

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.55 No.02

FEBRUARY 2025



Doreen Laucella, Director
&

The Shelton Senior Center Team
Shauna, Gina, Diane, Nancy, Sharon, Kathy
Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

Many thanks to everyone who helped with our New Years Party! It was such a nice day together celebrating and bringing in 2025. Looking forward to this month's Valentine's Party with our long time friend, DJ, Craig Colestro.

A special thank you to Ginny Guilmette for her continued generosity with creating all the raffle baskets throughout the year for each event. She is a talented and caring Senior who is always willing to do for our Senior community. We greatly appreciate her talents and generosity in each basket she creates.

This New Year has gotten off to a great start. Membership renewals and new memberships are off the charts. I am so very happy to see so many faces returning to the Center. Its because of you "Seniors" and my amazing staff that makes the Center a success!

Seniors share common bonds in this Center, that brings happiness and comradery to so many. Joining the Center offers lasting friendships and respect for each other. If you know a Shelton resident who is 55 years +, please encourage them to join us! Non Residents, please remember deadline is March 1st to renew.

Are you a parent or grandparent of a Shelton High School 12th grade student? The Shelton Senior Center Membership Council grants each year a scholarship(s) to a graduating senior(s) from Shelton High School, who will be attending an accredited college, university or trade school following his/her graduation. Please encourage them to apply to our Shelton Senior Center Scholarship, valued at \$1,000.00. They may pick up their application and apply at the SHS Career Center Office. They must submit there, deadline is April 1st. The Membership Council will review the applications/essays and select a student. The chosen SHS senior student will be awarded the scholarship upon graduation in June.

Looking forward to an inspirational and fun year ahead. You are all the reason why we do what we do!

Warm Regards, Doreen

MEMBERSHIP RENEWAL

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.

DAY AND OVERNIGHT TRIPS

NEW YORK BOTANICAL GARDENS: March 19th. \$140.00pp.

CATSKILLS CASINO: March 27th. \$50.00pp.

WASHINGTON, DC: March 21st-24th. \$1099.00pp - 1589.00pp.

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

ELVIS: April 17th. \$125.00pp.

DANCING DREAM "ABBA TRIBUTE" AT AQUA TURF: May 15th. \$129.00pp.

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

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

CANADA'S MAGICAL CITIES: June 19th—24th. \$2,499.00pp—\$3,274.00pp.

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

NANTUCKET & MARTHA'S VINEYARD: August 5th-7th. \$779.00pp-\$979.00pp.

NORTHERN CALIFORNIA: September 20th-27th. \$3,889.00pp.

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

WHITE MOUNTAIN RESORT: December 3rd-5th. \$629.00-859.00pp.

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.

CLASSES AND EVENTS

AGE WELL: On **Wednesday, February 26th at 10:30am** Griffin Hospital will be here for a discussion about "Addressing Heart Disease" and free blood pressure screening will be available.

AARP DRIVER EDUCATION: **Tuesday, February 11th at 9:00am.** Register now. Limited Seats.

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on **Thursday, February 13th and 27th 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 month's short story book is "Frankenstein" by Mary Shelley. It will be held on **Wednesday, February 26th at 1:00pm.** Limited seats

BOOK CLUB (FRIDAY): This month's book is "The Engineer's Wife" by Tracey Enerson Wood. It will be held on **Friday, February 14th at 1:00pm.** Limited seats.

CHORUS CONCERT: Our very own "Shelton Songsters" will be here on **Friday, March 7th at 1:00pm** singing some musical hits. Light refreshments to be served. FREE.

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.

MOVIE MATINEE: Enjoy an afternoon with popcorn and a movie in our dining hall on **Friday, February 21st at 12:30pm.** Movie: "Sully" with Tom Hanks rated PG-13.

SHS TECH TEAM: Shelton High School technology students will be here on **Thursday, February 13th at 1:00pm** to teach our Seniors how to use your own iPhone, iPad, Laptops, Apple Watches. Bring your devices with you for one on one assistance

SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, February 18th at 2:15pm.** "Mardi Gras Theme"






ST. PATRICK'S DAY CELEBRATION: Bring on the green, **Friday, March 14th at 12:00pm!** Band: Over Easy. Lunch: Corned beef & kraut on rye, potato salad, dessert and coffee. \$10.00pp. Tickets go on sale 2/11.

VALENTINE'S DAY PARTY: Join us as we celebrate together on **Friday, February 14th at 12:00pm.** Music by Craig Colestro. Mile High Sandwich, Pasta Salad, Chips, Dessert and Coffee. \$10.00pp.

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

VETERAN AFFAIRS: The second Thursday of each month State of CT Veteran Affairs will be here to meet with our Vets. Bianca will be available to discuss all matters with you. This month she will be here on **Thursday, February 13th from 10:00am-11:00am.**

FEBRUARY 2025

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/Drawing 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: 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	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 2:30: Cardio Lite	7.) 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: Membership Meeting 10:00: Dominoes 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/Drawing 1:30: Low Impact 1:30: Rummikub	11.) 8:30-3:30: Pool 8:45: Strength Train 9:00: AARP 9:00: Chess 9:30: Bridge 9:30: Tickets on Sale for St. Patrick's Day 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	12.) CLOSED 	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 10:00: Veteran Affairs 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: SHS Tech Team 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite	14.) 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: Valentines Day Party 1:00: Book Club
17.) CLOSED 	18.) 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	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 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	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 2:30: Cardio Lite	21.) 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 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Movie Matinee 1:30: Low Impact
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/Drawing 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	26.) 8:30-3:30: Pool 9:00: Exercise 1 9:00:Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Age Well 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: Book Club 1:00: Pinochle 1:30: Low Impact 2:15: Chorus	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 2:00: Bereavement Group 2:30: Cardio Lite	28.) 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
	PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550		HOURS OF OPERATION 8:30AM – 4:00PM	

VALENTINE'S DAY WORD SEARCH



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Arrow
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Bouquet
Candy
Card
Chocolate
Cuddle

Cupid
February
Flowers
Friend
Hearts
Hug
Kiss

Love
Pink
Red
Romance
Roses
Sweet
Valentine

