



SHELTON SENIOR CITIZENS CENTER

81 WHEELER STREET
SHELTON, CONNECTICUT 06484
WWW.CITYOFSHELTON.ORG

PHONE: (203) 924-9324

DAILY INFORMATION LINE x-1550

GENERAL INFORMATION & RESERVATIONS x-1551

DOREEN LAUCELLA - DIRECTOR/MUNICIPAL AGENT x-1450

SHAUNA - ASSISTANT DIRECTOR OF SENIOR SERVICES x-1451

GINA - SENIOR CLERK x-1452

DIANE & SHARON - RECEPTIONISTS x-1453

KATHY - RENTER REBATE COORDINATOR x-1454

CHRIS - CUSTODIAN x-1551

AUGUST 2026

VOL.56 NO.8



Dear Shelton Senior Center Friends,

We are now halfway through the summer and we certainly had some hot "dog days" of summer. These days are expected in the Northeast, so we just have to limit our exercise, which all of you did extremely well. Remember, that we no longer are having our 8:00am Walking Club on Fridays. It is now 8:30am Fridays and it is inside to a 30-45 minute video. Interested members please sign up at front desk.

Chess and Bocce are available to accommodate your team or join one that is available. Options are open and we will do our very best to make it work with our schedules. Please let us know if there is interest.

Sign ups are going on now for World Resorts Casino Trip on Thursday, August 6th. 45 people in attendance are necessary to run the trip. It is \$54.00 per person. Comps are included \$15.00 lunch voucher and \$25.00 game play voucher.

Always fun and dancing at our annual Ice Cream Social. No lunch will be served that day. Coffee and banana boats will be. Music by Tom Mohyde. \$10.00 per person. Tickets on sale now.

Something NEW, Diamonds and Dots with Nancy, a craft workshop on Tuesday, August 4th at 12:30pm. Choose your craft selection and submit your payment \$20.00 at the time of sign ups. Seats are limited.

Please do not forget our monthly Veteran Coffee House. Veterans meet once a month to get together, converse over coffee and goodies. All Veterans are welcome. Join in the comradery. FREE.

Enjoy the rest of your summer!

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. No exceptions for no shows.

DAY AND OVERNIGHT TRIPS

WORLD RESORTS CASINO TRIP: August 6th. \$54.00.

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.

GREASE TRIBUTE AT AQUATURF: August 19th. \$132pp.

VOICE OF YESTERDAY AT AMARANTES: September 9th. \$120pp.

LIGHTHOUSE CRUISE IN NARRAGANSETT BAY: September 13th. \$158.00pp.

SWITZERLAND AND ITALY: September 19th—28th. \$5,969.00+pp.

THE "BIG E", SPRINGFIELD, MA : September 30th. \$110.00pp.

CANYON OF PENNSYLVANIA: October 5th-7th. \$739.00pp.

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

BEATLES TRIBUTE BAND, FARMINGTON POLO CLUB: October 13th. \$137.00pp.

WATERFIRE, PROVIDENCE RI: October 17th. \$150.00pp.

RADIO CITY CHRISTMAS SPECTACULAR: November 8th. \$188.00pp.

DOO WOP JUKEBOX 45 AT LABELLA VISTA: November 10th. \$132.00pp.

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

WHITE MOUNTAIN HOTEL & RESORT: December 11th - December 13th. \$735.00pp—\$959.00pp.

Deposits are now due upon request of registration for each trip. Register WITH DEPOSIT early, our trips sell out fast!

CLASSES AND EVENTS

AARP: On **Tuesday, August 11th 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, September 23rd at 10:30am** Griffin Hospital will be here discussing, "Are you stroke aware?" Register at front desk. Limited Seats.

BEREAVEMENT GROUP: A Support Group led by State of CT Licensed professional counselor Joan Joyce, MS. NCC. LPC, CSA. The group will begin to meet twice a month beginning on **Monday, August 10th & 24th from 2:00pm-3:30pm**. The group will offer a safe, compassionate and supportive environment. It will offer participants an opportunity to connect with others to gain understanding of emotions, during the grieving process.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. **\$5.00**. Bring your own dabber or you can buy one of ours.

BOCCE: Teams interested in playing please sign up to reserve your days and times at the front desk. A special thank you to Armando and Ted, for their hard work maintaining our courts.

BOOK CLUB (FRIDAY): Next month's book is "Beautiful Ugly" by Alice Feeney. It will be held on **Friday, September 4th at 1:00pm**.

DIAMONDS & DOTS WITH NANCY: **Tuesday, August 4th from 12:30pm-3:00pm** make your selection of designs at this unique arts and crafts session. Not only will it be fun, but you will walk away with a beautiful fall wall or window hanging. \$20.00 per person. Registrations going on now. Limited Seats.

DMV SERVICES: On **Friday, August 28th from 9:00am-1:00pm** CT DMV will be here to administer Registrations, License Renewal, Real ID, Non-Driver ID's, Parking permits, fines/ticket payments and history reports. No cash accepted, card only.

HAIR BY MELINDA: Melinda will be here two Thursdays a month for women's hair on **Thursday, August 6th & 20th from 12:00pm-3:00pm**. Appointments may be made at front desk. \$28.00 per cut.

ICE CREAM SOCIAL: **Friday, August 21st at 12:30pm** Banana Boats will be served. Music by Tom Mohyde. \$10.00 per person. Tickets on sale now. NO LUNCH will be served this day.

ITALIAN FEST: **Friday, September 18th from 12:00pm-3:00pm**. Lunch: Ziti, Meatballs, Salad, Bread and Butter, Coffee and Dessert will be served. \$15.00 per person. Music by Craig Collestro. \$15.00 per person. Tickets on sale 8/14.

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, August 13th & 27th from 12:30pm-2:30pm**.

SENIOR 101 PANEL: Join us on **Wednesday, August 12th at 10:00am** for a Senior 101 Workshop bringing together trusted local professionals to guide seniors and their families through important life transitions with confidence and support. Panelists include Lisa Bisson (Masonicare at Crosby Commons), Justin Brown (Oasis Senior Advisors), Denise Mortati (Elder Care and Estate Planning), Danielle Ramos (National Health Care Associates), Erica Gabrenas (SYNERGY HomeCare), Joe Violetta (4Core Financial), and Joseph Laucella (Carey and Guarrera Real Estate). The panel will be facilitated by Brian Sherwood. Brought to you by Carrie Frawley, co-owner of Caring Transitions of Milford. Topics include downsizing, senior living options, home care, rehabilitation, selling your home, financial planning, Medicare, and estate planning. Light refreshments. Limited Seats. Sign up at front desk.

SINGLES SOCIAL CLUB: Come join this active group to meet and mingle at their next group meeting on **Tuesday, August 18th at 2:15pm**.

SURVIVING AND THRIVING WITH CANCER: Naugatuck Valley Health Department presents a six week session beginning **August 18th from 9:00am-11:00am**. RSVP a must. This informative and very meaningful program is designed to put all things into perspective. Bring all questions and the team will have your answers.

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 every **Thursday at 9:00am**.

VETERAN COFFEE HOUSE: **Thursday, August 27th at 10:00am** enjoy gentle conversation amongst all those who have served our Country. Coffee and dessert will be served.

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

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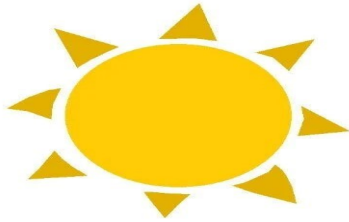
Monday	Tuesday	Wednesday	Thursday	Friday
3.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 10:30: Wii Bowling 10:30: Ballroom Cardio 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub	4.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Diamonds & Dots 12:30: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone	5.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold-No Class 10:00: Quilting 10:00: Arts & Crafts 10:30:Valley Parish Nurses 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	6.) WORLD RESORTS CASINO 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:00: Hair by Melinda 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	7.) NEW YORK 8:30: Walking (Indoor) 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
10.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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 2:00: Bereavement Group	11.) 8:30-3:30: Billiards 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 1:30: Step and Tone	12.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Senior 101 Panel 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	13.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Variety Games 12:30: Men's Haircuts 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	14.) 8:30: Walking (Indoor) 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
17.) CAPE COD 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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: Billiards 8:45: Strength Train 9:00 Cancer Workshop #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 1:30: Step and Tone 2:15: Singles Social Club	19.) AQUATURF 8:30-3:30: Billiards 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	20.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 12:00: Hair by Melinda 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	21.) 8:30: Walking (Indoor) 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 12:30: Ice Cream Social No Lunch Served Today
24.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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 2:00: Bereavement Group	25.) 8:30-3:30: Billiards 8:45: Strength Train 9:00 Cancer Workshop #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: Switzerland Italy Trip Meeting 1:30: Step and Tone	26.) 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	27.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 10:00: Veteran Coffee House 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Men's Haircuts 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	28.) 8:30: Walking (Indoor) 8:30-3:30: Billiards 9:00: DMV Services 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Cardmaking 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
31.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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			HOURS 8:30AM – 4:00PM PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550	PLEASE NOTE: WAITLIST CLASSES MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY

STATE OF CONNECTICUT RENTERS' REBATE PROGRAM

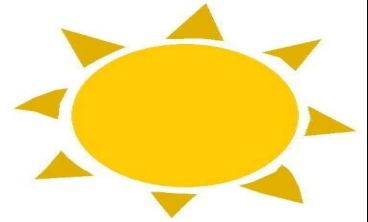
The Connecticut Renters' Rebate Program provides once-per-year rebates to older adult or disabled renters whose incomes do not exceed certain thresholds and who meet residency requirements. The program is administered through the Renters' Rebate Office located in the Shelton Senior Center. Complete details of the program can be obtained by calling the Renter's Rebate office located in the Senior Center, 203-924-9324 x1454.

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.



Summer Word Search

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