



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/SHARON: x-1453

KATHY: x-1454

NOVEMBER 2025

VOL.55 NO.11

Doreen Laucella

Director of Senior Services / Municipal Agent For The Elderly

The Shelton Senior Center Team

Shauna, Gina, Diane, Sharon, Kathy

Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

We are approaching our holiday season and very busy months ahead. Let me extend a very big thank you to all our Veterans, for their service. We will hold our Annual Veterans Day function here on November 14th. This event is open to all members for show of our support and appreciation. Tickets are \$15.00 per person and Veterans are FREE. Tickets available now.

Each year we collect food around the holidays to help our community. Tables will be in the main hallway for collection for the St. Vincent De Paul Food Pantry. Please bring in cans or non-perishable items. Please be mindful of expiration dates. The food pantry relies on our strong donations each year to fill the shelves those in need.

The Center's Thanksgiving Dinner is planned for lunch on Wednesday, November 26th at 12:00pm. You must rsvp before 11/21. Limited seats.

Christmas will be here before you know it. We will be collecting toys for T.E.A.M, once again. Please be generous. Collection boxes will be in front lobby.

Our annual Bake Sale will be held on Monday, November 24th and Tuesday, November 25th. In advance. I thank everyone for their support and generosity this holiday season. Showing love and kindness to others are what we are all about here.

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.

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

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

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

UPCOMING 2026 TRIPS

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.

NEW just added! **WASHINGTON D.C.:** October 10th-12th, 2026. \$609.00pp.

More details coming soon on the following destinations:

"The Outsiders" Broadway Musical in NYC, Atlantic City Casino & "Mamma Mia" Show, Cape Cod & Martha's Vineyard, 9/11 Museum & Ellis Island, The "Riverdance" Show, RI Day Cruise, Culinary Institute of NY, Turkey Train Winnepesaukee Railroad, Radio City Christmas Spectacular, Nashville Tennessee Christmas, Newport RI Christmas Mansion Tour...and much more! Be sure to check our trip board at the Center daily this month. Sign up early, they sell out fast!

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

AGE WELL: On **Wednesday, November 26th at 10:00am** will be here discussing the topic, "AARP Fraud Watch Network; Staying Safe." Limited Seats.

BAKE SALE: We will be having our annual Bake Sale on **November 24th & 25th from 10:00am-12:00pm**. Bakers WANTED! :) We are looking for baker volunteers to please help. All baked items must be packaged/delivered on November 24th between 8:30am-9:00am. Please sign up to volunteer baking an item (or a few) at the front desk. Thank you!

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.

BOOK CLUB (WEDNESDAY): This month's short story is "The Lover" by Marguerite Duras. It will be held on **Wednesday, November 19th at 1:00pm**. Limited seats.

BOOK CLUB (FRIDAY): This month's book is "How to Age Disgracefully" by Clare Polley. It will be held on **Friday, November 14th at 11:00am**. Waitlist.

JUDGE FRED ANTHONY: Judge Anthony will be here on **Wednesday, November 5th at 10:00am** to discuss probate and estate planning. A question/answer forum to follow.

MEDICARE INFORMATION SEMINAR: On **November 10th at 10:00am**. Bring your questions and Kareen from Senior Insurance Consultants will provide the answers before the deadline 12/15.

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, November 6th and 20th from 12:30pm-2:30pm**.

NVHD FLU, RSV, SHINGLES AND COVID VACCINATIONS: Protect yourself and your family. Both vaccinations will be provided by the Naugatuck Valley Health Department on **November 12th at 9:00am**. 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.

THANKSGIVING LUNCH: The Center will be serving a Thanksgiving meal to our members on Wednesday, November 26th at 12:00pm. \$5.00 per person. Reservations must be made by 11/21. (Please note: No regular lunch served this day)

VALLEY COINS: Ed from Valley Coins will be here on **Monday, November 24th from 10:00am** to evaluate coins and silver. For those interested in joining in, please bring your treasures with you. Limited seats.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, November 5th from 10:30am-12:30pm**.

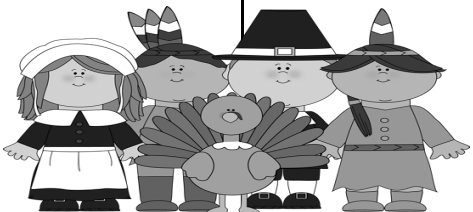
VETERAN AFFAIRS: State of CT Veteran Affairs will be here to meet with our Vets. Mary will be available to discuss all matters with you on **Thursday, November 13th from 9:00am-10:30am**.

VETERANS BRUNCH: On **Friday, November 14th at 11:00am** we will be showing our appreciation to all our Veteran members. Join in on the celebration! Catered Brunch will be provided, following guest speakers recognizing our Veterans. Dancing and music by band "The Boomers," from 12:30pm-2:30pm. \$15.00per ticket. Veterans are FREE (Please bring your service card with you when reserving your ticket). Tickets available now at front desk, until sold out.

VETERANS WORKSHOP: "Building a better future together." Attention all Veterans and spouses. You are invited to attend an informative workshop on **Friday, November 21st from 9:30am-12:30pm**, sponsored by Generation Bridge. Topics will include housing, community, finances, health and wellness. Refreshments. Limited seats. Reserve yours at the front desk.

YOUNG TECHS FOR SENIORS: On **Monday, November 17th at 2:30pm** a team of Shelton High students will be here to help you with your iPads, phones, laptops, etc. Bring your devices with you and your questions. Limited seats.

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Monday	Tuesday	Wednesday	Thursday	Friday
3.) 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	4.) 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 3:00: Committee Meeting	5.) BRANSON 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:00: Judge Fred Anthony 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	6.) 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	7.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:15: Exec. Board Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:00: Membership Meeting 11:45-12:15: Lunch 12:30:Pound Fitness 12:30: Low Impact 12:30: Bingo 1:30: Low Impact
10.) 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	11.) CLOSED  THANK YOU TO ALL OUR VETERANS	12.) JOHN DENVER 8:30-3:30: Pool 9:00: Vaccinations 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	13.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 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: Variety Games 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	14.) 8:00: Walking Club 8:30-3:30: Pool 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 11:00: Book Club 11:00: Veterans Brunch
17.) 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 2:30: Young Techs	18.) 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	19.) 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	20.) FIREPLACE INN 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 12:30: Men's Haircuts 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:00: Scrabble 1:30: Step & Tone 2:30: Cardio Lite	21.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30:Veterans Workshop 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
24.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:00-12:00: Bake Sale 10:00: Valley Coins 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	25.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00-12:00: Bake Sale 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	26.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba 10:00: Age Well 10:00: Quilting 10:00: Arts & Crafts 12:00: Thanksgiving Lunch 12:30: Low Impact 12:30: Mahjong 12:30: Bingo (TBD) 1:00: Pinochle 1:30: Low Impact	27.) CLOSED 	28.) CLOSED
HOURS OF OPERATION 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

Broad stripes and bright stars.... gave proof....

that our flag was still there.

Broad stripes and bright stars ...

Veteran

I was a proud veteran
That served my country well
To those that would listen
I had many stories to tell.

We fought for America's freedom
In far away places on foreign land.
Wherever the battle for democracy raged,
America's finest made a stand.

We fought for your future
And the right to remain free.
For we saw what freedom meant
To those not blessed with Liberty.

For you and yours
We would gladly have given our life.
We faced the fears and perils of battle
We braved endless turmoil and strife.

Please remember us veterans
And the sacrifices we made for you.
Please share the blessings of freedom,
Proudly wave the red, white and blue.

Lyrne Carey
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gave proof ... that our flag was still there.

