

**20**

THE CENTER

Celebrating Life's Dimensions

24235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | www.monroect.gov

Director's Corner ~ April showers are the way I feel when I mention that Ronnie Jensen's last day as our Elderly Services Coordinator is Friday, April 19th. Ronnie promised to come back and visit as well as volunteer. Please join me in wishing her all of the best for her new life chapter.

I had the privilege of visiting Wheel It Forward a "new kind of library." You can borrow or donate durable medical equipment. More information on page 5 and we have some brochures.

I recently participated in a zoom training by Bridges by Epoch on Dementia; then on a zoom meeting with other senior center directors we discussed programs ideas to help ward off dementia. Many people participate in physical activities to keep their bodies strong, agile and keep the blood and oxygen flowing to your brain; it is equally important to exercise your brain. The more active your brain the better your memory. Some ideas for mind workouts include activities such as reading, playing board games, working on puzzles including jigsaw puzzles, taking up a new interest or rekindling an old one, taking a course. These and other activities will not only enhance your quality of life but may be the key to warding off any of the 7 dementias. Stop by for brain games, trivia, learn to knit, check out a new board game and more. Happy BRAIN HEALTH!

!SPRING CLEANING!

It's a great time to freshen up your space and organize your personal information. Lisa Bisson from Wesley Village will share what important documents to keep or to shred, and how to have all your wishes in place!! Join her on Friday April 12th at 2:00pm.



BRAIN GAMES

Wednesday, April 10th at 1:00pm



JFK and the Race to the Moon

by Art Gottlieb - Friday April 5th at 1:30pm

This program will be a photo-remembrance of the beginnings of America's space program during the 1960s, the first astronauts, and the fulfillment of JFK's promise to land a man on the moon and return him safely to earth by decades end.

Session is free, sign up in the lobby.

Effective Communication Skills

Art Gottlieb, LCSW, CSA

Friday April 26th at 1:30pm

This program will explain why, despite the fact that people seem to talk all the time, we live in a world filled with hurt feelings and misunderstandings. Folks simply can't figure out what they are actually trying to say to each other. This program will explore gender differences, i.e., "Men are From Mars - Women are from Venus" as well as intergenerational and sibling dynamics of communication. Case examples and audience questions will be used to frame our discussion.

Session is free, sign up in the lobby

CAREGIVER SUPPORT GROUP

This program will help you develop lifestyle changes and offer strategies for creating a life that, despite the daily stressors and emotions of caregiving, remains balanced and meaningful! The group will be led by Arthur Gottlieb, LCSW, CSA in the center's library which offers a confidential and calm setting, where caregivers can open up and express their normal frustrations for caregiving and receive non-judgmental advice and suggestions. Group dates and times will be listed in the Center Newsletter. The next meeting will be Friday, April 26th at 3:00pm. Call 203.452.2815 ext. 1 to sign up or use the sign-up sheet in the lobby.

Book Club - April 10th 2:00pm



The Banned Bookshop of Maggie Banks
by Shauna Robinson

In Memory



Marcella Chamberlain

Edith Ente

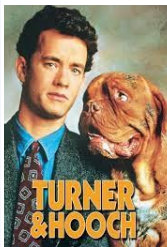
Arline Casey

Constance Lengel

Wylie A. Meath

Barbara Schanne

Movies



4th "Turner & Hooch" | PG |
Comedy/Crime/Drama | 1hr 37min

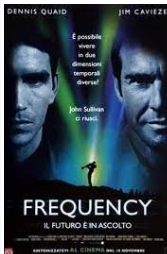
A detective must adopt a rambunctious dog in order to help him find a killer.

11th "Florence Foster Jenkins"
PG-13 / Biography/Comedy/Drama
1hr 51min



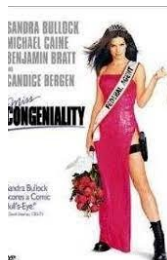
The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.

18th "Frequency"
PG-13/Crime/Drama/Mystery | 1h 58 min



An accidental cross-time radio link connects father and son across 30 years. The son tries to save his father's life, but then must fix the consequences.

25th "Miss Congeniality"
PG-13 | Action/Comedy/Crime |
1h 49min



An F.B.I. Agent must go undercover in the Miss United States beauty pageant to prevent a group from bombing the event.



Medical checks (blood pressure & more) by **RN Maggie** from Griffin Healthcare, **Wednesday April 24th**
from 11:30am to 1:00pm.

Sign up sheet in the lobby with time slots.

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

Joe Lombardo - Driver

Bob Scopoletti - Custodian

Commission for the Aging Commissioners

Chair ~ Helma Chartier

Vice Chair ~ Leslie Gosselin

Secretary ~ Jeanne Nicolett

Kathleen Sochacki Sam Tucci

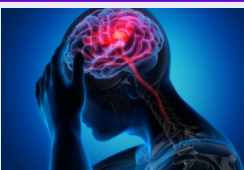
Vivian Capoccitti Debbie Malewicki

Legal Round Table: Long Term Care Planning

Attorney Lyn Eliovson of the Firm Eliovson and

Tenore in Fairfield will present an open round-table discussion regarding Long Term Care Planning on **Wednesday, April 17th at 3:00pm**. She will review

basic Medicare and Medicaid regulations and planning, long term care and asset protection planning. She will also review the recommended legal documents to assist in your self-management. Attendees can bring their questions and concerns to the table for a mutually beneficial discussion.



Stroke Awareness

St Vincent's Stroke Team will be discussing Stroke Awareness, types of stroke, risk factors, lifestyle modification, and stroke treatment, as well as hands-on simulation of specialized stroke intervention and treatment offered. Meet our team, ask questions, receive education and giveaways.

Presented by St Vincent's Medical Center ~

Kaitlyn Shortell, PA-C Neuroendovascular Program Development Lead

Jennifer Nascimento APRN, Stroke Coordinator;

James Powell NRP, EMS Network Development Mgr

Monday April 22nd 11:00am

Sign up in the lobby

Hartford HealthCare
Ayer Neuroscience Institute

April Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
09:00 Poker 09:30 Quilting 10:00 Fit & Fabulous 10:00 Rummikub 10:30 Bridge 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction 10:00 Mexican Train & Triominos 12:30 Farkle	09:30 Fit & Fabulous 09:30 Pinochle 11:00 Spanish Class 12:00 Senior Café 3:00 Stretch & Strengthen	09:00 Poker 09:00 Quilting 09:30 Chess 09:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor 2:00 Chair Yoga	Big Y Shopping 09:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
1	2	3	4	5
	1:00 A Matter of Balance Make up Class	2:00 Commission for the Aging Meeting	9:30 TRIAD Meeting 12:30 Movie ~ "Turner & Hooch"	1:30 Art Gottlieb ~ "JFK & The Race to the Moon"
8	9	10	11	12
		1:00 Brain Games 2:00 Book Club	10:00 Bill's Senior Dine sign-up/refill 12:30 Movie ~ "Florence Foster Jenkins"	12:00 Lunch & Learn - Your Life Your Legacy 2:00 Spring Cleaning w/Lisa B
15	16	17	18	19
1:00 Art Class with Kathy 		3:00 Legal Roundtable ~ Long Term Care Planning	12:30 Movie ~ "Frequency"	
22	23	24	25	26
11:00 Stroke Awareness by St Vincent's	1:00 Silk Scarf Painting	11:30 Medical Checks 	12:30 Movie ~ "Miss Congeniality"	1:30 Art Gottlieb ~ "Effective Communication Skills" 3:00 Art Gottlieb ~ Caregiver Support Group
29	30	APRIL FACTS		CLASS FEES
		Birthstone: Diamond Flowers: Daisy & Sweet Pea National Month for: > Deaf History > Foot Health Awareness > Garlic > Humor > Physical Wellness > Stress Awareness > Soft Pretzels > HOPE > VOLUNTEERS > Poetry > Pecans		Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class



TRIPS 2024



FOR THE TRIPS IN THIS BLUE SECTION TO HAPPEN, WE NEED 35 PEOPLE TO FILL A BUS. IF THERE IS INTEREST BUT NOT 35 PEOPLE, WE WILL LOOK FOR A GROUP TO SHARE IT.

Let Jean know if you are interested in any of the trips below. The shares with Shelton are definite, the 'Other Possibilities' are also being seriously considered if we have the interest.

Newport Flower Show ~ Rosecliff Mansion, Newport RI ~ June 23

Lobster & Show featuring Jimmy Russo @ The Log Cabin, Holyoke MA ~ July 17 or 18

'Sail On' The Beach Boys Tribute w/lunch ~ Aqua Turf Club ~ Aug 21 ~ \$124/person

Jack Lynn Sings The Music of Dean Martin ~ Amarante's, New Haven ~ Sept 11 ~ \$110pp

The Ultimate Cher Experience w/Lunch ~ Grand Oak Villa, Oakville CT ~ October 10

The Glen Campbell Experience ~ Jimmy Mazz ~ La Bella Vista, Waterbury ~ Nov 12

Shadows of the 60s~ A Holiday Tribute to Motown ~ Aqua Turf Club ~ Dec 3 ~ \$124pp

Trips Shared with Shelton Senior Center

Newport Playhouse, RI ~ Lunch & a show "Nunsense" ~ July 24 ~ \$163pp

Lunch, Naugatuck Railroad & Fascia's Chocolates ~ Thomaston CT ~ September 20

Other Possibilities

Spirit of Boston BINGO Lunch Cruise ~ Boston MA ~ April thru Oct

Thimble Islands Cruise & Chowder Pot Restaurant ~ Branford CT ~ May/June/Sept/Oct

Culinary Institute of America Lunch & Taste Experience ~ Hyde Park NY ~ Apr - Dec

A note about trips to CT Casinos

The bus company has raised its rate to \$1,967. To keep the price at \$34 we'd need 58 people to sign up, which is more than the bus can hold. Even at \$45 we'd still need at least 44 people, which is difficult to get and the trip ultimately gets cancelled. Plus, they offer no comps! Therefore, we have made the decision to suspend trips to Mohegan Sun and Foxwoods casinos but we have other options, see box on the right —>

Silk Scarf Painting is back!
April 23rd at 1:00pm



Sponsored by Danielle Ramos of National Health Care Associates Inc in Fairfield. Unleash your inner artist and join us for a fun silk scarf painting class. You will leave with a beautiful ready-to-wear silk scarf, designed & painted by you! No artistic ability needed. *Space is limited to 15 participants.*

CASINO



**RESORTS WORLD
CATSKILLS
MONTICELLO, NY
MAY 28, 2024**

\$50 PP with \$40 BACK IN COMPS

Depart MSC @ 7:30am, arrive NY 10:00am*

Depart Casino @ 3:00pm, arrive MSC 5:00pm*

*Timing allows for traffic delays.

Actual time without traffic is 1hr 43mins, which is only 23 mins longer than to Mohegan Sun

Helpful Hints ~ The Commission for the Aging was discussing creating a book listing helpful hints to tackle some of life's tasks that now become chores. Place the item you are having difficulty with in the center's suggestion box and the commission will research solutions. One item mentioned was using 12" tongs to pick items off the floor.

Monroe Housing Authority / Fairway Acres
358 Wheeler Road
is now accepting applications for Elderly Housing
February 1st - May 1st

Eligible applicants must be **62 years of age or older**. Rent calculation is based on 30% of your income.

Tenants cannot pay lower than the base rent of \$420.00 for an efficiency unit or \$430 for a one bedroom / ADA unit.

Applications can be picked-up at the office on Mondays, Wednesdays or Thursdays from 9:00am to 2:00pm. You can also request via email housing@monreohct.gov.

Eligible applications will be chosen by lottery system and subject to background checking.

For more information call 203-261-7685.

!Happy Birthday!

To our April celebrants:

Ramon Adame, Katherine Alaimo, Martha Anaya, Dana Bennett, Connie Betz, Marion Callo, Joseph Cavoto, Rekha Chaku, Fernanda Ciocca, Gail Colby, Bob Depelteau, Dorothy Dono, Gerry Donovan, Elizabeth Ehram, Barbara Engstrom, Assunta Farrell, William Fohrenbach, Joanne Fressola, Tim Gallagher, Bernice Gauger, Patrice Green, Patricia Haynes, Betty Heffelfinger, Todd Heffelfinger, Margaret Hudak, Karen Kollmann, Darlene Krisko, Paula Lapinski, Paul Levins, Cathy Lindstrom, Katherine Loehr, Linda Loud, Kevin Lynch, George Mangiero, Ken McCann, Julie McClenathan, John Murphy, Veronica Neukomm, Cheryl Pereira, Gerald Pfannkuch, Stephen Roman, Gudrun Rosenbush, Pat Sacatos, Sharon Shanley, Loretta Shine, Katherine Stevens, Tom Stumbris, Lorraine Thibault, Rosemarie Volpe, Bob Wilkins, Myron Wininger, Rich Zaffuto, and Beverly Zwierlein



Wheel It Forward is a not-for-profit library for durable medical equipment (DME); they have been in Stamford for over 3 years and recently opened another location at 955 Connecticut Avenue in Bridgeport. People can donate or borrow DME at no cost.

DME includes walkers, wheelchairs, hospital beds, bed rails, shower chairs, seat cushions, hoist lifts, various small ramps, commodes and so much more.

Their website www.wheelitforwardusa.org has various sections one can click on: borrow equipment, donate equipment, volunteer, and of course a section telling their story and introducing their team. They are open Monday-Thursday 10:00am to 3:00pm and Friday by appointment only. The phone number is 203-652-8600.



Your life. Your legacy. Plan to make it right.

Join us for a free in-person informational seminar and find out how to protect your loved ones by planning your life celebration in advance.

- > 4 simple steps to planning ahead > Gain valuable peace of mind
- > Request a free Personal Planning Guide

FRIDAY, APRIL 12, 2024 | 12 P.M.

Monroe Senior Center

235 Cutlers Farm Road | Monroe

SIGN UP AT THE SENIOR CENTER
LUNCH WILL BE SERVED



SPADACCINO AND LEO P. GALLAGHER & SON
COMMUNITY FUNERAL HOME
SpadaccinoFuneralHome.com
203-445-8500

Dignity
MEMORIAL

Greater Bridgeport Senior Community Café

Monroe Café
203-452-2815

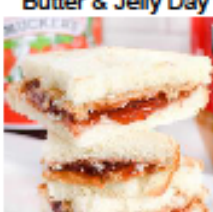







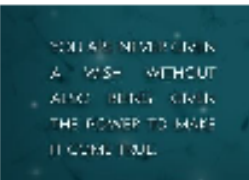


LS: Low Salt

MENU ITEMS SUBJECT TO CHANGE

April 2024

1% or Skim milk provided
Margarine available

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Fun Day 	National Peanut Butter & Jelly Day 	Cobb Salad with Chicken, Egg, Bacon, Cheese, Croutons Ranch Dressing Beets Whole Wheat Bread Pineapple	Vitamin C Day 	Read a Road Map Day 
Pygmy Hippo Day 	Equal Pay Day 	Orange Juice Blueberry Baked French Toast Sausage Links Pineapple Maple Syrup Birthday Cake	National Pet Day 	Day of Silence 
World Art Day 	Orchid Day 	Tossed Salad Lasagna with Meat Sauce Italian Blend Veggies Italian Dressing Garlic Bread Pudding	Exercise Day 	National Garlic Day 
Earth Day 	World Book Day 	Grilled Teriyaki Chicken Sweet Potatoes Oriental Blend Veggies White Bread Yogurt	Penguin Day 	National Arbor Day 
World Wish Day 	Raisin Day 	April is the beginning of herb season in CT! Decrease your salt intake.  Flavor foods with fresh herbs like basil, chives, cilantro, parsley, tarragon and more!		

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

SECCOMBE
BROS.
MEMORIALS

Est. 1887

Memorials • Engraving
173 1/2 Wakelee Ave, Unit 1
Ansonia, CT 06401

(203) 734-5286

SeccombeBros@gmail.com

Proudly serving the Monroe community.

Dignity[®]

LIFE WELL CELEBRATED[®]

SPADACCINO &
LEO P. GALLAGHER & SON

COMMUNITY FUNERAL HOME

SpadaccinoFuneralHome.com

203-445-8500

HBD Hair By Doris

500 Monroe Tpk
Monroe, CT

203-200-9187

Senior Discounts Available

Antique Art for sale



CONTACT ART HUNGERFORD - 623-229-2897 - loslucy@yahoo.com

Anne H. Lynn,

M.S. CCC-A, FAAA

Licensed & Certified Clinical Audiologist

Diagnostic Hearing Evaluations

Hearing Aids, Repairs, Service

Custom Earmold Products

Participating w/most Health Ins.

203-304-9744

107 Church Hill Rd., Ste. 2E | Sandy Hook, CT

annehear711@gmail.com

Jensen

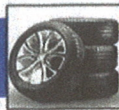
Tire, Auto & Marine, LLC



AUTO
SERVICES



MARINE
SERVICES



TIRES

6746 MAIN ST.,
TRUMBULL, CT

(203) 459-8473

242 RTE. 34,
MONROE, CT

(203) 459-4244

**\$5.00 OFF
OIL CHANGE**

with ad

NOT TO BE COMBINED WITH
ANY OTHER OFFER

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Monroe Senior Center, Monroe, CT

04-0772

Monroe Senior Center
235 Cutlers Farm Road
Monroe CT 06468



Stewart Hand & Upper
 Extremity Therapy PLLC

**CERTIFIED HAND &
 UPPER EXTREMITY SPECIALIST**

Anne Betz Stewart, Owner
 - 30 Years Of Experience -

ALL INSURANCES ACCEPTED

*One-on-One Care For 45-60 minutes
 with THERAPIST ONLY.*

**Custom Program • Splinting
 Massage • Modalities.**

203-880-9577

BY APPOINTMENT
 Open Mon to Fri 8-7, Sat 8-4

Elivovson & Tenore

Law Offices

Linda L. Elovson, Esq.

Christine M. Tenore, Esq.

117 Tunis Hill Road
 Fairfield, CT 06825

tel 203-336-2566
 fax 203-336-2563

**ELDER LAW • WILLS, TRUSTS & ESTATES
 PROBATE & CONSERVATORSHIPS**

www.ConnecticutElderLaw.com
lle@ConnecticutElderLaw.com
cmt@ConnecticutElderLaw.com

**Members, National Academy
 of Elder Law Attorneys**

Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for profit, full continuum of care campus
 designed to accomodate your lifestyle needs as they change.

- Independent & Assisted Living
- Memory Support
- Short-Term Rehab
- Outpatient Therapy & Fitness

SCHEDULE YOUR TOUR TODAY! | 203-225-5000
 580 Long Hill Avenue, Shelton, CT 06484 | www.umh.org



**Medicare
 Health
 Home
 Life • Auto**

Marc Figlar

Figlar Insurance Services

Ph: 203.394.3447 • Fax: 203.335.8164

Marc@FiglarInsurance.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105

