



Monroe Senior Center

Celebrating Life's Dimensions

March 2026

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

March marks the arrival of spring and the promise of new beginnings. In addition to the activities we started in February we have a few new programs beginning this month; Bingocize, Line Dancing and a Women's Group. We are in talks with a few gentlemen about the possibility of a Men's Group. Our goal is to facilitate an open and welcoming environment to ALL members; new, past, and potential!

Thank you for working with us as we try new set ups to accommodate all groups/programs as we expand our calendar and services to our members.

We are excited to bring new programs to you!

PS. We have received your concerns regarding the main room floor. Please be patient as we are working on having it replaced in the coming months. Thank you!

~ Kim

MONROE SENIOR CENTER

NEW!

LINE DANCING

TUESDAYS
3:00-4:00PM

235 CUTLERS FARM ROAD,
MONROE CT 06468

FREE WITH YOUR
MEMBERSHIP

VISIT THE FRONT DESK TO
SIGN UP!

Just For Women

Friday, March 20th at 2:00pm

Just for Women will offer participants an open, supportive, and non-judgmental environment in which to discuss issues or challenges that women may be facing in their lives. Discussions are open to the cultural, social, and global factors that may impact the everyday lives of women. Come and enhance already existing friendships and support networks, as well as enjoy the opportunity to establish new connections and supportive friendships

ST. Paddy's Party

Wednesday, March 18th

3:00pm

\$2 Per Person

Purchase Tickets at the

Front Desk!



Center Info & Helpful Resources

In Memory

*Robert Breza
Merrilyn Decker
Donna Denby*

*Elaine Dusehang
Carmela Galante*



Commission for the Aging

Chair ~ Susan Bannay
Vice Chair ~ Leslie Gosselin
Secretary ~ Jeanne Nicolett
Kathleen Sochacki, & Vivian Capocchitti

The Commission for the Aging has open seats & is seeking new members

**Please contact Kim Cassia
203-452-2815 ext. 4
If interested**

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

Duties per Town Charter (Chapter IV Section 16):

There shall be a Commission for the Aging which shall develop and coordinate programs for the aging, consisting of seven members appointed by the First Selectman for terms of three years each. The Council may specify by ordinance additional duties and powers of the Commission and any special membership requirements applicable. The Commission shall study the needs of the elderly and coordinate municipal and state programs to meet such needs and shall have the powers and duties in accordance with the Connecticut General Statutes and applicable ordinances.

Caregiver Support Group

Friday, March 27th 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 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 Social Services Coordinator 203-452-2813	Eddie Lui Food Pantry Coordinator 203-452-2817
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**Property Fraud Alert
System is now available for
Monroe Property Owners**



The Town of Monroe has launched a Property Fraud Alert system to notify property owners of new transactions regarding their property. This is a **FREE** tool to help property owners ensure that their assets are protected.

With Property Fraud Alert you can sign up to receive alerts whenever a document such as a mortgage or quit claim is recorded under your name. Please remember that there may be other property owners in town that have the same name as you.

Insert the link into a browser below to access the Property Fraud Alert Electronic Notification Service registration.

<https://pfa.uslandrecords.com/Default.aspx>

Persons with questions are urged to call the Town Clerk's Office at (203) 452-2811 or email ystone@monroect.gov

Center Info & Helpful Resources

Everbridge – Monroe, CT Opt-in emergency notification system

The Town of Monroe Emergency Management Department is upgrading its emergency notification system from the current CodeRED platform to the Everbridge notification system. The Everbridge system is live, enabling residents to receive time-sensitive messages about severe weather alerts, hazardous environmental issues, and potentially dangerous events in progress. To register for Everbridge Alerts for Monroe, CT, use the attached QR code. Registration takes approximately 5 minutes.

Please note: if you were a previous subscriber to Emergency Alerts through CodeRED, you need re-register with Everbridge.

In addition to emergency alerts, Everbridge Monroe, CT will provide important updates to businesses and residents about power outages, street closures, and ongoing utility issues. Residents can choose from multiple methods to receive these updates, including phone calls, texts, and emails. Messages will be sent to your preferred method of communication in order of priority to make sure you receive the critical information you need.



*Any Senior requiring assistance in registering for the new Everbridge system please call us at the Monroe Senior Center
203-452-2815 ext. 1*



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, April 21st 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.



Recognize Tax Scams and Fraud

You can avoid falling for a tax scam. Know what to watch out for and how the IRS contacts you.

Tax scam warning signs

Scammers mislead you about tax refunds, credits and payments. They pressure you for personal, financial or employment information or money.

Watch out for:

- **A big payday** - If it sounds too good to be true, it probably is. Bad tax advice on social media may convince you to lie on tax forms or mislead you about credits you can claim.
- **Demands or threats** - Impersonators want you to pay “now or else.” They threaten arrest or deportation. They don't let you question or appeal the amount of tax you owe.
- **Website links** - Odd or misspelled web links can take you to harmful sites instead of IRS.gov.
- **Artificial Intelligence or “AI” is out there and used for voice and video scams. If you're unsure *hang up!***

Center Events



SS Edmund Fitzgerald

Presented by: Art Gottlieb, LCSW, CSA

Friday, March 13th 2026 at
1:30pm

Immortalized in song by Gordon Lightfoot, SS Edmund Fitzgerald was a great lakes freighter that sank during a severe storm on Lake Superior on November 9, 1975, with the loss of her entire crew of 29 souls

Sign up in lobby

CRYING OUT FOR HELP

Presented by: Art Gottlieb, LCSW, CSA
Friday, March 27th 2026 at 1:30pm

Many times, a counselor is brought in to address out a person's conduct which has become problematic in some way. For a child it may be defiance or other forms of acting out or, in an adult, it may be some type of compulsive behavior such as hoarding or sexual promiscuity. The question is - what hidden, unconscious purpose is said behavior there to compensate for or to communicate? For those who are unable to speak directly about the source of their pain, these behaviors may be a sign to the outside world that something is terribly wrong, and through these behaviors they are, quite literally, crying out for help.

SIGN UP IN THE LOBBY

FLOWER ARRANGING WORKSHOP

Tuesday, March 17th at 11:30am

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vase for a
personalized touch.



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Brain Games

Wednesday, March 11th 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

Art Class with Kathy

Monday, March 16th at

1:00pm

BOOK CLUB

“The Senator’s Wife”
By: Liv Constantine



DISCUSSION DATE: MARCH 11TH AT 2:00PM

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CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
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Monroe Senior Center, Monroe, CT

04-0772

Center Events

Bereavement Group

When : Every Wednesday at 2:00pm

Where: Monroe Senior Center:

235 Cutlers Farm Road Monroe, CT 06468

Contact Us: 203-452-2815

The group will offer a safe, compassionate, and supportive environment for those grieving the loss of a loved one. It will offer participants an opportunity to connect with others who have suffered loss, as well as to gain an understanding of the complex emotions that may be experienced during the grieving process.

The group will be facilitated by Joan Joyce, MS, NCC, LPC, CSA. Joan is a Licensed Professional Counselor in the State of CT, as well as a National Certified Counselor, and Certified Senior Advisor.

No membership required



Presents:

LUNCH & LEARN

Tuesday, March 10th at 12:00

At Home Instead, we've been dedicating ourselves to helping seniors live safely and comfortably at home with care that's both personalized and deeply human since 1997.

What sets us apart? We don't just show up, we build trust. We get to know your family, listen to what matters, and create a plan that fits your life.

Sign up in Lobby!

Pound Fit for Seniors!

**Every Friday
10:00am!**

POUND is a fun fitness exercise that combines cardio, strength training, and rhythm-based

movements. It involves using lightly weighted drumsticks called Ripstix to perform various exercises to the beat of music!

POUND can be performed seated or standing



Center Events

DEMYSTIFYING CARBOHYDRATES:

A GUIDE TO HEALTHY CARBOHYDRATE SOURCES

Wednesday, March 4th at 12:30

**Join Registered Dietitian Nutritionist
Zara Awan to understand more about
carbohydrates, and how they affect
your body. Carbohydrates are an
essential fuel source for our muscles,
central nervous system and brain. All
complex brain functioning requires
fuel, and that fuel is carbohydrates!
Handouts and a recipe available for
all.**

Sign up in the lobby

Current Events

By Art Gottlieb, LCSW, CSA

Friday, March 6th 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

March 4th

Lemon Rosemary Chicken
Brown Rice
Meadow Blend Veggies
Italian Bread
Fruit Cup

March 11th

Hearty Vegetable Soup
Unsalted Crackers
Fish Filet
Herbed Rice
Tuscan Blend Veggies
White Dinner Roll
Mango Pineapple Mix

March 18th

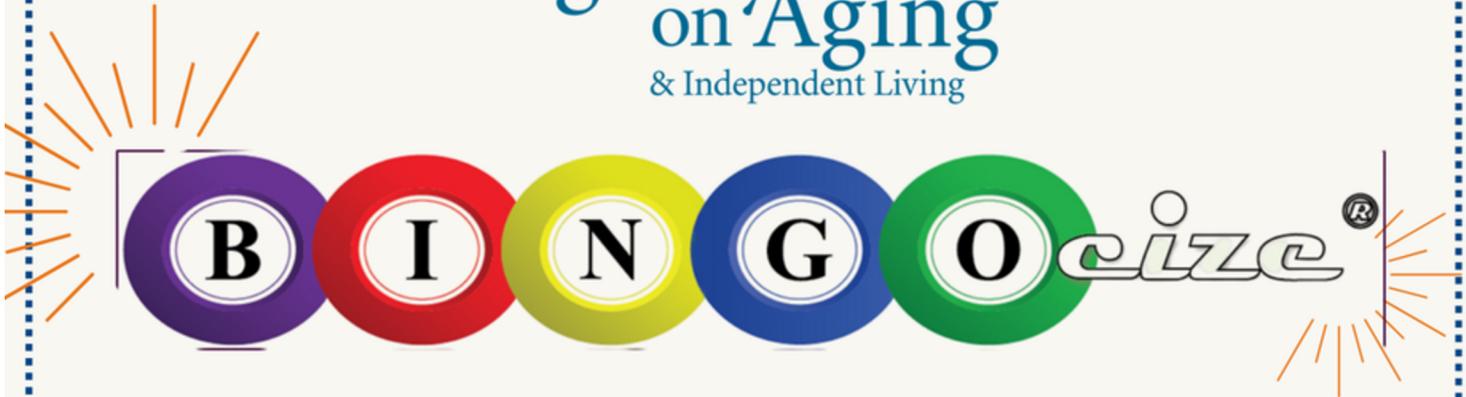
Grape Juice
Corned Beef and Cabbage
Boiled Potatoes & Carrots
Mustard
Rye Bread
St. Patrick's Dessert

March 25th

Meatloaf
Mashed Potatoes
Mixed Veggies
Dinner Roll
Orange

Center Events

Southwestern CT
Agency
on Aging
& Independent Living



Tuesdays & Fridays at 12:30

When: March 17th 2026 - May 22nd 2026

Bingocize® is a one-of-a-kind program that mixes gentle exercise and health education with the classic game of Bingo! It's designed to keep you moving, laughing, and learning—all while connecting with others.

- Build strength and balance
- Learn health tips that keep you thriving
- Enjoy social time with friends
- And of course... play Bingo with prizes!

FREE!

Max 20 Participants

Must register in advance at the front desk

For more info call: 203-452-2815

or visit:

Monroe Senior Center

235 Cutlers Farm Road

Monroe, CT 06468

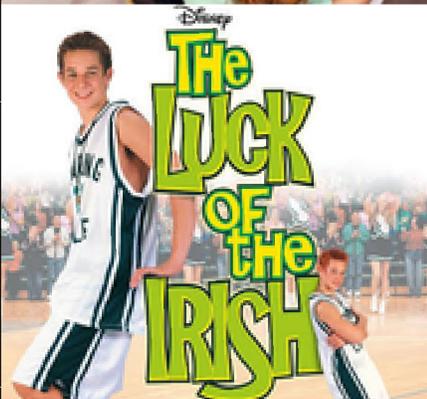
Movies

THURSDAY AFTERNOON MOVIES



MARCH 5TH
"THE ROYAL WE"
TV-G- 1HR 24MIN

When her older sister elopes with a non-royal, Princess Bea who has lived her life away from her royal duties must now step in and honor the arranged marriage to a small kingdom prince. *Hallmark Original.*



MARCH 12TH
"THE LUCK OF THE IRISH"
TV-G- 1HR 26MIN

A teenager must battle for a gold charm to keep his family from being controlled by an evil leprechaun.



MARCH 19TH
"IRON JAWED ANGELS"
TV-14- 2HR 3MIN

A little known, yet integral piece of American history: based on the lives of Alice Paul and Lucy Burns, two young radical women who were instrumental in getting women the right to vote in America.



MARCH 26TH
"ENOLA HOLMES"
PG-13- 2HR 3MIN

When Enola Holmes, Sherlock's sister, discovers her mother is missing, she endeavors to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.



March 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 Pound Fit 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 12:30 Carbohydrates 2:00 Commission For The Aging Meeting	5  12:30-Movie 2:00 Matter of Balance	6 1:30 Current Events 
9	10 10:00 TRIAD 12:00 Home Instead Lunch & Learn	11 11:00 BP Clinic 1:00 Brain Games 2:00 Book Club 	12  12:30-Movie No Matter of Balance	13 1:30 SS Edmund Fitzgerald 
16 1:00 Art Class with Kathy 	17 11:30 Flower Arranging 12:30 Bingocize 	18 3:00 St. Paddy's Party 	19  12:30-Movie 2:00 Matter of Balance	20 12:30 Bingocize 2:00 Just For Women 
23	24 12:30 Bingocize 	25	26  12:30-Movie 2:00 Matter of Balance	27 12:30 Bingocize 1:30 Crying Out For Help 3:00 Caregiver Support Group
30	31 12:30 Bingocize 			



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