



## **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: x-1450

SHAUNA: x-1451

GINA: x-1452

DIANE/NANCY/SHARON: x-1453

KATHY: x-1454

**AUGUST 2025**

VOL.55 NO.08

**Doreen Laucella**

Director of Senior Services / Municipal Agent For The Elderly

**The Shelton Senior Center Team**

Shauna, Gina, Diane, Nancy, Sharon, Kathy

Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

We are in full swing of Summer. Hopefully you are all enjoying the warmth and sunshine.

As you are aware changes have taken place with our paid exercise classes. We have our guidelines placed on the board for your viewing. They are the same guidelines that have been in place with all classes that are held here in the Center. They have been modified to enhance as well as improve the way the organization of classes are managed.

We now will have a three member committee reviewing the requests once they are placed in written form for long term absences. Otherwise all classes will be on the same guideline as they previously been. Moving forward, if you have 4 consecutive absences in a row you will be forfeiting your spot in that class, unless you provide notification and receive approval. At that time, we will fill your spot to someone on our waiting list wanting to partake in that class. As we all know, the Center is extremely busy so we must follow the rules for the fairness of all our members. In advance, my thanks and appreciation for your cooperation is extended out to all.

For classes Move It, Strength Training and Zumba Gold all attendance on the daily will be done at the front desk. Should you be late, it will be your responsibility to notify front desk you are here for class or you will be marked absent. Check in times are 15 minutes prior to each class until the start of class. After which it will be up to you to notify staff at front desk. Any questions please feel free to see me any time.

Don't miss our Ice Cream Social on August 8th, 12:30pm-3:00pm. The Boomers will be entertaining us with their upbeat music. Not only do you get to enjoy an amazing ice cream sundae but listen and dance to great music! Enjoy your summer. Stay safe.

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**

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

**CAROLE KING TRIBUTE AT AQUA TURF:** August 19th. \$129.00pp.

**JUST ADDED! CATSKILLS WORLD RESORTS CASINO:** August 21st. \$50.00pp.

**THE 1000 ISLANDS:** August 25th-27th. \$819.00pp-\$1,089.00pp.

**UPSCALE SUNDAY BRUNCH & HUDSON RIVER CRUISE:** September 14th. \$179.00pp.

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

**OKTOBERFEST KRUCKER'S:** October 23rd. \$144.00pp.

**ATLANTIC CITY:** October 28th-30th. \$349.00pp.

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

**TRIBUTE TO JOHN DENVER AT GRAND OAK VILLA:** November 12th. \$129.00pp.

**FIREPLACE FEAST AT SALEM CROSS INN:** November 20th. \$161.00pp.

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

**KENNY & DOLLY TRIBUTE AT AQUA TURF:** December 10th. \$129.00pp.

**AMERICAN HERITAGE MILITARY MUSEUM & LONGFELLOW'S WAYSIDE INN:** December 17th.  
\$173.00pp.

**LANCASTER, PENNSYLVANIA:** December 27th-29th. \$719.00-\$918.00pp.

## **UPCOMING TRIPS IN 2026**

**ARUBA CRUISE:** June 12th-21st, 2026.

**SWITZERLAND AND ITALY:** September 19th—28th, 2026.

## **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**

**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 "The Sense of an Ending" By Julian Barnes. It will be held on **Wednesday, August 20th at 1:00pm.** Limited seats.

**COUNTRY WESTERN HO-DOWN:** On Friday, **September 12th 12:00pm-3:00pm** join Tom Mohyde and us all with an afternoon of food and fun! All cowboys and cowgirls are welcome! \$10.00 per person. Tickets for sale on August 4th.

**ICE CREAM SOCIAL: Friday, August 8th 12:30pm-3:00pm.** Enjoy a delicious sundae, coffee and great music. Tickets on sale July 9th. \$5.00 per member. Music by "The Boomers."

**LINE DANCING W/ TOM: Every Wednesday at 12:30pm.** 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.

**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 Tom will be here on Thursdays, **August 7th and 21st from 12:30pm-2:30pm.**

**SINGLES SOCIAL:** Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, August 19th at 2:15pm.**

**TEAM LISTENING SESSION:** On **Tuesday, August 19th at 1:00pm-2:00pm** TEAM, Inc. is hosting a Senior Listening Session to connect directly with older adults in our communities—and they want to hear what matters most to you. Your voice matters—and this is your time to share it. They are gathering your insight and feedback to help ensure all seniors have access to the resources and basic necessities needed for a thriving, healthy and signified quality of life. From safety, food and housing, to healthcare and transportation—your lived experience helps shape the services that support you. Register at the front desk. Limited seating.

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, August 6th 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, August 7th from 10:00am-11:00am.**

**\*The Bereavement Group, Book Club (Friday), Card Making, Age Well, Membership Meeting and Chorus all returning in September.\***

# AUGUST 2025


Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOURS OF OPERATION</b>  <b>8:30AM – 4:00PM</b>	<b>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</b> <b>(203) 924-9324</b> <b>EXT: 1550</b>			1.) 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: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
4.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It <b>10:00: Western Ho-down Tickets on Sale</b> 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 1:30: Low Impact 1:30: Rummikub	5.) <b>NANTUCKET</b> 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 1:30: Step and Tone	6.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Valley Parish Nurses Blood Pressure</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	7.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train <b>10:00: Veteran Affairs</b> 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	8.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>12:30: Ice Cream Social</b>  <b>No Lunch Served Today</b>
11.) 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 1:30: Low Impact 1:30: Rummikub	12.) 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 1:30: Step and Tone <b>3:00: Committee Meeting</b>	13.) 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	14.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 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	15.) 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: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
18.) 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 1:30: Low Impact 1:30: Rummikub	19.) <b>AQUATURF</b> 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 <b>1:00: TEAM Listen</b> 1:30: Step and Tone <b>2:15: Singles Social Club</b>	20.) 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 <b>1:00: Book Club</b> 1:00: Pinochle 1:30: Low Impact	21.) <b>CATSKILLS</b> 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 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	22.) 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: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
25.) <b>1000 ISLANDS</b> 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 1:30: Low Impact 1:30: Rummikub	26.) 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 1:30: Step and Tone	27.) 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	28.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 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	29.) 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: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact

# 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 Shelton Renters' Rebate Office located in the Senior Center.

Now through September 30th, qualified Shelton residents can apply through the Renters' Rebate Coordinator for reimbursement of rent and utility payments (excluding cable and telephone) that were made in the preceding calendar year. Any state residents renting an apartment or room, or living in cooperative housing or a mobile home, may apply for this program. Renters' Rebate recipients are typically 65 years of age or older or at least 18 years of age and permanently disabled.

Complete details of the program can be obtained by calling the Renter's Rebate office located in the Senior Center, 203-924-9324 x1454.

BBQ	R G K M R E L A X A T I O N B K T R	
BEACH	E L X R B J T N O I T A C A V D Q G	
BOATING	N K B T N O G V H S L L E H S A E S	
CAMPFIRE	I G H S L X A Q R V D F H I K I N G	
CAMPING	H S N E T H B T G N I N N A T N O M	
FISHING	S U L R Y B W J I T N D D G G B L C	
FLIP-FLOPS	N N E O P H S J Y N C I N C I P E A	
FOREST	U G M F X I R P Z I G M A N S N M M	
HEAT	S L O Q Y T R S O C C C S U L C R P	
HIKING	E A N G R W R T U L C E R W A Z E F	
ICE CREAM	F S A M D E J S D N F F C M L P T I	
LEMONADE	I S D M M T H U P A I P P R Y G A R	
OCEAN	L E E M I T F G X N O I I P E M W E	
PICNIC	D S U W O W G U G G N R K L D A R Q	
RELAXATION	L S J C P D S A K G J R C M F N M T	
ROAD TRIP	I X E F G K P L Q N B E A C H L A V	
SAND	W A D N H H G N I H S I F L F E V J	
SEASHELLS	N L N L E V A R T N R Y T B H K Q R	
SUMMER		
SUN		
SUNGLASSES		
		
	SUNSHINE	TRAVEL
	SURFING	VACATION
	SWIM	WATERMELON
	TANNING	WILDLIFE