

SHELTON SENIOR CITIZENS CENTER

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www.cityofshelton.org

Call our main line (203) 924-9324
Info Line Ext: 1550
General Info & Reservations Ext: 1551

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MARCH 2024



Doreen Laucella, Director

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The Shelton Senior Center Team

Shauna, Diane, Gina, Kathy, Felice, Lucy, Tim, Phyllis, Chris & Art

Dear Shelton Senior Center Friends,

Just a reminder, we are no longer mailing monthly newsletters to your residence. Please pick up newsletters from here, in the Center's lobby. It can also be viewed 24/7 on the City of Shelton website www.cityofshelton.org. I thank you for your cooperation in this matter. Any questions give us a call at the Center and we will be happy to assist.

This month we will be hosting a few special events. If you have not reserved your seat or bought your ticket to these events, please do so. Please note we will be closed on Friday, March 29th, for Good Friday.

Spring is around the corner! We are celebrating together with a Spring Fling on Friday, April 19th. Music by The Boomers. Tickets are \$12.00 and go on sale beginning March 1st.

We are looking for volunteers! Specifically, Bingo Callers and Kitchen Helpers. No experience necessary, easy to learn.

Do you play La Scopa or La Briscola or Poker? Join our new card groups! All interested members please call the Center.

Looking forward to the spring season upon us and seeing you all soon!

Warm Regards, Doreen

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.

BLAIR'S COINS & CURRENCY: On Thursday, **March 7th at 1:00pm** Blair Soucy will be here to buy, sell and trade. Bring your collection or stop in to learn more about collecting.

BOOK CLUB: Join Pete D'Ostilio on **Friday, March 8th at 1:00pm** for a discussion on the book, **"Necessary Lies" by Diane Chambelain.**

DOWNSIZING EXPO: On **Tuesday, March 26th at 10:30am-12:00pm,** eight professionals will be here to guide you in various areas regarding Senior Benefits, Grief, Elder Care Planning and Downsizing your Home. Hosted by Wesley Village, Shelton. Register now at the front desk, to save your seat. **FREE.** Refreshments to be served.

JUDGE FRED ANTHONY: Probate Judge Anthony will be here on **April 24th at 10:30am** to discuss topics pertaining to estate planning and probate, along with answer any questions you may have.

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. Learn something new and have some fun! \$4.00 per class drop in fee.

MAKEUP FOR THE MATURE WOMAN: On **Thursday, March 7th at 1:00pm,** Makeup Artist- Joby will be here to instruct how to apply makeup properly. Bring your own makeup and/or he will supply his makeup, to teach application techniques. Attendees please come bare face, for instruction. \$15.00pp. RSVP at front desk. Limited seats.

SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, March 19th at 2:15pm.** March theme, is wear your Green. Refreshments served.

SPRING FLING: A party filled with music, dancing, food and fun on **Friday, April 19th at 12:00pm-3:00pm!** Music by The Boomers. Lunch: Ziti and Meatballs, Salad & Bread, Dessert and Coffee. Tickets on sale beginning March 1st. \$12.00pp.

ST. PATRICK'S DAY PARTY: We will be celebrating the Irish holiday with your music favorites, food and dancing on **Friday, March 15th at 12:00pm.** Music by: Tom Mohyde. Lunch: Corned Beef on Rye with kraut, potato salad, carrots, coffee & dessert. \$15.00 pp.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, March 6th 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.

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

RESORTS WORLD CATSKILLS CASINO: Tuesday, March 19th. \$50.00 per person, includes \$25.00 comps for slots and \$15.00 for food. Limited seats.

ORCHID FLOWER SHOW BOTANICAL GARDENS: Wednesday, March 27th. \$124.00pp.

WASHINGTON DC: Friday, April 5th—8th. \$849.00 pp/varies.

ELTON JOHN TRIBUTE: Thursday, April 25th. \$116.00pp.

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

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

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

TIMELESS MUSIC AT STORROWTOWN TAVERN: Thursday, June 13th. \$118.00pp.

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

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

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

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.

MARCH 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
|  |  |  | <p>HOURS OF OPERATION</p> <p>8:30AM – 4:00PM</p> | <p>1.) 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 9:30: Matter of Balance 10:00: Dominoes 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p> |
| <p>4.) 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: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p> | <p>5.) 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</p> | <p>6.) 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</p> | <p>7.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Coins w/Blair 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Makeup Class 1:30: Step & Tone 3:00: Cardio Lite—No class</p> | <p>8.) 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 9:30: Matter of Balance 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</p> |
| <p>11.) 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: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p> | <p>12.) 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</p> | <p>13.) 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</p> | <p>14.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p> | <p>15.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: St. Patrick's Day Party </p> |
| <p>18.) 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: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p> | <p>19.) CATSKILLS 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</p> | <p>20.) 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</p> | <p>21.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p> | <p>22.) 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: 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</p> |
| <p>25.) 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: <i>Toning w/Cheryl</i> 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p> | <p>26.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 10:30: Downsizing Expo w/ Wesley Village 11:45-12:15: Lunch 12:30:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone</p> | <p>27.) NEW YORK 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</p> | <p>28.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Gentle Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 3:00: Cardio Lite</p> | <p>29.)</p> <div style="text-align: center;"> <p>CLOSED</p>  <p>GOOD FRIDAY</p> </div> |

ST. PATRICK'S DAY WORD SEARCH

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

Saint

Patrick

Leprechaun

Rainbow

Gold

Ireland

Wishes

Shamrock

Green

Lucky

Clover

Parade

March

Pinch

Emerald

