

SHELTON SENIOR CITIZENS CENTER

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Info Line Ext: 1550
General Info & Reservations Ext: 1551

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Doreen Laucella, Director

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&

The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Brian, Chris & Michelle

Dear Shelton Senior Center Friends,

Spring has sprung! On Friday, May 24th The Youth and Family Service will be hosting a "Senior Social" from 3:00pm-6:00pm. Music by Craig Colestro. Enjoy dinner and dancing. This is a FREE event with limited seating. Sign up on 5/1.

Beginning July 1st, we will begin our new Paid Fitness Class Schedule for specific classes. Please read carefully inside this newsletter with important information pertaining to the priority and open registrations changes. Your failure to not follow directions may cost you your seat in your class. So please make sure everything is understood, protocol followed or unfortunately your registration will not be accepted.

There will be no exceptions. If you have questions, please ask ahead of time.

Thank you.

Come see what our Center has to offer at our Christmas in July event. Save the date, July 26th 10:00am-2:00pm. We will offer Christmas Tree raffles, crafts from our Seniors and more. A Bake Sale will also be held with delicious delectables and various food choices. Select classes will be showcased during this timeframe where you may view to see if they may be a good fit for you to join in the future. Blood pressure screenings and lots more. Details coming soon.

Look forward to seeing you all soon!

Warm Regards, Doreen

**** IMPORTANT NOTICE ****

PAID EXERCISE CLASSES WILL CHANGE AS OF JULY 1, 2024

There will no longer be Tuesday and Thursday Strength Training, twice a week combined class offerings. Each day will now be split to one individual class offering and paid for separately.

We also will be changing all paid classes into ONE YEAR sessions. There will no longer be two six month sessions with registrations twice a year. Registrations will now be held only once a year. Prices for each class have changed to cover a year long registration. *This change covers the cost of each class for the full year.* Class sessions will run from July 1, 2024 - June 30, 2025. The next registration will be in May 2025.

As you are aware, we are growing dramatically with our membership here at the Center, increasing daily. This has caused the need to open up class seats that are at high demand so other and/or new members may take part, as well as current class members. This is all labor intensive for the staff, so we must change the way we are handling our classes in hopes to make this process more manageable, while meeting the needs of everyone involved.

If you enjoy taking strength training class one day a week, you now have the option to register for just one day/time. If you prefer twice a week (Tues. & Thurs.), you may register separately for each class's day and time.

We will still maintain our priority registration format. All those currently in the classes may register for the exact day and time slot they are currently in during the priority registration timeframe until that deadline. Anyone who does not register for their day/time in that timeframe will forfeit their seat. All remaining available seats will be made available to new participants during the in person open registration period. Registration forms are in lobby.

Priority Registration current class participants may submit registration forms and payments at the front desk from Monday, May 6th - Friday, May 10th.

A separate check must be submitted for each individual participant and for each individual class. Please write in memo on check, the class you are registering for. No checks with combined total payment amounts of classes will be accepted. Attention married couples: Please do not combine checks with both persons.

Each individual person must submit individually, per person, per class.

Example- If you choose to take a Tuesday Strength Training Class 8:45am, a Thursday Strength Training Class 8:45am, and Zumba Gold Class, you will be handing in three separate check payments, one for each individual class, with the class name/day/time written in the check's memo.

Open Registration for new class participants will be held on Thursday, May 16th from 10:00am-10:30am, in person at the Center.

New participants, this is a first come first serve process. All seats available will vary per class and remain open until filled. Please arrive at 9:45am (no earlier) to be handed a number to get in line for registrations. All registration forms must be picked up in the lobby prior to this date and filled out, a current 2024 membership card must be in your hand at time of registration to show staff and your check/checks properly filled out. To keep the registration line moving this all must be ready at time of registration, if not you will be asked to forfeit your spot in line. If you have questions regarding registrations, please ask the front desk prior to registration date.

Member PAID Class Prices Per Year

Monday - Move It 9:00am: Shelton Resident \$30.00/year Non-Resident \$55.00/year
Tuesday - Strength Training 8:45am: Shelton Resident \$30.00/year Non-Resident \$55.00/year
Tuesday - Strength Training 10:00am: Shelton Resident \$30.00/year Non-Resident \$55.00/year
Wednesday - Zumba Gold 9:00am: Shelton Resident \$60.00/year Non-Resident \$110.00/year
Thursday - Strength Training 8:45am: Shelton Resident \$30.00/year Non-Resident \$55.00/year
Thursday - Strength Training 10:00am: Shelton Resident \$30.00/year Non-Resident \$55.00/year

ALL CHECKS MADE PAYABLE TO "THE CITY OF SHELTON"

Please adhere to protocol to help make this a seamless process, for all. Thank you.

CLASSES AND EVENTS

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.

BEREAVEMENT GROUP MEETINGS: This months meeting will be on **Thursday, May 16th at 2:00pm.** The meeting will be led by Jim Linden who has over 30 years experience in facilitating Bereavement groups for all ages and depth of loss. Anyone who would like to attend contact Jim at 203-561-3410.

BOOK CLUB: Join Pete D'Ostilio on **Friday, May 10th at 1:00pm** for a discussion on the book, **"The Evening and the Morning" by Ken Follett.**

DIABETES CLASS: Beginning on **Friday, May 24th at 9:00am-11:30am** NVHD will be offering a six week Diabetes Class for those with diabetes. Seats limited. Free. Register now.

LINE DANCING W/ TOM: Every Wednesday at 12:30pm. New friends are needed for this class of dancing and laughter. 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.

POKER: Are you interested in playing Poker? We are looking for more beginner and seasoned players to join this fun loving group! Contact Center if interested.

RENTERS' REBATE PROGRAM: The State of Connecticut rental reimbursement program for elderly or disabled renters who meet income requirements began on April 1st. See Kathy in the Renters' Rebate office located at our Center, for details.

SENIOR SOCIAL: On **Friday, May 24th from 3:00pm-6:00pm** the Shelton Youth and Family Services will be here to sponsor a dinner and dance to our Seniors. Music by Craig Colestro. Menu: Ziti, Meatballs, Salad, Bread, Dessert and Coffee. FREE with limited seating. Registrations begin on 5/1, until sold out.

SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, May 21st at 2:15pm.** Refreshments served.

STORYTIME WITH ALBERT RUGGERIO: Albert will be here to give a one hour Power Point Presentation on a delightfully funny collection of short stories and poems from "Pearls from Carol", a book written by his late wife Carol on **Thursday, May 16th at 1:00pm.**

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, May 1st from 10:30am-12:30pm.**

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.

DONATIONS WANTED

Our classes are in need of CD's & 5/8" - 3/4" buttons, please. Donations appreciated. Drop off at front desk. Thank you.

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	HOURS OF OPERATION 8:30AM – 4:00PM	1.) 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: Valley Parish Nurses Blood Pressure 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 2:00: Chorus	2.) IRELAND 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	3.) 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 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
6.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 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 Priority Registrations Begin	7.) 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	8.) 8:30-3:30: Pool 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 2:00: Chorus	9.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	10.) 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 10:15: Member Meeting 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact
13.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 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	14.) AQUATURF 8:30-3:30: Pool 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: Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 3:00: Committee Meeting	15.) 8:30-3:30: Pool 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 2:00: Chorus	16.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Open Registrations 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Story w/Albert Ruggerio "Pearls from Carol" 1:30: Step & Tone 2:00: Bereavement Group 3:00: Cardio Lite	17.) 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 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
20.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Drawing 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	21.) 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 2:15: Singles Social Club	22.) 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: Age Well 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 2:00: Chorus	23.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	24.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Diabetes Class 1 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Card Making 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact 3:00: Senior Social
CLOSED	28.) WORLD RESORTS 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	29.) ATLANTIC CITY 8:30-3:30: Pool 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 2:00: Chorus	30.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite	31.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Diabetes Class 2 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact

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. 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.**

DAY AND OVERNIGHT TRIPS

IRELAND: Thursday, May 2nd—May 10th. \$3,975.00 pp/varies.

NEIL DIAMOND TRIBUTE AT AQUATURF: Tuesday, May 14th. \$124.00pp.

WORLD RESORTS CASINO: Tuesday, May 28th. \$50.00pp. Comps - Food & Play.

ATLANTIC CITY AND JERSEY BOYS & GIRLS: Wednesday, May 29th– 31st.
\$415.00 pp/varies.

NUNSENSE AT NEWPORT PLAYHOUSE: Wednesday, July 24th. \$63.00pp.

BERMUDA CELEBRITY ECLIPSE CRUISE: Sunday, July 14th-21st. Prices vary/pp.

LOBSTER & A GREAT SHOW AT LOG CABIN: Wednesday, July 17th. \$142.00pp.

BEACH BOYS TRIBUTE AT AQUA TURF: Wednesday, August 21st. \$124.00pp.

NIAGARA FALLS ONTARIO: Monday, September 2nd-5th. \$719.00pp.

911 MEMORIAL MUSEUM: Thursday, September 5th. \$114.00pp.

NEW ENGLAND'S EXTRAVAGANZA: Thursday, September 19th. \$104.00pp.

INTERNATIONAL BALLOON FEST NEW MEXICO & LAS VEGAS: Monday,
September 30th—October 7th. Prices vary pp.

OCTOBERFEST AT KRUCKER'S NEW YORK: Thursday, October 17th. \$139.00pp.

CULINARY INSTITUTE OF AMERICA: Wednesday, November 6th. \$156.00pp.

More Coming Soon!