



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: x-1450

SHAUNA: x-1451

GINA: x-1452

DIANE/NANCY/SHARON: x-1453

KATHY: x-1454

OCTOBER 2025

VOL.55 NO.10

Doreen Laucella

Director of Senior Services / Municipal Agent For The Elderly

The Shelton Senior Center Team

Shauna, Gina, Diane, Nancy, Sharon, Kathy

Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

Happy Fall! As we approach the Flu and COVID season, I strongly suggest washing your hands regularly. If you are not feeling well please do not come to the Center. We follow safe protocol when it comes to our Seniors, however everyone has to do their part with keeping our community safe. Should the need arise we have COVID kits here, while supplies last.

We all know our own selves, if you wake up not feeling well please don't assume allergies or its just nothing, For your sake and everyone else, be aware of how you are feeling. We have excellent walk in clinics available to us here in Shelton. Please consider using them when you are not feeling well. Seniors must take good care of their health at all times. Eat well, exercise, drink plenty of water and rest. Yes, even when the colder months are here you need to be hydrated. We will be hosting vaccination clinics here at the Center, please see the newsletter for more details.

The Fall brings many wonderful events here at the Center. Our Halloween party is always a blast with lots of laughs and fun. Get those costumes ready!!

Looking ahead, our Veterans Celebration will be here November 14th. If you know of any Shelton Veterans please let us know, we would love to invite them. Tickets to the event are necessary for all in attendance and our guests invited for a truly inspiring day. Tickets will be made available this month until sold out. Veterans please bring your service card with you when you come to the Center to register for the event and pick up your ticket. Please note we will not be able to accommodate walk-ins the day of the event. The meal for the Veterans will be free. \$10.00 per ticket for all those who would like to attend. An afternoon of music and dancing will follow the special Veterans program and meal.

Kind 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.

TAKE HOME MEALS FOR EVERYONE

This service is offered by Community Connection Network on Wednesdays from 1:30pm-3:00pm. Various frozen meal options will be available to be purchased directly from their food truck situated in our parking lot. Standard Meals \$8.00. Large Entrees \$15.00. Cash, checks, Venmo or CC.

DAY AND OVERNIGHT TRIPS

WORLD RESORT CASINO CATSKILLS: October 14th. \$50.00pp.

OKTOBERFEST KRUCKER'S: October 23rd. \$144.00pp.

ATLANTIC CITY: October 28th-30th. \$349.00pp.

CHRISTMAS TIME IN BRANSON, MISSOURI: November 5th-9th. \$1,719.00pp.

TRIBUTE TO JOHN DENVER AT GRAND OAK VILLA: November 12th. \$129.00pp.

FIREPLACE FEAST AT SALEM CROSS INN: November 20th. \$161.00pp.

WHITE MOUNTAIN RESORT: December 3rd-5th. \$629.00-\$859.00pp.

KENNY & DOLLY TRIBUTE AT AQUA TURF: December 10th. \$129.00pp.

AMERICAN HERITAGE MILITARY MUSEUM & LONGFELLOW'S WAYSIDE INN: December 17th.
\$173.00pp.

LANCASTER, PENNSYLVANIA: December 27th-29th. \$719.00-\$918.00pp.

UPCOMING TRIPS IN 2026

PARADE OF NATIONS & VA INTERNATIONAL TATTOO 250: April 16th-19th, 2026.

ARUBA CRUISE: June 12th-21st, 2026.

TALL SHIPS BOSTON: July 15th, 2026 - \$196.00pp.

SWITZERLAND AND ITALY: September 19th—28th, 2026.

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

A DAY IN THE LIFE: SENIOR LIVING COMMUNITY TOUR: “Caring Transitions of Milford” will be hosting a fun and informative day on **Thursday, October 16th 9:00am-2:30pm** visiting three communities— Benchmark Senior Living at Split Rock, BrightView Shelton and Masonicare at Crosby Commons. Tour begins at the Shelton Senior Center and you will be driven by bus to each location. Enjoy delicious food, engaging activities, and an opportunity to experience what these communities have to offer. You will wrap up the day with a presentation from Senior Oasis Advisors and Synergy HomeCare. Thank you, Caring Transitions of Milford for sponsoring such a wonderful opportunity. Limited seats available. Signups going on now, until full.

AGE WELL: On Wednesday, **October 22nd at 10:00am.** Austin Telford, MPH, CCHW from NVHD will be here discussing the topic, “Narcotics and You: Empowering Seniors to Respond to an Opioid Overdose.” Free blood pressure screening, as well. Limited Seats.

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.

BOCCE: Back in session! Join in on the fun! Let the front desk know if you would like to play and on what days. Bring a friend or just join in.

BOOK CLUB (WEDNESDAY): This month’s short story is “Candide” by Voltaire. It will be held on **Wednesday, October 22nd at 1:00pm.** Limited seats.

BOOK CLUB (FRIDAY): This month’s book is “Art Thief” by Michael Finley. It will be held on **Friday, October 10th at 11:00am.** Waitlist.

CHORUS CONCERT: On **Friday, October 10th at 1:00pm** come enjoy the Shelton Songsters sing at their Fall Concert. FREE.

HALLOWEEN PARTY: We will be celebrating Halloween on **Friday, October 31st from 12:00pm-3:00pm.** Band: Over Easy. Lunch: Mile High Sandwich, Pasta Salad, Dessert and Coffee. Dress to win!! Categories: Best, Funniest and Most Original. \$10.00 per person. Tickets on sale 10/3.

MEDICARE INFORMATION SEMINAR: Rich Fellito will be here on **Monday, October 20th at 10:00am.** Bring your questions and he will provide the answers!


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 Tom will be here on Thursdays, **October 9th and 23rd from 12:30pm-2:30pm.**

NVHD FLU AND COVID VACCINATIONS: Protect yourself and your family. Both vaccinations will be provided by the Naugatuck Valley Health Department on **Thursday, October 9th 10:00am-12:00pm and Wednesday, November 12th 9:00am-12:00pm.** Bring your insurance card with you to our Center. FREE with insurance. Insurances accepted Aetna, Anthem BC/BS, Cigna, Connecticare, Husky, Medicare Part B & United Healthcare.

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

VETERAN AFFAIRS: The second Thursday of each month State of CT Veteran Affairs will be here to meet with our Vets. Bianca will be available to discuss all matters with you. This month she will be here on **Thursday, October 9th from 10:00am-11:00am.**

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
HOURS OF OPERATION 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	1.) 8:30-3:30: Pool 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	2.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:00:Int. Bridge Lessons 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	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: Halloween Tix on Sale 10:00: Dominoes 11:45-12:15: Lunch 12:30:Pound Fitness-No Class 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: 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	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 Class 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 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	9.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Vaccinations 10:00: Square Dancing 10:00:Strength Train 10:00: Veteran Affairs 10:00: Int. Bridge Lessons 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	10.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:15: Exec. Board Meet 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Membership Meet 10:00: Dominoes 11:00: Book Club 11:45-12:15: Lunch 12:30: Pound Fitness-No Class 12:30: Low Impact 1:00: Chorus Concert
13.)  COLUMBUS DAY	14.) WORLD RESORT CASINO 8:30-3:30: Pool 8:45: Strength Train 9:00: AARP Driver Safety 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	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 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 1:00: Book Club 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus	16.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 9:00: Community Tour 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 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	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 11:45-12:15: Lunch 12:30: Pound Fitness 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 10:00: Medicare Seminar 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 Class 1:30: Step and Tone 2:15: Singles Social Club	22.) 8:30-3:30: Pool 9:00: Exercise 1 9:00:Zumba 10:00: Quilting 10:00: Arts & Crafts 10:30: Tai Chi 10:30: Cardio Dancing 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 1:00: Book Club 1:30: Low Impact 1:30-3: Food Truck 2:15: Chorus	23.) OKTOBERFEST 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 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	24.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/C 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Card Making 10:00: Dominoes 11:45-12:15: Lunch 12:30:Pound Fitness-No Class 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
27.) 8:30-3:30: Pool 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	28.) ATLANTIC CITY 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 Class 1:30: Step and Tone	29.) 8:30-3:30: Pool 9:00: Exercise 1 9:00:Zumba 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	30.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Int. Bridge Lessons 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	31.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/C 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: Halloween Party No Lunch Served Today



FALL WORD SEARCH

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

WORD BANK

ACORNS
APPLES
BONFIRE
CIDER

CORN
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAYRIDE
LEAVES
PUMPKIN
ORANGE

RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW

