



20

THE CENTER

Celebrating Life's Dimensions

23

235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | [www.monroect.gov](http://www.monroect.gov)

**Director's Corner** ~ thank you all for the cards, calls, texts and hugs on the passing of my Mother! Your support has helped me during this difficult time.

As Charmaine J. Forde said "Let's strive to be better in September!" Looking for all members to register for the programs they are attending so we can have accurate numbers when applying for grants. Please don't walk by the kiosk but stop and check in. If you need help please ask the volunteer or staff member. *Kim*

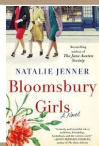
**Don't put off paying your 2023-2024 dues. Dues not paid by the end of this month will result in removal from our mailing list and thus missing out on important news and fun activities. Don't delay ~ pay today. Residents \$15.00; non-residents \$20.00.**

**Medical checks** (blood pressure & more) by Maggie Sessa, RN, **September 19<sup>th</sup> from 11:00am to 1:30pm.**



**Sign up for your time slot on the sheet in the lobby.**

**Energy Assistance Applications** are now being taken by Mary Ann Kalm, Social Services Coordinator and Veronica (Ronnie) Jensen, Elderly Services Coordinator. For a list of items needed to apply and to set up an appointment, contact Mary Ann at 203-452-2813 or [mkalm@monroect.gov](mailto:mkalm@monroect.gov), OR Ronnie at 203-452-2815 ext. 3 or [vjensen@monroect.gov](mailto:vjensen@monroect.gov).



### Book Club

Wednesday, September 13<sup>th</sup> at 2:00pm  
Bloomsbury Girls, A Novel  
by Natalie Jenner

**Monitor vs Merrimac: The Battle of Hampton Roads**  
Friday, September 8<sup>th</sup> at 1:30 pm.

In March of 1862 the Confederate Navy attempted to break the Union Navy's blockade of its major ports supplied through the Chesapeake Bay. The resultant naval battle was the first ever duel between ironclad warships, an event that in one single stroke marked every wooden warship in the world as relics of a by-gone era. **Join Art Gottlieb** as he brings this battle to life.

*Session is free, sign up in the lobby.*



### The Wizard of Oz: A Special Presentation by Art Gottlieb

Released on August 25, 1939, MGM's fantasy musical-drama was based on the 1900 novel "The Wonderful Wizard of Oz" by L. Frank Baum. In a year noted for remarkable films, "The Wizard of Oz" was nominated for six Academy Awards, winning Best Original Song for "Over the Rainbow" and Best Original Score by Herbert Stothart, losing the Best Picture Oscar to another 1939 blockbuster, "Gone with the Wind". "The Wizard of Oz" has since become a part of American Culture, and is widely considered to be among the top classic films of all time.

**Friday, September 29<sup>th</sup> 11:30am—1:00pm**  
**Sponsored by Right at Home®**

*Lunch will be served.*

*Sign up in the lobby by Monday, September 25<sup>th</sup>*

### After Labor Day Picnic Tuesday September 19<sup>th</sup> at noon

**Menu:** Burgers/cheeseburgers, hot dogs, pulled pork, BBQ chicken, corn on the cob, roasted potatoes, grilled vegetables, pasta salad. **Dessert:** something apple.

*The event is \$8.00 per person.*  
*Registration deadline for attendance or refunds is Friday, September 15<sup>th</sup> by noon.*

**Must be current with 2023-2024 dues!**

Join your fellow Senior Center Members on **Thursday, September 28<sup>th</sup> at 1:00pm** to finalize plans for our **Member Recruitment Open House.**

### HOLIDAY CLOSING

**In observance of Labor Day, the Center will be closed with no transportation on Monday, September 4**

### "What Other People Think About Us"

**Friday September 22<sup>nd</sup> ~ 1:30 pm to 2:30 pm**

Art Gottlieb, LCSW, CSA will examine the reasons why so many are held captive by what other people think, and how to live life without the constant need of approval from others.

*Session is free sign up in the lobby.*

## In Memory

James E Kelly      Guillermina Borres  
Patricia Hammer      Michael Malvasi  
Rose M Krivinskas      Dominick Ferrara  
Marietta H Sharpe      Sharon Lockshier



## Center Staff

Kim Cassia - Director, ext. 4  
Jean Gardino - Administrative Assistant, ext. 1  
Veronica Jensen - Elderly Services Coordinator, ext. 3  
John Williams - Transportation Coordinator, ext. 2  
Evana Falzone - Office Assistant, ext. 0  
Rose Marie Syarto - Driver  
John Delfino - Driver  
Bob Scopoletti - Custodian

## Commission for the Aging Commissioners

Chair ~ Helma Chartier  
Vice Chair ~ Leslie Gosselin  
Secretary ~ Kathleen Sochacki  
Jeanne Nicolett      Sharon Lockshier  
Vivian Capoccitti      Debbie Malewicki

## Birthday Celebrations

Join us **Tuesday, September 12<sup>th</sup> at 2:00 pm** to celebrate those members born in June, July, August and September. Not your birthday, no problem, party is for everyone; however we only recognize our Birthday People. Party with us with delicious cake and great music from DJ Al Song!



**Event is free, sign up is required**



## SAFE DRIVING COURSE

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. **This course will help you:**

- ◇ Receive a multi-year discount on your auto insurance
- ◇ Refresh your driving skills & knowledge of the rules and hazards of the road
- ◇ Reduce your chances of receiving a traffic violation or getting into an accident.

**Monday September 25<sup>th</sup> 12:00pm to 4:00pm at the senior center.**

**AARP Member ~ \$20.00 per person**

**Non-AARP Member ~ \$25.00**

**Register with payment & AARP number at the front desk!**

# Movies

**September 7 ~ "O Brother, Where Art Thou?" | 2000 | PG-13 | Adventure, Comedy, Crime | 1hr 47min**

In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.

**September 14 ~ "Trouble with the Curve" | 2012 | PG-13 | Drama, Sport | 1hr 51min**

A daughter tries to remedy her dysfunctional relationship with her ailing father, a decorated baseball scout, by helping him in a recruiting trip which could be his last.

**September 21 ~ "Moonstruck" | 1987 | PG | Comedy, Drama, Romance | 1hr 42m**

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

**September 28 ~ "Hotel for Dogs" | 2009 | PG | Comedy, Family | 1h 40m**

Two kids secretly take in stray dogs at a vacant hotel.



# September Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting <b>10:00 Fit &amp; Fabulous</b> 10:30 Bridge 12:00 Ukulele 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction 10:00 Mexican Train & Triominos <b>10:30 Tai Chi</b> 12:30 Farkle	<b>9:30 Fit &amp; Fabulous</b> 9:30 Pinochle 11:00 Spanish Class <b>12:00 Senior Café</b> <b>3:00 Stretch &amp; Strengthen</b>	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor <b>2:00 Chair Yoga</b>	<b>Big Y Shopping</b> 9:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus <b>3:00 Farmer's Mkt</b>
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
<b>CLASS FEES</b> Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class.	<b>SEPTEMBER FACTS</b> Birthstone: Sapphire Flower: Aster and Morning Glory Zodiac Sign: Virgo ( Aug 23~Sept 22nd) Libra (Sept 23~Oct 22) National Month for: Dementia Awareness / Preparedness / Friendship			<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CENTER CLOSED</b> <b>NO PROGRAMS OR TRANSPORTATION</b>		<b>1:00 Clear Captions presentation</b> <b>2:00 Commission for the Aging Meeting</b>	<b>9:30 TRIAD Meeting</b> 10:00 Bill's Senior Dine sign-up/refill 12:30 Movie ~ "O Brother Where Art Thou?"	<b>1:30 Art Gottlieb ~ "The Battle of Hampton Roads"</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Patriot Day</b> 	<b>2:00 Birthday Party</b> 	<b>1:00 Brain Games</b>  <b>2:00 Book Club</b>	10:00 Bill's Senior Dine sign-up/refill <b>12:30 Movie ~ "Trouble with the Curve"</b>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>1:00 Art Class with Kathy</b> 	<b>11:00 Medical Checks by RN Maggie</b>  <b>12:00 After Labor Day Picnic</b>	<b>1:00 Nutritionist Carmen Weber presents: A Healthy Appetite for Life</b>	<b>12:30 Movie ~ "Moonstruck"</b> <b>International Day of Peace</b> <b>Autumn Begins</b> 	<b>1:30 Art Gottlieb ~ "What Other People Think About Us"</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>12:00 AARP Smart Driver Course</b>	<b>1:00 American Coin Picker</b> 	<b>10:30 FREE ~ Fall Risk Assessment</b>	<b>10:00 Bill's Senior Dine sign-up/refill</b> <b>12:30 Movie ~ "Hotel for Dogs"</b> <b>1:00 Final Open House Planning</b>	<b>11:30 Art Gottlieb ~ The Wizard of Oz with LUNCH</b>





# TRIPS 2023

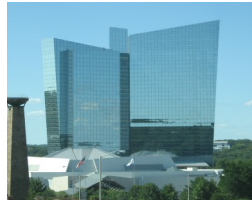


**DON'T WAIT ~ SIGN UP NOW!**

**“The BIG E, W Springfield MA” ~ New England’s Extravaganza ~ Thurs, September 21, 2023 ~ \$98 pp**  
**19 seats still available!** The Big E is America’s Premier Exposition and world’s only multi-state fair, representing all six New England States with entertainment, shows, shops, food and more.

**“A Taste of Italian New York!” ~ September 27, 2023 ~ \$134 pp ~ *Moderate level of walking***  
Here’s a chance to visit 3 of New York’s Food ‘Hot Spots’ all in one day! Visit Zabar’s Gourmet Market on the Upper West Side; Carmine’s Upper West Side for lunch; Arthur Avenue in the Bronx. Bring a shopping bag & cooler to bring some home. **Sign up by August 25, 2023**

**“Christmas Lights & Song” ~ Monday December 4, 2023 ~ \$125 pp**  
**Lunch** at the Student Prince German-style restaurant; choice of Roast Pork with Apple Glaze—OR—Baked Scrod with Crumb Topping—OR—Chicken Schnitzel w/Gravy; Vegetable, Potato, Apple Strudel a la Mode & Coffee. **Entrée Choice at registration.**  
**Following lunch** spend time at MGM Springfield Casino (sorry, no casino bonus offered at this time).  
**Bright Nights at Forest Park** in Springfield, MA is pure magic with over 2-1/2 miles of lighting displays and 250,000 lights! This is a riding tour on a deluxe motor coach through one of the “*Top Ten Holiday Happenings in America.*” Listen to Christmas carols as we drive through light up versions of the Winter Garden, Jurassic World, Toy Land, Blizzard Tunnel and more . . .



## UPCOMING CASINO TRIPS to Mohegan Sun



October 25 • November 16

Please invite family and friends to help us fill the bus. **We need 44 people** to break even and have a deadline of 2 weeks and 1 day prior to the trip to cancel without penalties. We hate canceling trips, so spread the word and sign up now to fill the seats.

As made possible by the Americans with Disabilities Act... ClearCaptions provides Caption Telephones and the Captioning Service nationwide at NO COST to those with Hearing Loss. See Every Word of your Telephone Conversation and learn about this Civil Right. The only requirements are:

- ⇒ Hearing Loss
- ⇒ Internet Access



There is also an App for iPhones, iPads and in the near future there will be one for Android phones. Join John Noonan, Title IV ADA Specialist **Wednesday September 6<sup>th</sup> at 1:00pm** to talk about this Free National pro-

## AMERICAN COIN PICKER Tuesday, September 26<sup>th</sup> at 1:00 pm

Blair Soucy has been collecting coins for over 50 years and is a professional coin dealer. He is also President of the Litchfield County Coin Club and a former President of the Bristol Coin Club. Blair is an ANA (American Numismatic Association) life member and a FUN (Florida United Numismatists) life member.

Blair will review the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market and provide a general overview of coin currency collecting.

You are encouraged to bring any coins or currency for Blair to look at to give you an idea of value and rarity. There will be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth.





COME ONE, COME ALL  
AGE 55 & OVER

## MONROE SENIOR CENTER OPEN HOUSE

**Membership Recruitment Drive**

**Saturday, September 30, 2023**

**2:00 to 4:00 pm**

- ♦ 2023 marks the 20<sup>th</sup> Anniversary of our current location
- ♦ Stop by and learn the history of our building where friends old & new meet and share quality time together
- ♦ Tour our facility and grounds
- ♦ Receive information on programs and services offered, such as: Elderly Services, Transportation, Senior Café, Bills Senior Dine, Caregiving and more
- ♦ Meet our staff and instructors for the various activities, including: exercise, crafts, cards, language instruction
- ♦ Check out the various trips sponsored by the Center: day trips, overnight excursions, Casino adventures
- ♦ Obtain a copy of our monthly newsletter

***Refreshments will be provided to complement your visit***



*Kimberly A. Cassia*

*Director of Community & Social Services*

# Greater Bridgeport Senior Community Café


















Monroe Café  
203-452-2815

# September 2023

1% or Skim milk provided  
Margarine available

## MENU ITEMS SUBJECT TO CHANGE

## SUGGESTED DONATION \$3.00 - \$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				<b>Emma M. Nutt Day</b> 
<b>Labor Day Closed</b> 	<b>International Day of Charity</b> 	<b>Apple Juice</b> <b>Southern Grilled Chicken</b> <b>Salad with</b> <b>Tomatoes, Black</b> <b>Beans, and Corn</b> <b>Ranch Dressing</b>  <b>Corn Muffin</b>  <b>Chocolate Pudding</b>	<b>National Buy a Book Day</b> 	<b>Stand Up to Cancer Day</b> 
<b>Hot Cross Buns Day</b> 	<b>National Day of Encouragement</b> 	<b>LS Tomato Basil Soup</b> <b>Unsalted Crackers</b> <b>Broccoli, Potato,</b> <b>Sausage Crumble,</b> <b>Egg Bake</b> <b>Spinach</b>  <b>Biscuit</b>  <b>Pear Cup</b>	<b>National Coloring Day</b> 	<b>Make a Hat Day</b> 
<b>National Respect Day</b> 	<b>National Butterscotch Pudding Day</b> 	<b>Open Faced Turkey Sandwich with Turkey Gravy Stuffing Carrots and Broccoli</b>  <b>Warm Peach Cobbler with Whipped Topping</b>	<b>World Alzheimers Day</b> 	<b>Native American Day</b> 
<b>National Cooking Day</b> 	<b>Shamu the Whale Day</b> 	<b>Orange Juice</b> <b>Spaghetti and Meatballs</b> <b>Garden Salad</b> <b>Italian Dressing</b>  <b>Garlic Bread</b>  <b>Pie</b>	<b>World Maritime Day</b> 	<b>World Heart Day</b> 



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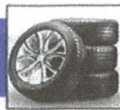
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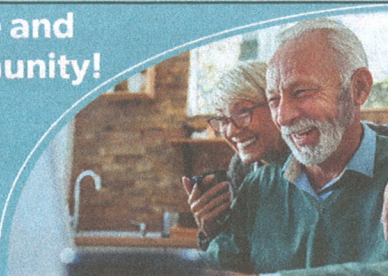
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