

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

Vol.54 No.12

DECEMBER 2024



Director - Doreen Laucella
Ext. 1450

Assistant - Shauna
Ext. 1451



Clerk - Gina
Ext. 1452

Receptionist - Diane, Nancy or Sharon
Ext. 1453

Dear Shelton Senior Center Friends,

Ho! Ho! Ho! This month will bring lots of joy and happiness for all our Seniors. Let us all remember this time of year is the season for giving to others, showing kindness to others and most of all being there for others in need.

Very grateful to Dennis Salzer, Rick Sheldrick, the Shelton Songsters Chorus, Seniors and the Guests of Honor "Our Veterans" for an amazing Veteran Tribute. Those beautiful Veteran Baskets made with so much love and care by our Ginny Giulmette.

Many thanks to all of you!

Thank you to all our wonderful volunteers who baked and worked the Bake Sale. A special thank you to Edna Kerkes, who managed the sale. Another great success! A big thank you to the "Keystone Kids"— Naugatuck Valley Boys and Girls Club for our wonderful luncheon and afternoon Bingo with the Seniors.

Looking forward to 2025. It will be another fun filled active and adventurous year! We are all looking forward to all that the year will bring to us.

2025 Membership New Price Reminder: Shelton Residents \$5.00 and Non-Residents \$10.00.

Wishing you all Merry Christmas and Happy Holidays! Good Health and Prosperity to all!

Warm Regards,

Doreen & The Senior Center Team

MEMBERSHIP RENEWAL

January 2025 begins membership renewal for all members. Residents are now \$5.00 and Non-Residents are \$10.00, per yearly membership. Non-Resident current members have a grace period to renew until March, if not membership at the Shelton Senior Center will be forfeited. We at this time are not taking on new Non-Residents. Thank you.

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.

FROZEN PREPARED MEAL DISTRIBUTION

Stock up for the Winter– Do not let snow prevent you from getting your meals. Be prepared with new frozen meal options. Menus and 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

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

“DANIEL” SHOW LANCASTER PA: December 11th-13th. \$679.00 Double/pp.

MEDIEVEL TIMES, NJ: March 30th. \$143.00pp.

MUSICAL “WAITRESS” AT MAJESTIC THEATER: May 31st. \$155.00pp.

SAVOR THE FLAVOR - PROVIDENCE, RI: June 5th. \$155.00pp.

IT'S BETTER IN THE BRONX: June 28th. \$139.00pp.

CHRISTMAS TIME IN BRANSON, MISSOURI: November 5th-9th. \$1,719.00pp.

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, December 18th at 10:30am** Griffin Hospital and their Head Pharmacist will be here to discuss Medication Management.

AUTHOR VISIT: Local Author Gary Scarpa will be here for a book signing and talk about his new book "Still Life" on **Friday, December 13th at 2:00pm**. Join Gary, wife Fran and daughter Mia for an entertaining and inspiring afternoon together. Book available for purchase day of and/or online.

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on **Thursday, December 5th and 19th 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: This month's book is "The Light We Carry" by Michelle Obama. It will be held on **Friday, December 13th 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.

JUDGE FRED ANTHONY: Probate Judge Anthony will be here for a discussion and question answer forum following on **Wednesday, January 15th at 10:30pm**. Limited seats. FREE. Call 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.

MEDICARE ENROLLMENT: "Medicare Benefits and Important Changes" will be the topic on **Monday, December 2nd at 10:00am**. Join Devyn Markland a representative with Financial Solutions of Shelton to navigate through these options.

MOVIE MATINEE: Our Movie Matinees are back in 2025! Come enjoy an afternoon with popcorn and a movie in our dining hall on **Monday, January 13th at 1:00pm**. Movie: "The Notebook" starring Ryan Gosling and Rachel McAdams, rated PG-13.

NEW YEARS PARTY: Celebrate 2025 together with us on **Friday, January 3rd at 12:00pm**. Lunch, Music, Dancing and Champagne Toast. Band: The Boomers. Menu: Pork Roast w/Gravy, Potatoes, Veggies, Garden Salad, Bread, Dessert and Coffee. Tickets available on December 6th. \$15.00pp.

SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, December 17th at 2:15pm**. This month's theme: Secret Santa Christmas Party. Please bring your wrapped gift to take part in Secret Santa.

ST. VINCENT DE PAUL FOOD DRIVE: This month we will be collecting non-perishable food donations to help St. Vincent De Paul. Please drop off (non expired) food donations in the main lobby. Thank you.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, December 4th from 10:30am-12:30pm**.

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2.) 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	3.) Aquaturf 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 1:30: Step and Tone	4.) 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	5.) 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	6.) 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: New Years Party Tickets on Sale 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
9.) 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	10.) 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 1:30: Step and Tone 3:00: Committee Meeting	11.) Lancaster 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	12.) 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	13.) 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 2:00: Author Visit—Gary Scarpa Book Event
16.) 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	17.) 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 1:30: Step and Tone 2:15: Singles Social Club	18.) 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: 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	19.) 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	20.) 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 11:45-12:15: Lunch 1:00: Chorus Concert
23.) 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	24.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Strength Train 11:45-12:15: Lunch 12:30: Ballroom Aerobics	25.) <p style="text-align: center;">CLOSED</p> 	26.) 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 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step &Tone	27.) 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 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
30.) 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	31.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Strength Train 11:45-12:15: Lunch 12:30: Ballroom Aerobics	<p style="text-align: center;">HAPPY NEW YEAR!</p> 	<p style="text-align: center;">PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550</p>	<p style="text-align: center;">HOURS OF OPERATION 8:30AM – 4:00PM</p> 



CHRISTMAS WORD SEARCH

P U P C H R I S T M A S N D N L I C
Y U L E T I D E O M H F C P U U F E
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V O R N A M E N T S C G A R L A N D
E P M P O I N S E T T I A D T R E E

- Angel
- Bells
- Carolers
- Celebrate
- Chesnuts
- Christmas
- Decorations
- Eggnog
- Festive
- Fruitcake
- Garland
- Gingerbread
- Holiday
- Holly
- Jingle
- Jolly
- Lights
- Mistletoe
- Noel
- Nutcracker
- Ornaments
- Poinsettia
- Presents
- Snowflakes
- Snowman
- Tinsel
- Tree
- Yuletide

