



AARP Chapters are separately incorporated affiliates of AARP

To learn more about our chapter:

Visit our website at www.aarpchapter3240.org

Email us at aarpshelton@gmail.com

Call Walter Roog (President) at 203-278-7646

2018/2019 Officers

President: Walter Roog

Vice President: George Ward

Secretary: Linda Gabor

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 TV channel 8. Meeting times and cancellations are also listed on the Shelton Senior Center Info Line at 203-924-2355.

Holiday Luncheon – Wednesday December 12, 2018

Family, Friends and Non-Members Welcome - \$25.00 per person

Brownson Country Club, 15 Soundview Avenue, Shelton, 203-929-0555

12:30 p.m. Cheese & Crackers 1:00 p.m. Lunch

Buffet Lunch, including Roast Beef, Chicken, Salad, Sides, Dessert and Coffee & Tea
Tickets available at membership meetings or by calling Charles Vollaro at 203-929-0379

Make checks payable to: AARP Shelton Chapter 3240

Mail to: Charles Vollaro, 24 Vista Dr., Shelton, CT 06484

**Choose Your Electric Supplier - Tuesday November 13, 2018, 1:30 p.m.
(Note Special Date – Second Tuesday)**

Presented by Rich and Pat Bright from AARP CT.

This session will inform you about your own individual choices when it comes to electric suppliers in CT. Learn how to make informed decisions based on your unique situation and where to find the most reliable information on electric suppliers.

Bring your electric bill so you can review and understand its components.

Donations of non-perishable food will be collected for the Valley Food Bank.

2019 Meetings – All Start at 1:30 p.m.

1/15/2019 – Shelton Senior Center 2/19/2019 – ShopRite 3/19/2019 – Topic TBD

4/16/2019 – Frances Kellogg & the Environmental Movement 5/21/2019 – Topic TBD

Refreshments will be served at all meetings.

For more information, visit our Speakers page at www.aarpchapter3240.org/speakers

Taking Care of Your Feet – October 2018

David Levy, co-owner of Hawley Lane Shoes, spoke on what to look for when fitting shoes, his history in the business, and the services offered by Hawley Lane Shoes.

Watch for shoes that are too tight. This can lead to foot pain, especially Plantar Fasciitis, and problems for those who are diabetic. Shoes must be wide enough at the bottom and have room in the toe box. You also want to make sure your socks are not tight, make sure they are loose enough so you can wiggle your toes.

Hawley Lane measures your foot, not shoe size, since shoes all run different. If the shoe fits your foot shape, it is good for your foot. As a service they check kids' feet for free. For those who are home bound, they will go to their homes.

Hawley Lane provides pressure mapping and will fit orthotics. About 90% of people can be accommodated with over the counter orthotics, but they also do some customization. They advise which shoes can accommodate orthotics, including those you already own. Note that you need to remove the insole to fit the orthotic.

Hawley Lane carries a variety of brands and they order shoes in all the sizes each brand makes. SAS (San Antonio Shoes) makes shoes like the natural shape of the foot. For those who have trouble bending, they have shoes from Kizik which you can step into.

Hawley Lane Shoes has stores in Shelton, Orange, Norwalk and Stamford. For more information, visit their website at <https://hawleylaneshoes.com>. David invited those who have questions to call him any time on his cell at 203-524-4803.

For photos from the meeting, see the Past Meetings section of our Speakers page.

AARP Connecticut

AARP holds a number of events in Connecticut throughout the year. For a complete listing, and to register, visit the Connecticut AARP home page at www.aarp.org/CT and click on Events in the body of the page, or go directly to <https://states.aarp.org/events-ct>.

AARP TEK - Thursday, 11/8/2018

Holiday Inn Express Milford, 278 Old Gate Lane, Milford, CT 06460

Intro to iPad, Beginner Workshop - 11:30 a.m. and 4:00 p.m.

Beyond the Basics - iPad, Intermediate Workshop - 1:30 p.m. and 6:00 p.m.

AARP provides discounts on many Connecticut institutions, including:

Albertus Magnus College, Beardsley Zoo, The Bushnell, Central Connecticut State University, Chapter 126 Sports & Fitness, Discovery Museum and Planetarium, Downtown Cabaret Theater, Garde Arts Center, Goodwin College, International Festival Arts & Ideas, The Klein Memorial Auditorium, Mystic Aquarium, Mystic Seaport, Nelson Hall at Elm Park, Palace Theater, Stamford Museum and Nature Center, TheaterWorks.

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