



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

APRIL 2026

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Dear Shelton Senior Center Friends,

Happy Spring! It seems like it took forever to get here. Really appreciating the green grass, the beautiful colors, the birds and the warmth. It was a rough winter for sure. We have a full agenda this month.

Our trip board is full of exciting daytime and overnight new travels. Casino trips are back in swing, so sign up early when those get posted. Next trip is April 7th, there may be a few seats available so let us know if you have interest.

At this time, I want to extend a big thank you to all our Volunteers who so diligently come to the Center, day after day, week after week and unconditionally do the behind the scenes activities.

Please thank the Arts & Crafts, Knitting and Quilting groups, when you see them. They together create/make/design the most incredible items which we sell in our gift shop. All proceeds from their efforts go back to YOU the Membership.

It is because of these great members and their talents do we have the capabilities to have the "little" extras.

The staff and myself want to thank each and everyone of our Crafters for their dedication, creativity and commitment to our Center.

Wishing everyone a Blessed Easter Season.

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

“NEW” CATSKILLS WORLD RESORTS CASINO: April 7th. \$56.00pp.

BOBBY DARIN & FRANK SINATRA AT VILLA LOUISA: April 21st. \$127.00pp.

NEWPORT RI, LUNCH & HARBOR COASTAL QUEEN CRUISE: May 1st. \$168.00pp.

SEVEN ANGELS THEATER “A GRAND NIGHT FOR SINGING”: May 9th. \$149.00pp.

BEEGEES AT AQUATURF: May 14th. \$132.00pp.

CULINARY INSTITUTE OF AMERICA IN NEW YORK: June 25th. \$178.00pp.

TALL SHIPS BOSTON: July 12th. \$196.00pp.

ATLANTIC CITY NEW JERSEY & MAMMA MIA SHOW: July 22nd-24th. \$519.00pp.

TWIN LOBSTERS AT LOG CABIN: July 30th. \$166.00pp.

NEW YORK STATUE OF LIBERTY, ELLIS ISLAND & 911 MUSEUM: August 7th.
\$149.00pp.

CAPE COD, MARTHA’S VINEYARD, HYANNIS, SANDWICH, CHATHAM MA.: August 17th-
20th. \$1049pp.

LIGHTHOUSE CRUISE IN NARRAGANSETT BAY: September 13th. \$158.00pp.

SWITZERLAND AND ITALY: September 19th—28th. \$5,969.00+ pp.

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

More details coming soon on the following destinations:

Turkey Train Winnepesaukee Railroad in October, Radio City Christmas Spectacular in November, Newport RI Christmas Mansion Tour in December...and much more!

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, April 14th 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, April 22nd at 10:30am** Griffin Hospital will be here discussing, "Body Mechanics and Adaptive Equipment." 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, April 13th and 27th from 1:00-2:30pm**. 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.

BOOK CLUB (WEDNESDAY): This month's book is "Frannie & Zooey" by J.D. Salinger. It will be held on **Wednesday, April 22nd at 1:00pm**.

BOOK CLUB (FRIDAY): This month's book is "Notes on an Execution" by Danya Kulafka. It will be held on **Friday, April 10th at 1:00pm**.

MATTER OF BALANCE: New session begins **Tuesday, April 21st at 9:00am**. Sign up now.

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, April 9th and 23rd from 12:30pm-2:30pm**.

RESTORATIVE BLOOMS: A flower arranging workshop will be held on **Thursday, April 23rd at 1:00pm**. FREE. Create a beautiful fresh arrangement. Limited seats.


SINGLES SOCIAL CLUB: Come join this active group to meet and mingle at their next group meeting on **Tuesday, April 21st at 2:15pm**.

VALLEY COINS: On **Monday, April 20th at 10:00am**, bring your coins. Ed will be here with his scale, if needed.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, April 1st from 10:30am-12:30pm**.

VETERAN AFFAIRS: State of CT 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**.

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HOURS 8:30AM – 4:00PM PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550</p>	<p>PLEASE NOTE: WAITLIST CLASSES MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY</p>	<p>1.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 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: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus</p> <p style="text-align: center;">RENTERS' REBATE PROGRAM BEGINS TODAY—SEPTEMBER</p>	<p>2.) 8:30-3:30: Billiards 8:45:Strength Train 9:00: Chess/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: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>3.)</p> <div style="text-align: center;">  <p>CLOSED</p> <p>GOOD FRIDAY</p> </div>
<p>6.) 8:30-3:30: Billiards 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 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>7.) CATSKILLS CASINO 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance 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 Class 1:30: Step and Tone</p>	<p>8.) 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: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus</p>	<p>9.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/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: Variety Games 12:30: Men's Haircuts 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>10.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:15: Executive Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Membership Board Meeting 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</p>
<p>13.) 8:30-3:30: Billiards 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 12:30: Toning w/Cheryl 1:00: Bereavement Group 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>14.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: AARP 9:00: Matter of Balance 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 Class 1:30: Step and Tone 3:00: Committee Meeting</p>	<p>15.) 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 Dance 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 1:30-3: Food Truck 2:15: Chorus</p>	<p>16.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/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: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>17.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:00: Cardmaking 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>20.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Valley Coins 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</p>	<p>21.) VILLA LOUISA 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance #1 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 Class 1:30: Step and Tone 2:15: Singles Social Club</p>	<p>22.) 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: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Book Club 1:00: Pinochle 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus</p>	<p>23.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/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: Variety Games 12:30: Men's Haircuts 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Restorative Blooms 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>24.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>27.) 8:30-3:30: Billiards 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 12:30: Toning w/Cheryl 1:00: Bereavement Group 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>28.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance #2 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 Class 1:30: Step and Tone</p>	<p>29.) 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: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus</p>	<p>30.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/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: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite</p>	

STATE OF CONNECTICUT RENTERS' REBATE PROGRAM

The Connecticut Renters' Rebate Program provides once-per-year rebates to older adult or disabled renters whose incomes do not exceed certain thresholds and who meet residency requirements. The program is administered through the Renters' Rebate Office located in the Shelton Senior Center.

Between April 1st and September 1st, qualified Shelton residents can apply through the Renters' Rebate Coordinator for reimbursement of rent and utility payments (excluding cable and telephone) that were made in the preceding calendar year. Any state residents renting an apartment or room, or living in cooperative housing or a mobile home, may apply for this program. Renters' Rebate recipients are typically 65 years of age or older or at least 18 years of age and permanently disabled.

Applicants who qualify may receive up to \$700 for a single person or up to \$900 for a married couple. The rebate amount is calculated on a graduated income scale based on the amount of rent and utility payments, excluding cable and telephone, made in the previous year.

Complete details of the program can be obtained by calling the Renter's Rebate office located in the Senior Center, 203-924-9324 x1454.

