



SHELTON SENIOR CITIZENS CENTER

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DAILY INFORMATION LINE x-1550

GENERAL INFORMATION & RESERVATIONS x-1551

DOREEN LAUCELLA - DIRECTOR/MUNICIPAL AGENT x-1450

SHAUNA - ASSISTANT DIRECTOR OF SENIOR SERVICES x-1451

GINA - SENIOR CLERK x-1452

DIANE & SHARON - RECEPTIONISTS x-1453

KATHY - RENTER REBATE COORDINATOR x-1454

CHRIS - CUSTODIAN x-1551

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Dear Shelton Senior Center Friends,

Spring has sprung! We are making our way through a very busy month. Keep your newsletter handy so you do not miss a thing! Trips, travel and events abound this month. Cinco De Mayo brings out the "Salsa and Chips" with Senior 101 Panel Educational Seminar Housing, Finance and Moving Transitions on May 5th at 10:00am. Join us for fun, food and facts!

Senator Perillo will be here on Wednesday, May 13th at 10:00am for a community conversation regarding many important topics pertaining to our Seniors.

We have someone new joining us! We welcome "Hair by Melinda" who will be here for our Senior ladies on Thursdays beginning this month! Make your appointment at the front desk. \$40.00. Her amazing talents await.

Our Spring Fling will be taking place on Friday, May 15th. Join us as we have lunch and dance to the music of Craig Colestro for a fun-filled afternoon.

A special thank you to Joan Joyce, leader of our "new" Bereavement group which is open and welcoming everyone who have a need.

Please be sure to take a stroll past our travel board regularly, it is up to date with new upcoming day and overnight trips. We are adding to it often.

Enjoy Spring and all the beauty it has to offer. Look forward to seeing you soon!

Warm Regards, Doreen

LUNCH SERVICE

Lunch is served cafeteria style, from 11:45am to 12:15pm. The cost for lunch is \$5.00, on a reservation basis. Daily additional items available for an extra charge at time of purchase. You must call and reserve lunch the day before OR register yourself on the sign up sheet located at the front desk the day before. Please no messages to be left on voicemail. Contact the Center during business hours and speak to a staff member to reserve. Weekly menus will be made available the Thursday prior, at the front desk and also announced on the daily information line. **No drop-in's for lunch. Reservations and lunch selections MUST be made THE DAY BEFORE.** If lunch is ordered and you do not cancel before 9:00am the day of, that lunch you will be responsible for paying. No exceptions for no shows.

DAY AND OVERNIGHT TRIPS

NEWPORT RI, LUNCH & HARBOR COASTAL QUEEN CRUISE: May 1st. \$168.00pp.

SEVEN ANGELS THEATER "A GRAND NIGHT FOR SINGING": May 9th. \$149.00pp.

BEEGEES AT AQUATURF: May 14th. \$132.00pp.

CULINARY INSTITUTE OF AMERICA IN NEW YORK: June 25th. \$178.00pp.

TALL SHIPS BOSTON: July 12th. \$196.00pp.

ATLANTIC CITY NEW JERSEY & MAMMA MIA SHOW: July 22nd-24th. \$519.00pp.

TWIN LOBSTERS AT LOG CABIN: July 30th. \$166.00pp.

NEW YORK STATUE OF LIBERTY, ELLIS ISLAND & 911 MUSEUM: August 7th.
\$149.00pp.

CAPE COD, MARTHA'S VINEYARD, HYANNIS, SANDWICH, CHATHAM MA.: August 17th-
20th. \$1049pp.

LIGHTHOUSE CRUISE IN NARRAGANSETT BAY: September 13th. \$158.00pp.

SWITZERLAND AND ITALY: September 19th—28th. \$5,969.00+pp.

CANYON OF PENNSYLVANIA: October 5th-7th. \$739.00pp.

WASHINGTON D.C.: October 10th-12th. \$609.00pp.

RADIO CITY CHRISTMAS SPECTACULAR: November 8th. \$188.00pp.

TENNESSEE CHRISTMAS—NASHVILLE: December 3rd-7th. \$3,599.00pp.

Deposits are now due upon request of registration for each trip.
Register WITH DEPOSIT early, our trips sell out fast!

CLASSES AND EVENTS

AARP: On **Tuesday, May 12th at 9:00am-1:00pm** we will be hosting AARP Driver Safety class. Call to reserve your seat. \$20.00 members and \$25.00 non-members.

AGE WELL: On **Wednesday, May 20th at 10:30am** Griffin Hospital will be here discussing, "Body Mechanics and Adaptive Equipment." Limited Seats.

BBQ: On **Friday, June 19th at 12:00pm** celebrate the kick off of summer with us at our annual BBQ. Hot Dog, Hamburger with Fixings, Potato Salad, Baked Beans, Coffee and Dessert. \$10.00pp. Tickets on sale May 22nd.

BEREAVEMENT GROUP: A Support Group led by State of CT Licensed professional counselor Joan Joyce, MS. NCC. LPC, CSA. The group will begin to meet twice a month beginning on **Monday, May 11th and 25th from 1:00-2:30pm**. The group will offer a safe, compassionate and supportive environment. It will offer participants an opportunity to connect with others to gain understanding of emotions, during the grieving process.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. **\$5.00**. Bring your own dabber.

BOOK CLUB (WEDNESDAY): This month's book is "Notes from the Underground, White Nights, The Dream of a Ridiculous Man" by Fyodor Dostoevsky. It will be held on **Wednesday, May 20th at 1:00pm**.

BOOK CLUB (FRIDAY): This month's book is "Shutter Island" by Dennis Lahame. It will be held on **Friday, May 1st at 1:00pm**.

HAIR BY MELINDA: Beginning **Thursdays, May 14th & May 28th** Melinda will be here two Thursdays a month for women's hair from 12:00pm-3:00pm. Appointments may be made at front desk. \$40.00.

HEATHER'S HOME CARE CRAFT WORKSHOP: Come join in on our "Tea Party" on **Friday, June 12th at 10:30am**. If you enjoy crafts this one is for you. RSVP at front desk. Limited seats. FREE.

EVOLUTION OF THE FLAG: On **Tuesday, May 26th at 10:00am** Ripton Parish Chapter NSDAR will be here for a presentation that will highlight the various changes to the American Flag as the states were added to the Union from the original 13 colonies in 1777 to the first Flag Act through the 50th state addition in 1959.

FLAGS FOR HEROES: On **Saturday, June 13th at 11:00am** The Shelton Rotary will be hosting a community tribute honoring our Veterans and local heroes. We here at the Shelton Senior Center have sponsored a flag to honor our special Veterans who we care so much about. The ceremony will be held at **Shelton Veterans Memorial Park** and will feature patriotic reflections, community recognition and gratitude honoring those who served. This years event coincides with the United States 250th Anniversary, making it a powerful moment to celebrate patriotism, unity and service. We look forward to seeing you there!

LEGISLATIVE UPDATE WITH SENATOR PERILLO & SHELTON DELEGATION: On **Wednesday, May 13th at 10:00am** there will be a community conversation regarding affordability and cost of living, local control and overdevelopment, and good governance, the Connecticut 2026 Legislative session covered it all.

MEN'S HAIRCUTS: Well known area barber Tom Baklik will be here two Thursday afternoons a month. Make appointment at front desk. \$15.00 per cut. This month on **Thursdays, May 7th and 21st from 12:30pm-2:30pm**.

SENIOR 101 PANEL: Join us on **Tuesday, May 5th at 10:00am** for a Senior 101 Workshop bringing together trusted local professionals to guide seniors and their families through important life transitions with confidence and support. Panelists include Lisa Bisson (Masonicare at Crosby Commons), Justin Brown (Oasis Senior Advisors), Denise Mortati (Elder Care and Estate Planning), Danielle Ramos (National Health Care Associates), Erica Gabrenas (SYNERGY HomeCare), Joe Violetta (4Core Financial), and Joseph Laucella (Carey and Guarrera Real Estate). The panel will be facilitated by Brian Sherwood. Brought to you by Carrie Frawley, co-owner of Caring Transitions of Milford. Topics include downsizing, senior living options, home care, rehabilitation, selling your home, financial planning, Medicare, and estate planning. Light refreshments will be provided.

SINGLES SOCIAL CLUB: Come join this active group to meet and mingle at their next group meeting on **Tuesday, May 19th at 2:15pm**.

SPRING FLING: On **Friday, May 15th from 12:00pm-3:00pm**. Music by: Craig Colestro. Lunch: Hero Sandwich, Pasta Salad, Garden Salad, Coffee and Dessert. \$10.00pp. Tickets on sale now.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, May 6th from 10:30am-12:30pm**.

VETERAN AFFAIRS: State of CT Veteran Affairs will be here to meet with our Vets. Mary will be available to discuss all matters with you every **Thursday at 9:00am**.

STATE OF CONNECTICUT RENTERS' REBATE PROGRAM

The Connecticut Renters' Rebate Program provides once-per-year rebates to older adult or disabled renters whose incomes do not exceed certain thresholds and who meet residency requirements. The program is administered through the Renters' Rebate Office located in the Shelton Senior Center.

Between now and September 1st, qualified Shelton residents can apply through the Renters' Rebate Coordinator for reimbursement of rent and utility payments (excluding cable and telephone) that were made in the preceding calendar year.

Applicants who qualify may receive up to \$700 for a single person or up to \$900 for a married couple. The rebate amount is calculated on a graduated income scale based on the amount of rent and utility payments, excluding cable and telephone, made in the previous year.

Complete details of the program can be obtained by calling the Renter's Rebate office located in the Senior Center, 203-924-9324 x1454.

TRANSPORTATION

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

K P N Q P C D H M Z N E M X J	May
L H M A Q I G I S O L G O X K	May Day
A D L E B N S M C R D R T P G	Mother's Day
D F M V M C Q P M E Q J H L J	Flowers
Y Q A N T O M M R Z O B E A D	Spring
B U Y R J D R A R I T B R N G	Cinco de Mayo
U V A Y G E B I Y S N Y S T A	Garden
G V C N M M G U A D H G D S R	Memorial Day
G Q Z Q A A X I T L A T A S D	Butterfly
X K Q E Q Y Y G X T D Y Y N E	Ladybug
H M I F L O W E R S E A R W N	Plants
G B E F J F E W C F M R Y Z K	Grass
W W L I L G R A S S T K F F J	
H H U F K Z L I O E Z G T L F	
F U D F N I I U U M V Z H V Y	

