



Monroe Senior Center

Celebrating Life's Dimensions

July 2026

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

We at the center wish everyone a very happy 4th of July as we celebrate America's 250th anniversary of the Declaration of Independence. This milestone honors the nation's founding principles of liberty and self-government.

The week of July 6th to 10th we are calling "spirit week" with a variety of activities.

Thursday, July 16th we have a free balance screening with members of Select PT & as per your request we are bringing back the Ice Cream Emergency truck.

Lastly, July 1st starts our membership year, if you haven't renewed please do so. Those who haven't done so by the end of the month will be dropped from our membership data base – don't let that happen, keep current on programs and happenings

~ Kim



Free Tour!

Transportation
provided

Wednesday, July 15th

Located in picturesque Newtown, CT, Benchmark at Newtown, formerly known as Church Hill Village, keeps residents connected to the people, passions and things that matter most.

Depart: 11:30am from Monroe Senior Center

- Tour
- Lunch
- Craft Activity

Return: 3:30pm



They're back by popular demand!

Thursday, July 16th at 12:00

Join us for an hour of ice cream sundae goodness! The Ice Cream Emergency Bus is BACK at the Monroe Senior Center!

\$5 Per Person

*Donation to the Monroe Social
Services Exchange Fund*

Sign up at the front desk

FREE BALANCE SCREENING

WHEN
Thursday
July 16th
10am-1pm

WHERE
**Monroe Senior
Center**

235 Cutlers Farm Road, Monroe, CT 06468

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Promote your overall health and wellness
& Decrease your risk of falling!



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EXERCISE DESIGNED
WITH YOU IN MIND**

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**Sign Up
sheet is
located at
the Senior
Center**

Center Info & Helpful Resources

In Memory

*Pam Sallah
Clifford H. Hudson Jr.
Jane Straub*



Commission for the Aging

Chair ~ Susan Bannay
Vice Chair ~ Leslie Gosselin
Secretary ~ VACANT

Kathleen Sochacki, Andrew Csire, Bev Doyle,
Nancy Deaso, Polly Donovan

**The Commission meets once per month at
2:00pm at The Monroe Senior Center
235 Cutlers Farm Road
Monroe CT, 06468**

Senior Farmers Market Nutrition Program (SFMNP)

The Senior Center is happy to announce that applications for the Senior Farmers Market Nutrition Program (SFMNP) are now available! This program provides eligible seniors with a \$40 gift card that can be used to purchase fresh fruits, vegetables, herbs, and honey from approved local farmers markets and farm stands.

To be eligible, you must be age 60 years or older and show proof income which meets the following income guidelines:

Household Size

- 1 Person - \$2,461 or less monthly**
- 2 Person - \$3,337 or less monthly**
- 3 Person - \$4,212 or less monthly**
- 4 Person- \$5,088 or less monthly**

***If you are interested in applying, please
contact Amy LaChioma at 203-452-2815 ext.
3 to schedule an appointment.***

***Don't miss this great opportunity to enjoy
fresh, locally grown produce this season!***

CENTER DIRECTORY

Center Phone Number 203-452-2815

Kim Cassia - Director, ext. 4

Ainsley Panza - Administrative Assistant, ext. 1

Amy LaChioma - Elderly Services Coordinator, ext. 3

John Williams - Transportation Coordinator, ext. 2

Evana Falzone - Office Assistant, ext. 0

Drivers - Rosemarie Syarto, John Delfino, Joe
Lombardo, Don Florentino, Mike Pfalzgraf

Bob Scopoletti - Custodian

COMMUNITY & SOCIAL SERVICES STAFF

Mary Ann Kalm

Eddie Lui

Social Services Coordinator Food Pantry Coordinator
203-452-2813 203-452-2817



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

Tuesday, September 22nd 12:00pm to 4:00pm

AARP Member ~ \$20.00 Per Person

Non-AARP Member ~ \$25.00 Per Person

***Register at the front desk with check made out to
AARP! For discounted fee you need to register with
your AARP number.***

Caregiver Support Group

Friday, July 24th at 3:00pm



Caring for a loved one can take its toll upon us affecting our mental and physical health. Join Art Gottlieb, LCSW, CSA for this session held in the center's library where you can open up and express your feelings and frustrations and receive non-judgmental advice and suggestions

Session is **FREE** for anyone 60 & over or caring for someone 60 & over **NO MEMBERSHIP NEEDED**

Center Events

The Constitution of the United States

Presented by: Art Gottlieb, LCSW, CSA
Friday, July 10th 2026 at 1:30pm

The 55 men who gathered in Philadelphia in 1787 to amend the Articles of Confederation emerged with an entirely new document, the United States Constitution. Understanding the imperfect nature of this, or any such document, the framers' contained a provision for its amendment, the first 10 of which are known as The Bill of Rights.

Sign up in lobby

SELF-ADVOCACY

Presented by: Art Gottlieb, LCSW, CSA
Friday, July 24th 2026 at 1:30pm

If someone saw that the person they loved the most - a daughter, son, wife or husband - needed their backing to protect them from being mistreated - they would "go to bat" for them, and unhesitatingly so. Yet, if the same person needed to stick up for themselves, they might be unwilling or incapable of doing so. This program will discuss the underlying issues regarding this curious phenomenon and how to be better advocates towards our own well-being

SIGN UP IN THE LOBBY

4th of July Rock Painting

JOIN US FOR A FUN, RELAXING, AND
FESTIVE ROCK PAINTING WORKSHOP
TO RELEASE YOUR INNER CREATIVITY

MONDAY
JULY 6TH
11:30AM
FREE!



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Beauty

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Skin Analysis & Virtual Makeovers

Get a deeper insight into your skin & anti-aging solutions through a FREE high tech skin scan!

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Friday, July 17th at 11:30am
Hosted by: Dr. Ileana Kotulich



Center Events

Brain Games

Wednesday, July 8th at 1:00pm

Led by: Danielle Ramos

A fun & good for you activity filled with brain teasers to keep your mind sharp!



Maefair Center for Health & Rehabilitation

Heart Health Open Forum Discussion

Presented by: Comfort Keepers

Wednesday, July 15th
at 1:30

Sign up in lobby



Vocal Performance

Join us for a special performance by the students of local Michelle Lambert Vocal School

Tuesday, July 24th at
11:30am



Current Events

By Art Gottlieb, LCSW, CSA

Friday, July 31st at 1:30pm



Framed by a weekly outline of trending news, this program will rely on rigorous, yet respectful debate to enhance the understanding of divergent viewpoints in current affairs, politics, sex and religion, and their effects on culture will not be avoided. A focus will be placed on the development of critical reasoning skills and examination of pre conceived biases effecting personal objectivity

Session is free sign up in lobby

Senior Cafe

Every Wednesday at 12:00

July 8th

Vegetable Barley Soup
Unsalted Crackers
Tuna Salad
Ziti Broccoli Salad
Cucumber Dill Salad
Hot Dog Bun
Birthday Cake

July 15th

Cobb Salad with Chicken, Egg, Cheese,
and Bacon
Beets
Ranch Dressing
White Bread
Strawberry Bar

July 22nd

BBQ Pork Riblet
Au Gratin Potatoes
Cali Blend Veggies
Cornbread
Oreos

July 29th

Omelete with Cheese
French Toast Sticks
Spinach
Orange Juice
Fresh Fruit



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- At the [Monroe Senior Center](#) our mission is to create opportunities for mindful aging through physical activity, social engagement, creativity, lifelong learning and guidance, which creates a positive impact on our entire community. We do this by providing a balance of social, recreational, education, wellness and financial programs for adults, age 55 and older.
- Below is a description of our regular weekly and monthly programs. Please note locations may change due to special event program scheduling. On our monthly calendar and throughout the newsletter we highlight the special events programs.
- If there is something that you don't see and feel we should offer or try let us know.

CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
Art Class A monthly class led by Kathy Pontin that delves into a variety of projects to stimulate your creative side.	3 rd Monday 1:00pm	Program Room 1	No Fee
BINGO 15 games with a variety of patterns that changes every other month. Win monetary prizes	Mondays 1:00pm	Main Room	\$3.00 per 15 Game card
Book Club Meets monthly except July & August, lively discussion on the books read.	2 nd Wednesday at 2:00pm	Library	No Fee
Brain Games Join Danielle Ramos from Stone Bridge Center for Health & Rehabilitation in Newtown for challenging puzzles and brain teasers as an enjoyable and effective way to improve brain health	2 nd Wednesday at 1:00pm	Program Room 2	No Fee
Bridge Classic card game that can test your skills and strategy	Mondays & Thursdays 10:30am	Program Room 2	No Fee
Chess A game of strategy played between 2 opponents. The objective is to checkmate the opponent's king.	Thursdays 9:30am	Main Room	No Fee
Chorus Choral Director Vic Johnson works with the NoteAbles Chorus to learn new ensembles to perform at a variety of events	Fridays 1:30pm	Program Room 1	No Fee
Current Events An interactive discussion of trending news led by Arthur Gottlieb, LCSW, CSA	1 st Friday 1:30pm	Library	No Fee
Farkle A dice game where players take turns rolling 6 dice, accumulating points by scoring specific combinations and risking a Farkle (rolling no scoring dice)	Tuesdays 12:30pm	Program Room 2	No Fee
Historical Lectures Monthly program on a historical topic (military, local, political, etc.) led by Arthur Gottlieb, Historian & Former professional curator of naval history as well as the former Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in NYC.	3 rd Friday 1:30pm	Library	No Fee

CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
Knit & Crochet Work on your personal projects or help create items to donate to various organizations.	Thursday 2:00pm Friday 10:00am	Program Room 1	No Fee
Knit & Crochet Instruction Refresh your skills or come learn new skills. Instructors on site to assist as needed.	Tuesday 10:00am	Program Room 1	No Fee
Mah Jongg A rummy-like game played with tiles instead of cards.	Monday 12:30pm Thursday 9:30am Friday 12:30pm	Program Room 2	No Fee
Movies A weekly gathering to view current and classic movies.	Thursdays 12:30pm	Library	No Fee
Pinochle Trick-taking ace-ten card game	Wednesday & Friday 10:00am	Program Room 2	No Fee
Poker A card game where players bet on the strength of their hands. Aiming to form the best possible combination of cards in hand	Monday & Thursday 9:00am	Program Room 2	No Fee
Rummikub A tile-based game for 2-4 players where the goal is to be the first to get rid of all your tiles by forming valid combinations	Monday & Thursday 10:00am	Library Main Room Program Room 2	No Fee

EXERCISE / WELLNESS PROGRAMS	DAY & TIME	LOCATION	FEE
Fit & Fabulous A lively exercise program under the direction / instruction of Deb Beliveau. Includes light weights, exercise balls and resistance bands. All mobility levels welcome	Mondays & Wednesdays 10:00am	Main Room	See below
Better Balance This class aims to improve stability and coordination, utilizing a variety of methods including yoga, tandem, single-leg and chair assisted exercise.	Friday 10:00am	Main Room	Free*
Line Dancing a choreographed group dance where participants stand in rows, all facing the same direction, and perform a repeating sequence of steps. It is a highly accessible, social, and energetic activity set to various music genres that doesn't require a partner. Taught by Tom Mohyde	Tuesday 3:00pm	Main Room	Free*
Tai Chi A low impact exercise form that's beneficial for promoting balance, Flexibility, and overall wellbeing. Led by Ryan Lybarger	Tuesday 10:00am	Main Room	See below

Monthly fee \$4.00 per class **must be paid at the first class for the month**

Drop in fee \$5.00 per class

Free* - Must be a **current** member of the Monroe Senior Center

NUTRITIONAL / SOCIAL	DAY & TIME	LOCATION	FEE
Senior Cafe Nutritionally balanced meals created by RW Solutions nutritionist. Menu posted in newsletter and on bulletin boards. Must complete a form 5 and be preregister for the program dates you'd like to attend as meal counts need to be called in each week.	Wednesdays 12:00pm	Main Room	Suggested donation between \$3-5
Bills Senior Dine RW Solutions nutritionist working with Bills Drive In created a menu of breakfast or lunch items to select. No substitutions. Must complete paperwork for the program and put money on your Senior Dine Card.	Once per day Monday – Friday Between 7:00am to 3:00pm	Bills Drive In 431 Monroe Turnpike Monroe, CT 06468	\$4.00 per meal
WELLNESS PROGRAMS	DAY & TIME	LOCATION	FEE
Bereavement Group This program offers a safe, compassionate and supportive environment for those grieving the loss of a loved one. Open to anyone suffering a loss. Sessions allow others to connect with others who have suffered loss, as well as to gain an understanding of the complex emotions that may be experience during the grieving process. Group facilitated by Joan Joyce, MS, NCC, LPC, CSA.	Wednesdays 2:00pm	Library	No Fee & Open to Public <i>Currently at capacity. Additional group time in the works</i>
Caregiver Education Group A monthly program that is informational, educational and interactive on a variety of topics to help caregivers, family, friends, neighbors learn how to handle and deal with a variety of situations, issues and more. Group led by Art Gottlieb, LCSW, CSA.	Monthly Last Friday 1:30pm	Library	No Fee & Open to Public
Caregiver Support Group If you are a caregiver and feeling stressed, isolated, overwhelmed or depressed this group can 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. Group led by Art Gottlieb, LCSW, CSA.	Monthly Last Friday 3:00pm	Library	No Fee & Open to Public
Medical Checks Sign up to visit a RN from Griffin Hospital who will check your vital signs (blood pressure, pulse, respirations and more). She will answer questions regarding medications and medical concerns.	Usually 2 nd Wednesday 11:00am	Health Screening Room	No Fee

Hope to see you at The Center!

Movies / Center Events

THURSDAY AFTERNOON MOVIES

JULY 9TH

"MIRACLE"

PG- 2HR 16MIN

A determined coach leads a team of young hockey players to the 1980 Winter Olympics, Where they face the seemingly unbeatable Soviet Union.

JULY 16TH

"SONG SUNG BLUE"

PG-13- 2HR 12MIN

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

JULY 23RD

"THE MAGIC OF BELLE ISLE"

PG- 1HR 49MIN

A burned out author finds his creative passion renewed when he moves to quaint Bella Isle and befriends a single mother and her three daughters

JULY 30TH

"THE CHOICE"

PG-13- 1HR 51MIN

Bases on the Nicholas Sparks' novel A bachelor's rocky first encounter with his new neighbor leads to a passionate love story filled with hope and hardship

USA'S 250TH SPIRIT WEEK

Monday

Stars & Stripes Day

Wear Stars, Stripes, or both!

11:30 - 4th of July Rock Painting

12:00 - Star Spangled Bingo

Tuesday

Freedom Day

Wear anything military related in honor of those who fought for our freedom!

12:00 - 250th BBQ & Raffle Drawing

Wednesday

Liberty Day

Wear **green** in honor of the statue of liberty!



Thursday

Go Team USA Day!

Rep your favorite American sports team!

12:30 - USA Flag Lantern Craft



Friday

Cheers to 250 Years!

Dress in fashion from any era in the last 250 years!

1:30 - The Constitution of The United States History Presentation

JULY 6TH - 10TH

July Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 10:00 Fit & Fabulous 10:00 Rummikub 10:30 Bridge 12:30 Mah-Jongg 1:00 BINGO	10:00 Knit & Crochet 10:00 Tai Chi 12:30 Farkle 3:00 Line Dancing	9:30 Pinochle 10:00 Fit & Fabulous 12:00 Senior Café 1:00 Scopa 2:00 Bereavement Group	9:00 Poker 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 12:30 Movie 1:30 Computer Tutor 2:00 Knit & Crochet 2:00 Chair Yoga	9:30 Pinochle 10:00 Better Balance 10:00 Knit & Crochet 12:30 Mah-Jongg
Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>CLOSED</u> <u>NO</u> <u>PROGRAMS</u>	2 <u>CLOSED</u> <u>NO</u> <u>PROGRAMS</u>	3 <u>CLOSED</u> 4th of July No Programs or Transportation
6 Star Spangled Bingo 11:30 Rock Painting 	7 12:00 250th BBQ & Raffle Drawing 	8 11:00 BP Clinic 1:00 Brain Games 	9 12:30 USA Flag Lantern Craft 	10 1:30 The Consitution of the United States 
13	14	15 11:30 Benchmark Tour 1:30 Comfort Keepers Heart Health	16 No Main Room Games 10:00 Balance Screening 12:00 Ice Cream Emergency	17 1:30 Skin Analysis & Virtual Makeover 2:00 Just For Women
20 1:00 Art Class with Kathy	21 11:30 Michelle Lambert Vocal School	22	23	24 1:30 Self-Advocacy 3:00 Caregiver Support Group
27	28	29	30	31 1:30 Current Events 



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Town of Monroe, Monroe, CT

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Monroe Senior Center
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