



SHELTON SENIOR CITIZENS CENTER

81 WHEELER STREET
SHELTON, CONNECTICUT 06484
WWW.CITYOFSHELTON.ORG

PHONE: (203) 924-9324
DAILY INFORMATION LINE: x-1550
GENERAL INFORMATION & RESERVATIONS: x-1551
DOREEN: x-1450
SHAUNA: x-1451
GINA: x-1452
DIANE/SHARON: x-1453
KATHY: x-1454

FEBRUARY 2026

VOL.56 NO.2



Doreen Laucella
Director of Senior Services / Municipal Agent For The Elderly

The Shelton Senior Center Team
Shauna, Gina, Diane, Chris, Kathy & Sharon

Dear Shelton Senior Center Friends,

Happy 2026 to everyone! Let me take this opportunity to thank everyone, from the staff and myself for all your thoughtfulness this holiday season. We are extremely grateful for your generosity and kindness from so many of you, many thanks!

Please be aware due to rising costs of Bingo cards the new price is \$5.00 per pack of 14 games. Please bring exact change, if not small bills.

Membership renewals are in full swing, so drop by and renew between the hours of 9:00am-3:00pm each day. Non-resident renewals must be done before March 1st, otherwise you will no longer be able to activate your membership at the Center. All new renewal members will be required to sign a code of conduct form for 2026. Please review and sign upon renewal.

The chorus is looking for a substitute pianist for 3 months, beginning April. Those interested please contact me.

February is Heart Health Awareness month. Please stop by to see Naugatuck Valley Health Department on February 11th at 10:00am-12:00pm for your free screenings. Lots of information and freebies!

Do not forget our Valentine's Celebration with the Shelton's Youth and Family Services on Friday, February 13th. St. Patrick's Day Party will be held on St. Patrick's Day, Tuesday, March 17th, \$15.00 per person. Tickets go on sale, February 18th.

Movies are back! First Tuesday of each month at 10:00am.

Look forward to seeing you all.

Best 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

RIVERDANCE 30 IN NEW JERSEY: March 7th. \$146.00pp.

PARADE OF NATIONS & VA INTERNATIONAL TATTOO 250: April 16th-19th. \$849.00pp.

BOBBY DARIN & FRANK SINATRA AT VILLA LOUISA: April 21st.. \$127.00pp.

NEWPORT RI, LUNCH & HARBOR COASTAL QUEEN CRUISE: May 1st. \$168.00pp.

SEVEN ANGELS THEATER "A GRAND NIGHT FOR SINGING": May 9th. \$149.00pp.

BEEGEES AT AQUATURF: May 14th. \$132.00pp.

ARUBA CRUISE: June 12th-21st. \$2,789.00 + pp.

CULINARY INSTITUTE OF AMERICA IN NEW YORK: June 25th. \$178.00pp.

TALL SHIPS BOSTON: July 12th. \$196.00pp.

ATLANTIC CITY NEW JERSEY & MAMMA MIA SHOW: July 22nd-24th. \$519.00pp.

NEW YORK STATUE OF LIBERTY, ELLIS ISLAND & 911 MUSEUM: August 7th. \$149.00pp.

CAPE COD, MARTHA'S VINEYARD, HYANNIS, SANDWICH, CHATHAM MA.: August 17th-20th. \$1049pp.

SWITZERLAND AND ITALY: September 19th—28th. \$4,390.00 + pp.

WASHINGTON D.C.: October 10th-12th. \$609.00pp.

TENNESSEE CHRISTMAS—NASHVILLE & PIGEON FORGE: December 3rd-7th. \$3,599.00pp.

More details coming soon on the following destinations:

Turkey Train Winnipesaukee Railroad in October, Radio City Christmas Spectacular in November, Newport RI Christmas Mansion Tour in December...and much more! Be sure to check our trip board at the Center daily this month.

Deposits are now due upon request of registration for each trip.

Register WITH DEPOSIT early, our trips sell out fast!

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: On **Tuesday, February 10th at 9:00am-1:00pm** we will be hosting AARP Driver Safety class. Call to reserve your seat. \$20.00 members and \$25.00 non-members.

AGE WELL: On **Wednesday, February 25th at 10:30am** Griffin Hospital will be here hosting "Boost Your Heart Health Heart Healthy Bingo." Limited Seats.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. New Price!! **\$5.00**. Bring your own dabber.

BOOK CLUB (WEDNESDAY): This month's book is "Invisible Cities" by Italo Calvino. It will be held on **Wednesday, February 18th at 1:00pm**. Waitlist.

BOOK CLUB (FRIDAY): This month's book is " American Dirt" by Jeanine Cummins . It will be held on **Friday, February 6th at 1:00pm**. Waitlist.

BOOK TALK SESSION: **Tuesday, February 24th at 10:00am** join Ann Herrera, Senior Care Manager from Home Instead for a riveting conversation on "Visited Mom Today, Conversations through the lens of Alzheimer's and Dementia." by author John Scully. Light refreshments served.

HEART HEALTH WITH NVHD: Free screenings on **Wednesday, February 11th from 10:00am-12:00pm** with the Naugatuck Valley Health Department. Lots of info and freebies!

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. This month on **Thursdays, February 5th and 19th from 12:30pm-2:30pm**.

MOVIES AT THE SENIOR CENTER: **Tuesday, February 3rd at 10:00am** "The King and I."

SINGLES SOCIAL CLUB: Come join this active group to meet and mingle on **Tuesday, February 17th at 2:15pm**.

ST. PATRICKS DAY PARTY: Celebrate on the holiday this year, **Tuesday, March 17th at 12:00pm-3:00pm**. Corned Beef of Rye, Potato Salad, Coffee and Dessert. Band: "The Boomers" . Fun afternoon together awaits! \$15.00 per person. Tickets of sale February 18th.

VALENTINE SOCIAL WITH SHELTON YOUTH: The Shelton Youth and Family Services will be sponsoring our Valentine's Day Celebration. Our Shelton High School youth will join us for a fun filled afternoon on **Friday, February 13th from 1:00pm-3:30pm**. \$10.00 per person. Music by "Over Easy Band." Coffee and Dessert. Tickets on sale now.

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

VETERAN AFFAIRS: State of CT Veteran Affairs will be here to meet with our Vets. Mary will be available to discuss all matters with you on **Thursday, February 19th at 9:00am**.

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.) 8:30-3:30: Billiards 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>3.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Movie "King and I" 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 Class 1:30: Step and Tone</p>	<p>4.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Valley Parish Nurse 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 1:30-3: Food Truck 2:15: Chorus</p>	<p>5.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Men's Haircuts 12:30: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>6.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:15: Executive Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinocle 10:00: Board Meeting 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact</p>
<p>9.) 8:30-3:30: Billiards 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>10.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: AARP 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 Class 1:30: Step and Tone 3:00: Committee Meeting</p>	<p>11.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:00: Heart Health 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 1:30-3: Food Truck 2:15: Chorus—Cancelled</p>	<p>12.)</p> <p style="text-align: center;">CLOSED</p> 	<p>13.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinocle 10:00: Dominoes 1:00: Valentine Social</p> 
<p>16.)</p> <p style="text-align: center;">CLOSED</p> 	<p>17.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance #1 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 Class 1:30: Step and Tone 2:15: Singles Social Club</p>	<p>18.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 9:00: St. Patrick's Day Party Tickets on Sale 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30: Cardio Dance 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 1:30-3: Food Truck 2:15: Chorus</p>	<p>19.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Veteran Affairs 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Men's Haircuts 12:30: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>20.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinocle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>23.) 8:30-3:30: Billiards 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>24.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance #2 9:00: Chess 9:30: Bridge 10:00: Book Talk Discussion 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 Class 1:30: Step and Tone</p>	<p>25.) 8:30-3:30: Billiards 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: Pinochle 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus</p>	<p>26.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>27.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinocle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p><i>AND IN THE END, IT'S NOT THE YEARS IN YOUR <i>Life</i> THAT COUNT. IT'S THE LIFE IN YOUR <i>Years</i></i></p> <p>— ABRAHAM LINCOLN</p>			<p>HOURS 8:30AM – 4:00PM PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324</p>	<p>PLEASE NOTE: WAITLIST CLASSES MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY</p>

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



ADAMS	FORD	KENNEDY	ROOSEVELT
ARTHUR	GARFIELD	LINCOLN	TAFT
BUCHANAN	GRANT	MADISON	TAYLOR
BUSH	HARDING	MCKINLEY	TRUMAN
CARTER	HARRISON	MONROE	TYLER
CLEVELAND	HAYES	NIXON	VAN BUREN
CLINTON	HOOVER	OBAMA	WASHINGTON
COOLIDGE	JACKSON	PIERCE	WILSON
EISENHOWER	JEFFERSON	POLK	
FILLMORE	JOHNSON	REAGAN	