

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

Vol.55 No.03

MARCH 2025



Doreen Laucella, Director
&

The Shelton Senior Center Team
Shauna, Gina, Diane, Nancy, Sharon, Kathy
Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

We are almost past Winter, however a few reminders to all. When there is inclement weather, we may not be able to get to the Center to change the daily information line to update. If you call and the previous days message is still on the recording, please know the building is closed, continue to try and it will be updated once I have gotten into the Center. If you see it has been bad weather through the night you can assume on some type of delay the next day. You may want to get to Center but the City must remove the snow from all municipal parking lots, sidewalks and pathways. Thankful for the City workers who do an amazing job to help us. Please keep in mind before heading out to the Center. Remember we do not follow the schools closing schedules. We are on our own closure schedule.

I would like to remind all members about protocol for members who fall or have any health issues, Although, I am very appreciative for your caring ways in attempts to help, I must ask you to please refrain. We have a process and protocol. The staff must follow in emergency situations. If someone is down please go get a staff member immediately and then kindly step away from the area. It is natural for everyone wanting to help or try to see the happenings. This has caused in the past an interference with staff and emergency personnel. This happening is not allowing the necessary care needed for the individual getting the assistance, or distracting the staff and/or emergency personnel to handle the situation the way they need to do. I always appreciate everyone's concerns but in these times, the staff or I would reach out if help is needed. Please remove yourself from the area at all times, unless asked otherwise. Thank you.

Looking ahead. Our St. Patrick's Day Celebration is on March 14th! Remember to wear your green! A new trial class called "Pound Fit" will be offered on Fridays at 12:30. We will be heading to World Resort Casino in the Catskills on March 27th. A fun month awaits.

Please be sure to pick up you Shelton Senior Center newsletter for all the happenings in our lobby.

Look forward to seeing you soon!

Warm Regards, Doreen

MEMBERSHIP RENEWAL

Residents are now \$5.00 and Non-Residents are \$10.00, per yearly membership. Non-Resident current members have a grace period to renew until March 1st, if not, membership at the Shelton Senior Center will be forfeited. We at this time are not taking on new Non-Residents. Thank you.

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. There will be no exceptions for no shows.

DAY AND OVERNIGHT TRIPS

NEW YORK BOTANICAL GARDENS: March 19th. \$140.00pp.

CATSKILLS CASINO: March 27th. \$50.00pp.

MEDIEVAL TIMES, NJ: March 30th. \$143.00pp.

WASHINGTON, DC: April 11th-13th. \$1099.00pp - \$1589.00pp.

ELVIS: April 17th. \$125.00pp.

DANCING DREAM "ABBA TRIBUTE" AT AQUA TURF: May 15th. \$129.00pp.

MUSICAL "WAITRESS" AT MAJESTIC THEATER: May 31st. \$155.00pp.

SAVOR THE FLAVOR - PROVIDENCE, RI: June 5th. \$155.00pp.

CANADA'S MAGICAL CITIES: June 19th—24th. \$2,499.00pp - \$3,274.00pp.

IT'S BETTER IN THE BRONX: June 28th. \$139.00pp.

NANTUCKET & MARTHA'S VINEYARD: August 5th-7th. \$779.00pp - \$979.00pp.

NORTHERN CALIFORNIA: September 20th-27th. \$3,889.00pp.

CHRISTMAS TIME IN BRANSON, MISSOURI: November 5th-9th. \$1,719.00pp.

WHITE MOUNTAIN RESORT: December 3rd-5th. \$629.00-\$859.00pp.

LANCASTER, PENNSYLVANIA: December 27th-29th. \$719.00-\$918.00pp.

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.

CLASSES AND EVENTS

AGE WELL: On **Wednesday, March 26th at 10:30am** Griffin Hospital will be here for a discussion about "Health Foods with Chef Daryl" and free blood pressure screening will be available.

AARP DRIVER EDUCATION: **Tuesday, March 11th at 9:00am.** Register now. Limited Seats.

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on **Thursday, March 13th and 27th at 2:00pm.** The meetings will be led by Jim Linden who has over 30 years experience in facilitating. Anyone who would like to attend contact Jim at 203-561-3410.

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 (WEDNESDAY): This month's short story book is "The Stranger" by Albert Camus. It will be held on **Wednesday, March 26th at 1:00pm.** Limited seats

BOOK CLUB (FRIDAY): This month's book is "Five Presidents My Extraordinary Journey" by Clint Hill and Lisa Hill. It will be held on **Friday, March 14 at 1:00pm.** Limited seats.

CHORUS CONCERT: Our very own "Shelton Songsters" will be here on **Friday, March 7th at 1:00pm** singing some musical hits. Light refreshments to be served. FREE.

LINE DANCING W/ TOM: **Every Wednesday at 12:30pm.** New friends are needed for this class of dancing and laughter. Join this group who meets weekly to exercise thru dance. No need to be a dancer for these easy step classes. **\$4.00** per class drop in fee.

MOVIE MATINEE: Enjoy an afternoon with popcorn and a movie in our Center on **Friday, March 21st at 12:30pm.** Movie: "South Pacific."

SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, March 18th at 2:15pm.** Theme: St. Patrick's Party -Wear Green

ST. PATRICK'S DAY CELEBRATION: Bring on the green, **Friday, March 14th at 12:00pm.** Band: Over Easy. Lunch: Corned beef & kraut on rye, potato salad, dessert and coffee. \$10.00pp. Tickets on sale until sold out.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, March 5th from 10:30am-12:30pm.**

VALLEY COINS: Bring your coins on **Monday, March 17th at 10:00am,** VC will be here.

VETERAN AFFAIRS: The second Thursday of each month State of CT Veteran Affairs will be here to meet with our Vets. Bianca will be available to discuss all matters with you. This month she will be here on **Thursday, March 13th from 10:00am-11:00am.**

MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3.) 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 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting/Drawing 1:30: Low Impact 1:30: Rummikub	4.) 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	5.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Valley Parish Nurses Blood Pressure 10:30: Tai Chi 10:30: Cardio Dancing 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 2:15: Chorus	6.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:30: Cardio Lite	7.) 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 10:00: Membership Meeting 10:00: Dominoes 11:45-12:15: Lunch 1:00: Chorus Concert
10.) 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 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting/Drawing 1:30: Low Impact 1:30: Rummikub	11.) 8:30-3:30: Pool 8:45: Strength Train 9:00: AARP Driver Safety 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 3:00: Committee Meeting	12.) 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: Cardio Dancing 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 2:15: Chorus	13.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:00: Scrabble 10:00: Veteran Affairs 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite	14.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: St. Patrick's Day 1:00: Book Club
17.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:00: Valley Coins 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting/Drawing 1:30: Low Impact 1:30: Rummikub	18.) 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: Singles Social Club	19.) New York 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: Cardio Dancing 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 2:15: Chorus	20.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:30: Cardio Lite	21.) Washington 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Card Making 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Movie Matinee 1:30: Low Impact
24.) 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 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting/Drawing 1:30: Low Impact 1:30: Rummikub	25.) 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	26.) 8:30-3:30: Pool 9:00: Exercise 1 9:00:Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Age Well 10:30: Tai Chi 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Book Club 1:00: Pinochle 1:30: Low Impact 2:15: Chorus	27.) Catskills Casino 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite	28.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
31.) 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 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting/Drawing 1:30: Low Impact 1:30: Rummikub	PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550		HOURS OF OPERATION 8:30AM – 4:00PM	Sunday 30.) Medieval Times 

MEMBERSHIP COUNCIL ELECTIONS

As per our bylaws, an election is set at the May 2025 meeting for the Executive Board of the Membership Council. If you or anyone you may know who would be interested in getting more involved, having a say in the happenings and/or bringing new and fresh ideas to the Center please see the following positions open for election. Term consists of two years beginning May 2025 to May 2027. If interested, a sign up sheet will be at the front desk.

If you have any questions, please see Director, Doreen. Thank you!

EXECUTIVE BOARD OF THE MEMBERSHIP COUNCIL POSITIONS

PRESIDENT – Presides at meetings, appoints sub-committees, and represents the Council at official functions.

VICE PRESIDENT – Presides at meetings in the absence of the President.

SECRETARY – Keeps all written records and minutes providing them to all Council members as required.

TREASURER – Has custody of the books and funds and keep all financial records required by law, the Council and/or Committee. A report and status of all funds and the income/expenses shall be provided at each meeting of the Council and Committee.

DELEGATES (3) – With the other officers, they become the Executive Board to advise the planning of activities and represent the general membership.

ALTERNATE DELEGATE – Can be present at the meetings but can only participate if another officer is absent from the meeting.

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

LEPRECHAUN
SPRING
RAINBOW
SUN
GREEN
CLOVER
GOLD
LUCK
RAIN
FLOWERS

