



## **SHELTON SENIOR CITIZENS CENTER**

81 WHEELER STREET  
SHELTON, CONNECTICUT 06484  
WWW.CITYOFSELTON.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

**SEPTEMBER 2025**

VOL.55 NO.09

**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,

Goodbye Summer! It is coming to an end and I for one am sorry to see it go. This one has been full of activities at the Center. Every day here brings new faces and new activities. No two days are the same. Hello Autumn and the busy season that awaits us!

The staff and I continue to do our very best to give you the quality of everything we have to offer each and every day. We are so fortunate to have such an amazing staff. They are so compassionate to the needs of our Seniors. I can never thank them enough for what they all do.

Please note: Parking continues to be an issue. We are very limited in our parking spaces, so they are so important to our day to day operations. Please stop and be aware of how you parked in a spot upon entering the building. If you do not park correctly it effects the other spots availability. PLEASE be considerate of this. Also, travelers parking for trips in the Police Station lot MUST take only one spot. This is getting to be a real problem. When you are gone for several days and use two spots, it makes it impossible to move or give others access to park. Please pay attention while you are parking so that you are within one space only. We may begin to put notices on cars who are in violation. We are a very active Center, every single space is valuable, in both lots. In advance, I thank you for your cooperation.

Great things happening this month so look out for the Country Western Ho-Down and Health Fair! Hopefully you are able to join us. See you soon!

Kind 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.

## **TAKE HOME MEALS FOR EVERYONE**

This service is offered by Community Connection Network on Wednesdays from 1:00pm-2:15pm starting in September. Various frozen meal options will be available to be purchased directly from their food truck situated in our parking lot. Standard Meals \$8.00. Large Entrees \$15.00.

Cash, checks, Venmo or credit card accepted.

## **DAY AND OVERNIGHT TRIPS**

**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**

**PARADE OF NATIONS & VA INTERNATIONAL TATTOO 250:** April 16th-19th, 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**

**AGE WELL:** On Wednesday, **September 24th from 10:30am-11:30am** Peter Forcelli from Griffin Health Services will be here discussing the topic, "Healthy sleep after 50: What you need to know." Free blood pressure screening, as well. Limited Seats.

**BEREAVEMENT GROUP:** Back in session! The group will be meeting once again with Reverend Warren on **Thursday, September 11th and September 25th at 2:00pm.**

**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.

**BOCCE:** Back in session! Join in on the fun! Let the front desk know if you would like to play and on what days. Bring a friend or just join in.

**BOOK CLUB (WEDNESDAY):** This month's short story is "Ethan Frome" by Edith Wharton. It will be held on **Wednesday, September 17th at 1:00pm.** Limited seats.

**BOOK CLUB (FRIDAY):** This month's book is "The Heaven and Earth Grocery Store" by James McBride. It will be held on **Friday, September 12th at 11:00am.** Waitlist.

**COUNTRY WESTERN HO-DOWN:** On Friday, **September 12th 12:00pm-3:00pm** join DJ Tom Mohyde and us all with an afternoon of food and fun! All cowboys and cowgirls are welcome! \$10.00 per person. Includes lunch: Hot Dogs, baked beans, coleslaw, corn, watermelon, dessert and coffee. Tickets on sale while they last.

**"NEW" INTERMEDIATE BRIDGE LESSONS:** Join Bernard on **Thursdays beginning September 11th at 10:00am.** All those interested sign up at the front desk. All are welcome.

**LINE DANCING W/ TOM:** **Every Wednesday at 12:30pm.** No need to be a dancer for these easy step classes. **\$4.00** per class drop in fee.

**MEDICARE INFORMATION SEMINAR:** Rich Fellito will be here on **Monday, October 20th at 10:00am.** Bring your questions and he will provide the answers!

**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, **September 11th and 25th 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, September 16th at 2:15pm.**

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, September 3rd from 10:30am-12:30pm.**

**VETERAN AFFAIRS:** The first 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, September 11th from 10:00am-11:00am.**

# SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.)</p> <p><b>CLOSED</b></p> <p><b>LABOR DAY</b></p>	<p>2.) 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 1:30: Step and Tone</p>	<p>3.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts &amp; 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 2:15: Chorus</p>	<p>4.) 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 &amp; Tone 2:30: Cardio Lite</p>	<p>5.) 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</p>
<p>8.) 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</p>	<p>9.) 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 Class 1:30: Step and Tone <b>3:00: Committee Meeting</b></p>	<p>10.) 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—No Class 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>11.) 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> <b>10:00: Bridge Lessons</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 &amp; Tone <b>2:00: Bereavement Group</b> 2:30: Cardio Lite</p>	<p>12.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle <b>11:00: Book Club</b> 10:00: Dominoes <b>12:00: Ho-Down</b></p> <p><b>No Lunch Served Today</b></p>
<p>15.)</p> <p><b>SHELTON SENIOR HEALTH AND WELLNESS FAIR</b></p> <p><b>9:30 - 12:00</b></p>	<p>16.) 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 Class 1:30: Step and Tone <b>2:15: Singles Social Club</b></p>	<p>17.) 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—No Class 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 <b>1:00: Book Club</b> 1:30: Low Impact 2:15: Chorus</p>	<p>18.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Bridge Lessons 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 &amp; Tone 2:30: Cardio Lite</p>	<p>19.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 <b>9:15: Exec. Board Meet</b> 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle <b>10:00: Membership Meet</b> 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>22.) 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</p>	<p>23.) 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 Class 1:30: Step and Tone</p>	<p>24.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba—No Class 10:00: Quilting 10:00: Arts &amp; Crafts 10:30: Tai Chi—No Class 10:30: Cardio D—No Class <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 2:15: Chorus</p>	<p>25.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Bridge Lessons 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 &amp; Tone <b>2:00: Bereavement Group</b> 2:30: Cardio Lite—No Class</p>	<p>26.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/C—No Class 9:30: Cyber Comp. Club 9:30: Pinochle <b>10:00: Card Making</b> 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
<p>29.) 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</p>	<p>30.) 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 Class 1:30: Step and Tone</p>		<p><b>HOURS OF OPERATION</b></p> <p><b>8:30AM – 4:00PM</b></p>	<p><b>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES.</b></p> <p><b>(203) 924-9324</b></p> <p><b>EXT: 1550</b></p>



## **STATE OF CONNECTICUT RENTERS' REBATE PROGRAM**

**ATTENTION: ENDING SOON!** 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.

### **State Senator Jason Perillo**

**State Representatives Ben McGorty & Amy Romano & the Shelton Senior Center**



**State Senator  
Jason Perillo**



**Representative  
Ben McGorty**



**Representative  
Amy Romano**

# **Invite you to the Shelton Senior Health & Wellness Fair**

**Monday  
September 15, 2025  
9:30 am — 12 noon**

**Shelton  
Senior Center  
81 Wheeler Street  
Shelton, CT**

