



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

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MARCH 2026

VOL.56 NO.3



Dear Shelton Senior Center Friends,

Hello Everyone! So happy we are almost out of this cold frigid winter! Ready for Spring!! Bring it on! If there are any special requests to purchase or acquire anything for the Center, please feel free to attend the monthly Committee meeting or Membership meeting where we may address them.

Our Winter was cold but it was warm inside. All our classes are keeping us fit and in shape for our upcoming Spring. Our memberships are in full force. I am happy to say we have had many, MANY new memberships this year. If you see someone new, please welcome them! Remember we were all new at one time!

Looking forward, we have a New Bereavement support group starting. I am so happy to welcome Joan Joyce, Certified Grief Counselor. For those grieving the loss of a loved one please join her twice a month, for a safe compassionate and supportive meeting.

Something totally new! Flower Arranging Workshop will be held with Allie from Restorative Blooms to teach you how to make your own fresh floral arrangement to take home with you after class. No costs involved. She will supply all material. Just come and enjoy the fun. Seats are very limited.

Do not miss this month's "Age Well Program" with well known Chef Michael Rizzo, who will show you how to create simple and nutritious meals. Sign up today!

Reminder, please bring old membership cards with you when renewing 2026 membership. The girls appreciate it so much because it makes a big difference in the time you must wait for your new one.

A special big thank you to The Shelton Youth Family Services and Sylvia,
for an amazing Valentine Celebration.

Look forward to seeing you all soon!

Best 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

“NEW” CATSKILLS WORLD RESORTS CASINO: April 7th. \$56.00pp.

PARADE OF NATIONS & VA INTERNATIONAL TATTOO 250: April 16th-19th. \$849.00pp.

BOBBY DARIN & FRANK SINATRA AT VILLA LOUISA: April 21st.. \$127.00pp.

NEWPORT RI, LUNCH & HARBOR COASTAL QUEEN CRUISE: May 1st. \$168.00pp.

SEVEN ANGELS THEATER “A GRAND NIGHT FOR SINGING”: May 9th. \$149.00pp.

BEEGEES AT AQUATURF: May 14th. \$132.00pp.

CULINARY INSTITUTE OF AMERICA IN NEW YORK: June 25th. \$178.00pp.

TALL SHIPS BOSTON: July 12th. \$196.00pp.

ATLANTIC CITY NEW JERSEY & MAMMA MIA SHOW: July 22nd-24th. \$519.00pp.

TWIN LOBSTERS AT LOG CABIN: July 30th. \$166.00pp.

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.

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

SWITZERLAND AND ITALY: September 19th—28th. \$4,390.00 + pp.

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

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

More details coming soon on the following destinations:

Turkey Train Winnepesaukee Railroad in October, Radio City Christmas Spectacular in November, Newport RI Christmas Mansion Tour in December...and much more!

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

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

AARP: On **Tuesday, March 10th 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, March 25th at 10:30am** Griffin Hospital will be here discussing, "Nutrition" with professional chef Michael Rizzo." Limited Seats.

BEREAVEMENT GROUP: A brand new Bereavement 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, March 16th and 30th from 1:00-2:30pm**. The group will offer a safe, compassionate and supportive environment. It will offer participants an opportunity to connect with others as well as gain an understanding of emotions experienced 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. New Price!! **\$5.00**. Bring your own dabber.

BOOK CLUB (WEDNESDAY): This month's book is "The Crying of Lot 49" by Thomas Pynchon. It will be held on **Wednesday, March 18th at 1:00pm**.

BOOK CLUB (FRIDAY): This month's book is "Alice Networks" by Kate Quinn. It will be held on **Friday, March 6th at 1:00pm**. Waitlist.

CHORUS CONCERT: On **Friday, March 27th at 1:00pm** our very own Shelton songsters will be here. FREE concert. Light refreshments will be served.

MATTER OF BALANCE: New session begins in April! Sign ups going on now.

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, March 12th and 26th from 12:30pm-2:30pm**.

MOVIES AT THE SENIOR CENTER: **Tuesday, March 3rd at 10:00am** "Heaven Is For Real."

RESTORATIVE BLOOMS: A flower arranging workshop will be held on **Thursday, April 23rd at 1:00pm**. FREE. Create a beautiful fresh arrangement. Sign up now. Limited seats.

SINGLES SOCIAL CLUB: Come join this active group to meet and mingle at their next group meeting on **Tuesday, April 21st at 2:15pm**.

ST. PATRICKS DAY PARTY: Celebration on **Tuesday, March 17th at 12:00pm-3:00pm**. Corned Beef on Rye, Potato Salad, Garden Salad, Coffee and Dessert. Band: "The Boomers." Fun afternoon music and dancing together awaits! \$15.00 per person. Tickets of sale February 18th.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, March 4th from 10:30am-12:30pm**.

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 on **Thursday, March 12th at 9:00am**.

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2.) 8:30-3:30: Billiards 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	3.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance 9:00: Chess 9:30: Bridge 10:00: Movie 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 Class 1:30: Step and Tone	4.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30:Valley Parish Nurse 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 1:30-3: Food Truck 2:15: Chorus	5.) 8:30-3:30: Billiards 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	6.) 8:00: Walking Club 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 1:00: Book Club 1:30: Low Impact
9.) 8:30-3:30: Billiards 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	10.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Matter of Balance 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 1:00: Italian Class 1:30: Step and Tone 3:00: Committee Meeting	11.) 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 1:30-3: Food Truck 2:15: Chorus	12.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess/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	13.) 8:00: Walking Club 8:30-3:30: Billiards 9:00: Exercise 1 9:15: Executive Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Board Meeting 10:00: Dominoes 11:45-12:15: Lunch 12:30:Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
16.) 8:30-3:30: Billiards 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: Bereavement Group 1:00: Painting 1:30: Low Impact 1:30: Rummikub	17.) 8:30-3:30: Billiards 9:00: Chess 9:30: Bridge 10:00: Ceramics 12:00: St. Patrick's Day Party	18.) 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 Dance 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 1:30-3: Food Truck 2:15: Chorus	19.) 8:30-3:30: Billiards 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	20.) 8:00: Walking Club 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 10:00: Cardmaking 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
23.) 8:30-3:30: Billiards 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	24.) 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:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian Class 1:30: Step and Tone	25.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Age Well 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 1:30-3: Food Truck 2:15: Chorus	26.) 8:30-3:30: Billiards 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 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	27.) 8:00: Walking Club 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 1:00: Chorus Concert
30.) 8:30-3:30: Billiards 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: Bereavement Group 1:00: Painting 1:30: Low Impact 1:30: Rummikub	31.) 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:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian Class 1:30: Step and Tone		HOURS 8:30AM – 4:00PM PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324	PLEASE NOTE: WAITLIST CLASSES MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY





ST. PATRICK'S DAY

Word Search



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Rainbow
Pot of Gold
Irish Blessing
Shamrocks
Leprechaun
Saint Patrick
Lucky
Clover
March
Corned Beef
Erin Go Bragh
Green