



## **SHELTON SENIOR CITIZENS CENTER**

81 WHEELER STREET  
SHELTON, CONNECTICUT 06484  
[WWW.CITYOFSHELTON.ORG](http://WWW.CITYOFSHELTON.ORG)

PHONE: (203) 924-9324  
DAILY INFORMATION LINE: x-1550  
GENERAL INFORMATION & RESERVATIONS: x-1551  
DOREEN: x-1450  
SHAUNA: x-1451  
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DIANE/SHARON: x-1453  
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# **JANUARY 2026**

VOL.56 NO.1



**Doreen Laucella**  
Director of Senior Services / Municipal Agent For The Elderly

**The Shelton Senior Center Team**  
Shauna, Gina, Diane, Chris, Kathy & Sharon

Dear Shelton Senior Center Friends,

Happy New Year to everyone!! Wishing you a healthy, happy 2026!

Friendly reminder: Membership renewals start January 2nd for all members. Non-resident members have until March 1st to renew. If non-residents do not renew, they will forfeit their membership here at the Center. Shelton residents can renew at anytime.

Thank you to everyone who donated to our very successful food and toy collection. You all made a difference. The New Year brings many activities and events for the Center. It is important to pick up your newsletter or go onto The City of Shelton website to view.

Our lunch program continues to grow with more and more attendees. It is very important to RSVP up until the day before for lunch. DO NOT LEAVE MESSAGES. You must speak to someone in person to be added to the lunch list. We are not responsible to be able to accommodate your short notice requests. Cancellations must be done before 9:00am the day of lunch or you will be expected to pay for your lunch.

A great opportunity to earn a little extra and still enjoy your retirement...we are looking for a qualified individual with interest in working in the kitchen 10:00am-1:00pm daily. You must enjoy cooking and be with a fun loving group. In addition to, we are always looking for volunteers for various things around the Center. Please let me know if either are of interest to you!

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. No exceptions for no shows.

**DAY AND OVERNIGHT TRIPS**

**RIVERDANCE 30 IN NEW JERSEY:** March 7th. \$146.00pp.

**PARADE OF NATIONS & VA INTERNATIONAL TATTOO 250:** April 16th-19th. \$849.00pp.

**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.

**ARUBA CRUISE:** June 12th-21st. \$2,789.00 + pp.

**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.

**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.

**SWITZERLAND AND ITALY:** September 19th—28th. \$4,390.00 + pp.

**WASHINGTON D.C.:** October 10th-12th. \$609.00pp.

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

**More details coming soon on the following destinations:**

Turkey Train Winnipesaukee Railroad in October, Radio City Christmas Spectacular in November, Newport RI Christmas Mansion Tour in December...and much more! Be sure to check our trip board at the Center daily this month.

*Payments are now due upon request of registration for each trip.*

*Register WITH PAYMENT 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, February 10th 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, January 28th at 10:30am** Griffin Hospital will be here discussing topic, "Loneliness and Age Related Loss." Limited Seats.

**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 month's book is "The Time Machine" by H.G. Wells. It will be held on **Wednesday, January 21st at 1:00pm**. Waitlist.

**BOOK CLUB (FRIDAY):** This month's book is "Guide Me Home" by Attica Locke. It will be held on **Friday, January 9th at 11:00am**. Waitlist.

**MATTER OF BALANCE: Back by popular demand!!** An 8-week program from Naugatuck Valley Health, designed to reduce the fear of falling and increase activity levels among older adults set to begin **Tuesday, January 13th from 9:00am-11:00am**. Limited seats. Register now at front desk.

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

**MOVIES AT THE SENIOR CENTER:** Begin again in February. More details in next month newsletter.

**NEW YEAR PARTY:** We will be celebrating 2026 on **Friday, January 9th from 12:00pm-3:00pm**. Music by Craig Calistro. Lunch: Pork Roast, Potatoes, Veggie, Roll, Dessert & Coffee. \$15.00 per member. Tickets on sale now.

**SHELTON POLICE DEPARTMENT SCAM FORUM:** Shelton Police Department will be here on **January 16th at 10:30am**, to discuss "Local and National Scams targeting Shelton residents" and the ways you can be affected by it. Light refreshments. Please call to reserve your seat.

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

**VALENTINE SOCIAL WITH SHELTON YOUTH TO YOUTH BUREAU:** The SY2Y Bureau will be sponsoring our Valentine's Day Celebration. Our Shelton High School youth will join us for a fun filled afternoon on **Friday, February 13th from 12:00pm-3:00pm**. \$10.00 per person. Music by "Over Easy Band." Lunch TBD. Tickets on sale 01/12.

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, January 7th 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 on **Thursday, January 8th at 9:00am**.

# JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>HOURS</b> <b>8:30AM - 4:00PM</b></p> <p><b>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</b> <b>(203) 924-9324 EXT: 1550</b></p>	<p><b>PLEASE NOTE: WAITLIST CLASSES</b></p> <p><b>MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY</b></p>	1.) <b>CLOSED</b> 	2.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 <b>9:15: Exec. Board Meeting</b> 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>10:00: Membership Meeting</b> 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 1:30: Low Impact
5.) 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	6.) 8:30-3:30: Billiards 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 Class 1:30: Step and Tone	7.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Valley Parish Nurse</b> 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	8.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/Cards <b>9:00: Veteran Affairs</b> 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 11:00: Strive/Move Better 11:45-12:15: Lunch <b>12:30: Men's Haircuts</b> 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.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>11:00: Book Club</b> <b>12:00: New Year Party</b>
12.) 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  Tickets for Valentine's Social go on sale	13.) 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 <b>3:00: Committee Meeting</b>	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 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	15.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 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	16.) 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 <b>10:30: Police Scam Forum</b> 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
19.) <b>CLOSED</b> 	20.) 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 <b>2:15: Singles Social Club</b>	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: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact <b>1:00: Book Club</b> 1:30-3: Food Truck 2:15: Chorus	22.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Variety Games <b>12:30: Men's Haircuts</b> 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	23.) 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
26.) 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	27.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:00: Matter of Balance #3 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	28.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Age Well</b> 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	29.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 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.) 8:00: 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

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## MONTHS OF THE YEAR



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

