



## 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

JUNE 2025

VOL.55 NO.06

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, everyone! It's been a very busy Spring between parties, concerts, new classes and events.

Let me take this opportunity to thank our membership for making the effort to vote!

I would like to congratulate our 2025-2027 Membership Board.

President: Sally Bonina, Vice President: Linda Boudreau,

Treasurer: Gerry Janofsky, Secretary: Betty Goddard, Delegate: Frank Pagerino, Delegate: Glenn Homa,  
Delegate: Rosemary Goldspink and Alternate Delegate: Nancy Dizazzo.

I look forward to your insight and value your opinions in the betterment of the Center.

Our Volunteer Brunch was a huge success. We are so fortunate to have such an amazing group of volunteers who always step to the plate when the need arises.

Please do not forget to get those tickets for our BBQ on June 20th! Choice of hotdog OR hamburger, salads, desserts and more. Music by Craig Colestro.

We welcome back our good friend Judge Fred Anthony on Wednesday, June 18th. He is always so informative on so many levels. His seminars fill up fast. Be sure to sign up at the front desk to reserve your seat. Bring your questions, ready for him.

Reminder: Due to classes "summer schedules", I encourage everyone to call the information line daily for updates. Things have a way of changing in the summertime, so please be aware.

Take the time to see and appreciate the beauty of 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

**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.

**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.

**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.

## 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, June 25th at 10:30am** Griffin Hospital will be here for a discussion about “Following the 4 Ps of Energy Conservation: Prioritize, Plan, Pace and Position.” Free blood pressure screening will also be available.

**AARP DRIVER EDUCATION:** **Tuesday, June 17th at 9:00am.** Register now. Limited Seats.

**BBQ:** Kick off to summer together on **Friday, June 20th from 12:00pm-3:00pm.** Enjoy great music by Craig Colestro. Lunch includes a hotdog or hamburger, potato salad, baked beans, watermelon, dessert, coffee and tea. \$10.00 per member. Tickets on sale beginning May 7th.

**BEREAVEMENT GROUP MEETINGS:** This month’s meeting will be on **Thursday, June 5th and June 19th 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 “We Have Always Lived In The Castle” by Shirley Jackson. It will be held on **Wednesday, June 18th at 1:00pm.** Limited seats.

**BOOK CLUB (FRIDAY):** This month’s book is “Run Rose Run” by Dolly Parton and James Patterson. It will be held on **Friday, June 13th at 1:00pm.** Limited seats.

**CHORUS CONCERT:** The Shelton Songsters will be here for their “Let’s Twist Again” themed concert on **Friday, June 27th at 1:00pm.** Light refreshments will be served. FREE.

**COIN COLLECTORS:** Take this opportunity to ask your questions or possibly sell. Come talk to Blair Soucy for your consultation on **Monday, June 23rd at 1:00pm.**

**JUDGE FRED ANTHONY:** Judge Anthony will be here on **Wednesday, June 18th at 10:30am** to discuss probate related topics. Please call the Center to reserve you seat.

**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 **June 12th and June 26th 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, June 17th at 2:15pm.**

**VALLEY PARISH NURSES:** Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, June 4th 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, June 12th from 10:00am-11:00am.**

# JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2.) 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	3.) 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	4.) 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 2:15: Chorus	5.) PROVIDENCE 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 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone <b>2:00: Bereavement Group</b> 2:30: Cardio Lite	6.) 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
9.) 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	10.) 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 <b>3:00: Committee Meeting</b>	11.) 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	12.) 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 <b>10:00: Veteran Affairs</b> 11:00: Strive/Move Better 11:45-12:15: Lunch <b>12:30: Men's Haircuts</b> 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone 2:30: Cardio Lite	13.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 <b>9:15: Executive Meeting</b> 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes <b>10:00: Membership Meeting</b> 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo <b>1:00: Book Club</b> 1:30: Low Impact
16.) 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	17.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess <b>9:00: AARP Driver Safety</b> 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 <b>2:15: Singles Social Club</b>	18.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Judge Fred Anthony</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 <b>1:00: Book Club</b> 1:00: Pinochle 1:30: Low Impact 2:15: Chorus	19.) CANADA 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 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone <b>2:00: Bereavement Group</b> 2:30: Cardio Lite	20.) 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>12:00: BBQ</b>  <p style="text-align: center;"><b>NO LUNCH SERVED TODAY</b></p>
23.) 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 <b>1:00: Coin Collectors</b> 1:00: Painting/Drawing 1:30: Low Impact 1:30: Rummikub	24.) 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	25.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts <b>10:30: Age Well</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	26.) 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> 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:00: Variety Games 1:30: Step & Tone 2:30: Cardio Lite	27.) 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 <b>10:00: Card Making</b> 10:00: Dominoes 11:45-12:15: Lunch <b>1:00: Chorus Concert</b>
30.) 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			<p style="text-align: center;"><b>HOURS OF OPERATION</b></p> <p style="text-align: center;"><b>8:30AM – 4:00PM</b></p>	<p style="text-align: center;"><b>SATURDAY</b></p> 28.) BRONX  <p style="text-align: center;"><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></p>

# 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 1st, 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.

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

SUNBATHING  
 SANDCASTLE  
 SUNGLASSES  
 DRIFTWOOD  
 SHORELINE  
 JELLYFISH  
 SURFBOARD  
 LIFEGUARD

SANDBAR  
 SEAWEED  
 SHOVEL  
 BEACH  
 WAVES

SUNSCREEN  
 BOARDWALK  
 SOUVENIRS  
 DOLPHINS  
 SAILBOAT  
 UMBRELLA  
 SEASHELL  
 SUNSHINE

