



Shelton CT, Chapter3240
www.aarpchapter3240.org

To learn more about our chapter:

Call Phyllis Kupec (President) at 203-926-6916
Email us at aarpshelton@gmail.com

2016/2017 Officers

President: Phyllis Kupec
Vice President: George Ward
Secretary: Betty Goddard
Treasurer: Charles Vollaro

Monthly Meetings

The Shelton Chapter meets at 1:30 p.m. on the third Tuesday of each month except during July and August. Meetings are held at the Shelton Senior Center located at 81 Wheeler St., Shelton, CT.

If the Shelton school system is closed or delayed due to weather conditions, the member meeting will be cancelled.

In the event that the Shelton School system is not in session listen to WICC radio 600 or WTNH channel 8. Meeting information is also available on the Shelton Senior Center Info Line at 203-924-2355.

Our Next Meeting – March 21, 2017, 1:30 p.m.

Spring is just around the corner! Come hear a representative from Benedict's Home & Garden speak about the spring and summer planting season.

Other Upcoming Meetings

April 18, 2017, 1:30 p.m.

Legislative chair Byron Peterson will discuss what's happening in Washington, including how proposed changes to Medicare could affect your health care and your wallet.

For the complete list of upcoming meetings, visit our Speakers page at www.aarpchapter3240.org/speakers

Renewal Reminder

Renewals for chapter dues (\$5.00) are due now and can be paid by cash or check (payable to: AARP Shelton Chapter 3240). You can bring your dues to the March meeting, or mail them to: Vincent Ribeiro, 505 Roosevelt Drive, Apt. 4, Derby, CT 06418-1045.

February 2017 Meeting – Advanced Planning

At our February meeting, representatives from Spadaccino and Leo P. Gallagher & Son Community Funeral Home discussed the advantages of preplanning for your funeral.

Planning ensures your wishes will be honored.

It saves your loved ones from having to make the many decisions needed at a difficult time.

If you prepay, the funeral home costs will be locked in. Funds are safe since they are held in an escrow account separate from the funeral home.

There are main four steps to planning:

Reflect – How do you want to be remembered?

Record – Document your wishes.

Support – Select the funding option that works best for you.

Share – Let your loved ones know where your documents are located

We thank our speakers for an informative presentation and for supplying the refreshments for the meeting.

AARP Connecticut

Sunday, March 26, 2017, 1:00 – 3:00 p.m. at the Wood & Tap Restaurant in Wallingford

AARP CAREversations: A Free and Fun Event for Family Caregivers

Join AARP Connecticut for an engaging, interactive conversation about family caregiving! Connect with other family caregivers around your table as you enjoy complimentary food and drinks. You'll learn how to build a caregiver support network, tips to care for yourself and where to find local resources

Limited to the first 40 RSVPs. To reserve your spot, call 866-740-6947.

For information on other Connecticut events, visit www.aarp.org/CT

Your AARP membership provides you discounts at many Connecticut attractions, including:

Discovery Museum and Planetarium, New Britain Museum of American Art, Downtown Cabaret Theatre, Stamford Symphony, Connecticut's Beardsley Zoo, Central Connecticut State University, Mystic Aquarium, Albertus Magnus College, The Klein Memorial Auditorium, Chapter 126 Sports & Fitness, International Festival Arts & Ideas, Hartford Stage, Garde Arts Center, Stamford Museum and Nature Center.

For information on Connecticut discounts, visit www.aarp.org/CTdiscounts

Do You Have Silver Sneakers?

Your Medicare supplemental insurance may include Silver Sneakers. With Silver Sneakers you get free membership to the YMCA, Snap 24/7, LA Fitness and many other locations with a wide variety of exercise classes and equipment. To check your eligibility and find fitness facilities near you, call 866-584-7389, Monday - Friday, 8 a.m. - 8 p.m. or visit silversneakers.com.