

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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SEPTEMBER 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

&

The Shelton Senior Center Team

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

Dear Shelton Senior Center Friends,

It's hard to think summer is over and we are approaching Fall. Those beautiful colors will be popping very soon. We have many wonderful events happening. This month we have our Ice Cream Social and Health Fair.

I want to thank everyone for your cooperation in having to stop and take daily attendance at the front door, along with the changes in our lunch program. As we continue to grow, there will always be improvements to our daily routines.

We are seeing many new faces here. I would like to welcome all of you. We have an open door policy, please stop in, say hello or feel free to contact me anytime if any issue arises. To my seasoned Seniors please show them we are all here for everyone. Reminder, there is no seat saving in our classes. Please do not try and hold seats for others who have not arrived. First come, first serve. There is room for everyone, please be kind.

Our Center has been proof that today's Seniors want to keep busy. If you know of anyone who may be alone or may not leave their homes, perhaps they need an encouraging word to help them. If you should know someone that may need assistance, please reach out and let us know. We are looking to start something new...BUNCO. Also, looking for Mahjong and Poker players. If anyone is interested please contact the Center.

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. There will be no exceptions for no shows.

DAY AND OVERNIGHT TRIPS

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

9-11 MEMORIAL MUSEUM: Thursday, September 5th. \$114.00pp.

CATSKILLS WORLD RESORT CASINO: September 19th. \$50.00 w/comps.

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.

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

AARP DRIVER SAFETY: Our next Driver Safety Class will be held on **Tuesday, September 10th from 9:15am-1:15pm**. Prices vary, minimal charge. Limited seats. Register at front desk.

AGE WELL: On **Wednesday, September 25th at 10:30am** Griffin Hospital along with Fire Marshall will be here to discuss fire safety and free installation of smoke alarms.

AMERICAN SENIOR BENEFITS SEMINAR: Wondering what benefits you need and which ones are not necessary? The short version of all that and learn what will work best for you at this seminar held on **Tuesday, September 17th at 10:30am**. Light refreshments served. Sponsored by Flagship Financial.

BEREAVEMENT GROUP MEETINGS: This months meeting will be on two **Thursdays, September 5th and 19th 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.

BOOK CLUB "WEDNESDAY": This book club focuses on Classic Short Novels. This month's book is "The Great Gatsby." by F. Scott Fitzgerald. It will be held on **September 18th at 1:00pm**. Limited seats available.

BOOK CLUB: This month's book is "The Forest of Vanishing Stars." by Kristen Harmel. It will be held on **Friday, September 13th at 1:00pm**. Limited seats available.

HALLOWEEN PARTY: On **Friday, October 25th from 12:00pm-3:00pm** enjoy an afternoon of lunch, music and dancing. Come dressed in your Halloween best! Prizes for best costumes. Lunch: Ziti, Meatballs, Salad, Coffee and Dessert. Music by Tom Mohyde. Tickets on sale September 25th at 9:30am.

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.

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, September 17th at 2:15pm**. Refreshments served.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, September 4th from 10:30am-12:30pm**.

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.) NIAGARA FALLS</p>  <p style="text-align: center;">CLOSED</p>	<p>3.) 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p>	<p>4.) 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 10:30: Valley Parish Nurses 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 2:15: Chorus</p>	<p>5.) 9/11 MUSEUM 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 3:00: Cardio Lite</p>	<p>6.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 1:00: Ice Cream Social</p>
<p>9.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:00: N.Mexico Meeting 1:30: Low Impact 1:30: Rummikub</p>	<p>10.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:15: AARP Drivers Ed 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class 3:00: Committee Meeting</p>	<p>11.) 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</p>	<p>12.) 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 3:00: Cardio Lite</p>	<p>13.) 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: Dominoes 10:00: Membership Meeting 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact</p>
<p>16.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 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>17.) 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class 2:15: Singles Social Club</p>	<p>18.) 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 1:00: Book Club 1:30: Low Impact 2:15: Chorus</p>	<p>19.) CATSKILLS / BIG E 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 3:00: Cardio Lite</p>	<p>20.) 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>23.)</p> <p style="text-align: center;">HEALTH FAIR 9:30am-12:00pm</p>	<p>24.) 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p>	<p>25.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba G- Cancelled 9:30: Halloween Tix 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30: C Dance- Cancelled 10:30: 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 2:15: Chorus</p>	<p>26.) 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 3:00: Cardio Lite- Cancelled</p>	<p>27.) 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 1:30: Low Impact</p>
<p>30.) NEW MEXICO 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 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>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</p> <p>(203) 924-9324 EXT: 1550</p>	<p>HOURS OF OPERATION</p> <p>8:30AM - 4:00PM</p>



Autumn

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