



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

DIANE & SHARON - RECEPTIONISTS x-1453

KATHY - RENTER REBATE COORDINATOR x-1454

CHRIS - CUSTODIAN x-1551

SEPTEMBER 2026

VOL.56 NO.9



Dear Shelton Senior Center Friends,

Fall is approaching faster than I would like it to. We have had such an amazing summer. I do not want to see it disappear so I am hoping for Indian Summer.

Looking ahead we have a busy month. Many informative seminars, Medicare qualifications and Saving program, Elder Law with Attorney Drazen, Seniors Helping Seniors. Look inside newsletter for information. Try something different...Diamond Art with Nancy, sign up at front desk. Bring on the Red, White and Green. Whether you are Italian or not, there will be so much fun, laughter, food and dancing at our Italian Fest. Should not be missed!

Come join the new Variety Games and More!! Fun loving group looking to share in the fun of Senior life. Are you sitting home wondering what to do? Come to the Center and see that retired life or (not retired life) has something to offer. This group is established to have all join in and improve the quality of your life. New friendships await you in the group's first meeting to be on September 3rd, stop by and see what its all about. Meet and greet new Seniors.

To all my lunch goers please be aware kitchen is open 11:45am—12:15pm. I need everyone to adhere to this time schedule. All dirty dishes silverware and tray must be returned no later than 12:25pm. Please make appropriate arrangements to be here before that time so the kitchen may complete their cleanup and leave. Please pay attention to this time constraint. Your assistance is appreciated.

I am happy to announce September will bring a Community Experience for our Seniors with the University of Bridgeport - School of Nursing. You will be engaging with students regularly offering their clinical experience, as well as socializing throughout the Center on various days of the month. Please make them feel welcome! We love our volunteers!!

Reminder: Kitchen will be CLOSED September 21st through 28th. There will be no lunch served. Dessert, coffee and tea will be served only. Please bring your own lunch on these days. Thank you.

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

VOICE OF YESTERDAY AT AMARANTES: September 9th. \$120pp.

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

SWITZERLAND AND ITALY: September 19th—28th. \$5,969.00+pp.

THE “BIG E”, SPRINGFIELD, MA : September 30th. \$110.00pp.

CANYON OF PENNSYLVANIA: October 5th-7th. \$739.00pp.

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

BEATLES TRIBUTE BAND, FARMINGTON POLO CLUB: October 13th. \$137.00pp.

WATERFIRE, PROVIDENCE RI: October 17th. \$150.00pp.

RADIO CITY CHRISTMAS SPECTACULAR: November 8th. \$188.00pp.

DOO WOP JUKEBOX 45 AT LABELLA VISTA: November 10th. \$132.00pp.

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

WHITE MOUNTAIN HOTEL & RESORT: December 11th - December 13th.
\$735.00pp—\$959.00pp.

OLD STURBRIDGE VILLAGE: December 13th. \$159.00pp.

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

CLASSES AND EVENTS

AARP: On **Tuesday, September 15th 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, September 23rd at 10:30am** Griffin Hospital will be here discussing, "Are you stroke aware?" Register at front desk. Limited Seats.

ATTORNEY DRAZEN: Learn about Elder Law and how it can benefit you on **Monday, September 14th at 10:00am.**

BEREAVEMENT GROUP: A 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, September 14th & 27th from 2:00pm-3:30pm.** The group will offer a safe, compassionate and supportive environment. It will offer participants an opportunity to connect with others to gain understanding of emotions, 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. **\$5.00.** Bring your own dabber or you can buy one of ours.

BOCCE: Teams interested in playing please sign up to reserve your days and times at the front desk. A special thank you to Armando and Ted, for their hard work maintaining our courts.

BOOK CLUB This month's book is "Beautiful Ugly" by Alice Feeney. It will be held on **Friday, September 4th at 1:00pm.**

DIAMONDS & DOTS WITH NANCY: **Tuesday, September 15th from 12:30pm-3:00pm** make your selection of designs at this unique arts and crafts session. Not only will it be fun, but you will walk away with a beautiful fall wall or window hanging. \$20.00 per person. Registrations going on now. Limited Seats.

HALLOWEEN PARTY: We will be hosting our annual Halloween Party on **Friday, October 30th at 12:00pm.** Lunch: Finger sandwiches, pasta salad, chips, dessert, coffee and tea. Music by: Over Easy. Tickets on sale 9/11. \$15.00 per person.

HAIR BY MELINDA: Melinda will be here two Thursdays a month for women's hair on **Thursday, September 3rd & 17th from 12:00pm-3:00pm.** Appointments may be made at front desk. \$28.00 per cut..

ITALIAN FEST: Not to be missed. Bring your Italian with you. Red, Green and White attire everyone. Today Little Italy will be in the house on **September 18th from 12:00pm-3:00pm.** Craig Colestro will be warming up his Italian tunes and our menu from Italy's best. Lunch will be Pasta, meatball, sausage, garlic bread and salad, followed by dessert, coffee and tea. \$15.00 per person. Tickets on sale until sold out.

MEDICARE SAVINGS: This program will be led by Jason Bottone from Pino Insurance on **Thursday, September 10th at 10:00am.** Discussion will focus on State of Connecticut Medicare Savings Program and the upcoming changes for the 2027.

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, September 10th & 24th from 12:30pm-2:30pm.**

SENIORS HELPING SENIORS WESTERN CONNECTICUT: On **Wednesday, September 9th at 10:30am,** SHSWC will be presenting the GUIDE model-an improved Dementia Experience, a Medicare supported program designed to provide coordinated comprehensive care for individuals living with dementia.

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

VALLEY COINS: Ed will be here on **Monday, September 14th at 10:00am.** Bring your coins he will be happy to look at your treasures and give his professional opinion.

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 every **Thursday at 9:00am.**

VETERAN COFFEE HOUSE: **Thursday, September 24th at 10:00am** enjoy gentle conversation amongst all those who have served our Country. Coffee and dessert will be served.

VACCINATION CLINIC: **Wednesday, October 7th 9:00am-12:00pm** NVHD will be here administering flu (regular and high dose) COVID, Pneumonia, and Shingles. They will be returning again on Thursday, November 5th.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, September 2nd from 10:30am-12:30pm.**

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1.) 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 1:30: Step and Tone	2.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30:Valley Parish Nurses 10:30: Tai Chi 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: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:00: Hair by Melinda 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	4.) 8:30: Walking 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
7.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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	8.) 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 1:30: Step and Tone 3:00: Committee Meeting	9.) AMARANTES 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Seniors Helping Seniors 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	10.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: 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: Men's Haircuts 12:30: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	11.) 8:30: Walking 8:30-3:30: Billiards 9:00: Exercise 1 9:15: Board Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Membership Meeting 10:00: Dominoes 11:45-12:15: Lunch 12:30:Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact Halloween Tickets on Sale
14.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Valley Coins 10:00: Chess 10:00: Attorney Drazen 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 2:00: Bereavement Group	15.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: AARP 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30: Diamonds and Dots 12:30:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone	16.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 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	17.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 9:00: Veteran Affairs 10:00: Square Dancing 10:00: Strength Train 11:00: Strive/Move Better 11:45-12:15: Lunch 12:00: Hair by Melinda 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	18.) 8:30: Walking 8:30-3:30: Billiards 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: Italian Fest NO LUNCH 19.) SWITZERLAND/ITALY
21.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 10:30: Wii Bowling 10:30: Ballroom Cardio 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub NO LUNCH	22.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 12:30:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:30: Step and Tone 2:15: Singles Social Club NO LUNCH	23.) 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 NO LUNCH	24.) 8:30-3:30: Billiards 8:45: Strength Train 9:00: Cards 10:00: Veteran Coffee House 10:00: Square Dancing 10:00: Strength Train 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 2:30: Cardio Lite NO LUNCH	25.) 8:30: Walking 8:30-3:30: Billiards 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Cardmaking 10:00: Dominoes 11:45-12:15: Lunch 12:30: Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact NO LUNCH
28.) 8:30-3:30: Billiards 9:00: Exercise 1 9:00: Move-It 10:00: Chess 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 2:00: Bereavement Group NO LUNCH	29.) 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 1:30: Step and Tone	30.) BIG E 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	HOURS 8:30AM – 4:00PM PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324 EXT: 1550	PLEASE NOTE: WAITLIST CLASSES MOVE-IT STRENGTH TRAIN ZUMBA GOLD BOOK CLUB-FRIDAY

STATE OF CONNECTICUT RENTERS' REBATE PROGRAM

LAST DAY TO APPLY, SEPTEMBER 30TH! 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 Renters' Rebate Office located in the Shelton Senior Center. Complete details of the program can be obtained by calling the Renter's Rebate office located in the Senior Center, 203-924-9324 x1454.

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.

September Word Search



APPLE	CIDER	HARVEST	PUMPKIN
ASTRONOMY	CORN MAZE	HAYRIDE	RAINFALL
AUTUMNAL	EQUINOX	LABOR DAY	SCARECROW
BACKPACK	FALL	LEAF	SEPTEMBER
CAMPUS	FOOTBALL	MARIGOLD	SWEATER
CARDIGAN	GOLDENROD	MIGRATION	TWILIGHT