



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

JULY 2025

VOL.55 NO.07

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,

Happy Summer!

It has been brought to my attention that there are some questioning the importance of our daily attendance sign in forms. Yes! They are very important for various reasons, so please do not disregard. We need to keep a tally on who is coming and going from our building each and every day. We make it as simple and problem free as we can. For every program offered at this Center we have an attendance form for. Please make every effort to sign in when you enter our doors daily and/or multiple times a day for each and every offering you are taking here that specific day. If you have questions please feel free to come and talk to me.

I have been seeing many drivers on our security cameras driving on the crosswalks. Please this is for the safety of walkers and extremely dangerous to do. Along with not abiding by the directional signage navigating our parking lot. Many are continuing to enter through our exits and driving the wrong way. We are still experiencing some violators. Please follow the arrows in the parking lot directing which way to go. Also, please be courteous and check your car after parking to make sure your car is not taking up two parking spaces and/or close proximity to the next car beside you. Thank you.

Registrations are available for the Catskills Casino World Resort. We will be departing the Center on Thursday, July 10th for a day trip. Cost is \$50.00 per member. Includes transportation, bet voucher and food voucher.

We will be hosting our annual Ice Cream Social on Friday, August 8th. The Boomers will be here! \$5.00 per member for an ice cream sundae, coffee and an afternoon of music and dancing. Tickets on sale beginning July 7th.

A great big thank you and best wishes to Debbie Wooley, our Tai Chi instructor. Congrats on your retirement. Enjoy your next chapter! A warm welcome to Ryan Lynbarger, who brings his expertise as our new Tai Chi instructor.

I hope you have an enjoyable start to summer. Stay hydrated. Stay cool. We look forward to seeing you soon!

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

JUST ADDED! CATSKILLS WORLD RESORTS CASINO: July 10th. \$50.00pp.

BOSTON DUCK BOAT TOUR & QUINCY MARKET: July 12th. \$151.00pp.

TWIN LOBSTERS & SHOW AT LOG CABIN: July 22nd. \$152.00pp.

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

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

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.

ARUBA CRUISE: Sailing June 2026! See front desk for information.

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, July 23rd at 10:30am** Griffin Hospital will be here for a discussion about "Bone Health." Free blood pressure screening will also be available.

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on **Thursday, July 10th and July 24th at 2:00pm**. The meetings will be led by Warren Godbolt, please call 203-257-1347.

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 "Mrs. Dalloway" By Virginia Woolf. It will be held on **Wednesday, July 16th 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 1:00pm**. Limited seats.

ICE CREAM SOCIAL: **Friday, August 8th 12:30pm-3:00pm**. Enjoy a delicious sundae, coffee and great music. Tickets on sale July 7th. \$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.

MASONIC CARE/WESLEY HEIGHTS: **Monday July 21st at 10:30am**. Cleaning up your home. What to keep? What to get rid of? Join Lisa Bisson and her team of professionals to give you the info needed. Light refreshments served. Register at front desk prior. Limited seats.

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, **July 10th and 24th 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, July 15th at 2:15pm**.


SPADACCINO & GALLAGHER FUNERAL HOME: Join the staff of the Spadaccino and Gallagher Funeral Home of Monroe, on **Thursday, July 17th at 10:00am**, for a "Your Life. Your Legacy. Plan to make it right" informational seminar. Refreshments will be served. Register at the front desk prior. Limited seats.

TAI CHI: Congratulations on your retirement, Debbie! Please welcome our new professional instructor Ryan Lynbarger. Classes will resume on normal day and time, Wednesdays at 10:30am.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, July 2nd 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, July 10th from 10:00am-11:00am**.

JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
HOURS OF OPERATION 8:30AM – 4:00PM	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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone	2.) 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	3.) 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—No Class 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	4.) CLOSED 
7.) Ice Cream Social Tickets on Sale 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	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 & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone 3:00: Committee Meeting	9.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & 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	10.) CATSKILLS 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 10:00: Veteran Affairs 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Men's Haircuts 12:30: Variety Games 1:00: Chair Yoga—No Class 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite	11.) 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: Dominoes 10:00: Membership Meeting 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact <hr/> Saturday 12.) BOSTON
14.) 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	15.) 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 2:15: Singles Social Club	16.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & 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: Book Club 1:00: Pinochle 1:30: Low Impact	17.) 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 10:00:Spadaccino&Gallagher 11:00: Strive/Move Better 11:45-12:15: Lunch 12:30: Variety Games 1:00: Chair Yoga—No Class 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	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 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
21.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Masonic Care 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:30: Low Impact 1:30: Rummikub	22.) LOG CABIN 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	23.) 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 –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	24.) 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: Men's Haircuts 12:30: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite	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 10:00: Card Making 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
28.) 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	29.) 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	30.) 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	31.) 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 & Tone 2:30: Cardio Lite	PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550

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.



JULY

WORD SEARCH

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

FLIP FLOPS

FIREWORKS

HUMIDITY

VACATION

SWIMMING

CAMPFIRE

SUMMER

BEACH

SUNNY

JULY

HOT



ICE CREAM

BASEBALL

CAMPING

DRINKS

BAKING

SHORTS

PICNIC