

## 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.06

# JUNE 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, Brian, Chris & Michelle

Dear Shelton Senior Center Friends,

Welcome Summer! The warm weather brings so much activity here at the Center.

We are looking for multiple Bingo callers on Monday, Wednesday and Friday afternoons. Please consider volunteering. No experience necessary, we will train.

All those interested please contact me.

First a special Thank You, to the Shelton Youth and Family Services for hosting an amazing Social given to the Seniors. It was truly appreciated by everyone!

Thanks for the memories.

Looking forward to this months BBQ on June 14th and our Summer Chorus Concert with the Shelton Songster on June 21st. Our Volunteer Breakfast and Christmas in July will be coming up. So stay tuned and informed so you don't miss a thing!

Please be sure to check out our trip and travel bulletin board, located here at the Center. There is something for everyone! Trips fill up quickly here and are often wait listed. This is a time in your Senior life to enjoy every minute and take the opportunity to travel with so many others who do not want to travel alone...travel together with us. Try it, you will love it!

Have a beautiful month ahead and enjoy the gorgeous warm sunny weather!

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. 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

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

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

**NUNSENSE AT NEWPORT PLAYHOUSE:** Wednesday, July 24th. \$163.00pp.

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

**ATLANTIC CITY:** Wednesday, August 21st—23rd. \$499.00pp.

**NIAGARA FALLS ONTARIO:** Monday, September 2nd-5th. \$719.00pp.

**911 MEMORIAL MUSEUM:** Thursday, September 5th. \$114.00pp.

**NEW ENGLAND'S BIG E EXTRAVAGANZA:** Thursday, September 19th. \$104.00pp.

**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.

**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.

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

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

## CLASSES AND EVENTS

**BBQ:** On **Friday, June 14th from 12:00pm-3:00pm** join us for a BBQ. The band "Over Easy" will be here for musical entertainment and dancing Menu: Cheeseburger and Hot Dog, Baked Beans, Pasta Salad, Dessert, Coffee and Tea. \$15.00pp. Tickets on sale now.

**BEREAVEMENT GROUP MEETINGS:** This months meeting will be on two **Thursdays, June 6th and 20th 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 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:** Join Pete D'Ostilio on **Friday, June 21st at 1:00pm** for a discussion on the book, **"This is Where I Leave You" by Jonathan Tropper.**

**CHRISTMAS IN JULY:** On **Friday, July 26th from 10:00am-2:00pm** we will be hosting a fair highlighting our variety of offerings, crafts for sale, raffles, decorated Christmas Trees, baked goods, pictures with Santa, and twenty minute exercise class demonstrations. Shop till you drop and join in the festive cheer. All those interested in baking for our bake sale, please contact the front desk to add your name to the sign up baking list.

**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.

**RENTERS' REBATE PROGRAM:** The State of Connecticut rental reimbursement program for elderly or disabled renters who meet income requirements. 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, June 25th at 2:15pm.** Refreshments served.

**UNDERSTANDING HOME CARE SEMINAR:** On **June 12th at 10:30am** FCP Live-In LLC, Kelley Green will be your host. Come find out the pros and cons of live in assistance at home. Light Refreshments will be served.

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, June 5th from 10:30am-12:30pm.**

**VOLUNTEER BREAKFAST:** We will be hosting our annual free volunteer breakfast on **Friday, July 12th from 10:00am-12:00pm** for Seniors who are avid volunteers. Those invited will receive an invitation in the mail. Be on the look out!

## 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.

## SENIORS WANTED

Square Dancers and Chess Players, join in. See calendar for days and times.

# JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3.) 8:30-3:30: Pool 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	4.) 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	5.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi <b>10:30: Valley Parish Nurs-                      es Blood Pressure</b> 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	6.) 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 <b>2:00: Bereavement Group</b> 3:00: Cardio Lite	7.) 8:00: Walking Club 8:30-3:30: Pool <b>9:00: Diabetes Class 3</b> 9:00: Exercise 1 <b>9:15: Executive Meeting</b> 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>10:15: Member. Meeting</b> 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
10.) 8:30-3:30: Pool 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	11.) 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 <b>3:00: Committee Meeting</b>	12.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi <b>10:30: Understanding                      Home Care Seminar</b> 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	13.) 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 3:00: Cardio Lite	14.) 8:00: Walking Club 8:30-3:30: Pool <b>9:00: Diabetes Class 4</b> 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>12:00: BBQ</b>
17.) 8:30-3:30: Pool 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	18.) 8:30-3:30: Pool 8:45: Strength Train <b>9:00: AARP</b> 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	19.) 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	20.) 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 <b>2:00: Bereavement Group</b> 3:00: Cardio Lite	21.) 8:00: Walking Club 8:30-3:30: Pool <b>9:00: Diabetes Class 5</b> 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 <b>1:00: Chorus Concert</b> <b>1:00: Book Club</b>
24.) 8:30-3:30: Pool 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	25.) 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 <b>2:15: Singles Social Club</b>	26.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi <b>10:30: Age Well</b> 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	27.) 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 3:00: Cardio Lite	28.) 8:00: Walking Club 8:30-3:30: Pool <b>9:00: Diabetes Class 6</b> 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 12:30: Bingo 1:30: Low Impact
		<b>HOURS                      OF                      OPERATION</b>  <b>8:30AM – 4:00PM</b>		

# Summer Word Search

S F L I P F L O P S I S L E P  
S U N S C R E E N A N U O S I  
A U N G U E S T H D O N V W C  
B N E G J O C E A N F S S I N  
A P O O L J U R Y S U H O M I  
R U G U S A T A E U N I H S C  
B M G C R E S A M A S N I U S  
E E N U F O N S U M M E R I P  
C M A A S T O H E T H I N T R  
U V A C A T I O N S R H L A I  
E R O B I L K R X J O I O U N  
I I N S E F I T S F U N P T K  
C A R E L A X S U L Y L O L L  
E J U N E A C F A M I L Y S E  
I C E P O P A H O T S R E L R



AUGUST  
BARBECUE  
BEACH  
FAMILY  
FLIP FLOPS  
FUN  
HOT  
ICE CREAM

ICE POP  
JULY  
JUNE  
OCEAN  
PICNIC  
POOL  
RELAX  
SHORTS

SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIMSUIT  
VACATION

