



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 LAUCELLA - DIRECTOR/MUNICIPAL AGENT x-1450

SHAUNA - ASSISTANT DIRECTOR OF SENIOR SERVICES x-1451

GINA - SENIOR CLERK x-1452

DIANE & SHARON - RECEPTIONISTS x-1453

KATHY - RENTER REBATE COORDINATOR x-1454

CHRIS - CUSTODIAN x-1551

OCTOBER 2026

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Dear Shelton Senior Center Friends,

Here we are on our way to Fall. For us here at the Center, Fall brings our busiest of seasons! We have our calendars full with lots of activities, events, seminars, healthcare, trips, parties and more. Do not forget to refer to our newsletter so you do not miss out on anything.

A gentle reminder, we have many different activities and classes here that we can not save any chairs, seats or spots for anyone. It is first come, first served Center. I am seeing far too many chairs being held. This can not happen, especially with the large amount of members we see. Please attend your classes earlier to get what one you are looking for. This should not be an issue. There is a spot for everyone.

Thank you to everyone who helped out with the Italian Fest. What a fun time!! It takes a village and all of us together make it happen. So appreciative to everyone who helps out. Please consider getting involved volunteering your time and efforts.

Get up, get out and get going!! Do not sit home, there is a fun life waiting for you at the Center. Come and see what we have for you!!

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 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

CANYON OF PENNSYLVANIA: October 5th-7th. \$739.00pp.

BEATLES TRIBUTE BAND, FARMINGTON POLO CLUB: October 13th.
\$137.00pp.

WATERFIRE, PROVIDENCE RI: October 17th. \$150.00pp.

RADIO CITY CHRISTMAS SPECTACULAR: November 8th. \$188.00pp.

DOO WOP JUKEBOX 45 AT LABELLA VISTA: November 10th. \$132.00pp.

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

WHITE MOUNTAIN HOTEL & RESORT: December 11th-13th. \$735.00pp—
\$959.00pp.

OLD STURBRIDGE VILLAGE: December 13th. \$159.00pp.

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, October 13th 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, October 28th at 10:30am** Griffin Hospital will be here discussing, "Are you stroke aware?" Register at front desk. Limited Seats.

BEREAVEMENT GROUP: A Support Group led by State of CT Licensed professional counselor Joan Joyce, MS. NCC. LPC, CSA. The group will begin to meet twice a month beginning on **Monday, October 19th & 26th from 2:00pm-3:30pm**. The group will offer a safe, compassionate and supportive environment. It will offer participants an opportunity to connect with others to gain understanding of emotions, during the grieving process.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. **\$5.00**. Bring your own dabber or you can buy one of ours.
On **Wednesday, October 28th** Stratford VNA will be sponsoring a Halloween Bingo.

BOCCE: Teams interested in playing please sign up to reserve your days and times at the front desk. A special thank you to Armando and Ted, for their hard work maintaining our courts.

BOOK CLUB This month's book is "North Wade" by Daniel Mason. It will be held on **Friday, October 2nd at 1:00pm**.

CHORUS CONCERT: Come enjoy an up beat afternoon filled with music and great sounds of yesteryear from the Shelton Songsters on **Friday, October 16th at 1:00pm**. FREE. Light Refreshments Served.

DRAWING CLASS WITH ARMANDO: Beginning **Monday, October 19th at 1:00pm-2:00pm**. No experience necessary.

HALLOWEEN PARTY: We will be hosting our annual Halloween Party on **Friday, October 30th at 12:00pm**. Lunch: Finger sandwiches, pasta salad, chips, dessert, coffee and tea. Get those costumes ready!! Music by: Over Easy. \$15.00 per person.

HAIR BY MELINDA: "New Time" Melinda will be here two Thursdays a month for women's hair on **Thursday, October 1st & 15th from 11:00am-3:00pm**. Appointments may be made at front desk. \$28.00 per cut.

ITALIAN CLASS: "New Time" Beginning **Tuesday, October 6th from 11:00am-12:00pm**.

MEDICARE SEMINAR: Rich Fellito will be here **Thursday, October 15th at 10:30am** to discuss Medicare options.

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, October 8th & 22nd from 12:30pm-2:30pm**.

SINGLES SOCIAL CLUB: Come join this active group to meet and mingle at their next group meeting on **Tuesday, October 20th at 2:15pm**.

VETERANS DAY CELEBRATION: We will be hosting our Annual Veterans Day Celebration on **Friday, November 13th from 11:00am-2:00pm**, to honor our Veteran members. All are welcome to attend and support. Music by the band, "Two of a Kind" and our very own Shelton Songsters. It will be a glorious tribute to our very own. Brunch will be served. Tickets go on sale Friday, October 23rd. \$15.00 per person. Veterans are FREE. Vets you must please bring your Service card to reserve your ticket at the front desk in advance.

VETERAN AFFAIRS: State of Connecticut Veteran Affairs will be here to meet with our Vets. Mary will be available to discuss all matters with you every **Thursday at 9:00am**.

VETERANS COFFEE HOUSE: The 4th Thursday of every month from **10:00am-12:00pm**. Come and join other Veterans, easy conversation and learning tips. Refreshments served.

VACCINATION CLINIC: **Wednesday, October 7th 9:00am-12:00pm** NVHD will be here administering flu (regular and high dose) COVID, Pneumonia, and Shingles. They will be returning again on Thursday, November 5th.

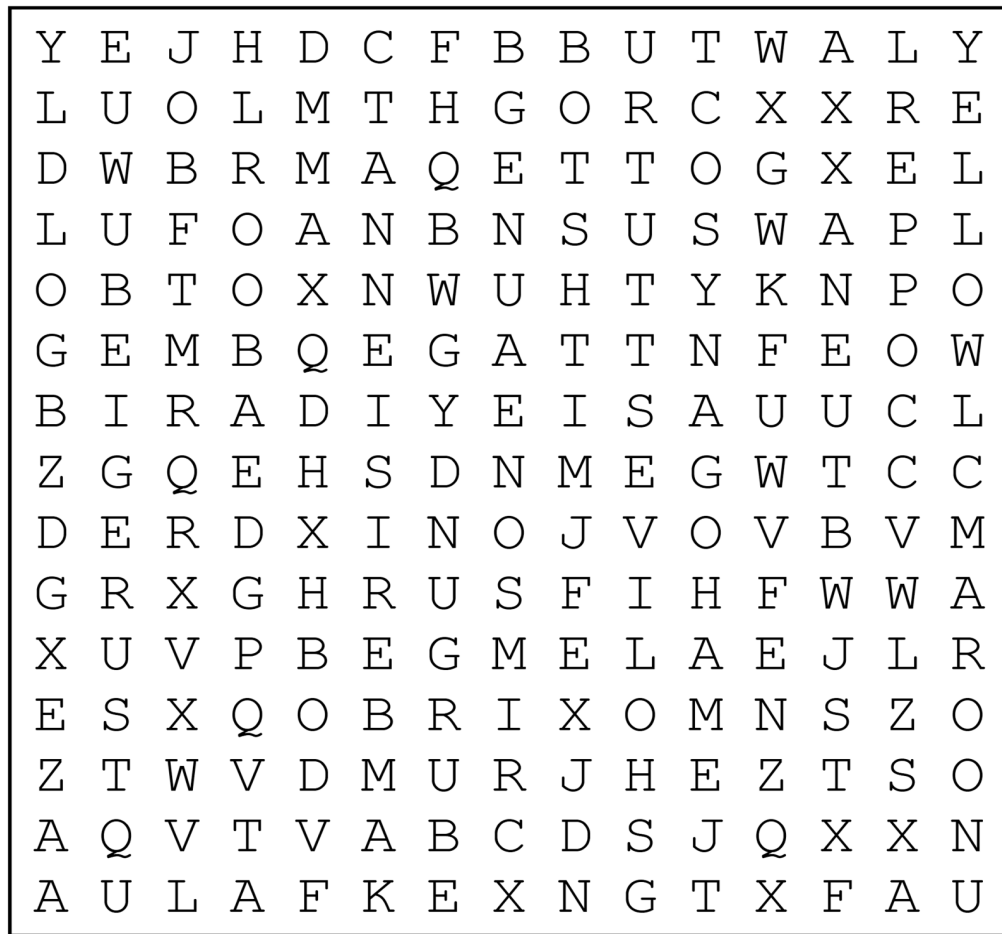
VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, October 7th from 10:30am-12:30pm**.

VARIETY GAMES & MORE: Enjoy fun and activities at the Center and off site on **Thursdays at 12:30pm**.

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Monday	Tuesday	Wednesday	Thursday	Friday
HOURS 8:30AM – 4:00PM PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550	PLEASE NOTE: WAITLIST CLASSES MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY		1.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:00: Hair by Melinda 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	2.) 8:30: Walking 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Tech Social 9:30: Pinochle 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
5.) PENNSYLVANIA 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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	6.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:00: Italian Class 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone	7.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 9:00: Vaccine Clinic 10:00: Quilting 10:00: Arts & Crafts 10:30:Valley Parish Nurses 10:30: Tai Chi 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact	8.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 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	9.) 8:30: Walking 8:30-3:30: Billiards 9:00: Exercise 1 9:15: Board Meeting 9:30: Toning w/Cheryl 9:30: Tech Social 9:30: Pinochle 10:00: Membership Meeting 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
12.) CLOSED  COLUMBUS DAY	13.) BEATLES 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 11:00: Italian Class 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	14.) 8:30-3:30: Billiards 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: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact	15.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 10:30: Medicare Seminar 11:00: Strive/Move Better 11:00: Hair by Melinda 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	16.) 8:30: Walking 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Tech Social 9:30: Pinochle 10:00: Dominoes 11:45-12:15: Lunch 1:00: Chorus Concert 17.) WATERFIRE
19.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 10:30: Wii Bowling 10:30: Ballroom Cardio 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Drawing 1:00: Painting 1:30: Low Impact 1:30: Rummikub 2:00: Bereavement Group	20.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:00: Italian Class 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone 2:15: Singles Social Club	21.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact	22.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 10:00: Veteran Coffee House 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	23.) 8:30: Walking 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Tech Social 9:30: Pinochle 10:00: Cardmaking 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact VETERANS TICKETS ON SALE
26.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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: Drawing 1:00: Painting 1:30: Low Impact 1:30: Rummikub 2:00: Bereavement Group	27.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:00: Italian Class 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone	28.) 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: Low Impact 12:30: Mahjong 12:30: Bingo (Halloween) 1:00: Pinochle 1:30: Low Impact	29.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 10:00: Veteran Affairs 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	30.) 8:30: Walking 8:30-3:30: Billiards 9:30: Tech Social 9:30: Pinochle 12:00: Halloween Party

Autumn Colors



Word list:

AMBER	MAHOGANY
BEIGE	MAROON
BROWN	OLIVE
BURGUNDY	ORANGE
CHESTNUT	RED
COPPER	RUST
CRIMSON	SIENNA
GOLD	YELLOW