

## 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.10

# OCTOBER 2024



Doreen Laucella, Director

d.laucella@cityofshelton.org

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The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Nancy, Felice, Lucy, Brian, Ed, Diana, Chris & Michelle

Dear Shelton Senior Center Friends,

Hello Fall! We are getting ready for our very busy season here at the Center. Thanks to all our volunteers who helped last month serve the delicious ice cream sundaes at our Social. It was a full house!

This month, get those costumes ready. Halloween Party is coming up and tickets are on sale. Fun for all. Prizes will be given out to those who are creative!

Looking ahead. Our last casino trip until next year is November 19th. Sign up now. \$50pp w/ comps.

Cold, COVID and Flu season is here so please get your vaccines. We have several dates vaccination clinics will be here. They will be offering all available vaccines. Please read newsletter for details. Gentle reminder to keep all those safe at the Center. If you are not feeling well, please stay home and take care. Please wash hands and use hand sanitizer regularly, so viruses do not spread. We must be considerate of others and all those who frequent the Center. Thank you.

Reminder please call information line daily for updates with schedule. Winter is approaching and may change our daily routine here at the Center. This will also help with any frustrations if classes or events are cancelled/postponed. The information line is the only way of communicating to you daily. Updates are done when needed throughout day so call before you leave to stay current on daily happenings/cancellations.

Enjoy the Fall and all the beauty it brings!

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. There will be no exceptions for no shows.

## NEW! FROZEN PREPARED MEAL DISTRIBUTION

Young at Heart will be offering a new service of frozen meal distribution to our Seniors. Order forms in lobby for you to contact Young at Heart to order. Prearranged pick up times will be here at the Center. Program will begin for November distribution. Get your orders in this month!

## DAY AND OVERNIGHT TRIPS

**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.

**CATSKILLS WORLD RESORTS CASINO:** Tuesday, November 19th. \$50.00pp

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

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

2025 Trips Coming Soon!

## 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 DRIVER SAFETY:** Our next Driver Safety Class will be held on **Tuesday, October 15th from 9:00am-1:15pm**. Prices vary, minimal charge. Limited seats. Register at front desk.

**AGE WELL:** On **Wednesday, October 23rd at 10:30am** Griffin Hospital along with Fire Marshall will be here to discuss fire safety and free installation of smoke alarms.

**BAKE SALE:** We will be having our annual Bake Sale on **November 25th & 26th from 10:00am-12:00pm**. Bakers WANTED! :) We are looking for baker volunteers to please help. All baked items must be packaged/delivered on November 25th at 8:30am. Please sign up to volunteer baking an item (or a few) at the front desk.  
Thank you!

**BEREAVEMENT GROUP MEETINGS:** This months meeting will be on **Thursdays, October 3rd, 17th and 31st 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 “WEDNESDAY”:** This book club focuses on Classic Short Novels. This month’s book is “Fahrenheit 451.” by Ray Bradbury. It will be held on **Wednesday, October 23rd at 1:00pm**. Limited seats.

**BOOK CLUB:** This month’s book is “Memories of Geisha.” by Arthur Golden. It will be held on **Friday, October 11th at 1:00pm**. Limited seats.

**CHORUS CONCERT:** The Shelton Songsters chorus ensemble will be here on **Friday, October 11th at 1:00pm** for their annual Fall concert. FREE. Light refreshments served.

**HALLOWEEN PARTY:** On **Friday, October 25th from 12:00pm-3:00pm** enjoy an afternoon of lunch, music and dancing. Come dressed in your Halloween best! Prizes for best costumes. Lunch: Ziti, Meatballs, Salad, Coffee and Dessert. Music by Tom Mohyde.

**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 SEMINAR PART D:** Rich Fellito will be here to discuss Medicare Part D on **Tuesday, October 29th at 10:30am**. Make sure you are covered properly in 2025.

**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 for details.

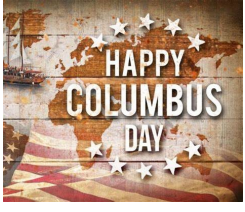
**SINGLES SOCIAL:** Join the fun! Socialize with old friends and come make new friends. This month’s get together will be held on **Tuesday, October 15th at 2:15pm**. Refreshments served.

**VACCINATIONS:** Naugatuck Valley Health Department and Valley Pharmacy will be here to offer high dose Flu, COVID, RSV, Shingles and Pneumonia vaccinations on **October 9th, November 12th and 26th from 9:30am—12:00pm**.

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, October 2nd from 10:30am-12:30pm**.

**VETERANS DAY CELEBRATION:** “Support our Vets” will be held on **Friday, November 15th from 11:00am-2:00pm**. Brunch served. Guest speakers and dancing. Music by Over Easy. \$15.00pp. Veterans are FREE and must show proof of service please when registering for event to receive ticket. Tickets are available and on sale beginning October 21st.

# OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</b></p> <p><b>(203) 924-9324 EXT: 1550</b></p>	<p>1.) 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 &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p>	<p>2.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi 10:30: Cardio Dancing <b>10:30: Valley Parish Nurses 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 2:15: Chorus</p>	<p>3.) 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 &amp; Tone <b>2:00: Bereavement Group</b> 3:00: Cardio Lite</p>	<p>4.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 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</p>
<p>7.) 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</p>	<p>8.) 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 &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class <b>3:00: Committee Meeting</b></p>	<p>9.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold <b>9:30: Vaccinations</b> 10:00: Quilting 10:00: Arts &amp; 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</p>	<p>10.) 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 &amp; Tone 3:00: Cardio Lite</p>	<p>11.) 8:00: Walking Club 8:30-3:30: Pool 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>10:00: Membership Meeting</b> 11:45-12:15: Lunch <b>1:00: Chorus Concert</b> <b>1:00: Book Club</b></p>
<p>14.) <b>CLOSED</b></p> 	<p>15.) 8:30-3:30: Pool 8:45: Strength Train <b>9:00: AARP Drivers Ed</b> 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00:Strength Train 11:45-12:15: Lunch 12:30:Knit &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class <b>2:15: Singles Social Club</b></p>	<p>16.) 8:30-3:30: Pool 9:00: Exercise 1 9:00:Zumba Gold—cancelled 10:00: Quilting 10:00: Arts &amp; 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</p>	<p>17.) <b>Octoberfest</b> 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 &amp; Tone <b>2:00: Bereavement Group</b> 3:00: Cardio Lite</p>	<p>18.) 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 <b>10:00: Card Making</b> 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>21.) <b>Veterans Day Tix go on Sale</b> 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</p>	<p>22.) 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 &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p>	<p>23.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi 10:30: Cardio Dancing <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 <b>1:00: Book Club S. Story</b> 1:30: Low Impact 2:15: Chorus</p>	<p>24.) 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 &amp;Tone 3:00: Cardio Lite—cancelled</p>	<p>25.) 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 <b>12:00: Halloween Party</b></p>
<p>28.) 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</p>	<p>29.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train <b>10:30: Medicare Part D</b> 11:45-12:15: Lunch 12:30:Knit &amp; Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:00: Corn Hole 1:30: Step and Tone 2:00: Bocce - Italian Class</p>	<p>30.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; 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</p>	<p>31.) 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 &amp;Tone <b>2:00: Bereavement Group</b> 3:00: Cardio Lite</p>	<p><b>HOURS OF OPERATION</b></p> <p><b>8:30AM – 4:00PM</b></p>



# Fall Harvest



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

LEAVES  
FALL  
ACORNS  
WIND  
TREES  
APPLES  
PUMPKINS  
MAPLESYRUP  
SCARECROW  
CORN  
RAKE  
SQUIRREL  
HAY  
TURKEY

