

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.07

JULY 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

&

The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Brian, Chris & Michelle

Dear Shelton Senior Center Friends,

Happy Summer! What a great summer it has been! The months are flying by and we are busier than ever! It is so nice to see so many new faces coming into the Center each day. The new friendships made and the camaradery that is shown thru-out the day is wonderful.

We are embarking on the second half of the year. Please check your membership cards to make sure they are up to date. If not, Shelton membership renewal must be done at the front desk to continue to partake.

Attention: All participants in paid fitness classes MUST sign in at front desk before every class daily prior to proceeding to your registered class. The new sessions of fitness classes begin the week of July 1, 2024 and expire June 30, 2025. Only those paid and registered for this session may partake.

Daily attendance check in is required at front desk.

This month is our very first "Christmas in July" event. This day will be made special because our entire community of Seniors are helping to make this a successful day. The event will be Friday, July 26th 10:00am-2:00pm. Raffles galore! \$5.00 per person at the door for entrance and includes 12 tickets. You can buy additional tickets if you like, as well.

Looking for bakers. Please consider baking for the bake sale. Drop off the day before on 7/25. Thinking of joining in on an Exercise Class? Stop by to try 20 minute sessions to see what they are all about. Try one or try them all. Instructors and time of classes will be posted in the lobby prior to the event.

If you always wanted to play Billiards/Pool, we will have a few knowledgeable players to show you and teach you how its done. This is your opportunity to give it a shot and see if its for you. Free Blood Pressure screenings will also be available, by Valley Parish Nurses.

What is Christmas without Santa? Santa will be available for photos, too! Hope to see you there!

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

BERMUDA CELEBRITY ECLIPSE CRUISE: Sunday, July 14th-21st. Prices vary/pp.

LOBSTER & A GREAT SHOW AT LOG CABIN: Wednesday, July 17th. \$142.00pp.

NUNSENSE AT NEWPORT PLAYHOUSE: Wednesday, July 24th. \$163.00pp.

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

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on two **Thursdays, July 11th and 25th 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.

CHRISTMAS IN JULY: On **Friday, July 26th from 10:00am-2:00pm** we will be hosting a fair highlighting our variety of offerings, crafts for sale, raffles, decorated Christmas Trees, baked goods, pictures with Santa, and twenty minute exercise class demonstrations. Shop till you drop and join in the festive cheer. All those interested in baking for our bake sale, please contact the front desk to add your name to the sign up baking list.

*** If you are donating for the bake sale, please drop off baked goods on Thursday, July 25th between 8:30am-3:00pm. ***

ICE CREAM SOCIAL: Join us on Friday, September 6th for our annual ice cream social. Enjoy specialty made sundaes and a fun afternoon of music and dancing. Music by: Randy & Roslyn. Price: \$10.00 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, July 16th at 2:15pm**. Refreshments served.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, July 3rd from 10:30am-12:30pm**.

VOLUNTEER BREAKFAST: We will be hosting our annual free volunteer breakfast on **Friday, July 12th from 10:00am-12:00pm** for Seniors who are avid volunteers. Those invited will receive an invitation in the mail. Be on the look out!


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.

SENIORS WANTED

Square Dancers and Chess Players, join in. See calendar for days and times.

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1.) 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	2.) 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 1:30: Step and Tone	3.) 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 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	4.) <div style="text-align: center;">  </div>	5.) 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
8.) 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	9.) 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 1:30: Step and Tone 3:00: Committee Meeting	10.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 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	11.) 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—No Class	12.) 8:00: Walking Club 8:30-3:30: Pool 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:00-12:00: Volunteer Brunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact <p style="text-align: center;">No Lunch Served Today</p>
15.) 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	16.) 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 1:30: Step and Tone 2:15: Singles Social Club	17.) LOG CABIN 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 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	18.) 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	19.) 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 10:15: Member. Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
22.) 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	23.) 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 1:30: Step and Tone	24.) NUNSENSE 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 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	25.) 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—No Class 1:00: Bridge 1:00: Cards 1:30: Step &Tone—No Class 2:00: Bereavement Group 3:00: Cardio Lite- No Class	26.) <div style="text-align: center;"> <p>CHRISTMAS IN JULY</p> <p>10:00am-12:00pm</p>  <p>No Lunch Served Today</p> </div>
29.) 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	30.) 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 1:30: Step and Tone	31.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 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>HOURS OF OPERATION</p> <p>8:30AM – 4:00PM</p>	

Fourth of July

WORD SEARCH

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

United States
Liberty
States
Parade

Independence
America
Stars
Flag

Revolution
Freedom
Flag
Summer

Fireworks
Picnic
Patriotic
July