

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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APRIL 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

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The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Chris & Art

Dear Shelton Senior Center Friends,

Welcome Spring! It is time to dust yourselves off and get yourselves out to the Center! Do not let loneliness fill your day. Take care of your mental and physical health. So many activities to get involved with.

If there is something you may like to see at the Center, please let me know. My door is always open. We pride ourselves on all Seniors needs when possible. Suggestions are always welcome.

Looking forward to a fun filled Spring. Remember go on the City website or stop by the Senior Center, City Hall or Community Center to pick up your newsletter. You do not want to miss a thing!

Veteran Affairs is back in April. Also NEW in April a Bereavement Group begins, as well. We will celebrate Spring by enjoying a fun afternoon with the Spring Fling. Then our amazing Shelton Songsters will be here to entertain with a FREE Spring Concert and loaded with musical favorites. Get all our activities on your schedule, now!

We hope to see you soon!

Warm Regards, Doreen

CLASSES AND EVENTS

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.

BEREAVEMENT GROUP MEETINGS: Griffin Hospital Community Outreach Program will be offering Bereavement Group Meetings. We urge all those who have experienced the loss of a loved one to join this opportunity to share your experiences in a confidential and comforting setting. The meetings will occur monthly beginning on **Thursday, April 18th at 2:00pm.** The meetings will be led by Jim Linden who has over 30 years experience in facilitating Bereavement groups for all ages and depth of loss. Anyone who would like to attend the meetings please contact Jim at 203-561-3410.

BOOK CLUB: Join Pete D'Ostilio on **Friday, April 12th at 1:00pm** for a discussion on the book, **"The Great Alone" by Kristen Hannah .**

CHORUS "SPRING FLING" CONCERT: Join our Shelton Songsters, singing the afternoon away at their Spring concert on **Friday, April 26th at 1:00pm.**

JUDGE FRED ANTHONY: Probate Judge Anthony will be here on **Wednesday, April 24th at 10:30am** to discuss topics pertaining to estate planning and probate, along with answer any questions you may have.

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.

POKER: Are you interested in playing Poker? We are looking for more beginner and seasoned players to join this fun loving group! Contact Center if interested.

RENTERS' REBATE PROGRAM: The State of Connecticut rental reimbursement program for elderly or disabled renters who meet income requirements begins on April 1st. See Kathy in the Renters' Rebate office located at our Center, for details.

SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, April 16th at 2:15pm.** Refreshments served.

SPRING FLING: A party filled with music, dancing, food and fun on **Friday, April 19th at 12:00pm-3:00pm!** Music by The Boomers. Lunch: Ziti and Meatballs, Salad & Bread, Dessert and Coffee. Tickets on sale beginning March 1st. \$12.00pp.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, April 3rd from 10:30am-12:30pm.**

VETERAN AFFAIRS: This service provided by the CT Veteran Affairs has returned. Please join the new representative on **Wednesday, April 10th at 12:00pm.** Bring all questions.

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. Daily additional items available for an extra charge at time of purchase. 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. 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.

DAY AND OVERNIGHT TRIPS

WASHINGTON DC: Friday, April 5th—8th. \$849.00 pp/varies.

ELTON JOHN TRIBUTE: Thursday, April 25th. \$116.00pp.

IRELAND: Thursday, May 2nd—May 10th. \$3,975.00 pp/varies.

NEIL DIAMOND TRIBUTE AT AQUATURF: Tuesday, May 14th. \$124.00pp.

WORLD RESORTS CASINO: NEW! Tuesday, May 28th. \$50.00pp. Comps - Food & Play.

ATLANTIC CITY TROPICANA CASINO AND JERSEY BOYS & GIRLS: Wednesday, May 29th- 31st. \$415.00 pp/varies.

TIMELESS MUSIC AT STORROWTOWN TAVERN: Thursday, June 13th. \$118.00pp.

BERMUDA CELEBRITY ECLIPSE CRUISE: Sunday, July 14th-21st. Prices vary/pp.

LOBSTER & A GREAT SHOW AT LOG CABIN: Wednesday, July 17th. \$142.00pp.

SAIL ON, BEACH BOYS TRIBUTE AT AQUA TURF: Wednesday, August 21st. \$124.00pp.

INTERNATIONAL BALLOON FEST NEW MEXICO & LAS VEGAS: Monday, September 30th—October 7th. Prices vary pp.

OCTOBERFEST AT KRUCKER'S NEW YORK: Thursday, October 17th. \$139.00pp.

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/ Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub RENTERS REBATE BEGINS	2.) 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.) 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: Valley Parish Nurses Blood Pressure 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	4.) 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: Chair Yoga-No Class 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	5.) WASHINGTON DC 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 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
8.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/ Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	9.) 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	10.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 12:00: Veteran Affairs 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	11.) 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: Chair Yoga- No Class 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	12.) 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 10:15: Member Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact
15.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/ Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	16.) 8:30-3:30: Pool 8:45: Strength Train 9:00: AARP 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 3:00: Committee Meeting	17.) 8:30-3:30: Pool 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: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 2:00: Chorus	18.) 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: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:00: Bereavement Group 3:00: Cardio Lite-No Class	19.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: Spring Fling
22.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/ Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	23.) 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	24.) 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: Judge Anthony 10:30: Tai Chi 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 2:00: Chorus	25.) ELTON JOHN 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: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	26.) 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: Card Making 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 1:00: Chorus Spring Concert 1:30: Low Impact
29.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: <i>Toning w/ Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub	30.) 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			HOURS OF OPERATION 8:30AM - 4:00PM



Spring

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R A I N B O W D J A C P

BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA