

**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

Vol.53 No.08

**AUGUST 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,

Independence Day brought celebrations for all of us. We have so much to be proud of and grateful for. Hopefully we all reflect on how fortunate we are to live in our Beautiful Country. God Bless America!

Unfortunately, due to unforeseen happenings and severe storms doing damage to our building on July 4th, we had to postpone our Volunteer Brunch. We have rescheduled for August 25th, 11:00am-1:00pm. Everyone who received a previous invitation please call the Center to RSVP once again for the new scheduled make-up date. I apologize for the inconvenience. All those who intend to attend this new date MUST re-RSVP to hold your seat. Thank you.

The Ice Cream Social is coming up this month. Always a good time. Great music by Airborne, dancing and a delicious ice cream sundae will be served, too! You are welcome to bring additional goodies for your table, if you like. Friday, August 4th from 12:30pm-3:00pm. No daily lunch served that day. We look forward to having you!

Please read the newsletter to not miss out on daily happenings and remember to call the info line daily, for all regular and often times unexpected updates.

Warm Regards,

Doreen

## PROGRAMS

**AARP DRIVER SAFETY:** Our next Driver Safety Class will be held on **August 15th from 9:15am-1:15pm**. Prices vary, minimal charge. Limited seats. 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.

**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.

**CHORUS CONCERT:** On **Friday, September 22nd at 1:00pm** join our Shelton Songsters for their "All About Elvis" concert. FREE. Light refreshments served.

**FRIDAY BINGO:** **Friday, August 18th from 5:00pm-7:00pm**. \$10.00 for 14 game play and 1 final special card. Doors open at 4:30pm. Looking ahead...Bingo will be held again on 9/22, register now.

**ICE CREAM SOCIAL:** **Friday, August 4th from 12:30pm-3:00pm**. Enjoy a sundae and dance the afternoon away with the band, "Airborne." \$5.00 per person. Register now.

**LITTLE BIT COUNTRY, A LITTLE BIT ROCK N' ROLL:** **Friday, September 15th from 12:00pm-3:00pm** will be a fun filled afternoon with music, dancing, and lunch! Music by DJ Rene accompanied by line dance instructor Tom Mohyde. Lunch: Hot Dog, Baked Beans, Macaroni Salad, Chips, Dessert and Coffee. Tickets on sale August 11th.  
**\$10.00 per member.**

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

**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, August 2nd at 10:30am-12:30pm**.

**VOLUNTEER BRUNCH:** *Due to unforeseen circumstances and Mother Nature, we have postponed original event in July, to now August. All those who received invitations to original event, please contact Center to confirm you will be attending the new August scheduled date.* Each year we celebrate and show our appreciation to our volunteers who help us throughout the year. Music by DJ Rene. Our FREE catered brunch will be held on **Friday, August 25th at 11:00am**.

**YOUNG-TEK FOR SENIORS:** Krishiv Patel and Shelton High School tech savvy guru students will be here to help answer your modern technology questions and troubleshoot device problems on Tuesday, August 1st, 15th or 22nd at 1:00pm. Bring your phones, tablets and laptops etc. Seats limited. Register at front desk.

## **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. 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. See enclosed monthly menu of our daily lunches being served.

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

## **TRIPS**

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

**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.

**Big E:** September 21st. \$98.00pp.

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

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

**Culinary Institute of America, NY:** Just added! November 7th. \$148.00pp.

**Lancaster, Pennsylvania:** November 29th- December 1st. \$679.00pp.

**White Mountains, New Hampshire:** December 13th-15th. \$599.00pp.

## **LOOKING AHEAD 2024 TRIPS**

**More Information Coming Soon!**

**Ireland**

**Nashville, Tennessee**

**Bermuda Cruise**

**Las Vegas & New Mexico**

# AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1.) 8.) 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 <b>1:00: Young Tek for Seniors</b> 1:30: Step and Tone	2.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Valley Parish Nurses Blood Pressure</b> 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	3.) 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	4.) 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 1 10:00: Dominoes <b>12:30: Ice Cream Social</b>
7.) 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 1:00: Painting 1:30: Low Impact 1:30: Rummikub	8.) 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 <b>3:30: Committee Meeting</b>	9.) 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	10.) <b>Essex</b> 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	11.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 <b>9:15: Executive Meeting</b> 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 9:30: Matter of Balance 2 <b>9:30: Tickets on Sale for Country Rock n' Roll</b> 10:00: Dominoes <b>10:15: Member. Meeting</b> 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
14.) 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 <b>12:30: Veterans Affairs</b> 12:30: Low Impact 12:30: Bingo <i>12:30: Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	15.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess <b>9:15: AARP Driver Safety</b> 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 <b>1:00: Young Tek for Seniors</b> 1:30: Step and Tone	16.) 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 2:00: Chorus	17.) 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	18.) 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 3 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact <b>5:00: Bingo</b>
21.) 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 1:00: Painting 1:30: Low Impact 1:30: Rummikub	22.) <b>Newport</b> 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 <b>1:00: Young Tek for Seniors</b> <b>1:00: Social Club</b> 1:30: Step and Tone	23.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30-11:30: Age Well</b> 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 2:00: Chorus	24.) 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	25.) 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 4 10:00: Dominoes <b>10:00: Card Making</b> 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
28.) 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 <i>12:30: Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	29.) 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	30.) 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 2:00: Chorus	31.) 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	<b>HOURS OF OPERATION</b>  <b>8:30AM – 4:00PM</b>

# AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE CALL 203-924-9324 FOR RESERVATIONS THE DAY BEFORE</b>  <b>NO WALK-INS</b>	1.) Ham & Cheese on a Roll with Fixings, Garden Salad and Pudding Cup OR Large N.E. Clam Chowder w/Roll	2.) Shepherd's Pie with Salad and Garlic Bread OR Large N.E. Clam Chowder w/Roll	3.) Meatloaf in Gravy, Potatoes and Veggies OR Large N.E. Clam Chowder w/Roll	4.)  <b>No Lunch</b>  <b>Ice Cream Social</b>
7.) Salisbury Steak in Gravy, Mashed Potatoes and Veggies OR Large Minestrone Soup w/Roll	8.) BBQ Pulled Pork on a Roll, Coleslaw and Tater Tots OR Large Minestrone Soup w/Roll	9.) Chicken Pot Pie, Salad and Bread OR Large Minestrone Soup w/Roll	10.) Meatball Parmesan Grinder, Salad and Veggies OR Large Minestrone Soup w/Roll	11.) Grilled Chicken, Salad and Bread OR Large Minestrone Soup w/Roll
14.) Mile High Sandwich, Pasta Salad and Chips OR Large Italian Wedding Soup w/Roll	15.) Breaded Chicken Patty, Mashed Sweet Potatoes and Veggies OR Large Italian Wedding Soup w/Roll	16.) Pasta w/Meat Sauce, Garden Salad and Garlic Bread OR Large Italian Wedding Soup w/Roll	17.) Hot Roast Beef in Gravy, Potatoes and Veggies OR Large Italian Wedding Soup w/Roll	18.) Baked Cod Filet, Buttered Noodles, Potato and Veggies OR Large Italian Wedding Soup w/Roll
21.) BBQ Chicken Breast, Baked Beans and Corn OR Large Chicken Noodle Soup w/Roll	22.) Cheeseburger on a Roll with Fixings, Fries and Salad OR Large Chicken Noodle Soup w/Roll	23.) Roasted Pork in Gravy, Potato and Veggies OR Large Chicken Noodle Soup w/Roll	24.) Hot Dog with Kraut, Baked Beans and Tots OR Large Chicken Noodle Soup w/Roll	25.)  <b>No Lunch</b>  <b>Volunteer Brunch</b>
28.) Stuffed Cabbage in Sauce, Veggies and Bread OR Large Tomato Rice Soup w/Roll	29.) Chicken Marsala with Noodles and Veggies OR Large Tomato Rice Soup w/Roll	30.) Italian Sausage and Peppers on a Roll with Garden Salad OR Large Tomato Rice Soup w/Roll	31.) Chicken Parmesan over Pasta with Garden Salad OR Large Tomato Rice Soup w/Roll	<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

## DAILY LUNCH MENU