

## 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.04

# APRIL 2025



Doreen Laucella, Director

&

The Shelton Senior Center Team

Shauna, Gina, Diane, Nancy, Sharon, Kathy  
Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

It's official! Spring is here! We are really looking forward to the warmth and sunshine.

As we proceed forward I must stress to all members coming to and going from our Center, please adhere to the entrance and exit signs. I have seen so many going the wrong way on our cameras and not following these simple directions. You must obey for the safety of all. Please also be aware of parking within the white lines and park your vehicles accordingly. There may be consequences if this does continue.

April brings lots of great activities here at the Center. New beginnings for lots of new things in the Center. Read carefully through your newsletter and maybe something will interest you. If not, bring me your ideas. I am always happy to discuss all options.

Our Shelton Songsters are at it again this month. They are getting ready for their up and coming Spring Concert on April 25th. Mark your calendars. Performances are not to be missed! Light refreshments served. Free.

Be ready and bring your dancing shoes to our Spring Fling. "The Boomers" will be here for the afternoon of fun and dancing. Lunch will be served. Tickets are \$10.00 per member and on sale now until sold out.

Paid fitness class registrations will be held in May. For those who are currently enrolled in these paid classes will have the opportunity to renew, for another session of your current class/time during the priority registration *drop off period*, Thursday, May 1st— Wednesday, May 7th. New session begins July 2025.

After priority registrations are held for these paid classes, limited open spots may come available. To those interested in joining these classes, you may register *in person* during open registration on Monday, May 12th at 9:30am-10:00am. First come first serve, until class is at full capacity. Information and registration forms will be available in the lobby for you to pick up the latter part of April, please keep an eye out.

Any questions about the paid fitness class registration process, contact a staff member. We are here to help.

Thank you.

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

**ELVIS:** April 17th. \$125.00pp.

**“SISTER ACT” AT SEVEN ANGELS THEATRE:** April 26th. \$143.00pp.

**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.

**BOSTON ADVENTURE:** July 12th. \$151.00pp.

**TWIN LOBSTERS & SHOW AT LOG CABIN:** July 22nd. \$152.00pp.

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

**CAROLE KING TRIBUTE AT AQUA TURF:** August 19th. \$129.00pp.

**THE 1000 ISLANDS:** August 25th-27th. \$819.00pp-\$1,089.00pp.

**UPSCALE SUNDAY BRUNCH & HUDSON RIVER CRUISE:** September 14th. \$179.00pp.

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

**OKTOBERFEST KRUCKER’S:** October 23rd. \$144.00pp.

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

**TRIBUTE TO JOHN DENVER AT GRAND OAK VILLA:** November 12th. \$129.00pp.

**FIREPLACE FEAST AT SALEM CROSS INN:** November 20th. \$161.00pp.

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

**KENNY & DOLLY TRIBUTE AT AQUA TURF:** December 10th. \$129.00pp.

**AMERICAN HERITAGE MILITARY MUSEUM & LONGFELLOW’S WAYSIDE INN:** December 17th. \$173.00pp.

**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, April 23rd 10:30am** Griffin Hospital will be here for a discussion about "Energy Conservation" and free blood pressure screening will be available.

**AARP DRIVER EDUCATION:** **Tuesday, April 15th at 9:00am.** Register now. Limited Seats.

**BEREAVEMENT GROUP MEETINGS:** This month's meeting will be on **Thursday, April 10th and April 24th at 2:00pm.** The meetings will be led by Warren Godbolt.

**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 Hound of the Baskerville" by Arthur Canon. It will be held on **Wednesday, April 23rd at 1:00pm.** Limited seats.

**BOOK CLUB (FRIDAY):** This month's book is "The Kite Runner" by Khalid Hosseim. It will be held on **Friday, April 11th at 1:00pm.** Limited seats.

**BRIDGE LESSONS:** **Beginning on April 10th, Thursdays from 10:00am-11:30am.** Learn how to play by one of our Seniors. Take this opportunity to learn. Please sign up at front desk.

**CHORUS CONCERT:** On **Friday, April 25th at 1:00pm** the "Shelton Songsters" will be performing. 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.

**NEW! 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. Call Center for this month's dates.

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

**SHELTON HIGH SCHOOL TECH CLASS:** Bring your tablets, laptops and phones. These students will help guide you through it all on **Thursday, April 24th at 3:00pm.** Please sign up at the front desk.


**SPRING FLING:** On **Friday, April 11th at 12:00pm** join in on the fun! Music by "The Boomers." Lunch will be served, pasta, salad, garlic bread dessert and coffee. \$10.00per member. Tickets on sale now.

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, April 2nd from 10:30am-12:30pm.**

**NEW! VARIETY GAMES:** **Every Thursday afternoon at 1:00pm, beginning on April 3rd** come join in on the fun. Games rotate each week. Bring ideas for this new group! Please sign up at the front desk.

**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, April 10th from 10:00am-11:00am.**

# APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1.) 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.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Valley Parish Nurses Blood Pressure</b> 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	3.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone 2:30: Cardio Lite	4.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 <b>9:15: Executive Meeting</b> 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle <b>10:00: Membership Meeting</b> 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
7.) 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	8.) 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 <b>3:00: Committee Meeting</b>	9.) 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	10.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:00: Bridge Lessons Begin <b>10:00: Veteran Affairs</b> 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone <b>2:00: Bereavement Group</b> 2:30: Cardio Lite	11.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>12:00: Spring Fling</b> <b>1:00: Book Club</b>
14.) 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	15.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess <b>9:00: AARP Driver Safety</b> 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 <b>2:15: Singles Social Club</b>	16.) 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	17.) <b>ELVIS</b> 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Bridge Lessons 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone 2:30: Cardio Lite	18.) <b>CLOSED</b> 
21.) 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	22.) 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	23.) 8:30-3:30: Pool 9:00: Exercise 1 9:00:Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Age Well</b> 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 <b>1:00: Book Club</b> 1:00: Pinochle 1:30: Low Impact 2:15: Chorus	24.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Bridge Lessons 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone <b>2:00: Bereavement Group</b> 2:30: Cardio Lite <b>3:00: SHS Tech Class</b>	25.) 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 <b>1:00: Chorus Concert</b>
28.) 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	29.) 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	30.) 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	<b>HOURS OF OPERATION</b> <b>8:30AM – 4:00PM</b>	
				<b>Saturday</b> 26.) <b>SISTER ACT</b>
				<b>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</b> <b>(203) 924-9324</b> <b>EXT: 1550</b>

## **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 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.

## **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 Shelton Renters' Rebate Office located in the Shelton Senior Center.

Between April 1st 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. Any state residents renting an apartment or room, or living in cooperative housing or a mobile home, may apply for this program. Renters' Rebate recipients are typically 65 years of age or older or at least 18 years of age and permanently disabled.

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.