this new group that will enable you to be busy and walk away very rewarded. Classes will be held twice a month on the first and third Wednesdays. This month will be March 4th and 18th from 10:00am-12:00pm. Stop by the front desk for a visual to see what its all about.

MOVIES AT THE CENTER: All are welcome to join us for a FREE movie on our new GIANT flat screen in the dinning hall Thursday, March 5th from 2:00PM-4:00PM. BYO snacks and beverages, cabaret style! Great movie...and company! This month’s showing is the “Judy” starring Renee Zellweger.

NEW! CARD MAKING CLASS: Join the talented “Purple Rose” one Friday a month as she instructs you how to craft your own seasonal and holiday appropriate greeting cards. All supplies included and what you make are yours to take. Cost: $5.00 per class. Sign up at front desk. Limited seats available. This month’s class will be held on Friday, March 6th at 10:00am.

HAIR BY DONNA: The Senior Center will be having the lovely and talented Hair Stylist Donna Hering at the Center to provide men and women's hair appointments the first and third Friday of the month between 9AM-12PM. This month she will be here on March 6th and 20th. Call the Center to make your appointment. Donna specializes in Men & Women's Haircuts ($13.00), Roller sets and Blow Dry Styling (prices all vary). Donna brings everything to us! Including her own professional comfortable salon chair for you.

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS INFORMATION SESSION: On Monday, March 9th from 10:00AM-11:00AM Griffin Hospital will be here to discuss topics skills and support to help manage medical conditions on a daily basis. Many diseases will be discussed. Limited Seating available. Please call Center to register.

MEET & GREET “SINGLES” SOCIAL: A gathering for our Single Seniors on Tuesday, March 10th at 1:00PM. This month will be celebrating St. Patrick’s Day with a themed party. Wear your green and lucky charms. Those attending please kindly bring a finger food or treat for all to enjoy.

CLEAR CAPTIONS: On Tuesday, March 10th at 11:00AM John Noonan from Clear Captions will be here to explain the benefits of the new technology for hearing challenged. Pizza will be served. Register at the front desk now.

MATTER OF BALANCE: This six week class begins on Thursday, March 12th from 9:30am-11:30am. Naugatuck Valley Health Department will be running the course that guides Seniors through the many facets of balance. Limited spaces available. Register now at the front desk.

BOOK CLUB: On Friday, March 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 Center member here. This months book will be “And Then There Were None” by Agatha Christie.

DIABETES SELF MANAGEMENT WORKSHOP: This six week class begins on March 16th and is held on Mondays from 9:30am-11:45am. Given by Griffin Hospital. Limited Seating available. Please call Center to register.

ELDER LAW SESSION: On Wednesday, March 18th at 10:30AM Certified Elder Law Attorney, Attorney Drazens topic this month is “Planning now for when you need care: How to find, get and pay for your care.”

ST. PATRICKS DAY CELEBRATION: Celebrate the Irish on Friday, March 20th at 12:00PM-2:00PM. Lunch includes Corned Beef on Rye with potato salad and coleslaw, Irish soda bread, coffee, tea and dessert. Come sit back and relax and enjoy the Irish entertainment. Music by “Francine & Joel.” followed by music and dancing with DJ Rene Caisse. Cost: $10.00 members & $15.00 guests. Tickets on sale till sold out.

MOHEGAN SUN CASINO: A Shelton Senior Center sponsored trip will be held on Tuesday, March 24th. Bus transportation, food and game vouchers included. Cost $24.00 member & $29.00 guest. Registrations on sale now until sold out.

SINATRA AND FRIENDS CONCERT: On Wednesday, March 25th at 2:00PM spend the afternoon enjoying Pianist Dave Scriminti and singer entertainer Marc Garafalo with melodies from the past. Cabaret style...so bring your goodies! FREE. Seats are first come first serve.

HOT TOPICS: Join Jan and others one Thursday a month with fun and rousing conversations about topics pertaining to nowadays society. Kick off is on Thursday, March 26th 10:00AM. All are welcome! Coffee served.

ZENTANGLE 101: Come learn this meditative form of art, Zentangle. “one stroke at a time” on Thursday, March 26th at 1:00PM. No drawing experience necessary. Relax and enjoy this new creative drawing class with certified Zentangle instructor Rosemarie Main. A display will be posted in the lobby to reference an example of this art. Cost: $15.00 for each two hour session. (3 sessions available) Registrations going on now.

50TH ANNIVERSARY PARTY: Celebrate the Center on Sunday, March 29th at 1:00PM at Vazzanos Four Seasons, Stratford, CT. Cost: $25.00 per member & $50.00 per guest. Dinner and dancing. Music by “Over Easy Band.” Menu includes appetizers, salad, pasta, entree (chicken, beef, fish) with potatoes and vegetables, dessert, coffee and tea. Tickets on sale now.

GRIEF SUPPORT GROUP: A new session will be held on Thursdays beginning on April 2nd 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.

COMPUTER CLASSES: New computer classes will begin on Monday, April 6th at 9:30AM and run for seven weeks. Please register at front desk. Limited seats available. $20.00 per person fee.

CAREGIVERS WORKSHOP: On Thursday, April 9th from 4:45PM to 6:00PM enjoy a light dinner along with informational seminar by The Caregivers Valley Senior Service Council. Topic to be announced. FREE. Seats limited. Registrations begin on March 13th.

ROCKIN’ TO THE 60’S: On Friday, April 17th from 12:00PM-3:00PM come have lunch and listen and dance to musician Bob Gianotti as he highlights the 60’s era. Lunch includes mile high sandwich, pasta salad, fruit salad potato chips and pickle with coffee, tea and dessert. Price: $10.00 per member and $15.00 per guest. Tickets go on sale March 6th.

UPCOMING TRIPS


ST. PATRICK’S CELEBRATION AT GAVIN’S RESORT: On Wednesday, March 11th depart to the Catskills for an Irish luncheon at Gavin’s Hill Resort. Enjoy a St. Patrick’s Day Show with a singalong and Irish Step Dancers followed by a visit to the village of East Durham. Cost: $100.00PP. Includes transportation, visit to East Durham, Irish Luncheon and entertainment, one complimentary glass of wine or beer, and gratuity. Register now.

ST. PATRICK’S CELEBRATION AT THE AQUA TURF: On Tuesday, March 17th depart to the Aqua Turf to enjoy an Irish luncheon followed by live entertainment by Padraig Allen and The Maclean Avenue Band. Cost: $86.00PP. Includes transportation, lunch and glass of wine or beer, entertainment, and gratuity. Register now.

BROADWAY: On Wednesday, March 25th head to NYC and enjoy your choice of either West Side Story or TINA—The Tina Turner Musical. Enjoy lunch at the famous Italian restaurant Carmines. Cost: $264.00PP. Register now.

FUTURE TRIPS

MGM SPRINGFIELD: On April 8th depart to the heart of Metro Center in Springfield and enjoy the area’s newest casino. Cost: $39.00PP. Includes transportation, casino bonus, and drivers gratuity. Registrations going on now.

HISTORIC SOUTH: A seven day trip travelling through Savannah, GA & Charleston, SC from April 18th-25th. See Center for itinerary. Cost: $1,745.00PP Double $2185.00 Single $1685.00PP Triple. Registrations going on now.

WESTCHESTER BROADWAY “ALL SHOOK UP”: On April 23rd travel to Elmsford, NY to enjoy lunch and a delightful musical. Cost: $119.00PP. Includes transportation, lunch & show, & gratuity. Registrations going on now.

NASHVILLE GRAND OLE OPRY: April 24-29th. See Center for itinerary. $975.00PP Double. Register now.

WARNER THEATRE “THE PRODUCERS”: On May 3rd depart to Waterbury and enjoy lunch at San Marino Restaurant then head to a matinee performance of this musical. Cost: $119.00PP. Includes transportation, lunch, and show. Registrations going on now.

NEwPORT PLAYHOUSE: Travel to RI and for cabaret, lunch and show “SEX PLEASE, WE’RE SIXTY; on May 21st. Cost: $118.00PP. Registrations going on now.

BEST OF BAR HARBOR MAINE: Enjoy this four day trip May 26th-29th. See itinerary at Center. Cost: $800.00PP Double $1040.00 Single $770.00 Triple. Registrations going on now.

SHOWTIME AT THE LOG CABIN: On June 16th depart to Holyoke, MA for a Lobster Feast & enjoy the Corvettes Doo Wop Revue show. Cost: $111.00PP. Includes transportation, lunch, show and driver’s gratuity. Registrations going on now.

CLASSIC CENTRAL PARK: On June 23rd head to one of the most famous parks in the country. Enjoy a guided tour and lunch at Carmine’s. Cost: $122.00PP. Registrations going on now.

ATLANTIC CITY, NJ & TONY DANZA SHOW: June 23-25th. For detailed itinerary and inclusions see Center. Cost: $310.00PP Double $425.00 Single $310PP Triple. Registrations going on now.

WESTCHESTER BROADWAY “CINDERELLA”: Travel to Elmsford, NY to enjoy lunch and a delightful musical on June 25th. Cost: $119.00PP. Includes transportation, lunch & show, & drivers gratuity. Registrations going on now.

TRIP REGISTRATIONS BEGIN ON MARCH 27TH

WEBSTER LAKE: July 7th. $108.00PP.

LOBSTER & FOXWOODS CASINO: July 9th. $81.00PP.

HISTORIC HUDSON RIVER CRUISE: July 16th. $119.00PP.

SARATOGA RACING & GAMING: August 2nd-3rd. $290.00PP—$403.00PP.

JEFF BARNHART’S RIVERSIDE RAMBLERS AT AMARANTE’S SEA CLIFF: August 6th. $97.00PP.

SARATOGA: August 13th. $79.00PP.

OLD LYME & ESSEX: August 18th. $79.00PP.

WESTCHESTER BROADWAY “9 TO 5”: August 27th. $119.00PP.

ROYAL CARRIBEAN CRUISE “ADVENTURE OF THE SEAS”: August 27th – September 5th. $911.62PP on up.

PLEASE SEE THE CENTER FOR TRIP ITINERARIES.

THANK YOU.
CELEBRATE 50 YEARS!

You are cordially invited to the Shelton Senior Center’s 50th Anniversary Party at

Vazzanos Four Seasons
337 Kenyon Street, Stratford, CT.

Sunday, March 29th
1:00PM - 5:00PM

Seated Meal Includes:
Appetizers - Cheese & Crackers, Fresh Fruit & Vegetables
Garden Salad
Cavatelli Pasta with Marinara Sauce
Entrée - Stuffed Filet of Sole w/ Crab & Shrimp, Chicken Marsala or Beef Sliced Top Round w/ Brown Gravy with potatoes and vegetable
Dessert - Tiramisu
Selected Sodas, Coffee and Tea
A CASH Bar will be available

Music by “Over Easy Band”

Dress Attire Required - No Jeans Allowed

Tickets on sale now until March 20th.
Price: $25.00 per member and $50.00 per non member
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| 2.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT WI 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) | 3.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 12:00: LOW IMPACT EXERCISE 12:30: MAH JONGG 1:00: POOL LESSONS | 4.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00-12:00: HEARTS OF HOPE 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 12:30: CHORUS | 5.) 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: PICTURE 1:30: EXERCISE WITH FRIENDS 2:00: MOVIE 2:00: WI BOWLING 2:30: TAI CHI | 6.) 9:00-12:00: HAIR BY DONNA 9:30: TICKETS ON SALE FOR ROCKIN TO THE “60’S” 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: CARD MAKING 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE |}

Sunday

8.) UCONN AT MOHEGAN

9.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:00: CHRONIC CONDITIONS INFO SESSION WITH GRIFFIN HOSPITAL 10:30: MOVE-IT WI DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO 1:00: PAINTING (OPEN STUDIO) | 10.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 11:00: CLEAR CAPTIONS 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: MUSIC & DANCING 12:30: POOL LESSONS 1:00: MEET & GREET SINGLES SOCIAL 3:30: COMMITTEE MEETING | 11.) GAVIN RESORTS 9:15 ZUMBA 9:30 & 10:15: EXERCISE 10:00: QUITTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 12:30: CHORUS | 12.) 9 & 10:30: STRENGTH TRAIN 9:30-11:30: MATTER OF BALANCE 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: PICTURE 1:30: EXERCISE WITH FRIENDS 2:00: WI BOWLING 2:30: TAI CHI | 13.) 9:30 & 10:15: EXERCISE 9:30: REGISTRATIONS FOR CAREGIVERS WORKSHOP BEGIN 9:30: COMPUTER & PHOTO CLUB 10:00: EXECUTIVE MEETING 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE 1:00: BOOK CLUB |

20.) 9:00-12:00: HAIR BY DONNA 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 12:00-3:00: ST. PATRICKS DAY PARTY NO LOW IMPACT EXERCISE, BINGO-CARDIO LITE OR LUNCH TODAY

21.) 3:00: ANNIVERSARY PARTY AT VAZZANOS FOUR SEASONS STRATFORD

28.) 1:00: ANNIVERSARY PARTY AT VAZZANOS FOUR SEASONS STRATFORD

MARCH 2020

9:30 & 10:15: EXERCISE 9:00-11:00: FREE JUICE BAR SPONSORED BY CT HOME ASSISTANCE 9:30: DIABETES SELF MANAGEMENT WORKSHOP #1 10:00: ARTS & CRAFTS 10:30: MOVE-IT WI 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) 9:30 & 10:15: EXERCISE 9:30: BRIDGE 9:30-10:15: EXERCISE 9:30 & 10:15: EXERCISE 9:00: SQUARE DANCING 10:00: HOT TOPICS 12:30: BEGINNER LINE DANCING 12:30: CHORUS REHEARSAL 1:00: ZENTANGLE 1:00: YOGA W/JILL 1:00: PICTURE 1:30: EXERCISE WITH FRIENDS 2:00: WI BOWLING 2:30: TAI CHI

AQUA TURF 9 & 10:30: STRENGTH TRAIN 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00-12:00: HEARTS OF HOPE 10:00: QUITTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 12:30: CHORUS 1:00: POOL LESSONS 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE

MOHEGAN SUN 9:30 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 12:00: LOW IMPACT EXERCISE 12:30: MAH JONGG 1:00: POOL LESSONS

BROADWAY 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUITTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 12:30: CHORUS 1:00: POOL LESSONS 1:00: BINGO SPONSORED BY DANIEL CARE OF SHELTON 1:30: INTERMEDIATE LINE DANCE 2:00: "SINATRA AND FRIENDS" FREE CONCERT

STOP IN AND JOIN US FOR LUNCH!
LUNCH SERVED FROM 11:45AM-12:15PM

Please call the info line (203) 924-2355 for daily lunch announcements, menu & cancellations.