

**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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Shelton, CT  
Permit No.77

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**APRIL 2023****Doreen Laucella, Director**

d.laucella@cityofshelton.org

&amp;

**The Shelton Senior Center Team**

Shauna, Diane, Gina, Kathy, Vivian, Felice, Lucy, Chris &amp; Art

Dear Shelton Senior Center Friends,

Spring is here! Happy Easter, to those who celebrate. Time to enjoy this beautiful weather. We offer something for all, no matter what the season!

I would like to thank Joan Pollack for volunteering endless hours with our Book Club. Her devotion to our members was greatly appreciated. Joan you will be missed. We welcome Pete D'Ostilio who will now lead the Book Club.

Our very own Shelton Songsters chorus will be having their Spring concert on Friday, April 14th at 1:00pm. FREE event. Light refreshments served.

Friday night Bingo is back! Beginning this month, April 14th at 5:00pm. Seats are limited. Reserve your spot now. \$10.00pp. Please see details in newsletter.

Looking forward to the upcoming special events: Spring Fling Dance, Mother's Day Social with Teas and Crafts (ladies bring your tea cups!), and ELVIS will be in the building. Get your tickets asap.

Attention to all Veterans. The Veterans of Foreign Wars will be here with valuable information, updates on benefits on May 24th at 10:30am. Please mark your calendars and reserve your seat now.

A friendly reminder, please. The City of Shelton has a zero tolerance policy on any type of violence, misconduct or verbal abuse. We are a safe haven for all to feel comfortable and enjoy. Thank you.

Warm Regards,

Doreen

## PROGRAMS

**AARP DRIVER SAFETY:** Our next Driver Safety Class will be held on **April 18th from 9:15am-1:15pm**. Prices vary, minimal charge. Limited seats available. Register at front desk.

**AGE WELL PROGRAM WITH GRIFFIN HEALTH:** The **fourth Wednesday of the month from 10:30am-11:30am**. Nurses will be providing sessions on different topics. Must RSVP. Seats limited.

**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 Peter on **Friday, April 14th at 10:00am** with a discussion about “Bluebird, Bluebird” by Attica Locke.

**BUILD A HISTORY BOOK:** NEW! Do you like to reminisce about interesting people, love trivia and history? Join this build a “Legends” themed history book workshop on **Friday, April 14th at 10:00am**. \$13.00pp. Includes sticker book. Register now.

**CARD MAKING WITH ROSE:** Enjoy making your own cards for any occasion. Come join Rose one Friday a month. Must RSVP as seats are limited to 5. \$3.00 per person. Register now.

**DIABETES CLASS:** A six week class held on Tuesdays, from **March 7th—April 11th at 9:30am-11:30am** will be held by Griffin Hospital. Pre-registration for class needed at front desk. FREE.

**DRIVER TEK:** A FREE AARP Smart Driver TEK education class in vehicle safety, technology and how to improve will be held on **Wednesday, April 28th at 9:30am**. Register now at front desk.

**ELVIS:** Elvis is in the building!! On **Friday, May 19th at 2:00pm**, come join in a fun afternoon filled with music and laughter. Refreshments will be served. \$5.00pp. Tickets on sale now.

**FRIDAY BINGO:** Friday BINGO is back this Spring! **Friday, April 14th from 5:00pm-7:00pm**. \$10.00 for 14 game play and 1 final special card. Doors open at 4:30pm

**ITALIAN CLASS:** Learn how to speak Italian! New eight week session begins **Tuesday, April 4th at 1:00pm**. Register at front desk. Class is FREE. Additional charge to instructor for book.

**JUDGE FRED ANTHONY SEMINAR:** On **Wednesday, April 26th at 10:00am** Judge Anthony will discuss topics involving Probate, Law and Living Wills. Additional questions welcomed.

**MOTHERS DAY SOCIAL:** On **Friday, April 12th at 1:00pm**. Enjoy a cup of iced tea, dessert and make a craft. Tickets available now. FREE. Limited seats available.

**“OASIS SENIOR LIVING” WORKSHOP:** On **Thursday, April 6th at 10:00am** Oasis Advisors will be here providing info on care options, senior living and when it is the right time to make the move. RSVP seats limited. Lite refreshments to be served.

**RUMMIKUB:** NEW! **Mondays at 1:30pm**. Rummikub a rummy-like game that you play with tiles instead of cards. Learn the game and have fun playing together with others!

**SPRING FLING:** **Friday, April 21st 12:00pm-3:00pm**. Lunch: Italian Combo Sandwich, Pasta Salad, Fruit, Coffee and Dessert. Music by Paula Pettinella. Tickets on sale now. \$10.00 per person.

**VALLEY PARISH NURSES:** Each month Griffin Hospital is on site to do blood pressure checks and various health screenings. Stop by this month on **Wednesday, April 5th at 10:30am-12:30pm**.

**VETERANS OF FOREIGN WARS:** On **Wednesday, May 24th at 10:30am** join Shelton and Trumbull veterans of foreign wars Post 10059, here at the Center in a meeting inviting all Veterans. Focus will be on changing benefits, programs/activities available and a local post update. An opportunity for you to be updated, ask questions and share ideas with the VFW. Reserve your seat at front desk. Light refreshments served.

## **LUNCH SERVICE**

Lunch is served cafeteria style, from 11:45am to 12:15pm. The cost for lunch is \$5.00, on a reservation basis. 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.

**No drop-in's for lunch, reservations and lunch selections MUST be made THE DAY BEFORE.**

## **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.

## **TRIPS**

**Please call Center and/or see more detailed information on Center bulletin boards.**

**“Cher” at the Carriage House:** April 6th. \$106.00pp.

**“The Jersey Tenors” at The Aqua Turf:** April 13th. \$114.00pp.

**“Buddy Holly Story” at Majestic Theater:** April 22nd. \$118.00pp.

**“Beautiful—The Carol King Musical” at Thomaston Opera House:** May 7th. \$122.00pp.

**West Point:** May 9th. \$125.00pp.

**Ocean City, Maryland:** May 14th—May 17th. \$669.00pp (Double Occupancy).

**“Tribute to Bee Gees” at The Aqua Turf:** May 22nd. \$118.00pp.

**“Andrew Sisters” at The Log Cabin:** May 24th. \$125.00pp.

**Spirit of Boston:** June 15th. \$154.00pp.

**“The Motown Years” at Resort World Catskills Casino:** June 28th. \$135.00pp.

**Hawaiian Island Grand Tour Cruise:** July 7th—July 15th. \$5779.00pp.

**Finger Lakes New York:** July 16th-18th. \$479.00pp (Double Occupancy).

**Hudson River Cruise:** July 16th. \$133.00pp.

**Essex Steam Train:** August 10th. \$139.00pp.

**Newport, Rhode Island:** August 22nd-25th. \$689.00pp (Double Occupancy).

**Elderly Brothers at Amarantes:** September 6th. \$99.00pp.

**“Mamma Mia” at Resort World Catskills Casino:** September 13th. \$135.00pp.

**Tuscany, Italy:** October 7th-15th. \$2890.00pp not including airfare.

**Atlantic City:** October 10th-12th. \$295.00pp.

**Lancaster, Pennsylvania:** November 29th– December 1st. \$TBD pp.

APRIL 2023
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# APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3.) Steak & Cheese on Hard Roll, Pasta Salad and Potato Chips OR Large Minestrone Soup w/Roll	4.) Kitchen's Choice - BBQ	5.) Grilled Ham & Cheese Sandwich and Cup of Mine- strone Soup Combo	6.) Chicken Parmesan over Pasta and Garden Salad OR Large Minestrone Soup w/Roll	7.)  <b>CLOSED</b>
10.) Beef Stroganoff over Noodles, Sal- ad and Bread OR Large Chicken & Rice Soup w/Roll	11.) Baked Chicken Cutlet with Stuffing and Veggies OR Large Chicken & Rice Soup w/Roll	12.) Sandwich and Cup of Chicken & Rice Soup Combo	13.) Baked Cod Filet with Tartar Sauce, Coleslaw and Baked Potato OR Large Chicken & Rice Soup w/ Roll	14.) Sausage, Onion & Peppers Grinder with potato chips OR Large Chicken & Rice Soup w/Roll
17.) Pasta with Meat- balls, Garden Sal- ad and Bread OR Large Creamy Po- tato & Bacon Soup w/Roll	18.) Hot Dog on Roll, Baked Beans and Macaroni Salad OR Large Creamy Pot- ato & Bacon Soup w/Roll	19.) Sandwich and Cup of Creamy Potato & Bacon Soup Combo	20.) Kitchen's Choice - Breakfast	21.)  <b>No Lunch</b>  Spring Fling
24.) Chicken Marsala, Mashed Potatoes and Veggies OR Large Stuffed Pep- per Soup w/Roll	25.) Pot Roast in Gravy, Roasted Potatoes and Veggies OR Large Stuffed Pep- per Soup w/Roll	26.) Grilled Cheese Sandwich and Cup of Stuffed Pepper Soup Combo	27.) Hamburger on Roll with fixings, Tater Tots and Veggies OR Large Stuffed Pepper Soup w/ Roll	28.) Stuffed Pepper in Sauce, Mashed Potatoes and Veg- gies OR Large Chicken Noodle Soup w/Roll
<b>PLEASE CALL 203-924-9324 FOR RESERVATIONS THE DAY BEFORE</b>  <b>NO WALK-INS</b>		<b>LUNCH SERVED 11:45AM-12:15PM</b> Lunch includes Entrée, Dessert, and choice of Coffee OR Water Bottle. <b>\$5.00</b> Check or exact change		<b>DAILY LUNCH ALTERNATIVE OPTION</b>  Substitute the Main Entrée for Large Cup of Soup Of Soup with a Roll

## DAILY LUNCH MENU