

SHELTON SENIOR CITIZENS CENTER

81 WHEELER STREET
SHELTON, CONNECTICUT 06484
(203) 924-9324
www.cityofshelton.org

Call our main line (203) 924-9324
Info Line Ext: 1550
General Info & Reservations Ext: 1551

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Vol.53 No.12

DECEMBER 2023**Doreen Laucella, Director**

d.laucella@cityofshelton.org

&

The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Chris & Art

Dear Shelton Senior Center Friends,

What a busy Fall we have had. Halloween was a Spooktacular time! All the costumes were great! Danced the afternoon away. Congratulations to all our winners. Our "Valley Goes Pink" fundraiser raised over \$300.00. Many thanks to the crafters who diligently put on the "Pink" and all those who supported this local cause.

The Center is looking for Bingo callers. We will train those interested. Bingo is held Mondays, Wednesdays and Fridays from 12:30pm-3:00pm. Please contact me if you would like to volunteer. We would greatly appreciate the additional help!

Veterans Day is my favorite event of the year. A big shout out and thank you to Dennis Salzer for his commitment and dedication to our special day. Thank you to our "Shelton Songsters" Chorus for their beautiful melodies, so heart felt. Thank you to John Girard for his technical talents. Thank you to our exceptional quilters, knitters and crafters who have donated their time and beautiful items towards the bountiful raffle. Thank you to all our participants and guests who make this day memorable for our Veterans. Lastly, a special thank you to our Veterans who have served our Country, we greatly appreciate YOU! God Bless America!

Wishing you all a wonderful holiday season, Merry Christmas and
Happy Healthy New Year!

Warm Regards, Doreen

CLASSES AND EVENTS

AGE WELL PROGRAM WITH GRIFFIN HEALTH: On **Wednesday, December 27th from 10:30am-11:30am**. Nurses will be providing sessions on different topics. Must RSVP.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. **\$4.00**. Bring your own dabber.

BOOK CLUB: Join Pete D'Ostilio on **Friday, December 8th at 1:00pm** for a discussion on the book, "I Know Why The Caged Bird Sings," by Maya Angelou.

CHORUS CONCERT: The Shelton Songsters Chorus will be performing their concert on **Friday, December 22nd at 1:00pm**. They will be singing all the holiday favorites. Free.

HOLIDAY SOCIAL: Join us on **Friday, December 29th from 12:00pm-3:00pm**, to celebrate the holidays together. Music by: Paula Pettinella. Lunch: Pork Roast, Potatoes, Vegetable, Salad, Bread, Dessert and Coffee. Price is \$15.00 per person.

JUDGE FRED ANTHONY: On **Wednesday, December 6th at 10:30am**, Judge Anthony will be here to discuss probate, estates and wills. A question/answer forum will follow. Free.

LINE DANCING W/ TOM: Every Wednesday at 12:30pm. \$3.00 per class drop in fee.

MEET THE AUTHOR: "What Are the Chances" novel, written by local Shelton resident Gary Scarpa, will be here on **Friday, December 8th at 2:00pm** to discuss his book about love, perseverance and of destiny. Free. Please register at front desk.

PULSE 4 PULSE: On **Monday, December 11th from 10:00am-1:00pm**, Pulse 4 Pulse will be onsite providing diagnostic testing for early detection in asymptomatic patients. Bring your insurance cards. No appointment necessary. First come first serve. More detailed information at front desk.

SOCIAL CLUB: This month's meeting will be held on **Tuesday, December 19th at 2:15pm**. A holiday party will take place. Those attending please bring a wrapped secret Santa gift, to partake in the special event.

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

VETERAN AFFAIRS: The **second Tuesday of each month at 12:30pm**. The Connecticut Veteran Affairs will be here to privately help assist with questions and provide information to our Senior Veterans. First come, first serve.

WHITE MOUNTAINS, NEW HAMPSHIRE: December 13th-15th.

2024 Trip Line Up Coming Soon!!

PAID CLASS REGISTRATIONS

Registrations will be held for the following classes:

Move-It with Darlene

Strength Training

Zumba Gold

Registration forms/information are located in the lobby. Fees vary.

The new six month session will begin January 2024.

Paid priority class registration renewals will be Friday, December 1st and go through Wednesday, December 6th *for current participants only* (those who are enrolled in the class this session). Payment and registration form must be completed and handed in at the front desk during these dates or you forfeit your seat in class.

Open registration for new participants begins Monday, December 11th from 11:00-11:30AM. Any open seats available in the above classes may be filled, at this time. This is a first come, first serve basis. A number will be handed to you upon your arrival at the front desk beginning at 10:45AM, to wait in line for registrations to begin at 11:00AM.

Please have your registration forms filled out in its entirety, your payment in the form of a check (made payable to City of Shelton) and your Shelton Senior Center membership card in hand. You will be turned away if you do not have these items at time of registration.

Thank you.

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.

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.




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.**

DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		HOURS OF OPERATION 8:30AM – 4:00PM		1.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Priority Reg Begins 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 9:30: Matter of Balance 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
4.) 8:30-3:30: Pool 9:00: Diabetes 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	5.) 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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone	6.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30: Probate Judge Fred Anthony 10:30: Valley Parish Nurs- es Blood Pressure 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 2:00: Chorus 3:30: Priority Reg Ends	7.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:30: Matter of Balance 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	8.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:15: Executive Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 9:30: Matter of Balance 10:00: Dominoes 10:15: Member. Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact 2:00: Meet The Author
11.) 8:30-3:30: Pool 9:00: Diabetes 9:00: Exercise 1 9:00: Move-It 10:00 –1:00: Pulse 4 Pulse Screenings 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:00-11:30: Open Reg 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	12.) 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: Veterans Affairs 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 3:00: Committee Meeting	13.) WHITE MOUNTAINS 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 2:00: Chorus	14.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:30: Matter of Balance 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	15.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
18.) 8:30-3:30: Pool 9:00: Diabetes 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	19.) 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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 2:15: Social Club	20.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 2:00: Chorus	21.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:30: Matter of Balance 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	22.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Card Making 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 1:00: Chorus Concert 1:30: Low Impact
25.) CLOSED 	26.) 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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone	27.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30-11:30: Age Well 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact	28.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:30: Matter of Balance 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	29.) 8:00: Walking Club 8:30-3:30: Pool 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: Holiday Social



CHRISTMAS WORD SEARCH

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

