

THE JOY LUCK CLUB EVENTS: On Monday, May 5, enjoy spending the afternoon in the relaxing atmosphere of our Senior Center Library, beginning at 2:30 PM when we are pleased with the company of the Shelton High School Book Club. Together we will discuss the themes and emotions of "The Joy Luck Club" in an intergenerational setting. Tea will be served to participants.

Also, on Tuesday, May 6 there will be a Maj Jong tournament beginning at 1:00 PM. Play and compete, or just come to watch and learn.

NEW MEDICARE ELIGIBLE: An introduction to Medicare and Social Security briefing will be presented at the Shelton Senior Center on Monday May 20 at 10:00 AM. This program has been designed for those seniors who are approaching, or have already reach age 65 and are seeking information about Medicare enrollment, supplement insurance, prescription drug plans and Social Security. A certified CHOICES Counselor from the Agency on Aging of South Central CT will present the Introduction to Medicare, and a representative from Social Security office will be present to answer questions about Social Security. Please stop in or call the Center at 924-9324 no later that Friday May 16 to register for this program.

MOTHER'S DAY PARTY: A Mother's Day Party will be held Friday May 9 at 12:00 Noon. A luncheon buffet will include: Tortellini with Vodka Sauce, Chicken Parmegian, Red Roasted Potatoes, Fresh Grilled Zucchini, Antipasto Salad, Rolls and Butter, Coffee or Tea and Rice Pudding. Music by Vinnie Carr. Also, the "Mother of the Year 2008" will be announced. Cost: \$13.00.

SPRING FLING: The Shelton and Derby Senior Centers will be sponsoring a "Spring Fling" on Thursday, May 8 at 5:00 PM at Grassy Hill in Derby. Music for dancing and entertainment will be provided by Vinnie Carr. Dinner choices are: Stuffed Chicken Breast, Stuffed Shrimp or Filet Mignon. Cost: \$22.00.

COMPUTER CLUB: Our Computer Club meets on the first and the third Friday of each month. The club discusses questions on specifics and applications of interest to club members. Prerequisite – Our course or equivalent. There is no fee for participating in this club. The club will meet this month on Friday, May 2 and May 16 at 9:30 AM. We also have a Computer in our front Lounge which is available for use by our Seniors. Installed on this computer is Solitaire and a Self-Paced Tutorial Mousercise Program.

DIGITAL PHOTOGRAPHY CLUB: The Digital Photography Club meets on the second and fourth Friday of the month. All amateurs are welcome. The club will meet this month on Friday, May 9 and May 23 at 9:30 AM.

ECONOMIC STIMULUS PACKAGE: All Seniors who do not normally file a Federal Income Tax return **MUST** complete and submit an IRS 1040A form in order to receive the 2007 Stimulus Payment. An AARP Tax Aide will be at the Senior Center from 9:15 to 11:00 AM on May 5, 12 and 19 as well as June 2, 9 and 16 to complete the form for you. Please bring your 2007 SSA 1099 that you received from Social Security in January. No appointments are required.

EMPOWERING YOU TO BE THE MOST EFFECTIVE CAREGIVER: A free Community Education Program for Caregivers. Our next session will be held Tuesday, May 6 from 6:15 to 8:00 PM at the Shelton Senior Center. The topic this month will be "Safety Issues and Support." A light supper will be served. To register, please call **Derby Senior Center at 736-1484.**

BIRTHDAY PARTY: Please join us May 23 at 1:00 PM for our Birthday Celebration. Music provided by Vivian Blake. Cost is \$3.00. **Tickets on sale at the Reception Desk Monday, May 12 from 9:30 to 11:00 AM for Shelton/Valley Members and 1:00 PM for all Members.** Tickets may be purchase **at any time**, after the first selling day. Tell us if it is your Birthday or Anniversary when purchasing tickets.

INVESTMENT OPPORTUNITIES: Maria Conlon, University of Connecticut Women's Basketball star, will be at the Center on May 12 at 10:00 AM to speak on current investment opportunities. Come and meet Maria and learn about investments that are often used to generate income in retirement.

FATHER'S DAY PARTY: Join us in celebration of Father's Day on Friday, June 13 at 12:00 Noon. A luncheon buffet will be served. Music by Vinnie Carr. Cost: \$13.00. Also, Father of the Year 2008 will be announced. **Tickets may be purchased Friday, May 30 at 9:30 to 11:30 AM for Shelton/Valley members and 1:00 PM for all other members.**

VOLUNTEER APPRECIATION LUNCHEON: All Volunteers who have volunteered at least 50 hours throughout the year will be recognized on Thursday,

May 29 from 1:00 to 3:00 PM by Invitation Only. The Senior Center Lunch Program is cancelled for that day.

INTRODUCTION TO BALLROOM DANCING: Have you watched "Dancing With the Stars" on TV? Ballroom dancing is becoming very popular again. Everyone is welcome – you do not need a partner. The course is designed so that everyone has an opportunity to dance. Tom Mohyde is the instructor. Remaining classes will be held May 5, 12, 19 and June 2 at 1:00 PM.

TAX RELIEF FOR THE ELDERLY AND TOTALLY DISABLED: The Shelton Assessor's Office is accepting applications for credit against tax payments for Elderly Homeowners and Totally Disabled Persons. The State and Local Programs are available to Homeowners who were 65 years of age on or before December 31, 2007 and to Homeowners, regardless of age, who are Totally Disabled. Totally Disabled is an individual who receives Permanent Total Disability benefits under Social Security, or any Federal, State or Local Government Retirement or Disability Plan, including the Railroad Retirement Act or government related teacher's retirement plan. Income limits for both Elderly Homeowners and Totally Disabled Persons are: \$36,500 for married couples, and, \$29,800 for a single person. Income includes: wages, pensions, Social Security payments, interest on savings, and any other income for the calendar year 2007. Applicants who file a Federal Tax Return for 2007 are requested to present a copy to the Assessor's Office for income verification. Applicants must also bring their 2007 Social Security Benefit Statement (Form SSA-1099) with them. The Assessor's Office is required to send a copy of the statement to the State with the application. A designated agent, be it a family member or other, may apply on an eligible person's behalf, provided that all the necessary papers accompany them. The credit against taxes for the State Elderly and Totally Disabled Program varies according to the level of income. The credit against taxes for the Local Elderly and Totally Disabled Program is \$300. In October 2007 the Board of Aldermen approved by municipal ordinance an Elderly Homeowners Freeze program. To be eligible one must have been 70 years old by December 31, 2007. The income limits for the Local Freeze Program are the same as the income limits for the State and Local Homeowners and Totally Disabled Programs. If one meets the guidelines, the taxes are frozen. The Local Elderly Freeze Program is in addition to the State and Local Elderly Homeowners Program. Applications for the State and Local Homeowners Elderly and Totally Disabled Programs and the Local Homeowners Elderly Freeze Program

will be accepted until Thursday, May 15th at the Assessor's Office, City Hall, Mondays through Fridays, 9:00 A.m. until Noon. For more information, call the Shelton Assessor's Office; 924-1555 Ext 352.

BUSINESS MEETING/ELECTION OF OFFICERS: Election of officers for the Membership will take place at the May Business Meeting (Friday, May 9). The Nominating Committee (James Martin) has submitted the following slate for your vote: President: Edward Hollar or Mario Bonetti; Secretary: Trudy David; Treasurer: Johanna Czeszel; Delegates: Dorothy Emack, Carol Burbank, Loretta Kichard and Mary Martin. Ballots will be available at the Center starting May 1. Installation of officers will take place Friday, June 6.

"ASK DANA:" Every month Dana McLaughlin will volunteer her time at the Center from 9:15 to 10:15 AM. She is an experienced financial professional and will be here to help find answers to any general financial questions you may have. Please note that this is not a seminar or group lecture. Just drop by and ask! Dana understands that the financial world can be confusing sometimes! Some examples of questions include: What is a 529 Plan for my grandchildren? Can you help me understand this bill/statement I received? What is a Mutual Fund? What is required minimum distributions at age 70 ½? Stop by to meet Dana on Monday, May 19 from 9:15 to 10:30 AM.

HOT TOPICS: Hot Topics is a current events discussion group which meets the second Thursday of each month at 10:00 AM. Join us Thursday, May 8 at 10:00 AM. Everyone is welcome.

EASY LISTENING MUSIC: Join us on Thursday afternoons at 2:00 PM for dancing and easy listening music from the 40's and 50's, performed by the *Ovations*.

PROBATE "MYTH BUSTER:" An informal information session is being offered by the Honorable Fred J. Anthony Probate Judge for the City of Shelton and will be held May 8 at 10:00 AM at the Shelton Senior Center. Judge Anthony will lead a discussion of the Probate process in the State of Connecticut and allow ample opportunity for your most pressing questions to be answered. This is your chance to get **FACTUAL** information regarding probate processes and dispel some of the probate myths that you may have heard from some very well intentioned friends and family. All are welcome.

MENTAL HEALTH AWARENESS MONTH: On May 21 from 11:00 AM to 1:30 PM the Birmingham Group

Health Services, Inc. will host an informational table at the Center and provide anxiety screenings, Mood Dots and information handouts around mental health diagnosis, symptoms and treatment as well as relaxation techniques. Anita Cipriano and Sara Alberghini will be your hostesses.

BLOOD PRESSURE SCREENING: The Emergency Care Institute of Bridgeport Hospital will be conducting Blood Pressure Screenings at the Senior Center on the afternoon of the fourth Monday of each month from 12:30 to 2:30 PM. This month's screening will be Tuesday May 27 (because of the Holiday). Please refer to your Newsletter calendar for time and dates of all our Blood Pressure Screenings.

VETERAN'S SERVICES: Ramon Agosto, Veteran's Service Officer, from the State of CT Department of Veteran's Affairs will conduct a Veteran's Outreach at the Shelton Senior Center every 4th Tuesday of the month from 2:00 to 4:00 PM. He will answer questions concerning veteran benefits and assist in filling out forms to apply for benefits. All Veterans are invited to stop in on Tuesday, May 27.

HEARING & MAINTENANCE PROGRAM: Precision Hearing offers a Hearing & Maintenance Program that will clean and check your hearing aids. They use their Real Ear Computer, which gives a read-out of what the hearing-aid is doing. This is a **Free Service** for anyone with a hearing-aid of any make or style. The maintenance program will be Tuesday, May 27 from 10:30 AM to 12:00 Noon. No appointment necessary.

BOOK CLUB: Enjoy reading? Please join us on Friday, June 13 at 1:00 PM. Each month a new book will be discussed. The Book Club will meet on the second Friday of each month. The reading for the June meeting is "Eat, Pray & Love: One Woman's Search for Everything by Elizabeth Gilbert.

BAND JAM: Every Tuesday at 1:00 PM, members of *Sentimental Journey* get together at the Center. Everyone is welcome to come and enjoy an afternoon of great music.

CHECKERS CLUB: Checkers will be played Tuesday, May 27 at 1:00 PM. Bring your board and checkers. Beginners welcome.

SPRING CONCERT...."ANYTHING GOES:" Our Chorus, under the direction of David Scrimenti and Gerry Folsom, has been very busy rehearsing for their concert which will be held at the Center on Wednesday, June 4 at 1:00 PM. Join us for an afternoon of beautiful music. Refreshments will be served.

INSTALLATION OF SENIOR CENTER OFFICERS: Installation of Officers will take place on Friday June 6 at 1:00 PM. More information to following in the June Newsletter.

YELLOW DOT PROGRAM: The Yellow Dot Program is a Triad Project to help save lives. The program consists of an Information Card and a Yellow Dot affixed to the car window. The info card is put in your car's glove compartment. In the event of an emergency, first responders can identify the vehicle as that of a Yellow Dot participant and look in the glove compartment for this info. Please bring the following: Emergency Contact Info, Current Medical Info, Doctor's Phone Number and Recent Photo of yourself. If you do not have a photo, YD volunteers will take one. Yellow Dot window stickers are available at the Center if your sticker has faded.

EMERGENCY LIGHT FLASHERS: Our Triad, which consists of the Shelton Senior Center, the Shelton Police Department and Echo Hose Ambulance, is distributing flashing lights that help ambulance crews, police and firefighters locate homes more quickly in the event of an emergency. Supplies of the special light flashers are limited and available to Shelton residents who are over the age of 55. If you believe you need one of these lights or know someone who may, please call the Center at 924-9324.

SHELTON TRIAD – EMERGENCY (911) PHONE PROGRAM: The Shelton Triad will provide pre-owned **911** phones to Seniors who are residents of Shelton or members of the Senior Center who do not have a cell phone. The phone is for emergency use only. It is not connected to any service and is only capable of connecting you to the **911** Emergency Operator. If interested, please call the Center at 924-9324.

AARP 55 DRIVE ALIVE/MATURE DRIVING COURSE: Did you know there are two (2) Safe Driver Discounts insurance companies give drivers? One is for not being involved in an accident; the other is for taking a Defensive Driving Course. Check with your insurance company. If you are 50 years or older, you can take the AARP "55 Alive" Driver Safety Program, an eight (8) hour course (two – (4) hour sessions) addressing the changing physical condition of older drivers as well as safe driving tips. No written, physical or driving tests given. Classes will be held Monday, May 19 and Tuesday, May 20. **There are no walk-ins.** Limited seating to 30. You must pre-register

at the Center. Make **checks** payable to AARP for \$10.00 per person. **Cash is not accepted.**

THOUGHT FOR THE MONTH: Always keep your words *soft* and *sweet* in case you have to eat them.

SHOPPING BUS SCHEDULE: The bus picks up and returns to the Center after shopping. There is no charge.

May 07 - Ansonia Stop & Shop or Shop Rite
May 14 - Adams-IGA
May 21 - Shelton Stop & Shop or Shaw's
May 28 - Ansonia Stop & Shop or Shop Rite

PARTY TICKET PURCHASE: When buying tickets for **table-assigned parties** Shelton/Valley Members can pick up numbers at 9:00 AM. Members buying party tickets at 1:00 PM can pick up numbers at 11:30 AM. **Table-Assigned Party Tickets** will be sold in the **Bingo/Assembly Room**. When purchasing tickets at the **Reception Desk**, (Birthday Party) **no numbers** are used. Only on the **first day** of ticket sales do we follow the specified time for selling: **9:30 to 11:00 AM for Shelton/Valley Members** and then at **1:00 PM for all members**. Please have **up-to-date** Membership Cards for both **you and your partner** when purchasing tickets and the exact change or check amount. Checks should be made payable to the **Shelton Senior Center**.

TRIP REGISTRATION: On the day of **REGISTRATION**, all members interested in the trip should come to the Center at 9:00 AM and take a number at the Reception Desk. Each member may register **them self and one (1) other member**. Registration is in the Bingo Room at **9:30 AM**. Please have Membership Cards for both you and your partner; your check and meal selection if needed. This **REGISTRATION** will be on a first come ~ first serve basis! After the initial **REGISTRATION**, you may register any time. **Please Note: Trips must be paid for by check (no cash) made payable to the Travel Agency** sponsoring the trip. **This information will be in the trip write-up listed in your Newsletter. Thank you.**

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WARNER THEATRE "CRAZY FOR YOU": May 4. Cost: \$77.00. Names Called: 10:15 AM/Return: 5:30 PM. Includes: Lunch at San Marino's with choice of Chicken Marsala, Stuffed Sole or Grilled Pork Chop, Play "Crazy For You" at the Warner Theater in

Torrington and gratuities. **Checks payable to Getaway Tours.**

LIGHTS, CAMERA, ACTION: May 13. Cost: \$72.00. Names Called: 9:15 AM/Return: 7:00 PM. On Location Tours board the bus for a 2 ½ hour Riding/Walking Tour to the actual sights of endless hit movies and TV shows shot in New York....get ready for a really fun day! Special lunch included at Marie's Mont Blanc Restaurant with choice of Four Cheese Ravioli, Chicken Marsala or Grilled Salmon. Gratuities included. **Checks payable to Friendship Tours.**

FOXWOODS CASINO: June 3. Cost: \$20.00. **REGISTRATION:** **May 6.** Names Called: 7:45/Return 6:15 PM. Includes Land Jet transportation, \$10.00 Food Voucher, \$10.00 Keno and gratuity. **Checks payable to Shelton Senior Center.**

SCANDINAVIAN HIGHLIGHTS: June 5 - 16. Deposit: \$550.00. Cost: \$4,048.00. Tour highlights include: Stockholm, Copenhagen, Bergen and Oslo City Tours; 16 Meals (10 Breakfasts and 6 Dinners); Aurlands Fjord Cruise; Flam Railway; Overnight Cruise to Oslo and Ulvik Area Tour. Itineraries available at the Center. Cancellation insurance recommended - \$199.00. **Checks payable to Premier World Discovery.**

THE BOBBY VINTON SHOW AND JIMMY STURR AND HIS ORCHESTRA: June 8. Cost: \$97.00. Names Called: 8:45 AM/Return: 9:30 PM. Today, we depart to Monticello Gaming and Racetrack to enjoy an unbeatable afternoon of gaming and music. Upon arrival you'll receive a complimentary food voucher for an All-You-Can-Eat Buffet of endless delights. After lunch, we have reserved seats for the Bobby Vinton Show (Blue Velvet, Melody of Love) and the 16 time Grammy Award Winner Jimmy Sturr and his Orchestra. Gratuities are included. **Checks payable to Getaway Tours.**

NIAGRA FALLS ~ CANADA: June 9 - 11. Costs: \$397.00 PP Twin/Triple; \$487.00 Single. Deposit: \$150.00. Final Payment: April 21. Highlights: Two (2) nights at Michael's Inn, guided tour of Niagara Falls, Las Vegas Magic Revue Show, ride to the base of the Falls on board the Maid of the Mist, (2) Breakfasts, (2) Dinners and gratuities. **Proof of Citizenship required; a valid Passport. Checks payable to Friendship Tours.**

CULINARY DELIGHTS AT THE MIDDLEBURY INN: June 23 - 25. Cost: \$431.00 PP Double; \$521.00

Single; \$421.00 Triple. Deposit: \$100.00. Final Payment: June 6. Highlights: Depart to Middlebury, VT with lunch upon arrival; two (2) nights stay at the Middlebury Inn; tour of Dakin Farm Vermont Products Store, a stop at Shelburne Vineyard for wine tasting and tour; return to the Inn for dinner and a nighttime snack of farm fresh milk and homemade cookies. Day Two: Enjoy a home cooked buffet breakfast; a stop at the Shelburne Farms Estate; lunch at the Ice House Restaurant is included; tour of Ben & Jerry's Factory (includes samples); on to the Cold Hollow Cider Mill and Grandview Winery; and return to the Inn for dinner. Day Three: Before departure this morning, we'll enjoy breakfast; a stop at the Apple Barn (featured on the Food Network and Good Morning America) and enjoy a slice of pie. Six Meals (2 breakfasts, 2 lunches and 2 dinners). Gratuities also included. Cancellation insurance is recommended. **Checks payable to Getaway Tours.**

GRISWOLD INN & RIVER QUEST CRUISE: July 15. Cost: \$64.00. Depart: 10:00 AM/Return: 4:30 PM. **REGISTRATION: May 30.** Includes: Lunch at the charming and historic Griswold Inn located in Essex, CT. Menu choice of Pan Seared Breast of Chicken with Sun Dried Tomato and Borsini Cheese Sauce or Slow Roast and carved Top Sirloin of Beef with Mushroom Demi-Glace, hot rolls, rice pilaf, fresh vegetables and mixed Berry Short Cake for dessert. After lunch, enjoy the beauty of the Connecticut River Valley from the water. The River Quest is a delightful 1 ½ hour cruise along the Essex Harbor and the CT River. Relax on this newly built vessel as we cruise along the scenic, beautiful CT River. Includes gratuity. **Checks payable to Friendship Tours.**

THE BLUE DANUBE RIVER CRUISE: September 25 to October 4. Deposit: \$250.00. Cancellation Insurance Recommended - \$235.00. Cost: \$3,499.00 PP Lower Cabin (Double); \$3,799.00 PP Middle Cabin (Double). Highlights: Prague, Hradcany Castle, Passau, Danube River Cruise, Wachau River Valley, Durnstein, Vienna, Budapest and 19 Meals (8 Breakfasts, 4 Lunches, 7 Dinners). Itineraries available at the Center. **Checks payable to Collette Vacations.**

TRIP PARKING: When traveling with the Senior Center, we ask that you park in the Police/Senior Center lot adjacent to the Senior Center parking lot. Upon return, the bus will park in the Police/Senior Center lot so you can safely exit the bus. Thank you for your co-operation.