

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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NOVEMBER 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

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The Shelton Senior Center Team

Dear Shelton Senior Center Friends,

Hopefully everyone is enjoying the beautiful Fall foliage. However, the buzz is all around here at the Center. November is a very busy month for us.

November 15th will be our Celebrations for our Veterans from 11:00am-2:30pm. Everyone is invited to purchase tickets for this most honorable event. FREE to all Veterans with proof of service. We will enjoy an amazing tribute to them with our Shelton Songsters Chorus starting off the event. Brunch will be served and raffles will be given, followed by entertainment "Over Easy."

Dr. Horowitz is back for hearing screenings. Appointments limited. Please call Center to reserve.

Stop by to get your goodies for Thanksgiving at our annual Bake Sale on November 25th and November 26th from 10:00am-12:00pm.

Such a big month so you do not want to miss a thing! Please stay in tune with all our happenings.

Please be advised that beginning January 2025 the Shelton Yearly Membership Dues will change. Shelton Residents: \$5.00 - Non Resident: \$10.00.

The Center will be closed in observance of Thanksgiving on Thursday, November 28th and Friday, November 29th. Wishing you all a Happy, healthy and very hearty Thanksgiving!

Kind 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. There will be no exceptions for no shows.

NEW! FROZEN PREPARED MEAL DISTRIBUTION

Young at Heart will be offering a new service of frozen meal distribution to our Seniors. Order forms in lobby for you to contact Young at Heart to order. Prearranged pick up times will be here at the Center.

DAY AND OVERNIGHT TRIPS

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.

CATSKILLS WORLD RESORTS CASINO: Tuesday, November 19th. \$50.00pp

SHADOWS OF THE 60'S HOLIDAY TRIBUTE AQUATURF: December 3rd.
\$124.00pp.

"DANIEL" SHOW LANCASTER PENN.: December 11th-13th. \$679.00 Double/pp.

2025 Trips Coming Soon!

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.

For additional services Valley Transit provides at a fee, please see brochures in lobby.

CLASSES AND EVENTS

AGE WELL: On **Wednesday, November 27th at 10:30am** Griffin Hospital along with be here.
Topic: TBA.

BAKE SALE: We will be having our annual Bake Sale on **November 25th & 26th from 10:00am-12:00pm**. Bakers WANTED! :) We are looking for baker volunteers to please help. All baked items must be packaged/delivered on November 25th at 8:30am. Please sign up to volunteer baking an item (or a few) at the front desk. Thank you!

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on **Thursday, November 14th at 2:00pm**. The meetings will be led by Jim Linden who has over 30 years experience in facilitating Bereavement groups for all ages. 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.

BOOK CLUB "WEDNESDAY": This book club focuses on Classic Short Novels. This month's book is "The Old Man and the Sea." by Ernest Hemingway. It will be held on **Wednesday, November 20th at 1:00pm**. Limited seats.

BOOK CLUB: This month's book is "The Ride of Her Life." by Elizabeth Letts. It will be held on **Friday, November 8th at 1:00pm**. Limited seats.

CHORUS CONCERT: The Shelton Songsters chorus ensemble will be here on **Friday, December 20th at 1:00pm** for their annual Holiday Christmas concert. FREE. Light refreshments served.

HEARING SCREENINGS: Dr. Willa Horowitz will be providing hearing screenings at the Center on Monday, **November 18th from 10:30am-12:00pm**. Appointment necessary. Limited time slots.
Call Center to reserve.

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.

SENIOR INSURANCE CONSULTANTS: Last chance to get your Medicare Part D information on **Thursday, November 21st at 10:30am**. Light refreshments served.


SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, November 19th at 2:15pm**. Refreshments served.

VACCINATIONS: Naugatuck Valley Health Department and Valley Pharmacy will be here to offer high dose Flu, COVID, RSV, Shingles and Pneumonia vaccinations on **November 12th and 26th from 9:30am—12:00pm**.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, November 6th from 10:30am-12:30pm**.

VETERANS DAY CELEBRATION: "Support our Vets" will be held on **Friday, November 15th from 11:00am-2:30pm**. Brunch served. Guest speakers and dancing. Music by Over Easy. \$15.00pp. Veterans are FREE and must show proof of service please when registering for event to receive ticket. Tickets on sale now, until sold out.

NOVEMBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550</p> | <p>HOURS OF OPERATION</p> <p>8:30AM - 4:00PM</p> | | | <p>1.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p> |
| <p>4.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 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</p> | <p>5.) 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p> | <p>6.) CULINARY INSTITUTE OF AMERICA 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 10:30: Tai Chi 10:30: Cardio Dancing 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</p> | <p>7.) 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 2:30: Cardio Lite</p> | <p>8.) 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 10:00: Membership Meeting 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact</p> |
| <p>11.) CLOSED</p>  | <p>12.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 9:30: Vaccinations 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class 3:00: Committee Meeting</p> | <p>13.) 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: Cardio Dancing 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</p> | <p>14.) 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 2:30: Cardio Lite</p> | <p>10.) MOHEGAN SUN</p> <hr/> <p style="font-size: 2em; font-weight: bold;">Sunday</p> <p>17.) RADIO CITY</p> |
| <p>18.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 10:30: Hearing Screening 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</p> | <p>19.) CATSKILLS 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 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class 2:15: Singles Social Club</p> | <p>20.) 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: Cardio Dancing 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:00: Book Club S. Story 1:30: Low Impact 2:15: Chorus</p> | <p>21.) 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 10:30: Medicare Part D 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:30: Cardio Lite</p> | <p>22.) 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 10:00: Card Making 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p> |
| <p>25.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:00: Bake Sale 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing <u>12:30: Lunch</u> 12:30: Low Impact <u>1:00: Bingo</u> 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p> | <p>26.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 9:30: Vaccinations 10:00: Ceramics 10:00: Strength Train 10:00: Bake Sale 11:45-12:15: Lunch 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p> | <p>27.) 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: Cardio Dancing 10:30: Age Well 11:45-12:15: Thanksgiving Lunch with all the fixings \$5.00 RSVP by 11/25. 12:30: Line Dance 12:30: Low Impact</p> | <p>28.) CLOSED</p>  | <p>29.) CLOSED</p> |

Thanksgiving Word Search

C U W V B F K S Q S W H A R V E S T H G
O Y S M A N T A T O U U O G K R P M L E
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CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER

