

## 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.54 No.08

# AUGUST 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

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The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Nancy, Felice, Lucy, Brian, Chris & Michelle

Dear Shelton Senior Center Friends,

Thank you to all our generous sponsors who provided gift cards and donations to our "Christmas in July" event. To our wonderful volunteers for your hard work and working together as a team for our first Christmas in July, thank you so much! You helped create an incredible event.

We have some highly anticipated events ahead...

The Senator Kelly Health Fair is back!! Join us and the many vendors on Monday, September 23rd beginning at 9:30am-12:00pm. An abundance of information, giveaways and products will be provided.

Mark your calendars for this popular event.

Please note all classes and activities at the Center are cancelled for the entire day.

Our Ice Cream Social will be held on Friday, September 6th. There has been a deduction in price per ticket. Each ticket is now \$5.00 and we will begin sales on August 1st.

There will be no Committee or Membership meetings this month. They will resume in September.

We have made a few minor changes upon entering the building...

We would appreciate each one of you stopping at the front desk to sign in each and every class or activity you intend to attend that day. This is an intricate part of our daily attendance record keeping tracking who is in the building. We are going back to our attendance taking prior to COVID.

Lunch collection of money will now begin at 11:30am in front of the kitchen. Please bring exact change for your meal purchases. Large bills are very difficult to exchange. Your cooperation in these matters are truly appreciated by the entire staff.

We are looking for volunteers to cashier during lunch from 11:30am-12:15pm. Lunch is Monday-Friday, please contact Doreen if interested.

The summer is passing by so quickly, please stay cool, stay hydrated, stay in touch with us! Many thanks!

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. 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.**

## DAY AND OVERNIGHT TRIPS

**BEACH BOYS TRIBUTE AT AQUA TURF:** Wednesday, August 21st. \$124.00pp.

**ATLANTIC CITY:** Wednesday, August 21st—23rd. \$499.00pp.

**NIAGARA FALLS ONTARIO:** Monday, September 2nd-5th. \$719.00pp.

**911 MEMORIAL MUSEUM:** Thursday, September 5th. \$114.00pp.

**NEW ENGLAND'S BIG E EXTRAVAGANZA:** Thursday, September 19th.  
\$104.00pp.

**INTERNATIONAL BALLOON FEST NEW MEXICO & LAS VEGAS:** Monday, September 30th—October 7th. Prices vary pp.

**OCTOBERFEST AT KRUCKER'S NEW YORK:** Thursday, October 17th.  
\$139.00pp.

**CULINARY INSTITUTE OF AMERICA:** Wednesday, November 6th. \$156.00pp.

**CHRISTMAS FESTIVAL AT MOHEGAN SUN:** Sunday, November 10th. \$95.00pp.

**RADIO CITY ROCKETTES CHRISTMAS SHOW:** Sunday, November 17th.  
\$168.00pp.

**SHADOWS OF THE 60'S HOLIDAY TRIBUTE AQUATURF:** December 3rd.  
\$124.00pp.

**"DANIEL" SHOW LANCASTER PENN.:** December 11th-13th. \$679.00 Double/pp.

## CLASSES AND EVENTS

**AARP DRIVER SAFETY:** Our next Driver Safety Class will be held on **August 13th from 9:15am-1:15pm**. Prices vary, minimal charge. Limited seats. Register at front desk.

**BEREAVEMENT GROUP MEETINGS:** This months meeting will be on two **Thursdays, August 8th and 27th at 2:00pm**. The meetings will be led by Jim Linden who has over 30 years experience in facilitating Bereavement groups for all ages and depth of loss. 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.

**HEALTH FAIR:** Senator Kelly will be hosting a Health Fair on **Monday, September 23rd from 9:30am-12:00pm**. Our Center will be filled with various vendors, free services and giveaways. This is a highly anticipated annual event and not to be missed! **FREE**.  
(All classes, activities and lunch at the Center are cancelled this day)

**ICE CREAM SOCIAL:** Join us on **Friday, September 6th from 1:00pm-3:00pm** for our annual ice cream social. Enjoy specialty made sundaes and a fun afternoon of music and dancing. Music by: Randi & Roslyn. *Price: \$5.00 per person*. Tickets on sale August 1st.

**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.

**NEWTOWN SAVINGS BANK:** On **Tuesday, August 20th at 10:30am** Tina Woehrle and Janice Snyder from Newtown Savings Bank– Shelton, will be here to discuss “Financial Literacy,” understanding finances as a Senior. Question and answer forum will follow.  
Light refreshments served. Please RSVP at front desk.

**RENTERS' REBATE PROGRAM:** The State of Connecticut rental reimbursement program for elderly or disabled renters who meet income requirements. See Kathy in the Renters' Rebate office located at our Center, for details.

**SINGLES SOCIAL:** Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, August 20th at 2:15pm**.  
Refreshments served.

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, August 7th from 10:30am-12:30pm**.

## 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.

# AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;"><b>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</b></p> <p style="text-align: center;"><b>(203) 924-9324 EXT: 1550</b></p>	<p style="text-align: center;"><b>HOURS OF OPERATION</b></p> <p style="text-align: center;"><b>8:30AM – 4:00PM</b></p>	<p>1.) 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 &amp; Tone 3:00: Cardio Lite</p>	<p>2.) 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 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>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 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>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 1:00: Bocce - Italian Class 1:00: Corn Hole 1:30: Step and Tone</p>	<p>7.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Cardio Dancing <b>10:30: Valley Parish Nurses Blood Pressure</b> 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo <b>1:00: Book Club</b> 1:00: Pinochle 1:30: Low Impact</p>	<p>8.) 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 &amp; Tone <b>2:00: Bereavement Group</b> 3:00: Cardio Lite</p>	<p>9.) 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</p>
<p>12.) 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 1:30: Low Impact 1:30: Rummikub</p>	<p>13.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess <b>9:15: AARP Drivers Ed</b> 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: Bocce—Italian Class 1:00: Corn Hole 1:30: Step and Tone</p>	<p>14.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 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</p>	<p>15.) 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 &amp; Tone 3:00: Cardio Lite</p>	<p>16.) 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</p>
<p>19.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: B Cardio—no class 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>20.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train <b>10:30: Newtown Savings Bank "Financial Literacy"</b> 11:45-12:15: Lunch 12:30:Knit &amp; Crocheting 12:30: Mahjong 12:30: B Aerobics—no class 1:00: Bocce—Italian Class 1:00: Corn Hole 1:30: Step and Tone <b>2:15: Social Club</b></p>	<p>21.) <b>BEACH BOYS &amp; ATLANTIC CITY</b> 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 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 Begins</p>	<p>22.) 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 &amp;Tone <b>2:00: Bereavement Group</b> 3:00: Cardio Lite</p>	<p>23.) 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 <b>10:00: Card Making</b> 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>26.) 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 1:30: Low Impact 1:30: Rummikub</p>	<p>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: Bocce—Italian Class 1:00: Corn Hole 1:30: Step and Tone</p>	<p>28.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 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</p>	<p>29.) 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 &amp;Tone 3:00: Cardio Lite</p>	<p>30.) 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</p>

# SUMMER FUN

## Word Search Puzzle



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



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK