

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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FEBRUARY 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

&

The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Chris & Art

Dear Shelton Senior Center Friends,

Happy Winter! Friendly reminder please call information line before venturing to Center, for daily updates. We adhere to our own closing schedule in bad weather and do not follow the Shelton School system. Safe travels, to all.

We are getting our membership renewals in order. January was an extremely busy time for us. It is so good to see so many new faces joining us this year. Thank you to our wonderful staff at the front desk; Diane, Gina and Kathy for making it run smoothly, as we have been inundated. This is no small task and patience is at its best with them, I assure you. Another reminder to all Non Resident Members, you must be renewed by March 1st or your membership will be forfeited after that date and you will then be placed on our long wait list.

This applies to all. Please be sure to renew soon.

All our classes are running full steam ahead! We are so thankful and grateful to our amazing instructors who are dedicated to serving our Senior Community, for the betterment of their health. A Seniors health is driven by good nutrition, mental stability and exercise. Please note we offer a variety of classes for various needs and capabilities. Join in and see what is best for you! If you need help deciding what may be right for you please contact me anytime, as I am happy to discuss your options.

Looking forward to our Valentine's Party on February 16th! Hope to see you there!

Warm Regards, Doreen

CLASSES AND EVENTS

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: Join Pete D'Ostilio on **Friday, February 9th at 1:00pm** for a discussion on the book, **"The Sandcastle Girls" by Chris Bohjalian.**

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. Learn something new and have some fun! \$4.00 per class drop in fee.

MAKEUP FOR MATURE WOMAN: On **Thursday, March 7th at 1:00pm,** Makeup Artist– Joby will be here to instruct how to apply makeup properly. Bring your own makeup and/or he will supply his makeup, to teach application techniques. Attendees please come bare face, for instruction. \$15.00pp. RSVP at front desk. Limited seats.

SINGLES SOCIAL: This month's get together will be Mardis Gras themed and held on **Tuesday, February 20th at 2:15pm.** Themed attire welcome.

ST. PATRICK'S DAY PARTY: We will be celebrating the Irish holiday with your music favorites, food and dancing on **Friday, March 15th at 12:00pm.** Music by: Tom Mohyde. Lunch Menu: Corned Beef on Rye with Kraut, potato salad, coffee and dessert. \$15.00 pp. Tickets on sale now.

VALENTINE'S DAY PARTY: Celebrate together with music and dancing on **Friday, February 16th at 12:00pm.** Music by Airborne. Lunch: Hero Sandwich, pasta salad, chips, coffee and dessert. \$15.00 per person.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, February 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.

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

RESORTS WORLD CATSKILLS CASINO: Tuesday, March 19th. \$50.00 per person, includes \$25.00 comps for slots and \$15.00 for food. Limited seats.

ORCHID FLOWER SHOW BOTANICAL GARDENS: Wednesday, March 27th. \$124.00pp.

WASHINGTON DC: Friday, April 5th—8th. \$849.00 pp/varies.

ELTON JOHN TRIBUTE: Thursday, April 25th. \$116.00pp.

IRELAND: Thursday, May 2nd—May 10th. \$3,975.00 pp/varies.

NEIL DIAMOND TRIBUTE AT AQUATURF: Tuesday, May 14th. \$124.00pp.

ATLANTIC CITY TROPICANA CASINO AND JERSEY BOYS & GIRLS: Wednesday, May 29th– 31st. \$415.00 pp/varies.

TIMELESS MUSIC AT STORROWTOWN TAVERN: Thursday, June 13th. \$118.00pp.

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


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

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

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.

FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1.) 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: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	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 9:30: Matter of Balance 10:00: Dominoes 10:30: Gentle Chair Yoga 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
5.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone	7.) 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: 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	8.) 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: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	9.) 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 9:30: Matter of Balance 10:00: Dominoes 10:15: Member. Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact
12.) CLOSED 	13.) 8:30-3:30: Pool 8:45: Strength Train 9:00: AAA Driver Safety 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 3:00: Committee Meeting	14.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 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	15.) 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: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	16.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 9:30: Matter of Balance 10:00: Dominoes 12:00: Valentine's Party
19.) CLOSED 	20.) 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 2:15: Singles Social	21.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 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	22.) 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: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	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 9:30: Matter of Balance 10:00: Card Making 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
26.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone	28.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 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	29.) 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: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	HOURS OF OPERATION 8:30AM – 4:00PM

VALENTINE'S WORD SEARCH

Level: 



Find the hidden words in the puzzle

Words can be hidden: 

AFFECTION	CHERISH	ENGAGEMENT	HEARTTHROB	POEM	SUITOR
ALTRUISTIC	CHOCOLATE	FEBRUARY	HONOR	RAPTURE	SWEETHEART
ALWAYS	COUPLE	FIANCE	INFATUATION	RELATIONSHIP	TEAM
APPLAUSE	COURTSHIP	FLAME	JOY	RENDEZVOUS	TEDDY
APPRECIATE	CUPID	FOREVER	KISS	RESPECT	TENDER
BALLOON	DARLING	GIFT	LIAISON	ROMANCE	TIE THE KNOT
BEAU	DATE	GIRLFRIEND	LOVE	ROMEO	UNITY
CARD	DEAR	GRACIOUS	MARRIAGE	ROSE	VALENTINE
CARE	EMOTIONS	HANDSOME	ONE AND ONLY	SELF-CARE	VOWS
CELEBRATION	ENDEARMENT	HEART	PARCEL	SMOOTH	WARM HEARTED