Dear Shelton Senior Center Friends,

What an amazing Veterans Day celebration. Thank you to all who made it a special day for our Vets. It is hard to believe we are to the last month of 2022.

We are looking forward to a new program sponsored by Griffin Health. It will be offered each month for 12 continuous months. They have been granted funds to enable this special program that will be offered to you free. Every week something new to learn. The “Age Well Program” will be at 9:30AM-10:30AM, please RSVP.

Handicap Parking - Please be mindful that we only have limited spaces and truly try to leave them for people in need, not just because you have a sticker. Thank you!

Tickets are on sale December 1st for the Christmas Holiday Party on December 28th from 12:00PM-3:00PM. $15.00 per person. Music by Airborne. Seats are limited.

Paid priority exercise classes will begin registration this month. Open registrations will immediately follow for classes with openings available to those new participants interested in joining. Please be sure to read within and/or call the Center for more details.

May this season bring joy, love, health and happiness!!

Merry Christmas and Happy Holidays to you and your families!

Warm Regards, Doreen
SHELTON SENIOR CENTER

Hours: 8:30AM – 4:00PM

BINGO: New Game—New Rules. Bingo will be held on Mondays, Wednesdays AND Fridays at 1:00pm—3:00pm. Fourteen game play, paper cards and specials. YOU BRING OWN DABBER. Please note: Beginning in January 2023 Bingo price will be $4.00.

BOOK CLUB: On Friday, December 9th at 1:00pm. This month’s book “True Colors” by Kristen Hannah.

CARD MAKING WITH ROSE: Enjoy making your own cards for any occasion. Come join Rose one Friday a month. Must RSVP as seats are limited to 5. $3.00 per person.

CHESS: Every Tuesday and Thursday at 9:00am. Looking for players. Those interested call Center.

CYBER COMPUTER CLUB: In person at Center or zoom option. Please send an email to receive weekly notices and the Zoom link. (johnroy1@comcast.net jgirard276@gmail.com) Computer workshop sessions to cover “how to” topics such as smartphones, programs, tips and tricks.

DOMINOES: Friday mornings at 10:00am. RSVP at front desk.

LINE DANCING WITH BARB: Fridays at 1:30pm-2:30pm. $3.00 per class. Contact Center for more info.

LUNCH: Lunch will be served at 11:45am—12:15pm. It will be served CAFETERIA STYLE now. The cost for lunch will be $5.00 on a reservation basis. You must call and reserve lunch by 10:00am that morning.

There can be no drop-in for lunch, reservations and lunch selections MUST be made prior.

PINOCHLE: Looking for players. Contact Center if interested.

SOCIAL SINGLES CLUB: A fun group of Seniors who get together once a month to socialize and meet new friends. This month’s theme is “Secret Santa”. Please bring a $10.00 Secret Santa wrapped gift to exchange on Tuesday, December 27th at 1:00pm.

VALLEY TRANSIT: Free transportation provided on Mondays, Wednesdays and Fridays to and from the Center. Please call 203-735-6408 to make your reservations.

PROGRAMS & EVENTS

VETERANS AFFAIRS: Appointment only basis. Please call office for appointments when needed.

BUILD YOUR OWN BOOK: On Thursday, December 8th at 11:00AM come and try something different! You will be amazed! Build your own “Saints History Book.” Enjoy something educational, creative and fun! $13.00 to participate and receive your own book. RSVP at Center by 12/5.

SUNDAY BINGO: On Sunday, December 18th from 1:00PM-3:00PM. Doors open at 12:30PM. $5.00 per game of 14. Specials are additional cost. Register now! Please note: Beginning in January 2023 Sunday Bingo price will be $10.00 plus 1 Final Card.

CHRISTMAS HOLIDAY PARTY: Come join in the Holiday fun on Thursday, December 29th at 12:00PM-3:00PM. Holiday/ugly sweaters encouraged!! Dance the afternoon away with the band Airborne. Lunch will be pork roast, potatoes, veggies, salad, bread, dessert and coffee. $15.00 per person. Tickets on sale December 1st at 9:30AM.
BUS TRIPS

Please call Center and/or see more detailed information on Center bulletin boards.

Christmas Lights & Song—MGM Casino: December 4th. $105.00pp

Christmas in the White Mountains: December 9th-11th. $529.00pp-$719.00pp.

Nashville, Tennessee: March 16th-21st. $1189.00pp-$1528.00pp.

Hawaiian Island Grand Tour: Date TBD. More info at Center.

Tuscany, Italy: October 7th-15th 2023. $2890.00pp not including airfare.

CLASS REGISTRATIONS

Paid class registrations begin December 19th-22nd for priority registrants. Open registration for new registrants begins December 23rd from 10:00-11:00AM. Registration forms will be in lobby December 5th. Please see the lobby for details. New class sessions are set to begin the week of January 9th, 2023.

CHRISTMAS WORD SEARCH

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

Angel  Jingle
Bells    Jolly
Carols   Lights
Celebrate Mistletoe
Chesnuts  Noel
Christmas  Nutcracker
Decorations Ornaments
Eggnog Poinsettia
Festive Presents
Fruitcake Snowflakes
Garland Snowman
Gingerbread Tinsel
Holiday Tree
Holly  Yuletide
### DECEMBER 2022

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<td><strong>PLEASE CALL 203-924-9324 FOR RESERVATIONS PRIOR NO WALK-INS</strong></td>
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<td>5.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 1:00: Painting 1:00: Bingo 1:30: Low Impact 2:00: Corn Hole</td>
<td>6.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Knit &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone</td>
<td>7.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Low Impact 12:30: Mahjong Beg. 1:00: Pinochle 1:00: Bingo 1:30: Low Impact 2:15: Chorus</td>
<td>1.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:00: Zumba Gold 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Drive to Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:30: Step &amp; Tone 3:00: Cardio Lite</td>
<td>2.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning with Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 1:00: Bingo 1:30: Low Impact</td>
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<td>12.) 8:30-3:30: Pool 9:00: Exercise 1 9:00-1:00: Bocce 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 1:00: Painting 1:00: Bingo 1:30: Low Impact 2:00: Corn Hole</td>
<td>13.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:15: AARP Driver Safety 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 10:30: Medicare/Medicare Part D Seminar 11:45-12:15: Lunch 12:30: Knit &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone</td>
<td>14.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Low Impact 12:30: Mahjong Beg. 1:00: Pinochle 1:00: Bingo 1:30: Low Impact 2:15: Chorus</td>
<td>15.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:00: Zumba Gold 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Drive to Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:30: Step &amp; Tone 3:00: Cardio Lite—no class</td>
<td>16.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning with Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:15: Member Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 1:00: Bingo 1:00: Book Club 1:30: Low Impact</td>
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<td>19.) 8:30-3:30: Pool 9:00-1:00: Bocce 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 1:00: Painting 1:00: Bingo 1:30: Low Impact 2:00: Corn Hole</td>
<td>20.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Knit &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone</td>
<td>21.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi—no class 11:45-12:15: Lunch 12:30: Low Impact 12:30: Mahjong Beg. 1:00: Pinochle 1:00: Bingo 1:30: Low Impact</td>
<td>22.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:00: Zumba Gold 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Drive to Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:30: Step &amp; Tone 3:00: Cardio Lite</td>
<td>23.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning with Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 1:00: Bingo 1:30: Low Impact</td>
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<td>26.) CLOSED Merry Christmas</td>
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<td>27.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Knit &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Singles Social Club 1:30: Step and Tone</td>
<td>28.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi 10:30: Age Well Program by Griffin Hospital 11:45-12:15: Lunch 12:30: Low Impact 12:30: Mahjong Beg. 1:00: Pinochle 1:00: Bingo 1:30: Low Impact</td>
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<td>12:00-3:00 Christmas Holiday Party</td>
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| **LUNCH SERVED** | **11:45AM-12:15PM**  
Lunch includes Entrée, Dessert, And Bottled Water.  
$5.00  
Check or exact change  
-CALL FOR RESERVATIONS- | **DAILY LUNCH ALTERNATIVE OPTION**  
Substitute the Main Entrée for Large Cup Of Soup with a Roll  
$4.50 | 1.) Kielbasa w/Kraut, Potatoes and Veggies OR Large Italian Wedding Soup w/Roll | 10. Sausage & Pepper Sub with Salad OR Large Tomato Soup w/Roll | 2.) Meatball Parmesan with Veggies and Salad OR Large Italian Wedding Soup w/Roll |
| 5.)   | Shepherd's Pie, Salad and Bread OR Large Tomato Soup w/Roll | 6.) Chicken Parmesan, Potato and Veggies OR Large Tomato Soup w/Roll | 7.) Beef Stew with Salad and Bread OR Large Tomato Soup w/Roll | 8.) Sausage & Pepper Sub with Salad OR Large Tomato Soup w/Roll | 9.) Ham & Cheese on Hard Roll, Chips and Mac Salad OR Large Tomato Soup w/Roll |
| 12.)  | Pasta with Meat Sauce, Salad and Bread OR Large N.E. Clam Chowder w/Roll | 13.) Cheese Pizza Slice, Salad and Fruit Cup, Chips and Pasta Salad OR Large N.E. Clam Chowder w/Roll | 14.) Grilled Chicken Breast, Potato and Veggies OR Large N.E. Clam Chowder w/Roll | 15.) Stuffed Cabbage, Mashed Potatoes and Veggies OR Large N.E. Clam Chowder w/Roll | 16.) Meatloaf with Gravy, Potato and Veggies OR Large N.E. Clam Chowder w/Roll |
| 19.)  | Stuffed Pepper, Mashed Potatoes and Veggies OR Large Minestrone Soup w/Roll | 20.) Roast Pork in Gravy, Sweet Potatoes and Veggies Large Minestrone Soup w/Roll | 21.) Minestrone Soup and Grilled Cheese Combo OR Large Minestrone Soup w/Roll | 22.) Roast Beef in Gravy, Mashed Potatoes and Gravy OR Large Minestrone Soup w/Roll | 23.) Salisbury Steak, Mashed Potatoes and Gravy OR Large Potato & Ham Soup w/Roll |
| 26.)  | **CLOSED** |                                                                                     |                                                                                             |                                                                                             |                                                                                             |
| 27.)  | Chicken Marsala, Mashed Potatoes and Veggies OR Large Potato & Ham Soup w/Roll |                                                                                     |                                                                                             |                                                                                             |                                                                                             |
| 28.)  | Roast Beef and Cheese on Roll w/Fixings and Pickled Beet Salad OR Large Potato & Ham Soup w/Roll |                                                                                     |                                                                                             |                                                                                             |                                                                                             |
| 29.)  | **No Lunch Today**  
Christmas Holiday Party |                                                                                     |                                                                                             |                                                                                             |                                                                                             |
| 30.)  | Pizza & Salad |                                                                                     |                                                                                             |                                                                                             |                                                                                             |