



Monroe Senior Center

Celebrating Life's Dimensions

August 2026

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Please be mindful not to drag or move any tables or chairs as we have recently installed new flooring. If you need help with tables and chairs, feel free to ask the staff. It's important to avoid blocking fire exits for everyone's safety in the program rooms.

Please clean up after yourself if you choose to bring any food items into the building, as spills and crumbs can attract pests and we want to keep the floors in good condition.

Additionally, we kindly ask that you do not bring any items for the "Free Table," as we have decided to discontinue it.

Thank you for your cooperation!

~ Kim

Our new membership year for 2026-2027 started on July 1, 2026. Please ensure your membership is up to date, as membership is required to participate in most Senior Center Events.



Chair Yoga is now scheduled for Thursdays at 3:00 PM

POP-UP FARMERS MARKET

COME SHOP THE GAZY BROTHERS POP UP FARM STAND AT THE MONROE SENIOR CENTER!

OPEN TO THE PUBLIC

MONDAY 11:00AM-1:00PM

JULY 27TH

AUGUST 17TH

SEPTEMBER 21ST



Center Info & Helpful Resources

In Memory

Foyce Millo



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, August 28th 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



Connecticut:

The Constitution State

Presented by: Art Gottlieb, LCSW, CSA

Friday, August 14th 2026 at 1:30pm

Adopted by the Connecticut Colony Council in January 1639, the Fundamental Orders of Connecticut are the first example of a written constitution on the American Continent. Commemorative of this history is the declaration on Connecticut license plates "The Constitution State"

Sign up in lobby

DEFENSE MECHANISMS

Presented by: Art Gottlieb, LCSW, CSA

Friday, August 28th 2026 at 1:30pm

Defense Mechanisms are standard issue protections part of everyone's "mental software" intended to protect us from anxiety, stress and shock. In a healthy psyche they are necessary and healthy. However, defense mechanisms misapplied, can lead to a distortion of reality. This program will outline the most common defense mechanisms and how and why they go wrong.

SIGN UP IN THE LOBBY

The Power of Positivity:

How your Mind, Brain, & Experiences Shape Your Life

*Friday, August 21st
at 11:30am*

Presented by: Dr.
Ileana Kotulich



SILVER STEEL *Drum Band*

TUESDAY, AUGUST 11TH

6:30PM

**REFRESHMENTS
PROVIDED**

PLEASE BRING YOUR OWN
LAWN CHAIR - OUTDOOR
EVENT

**SIGN UP AT
THE FRONT
DESK!**

END OF SUMMER BBQ

TUESDAY, AUGUST 25TH

AT 12:00

SIGN UP AT THE FRONT DESK



Center Events

Current Events

By Art Gottlieb, LCSW, CSA

Friday, August 7th 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

Silk Scarves

Wednesday, August 12th at 1:00pm

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.

 **Maefair** Center for Health & Rehabilitation

Free!
Decoupage Sea Shell
Craft

Wednesday, August 26th at 1:00pm

Heart Health Open Forum Discussion

Presented by: Comfort Keepers

Wednesday, August
19th at 1:30

Sign up in lobby



Senior Cafe

Every Wednesday at 12:00

August 5th

Swiss Burger & French Fries

Corn

Watermelon

August 12th

Cobb Salad with Diced Chicken, Egg, Cheese,
& Bacon

Ranch Dressing

Potatoes

Strawberry Bar

August 19th

Vegetable Barley Soup

Tuna Salad with Celery

Broccoli Ziti Salad

Cucumber Dill Salad

Hot Dog Bun

Birthday Cake

August 26th

BBQ Pork Riblet

Au Gratin Potatoes

Cali Vegetable Blend

Cornbread

Oreos

August 28th

Split Pea Soup

Seafood Salad

French Fries

Cole Slaw

Hot Dog Roll

Cookies

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Movies/Center Events



THURSDAY AFTERNOON MOVIES

AUGUST 6TH

"THE SHEEP DETECTIVES"

PG- 1HR 49MIN

Every night a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it.

AUGUST 20TH

"HAMNET"

PG-13- 2HR 5MIN

A young couple's love is tested by family, distance, and tragedy in this portrait of a marriage, inspired by the life of William Shakespeare

AUGUST 13TH

"VOICEMAILS FOR ISABELLE"

TV-14- 1HR 58MIN

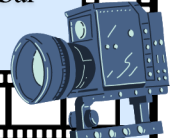
Jill leaves voice messages to her deceased sister telling her about her chaotic life in San Francisco. Unwittingly, a mysterious Austin TX real estate agent begins to receive their confessions.

AUGUST 27TH

"MILITARY WIVES"

PG-13- 1HR 52MIN

With their partners away serving in Afghanistan, a group of women on the home front form a choir and quickly find themselves at the center of a media sensation and global movement.



Southwestern CT
Agency
on Aging
& Independent Living

Tuesdays & Fridays at 12:30

September 15th 2026 - November 20th 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

**Participants encouraged
to attend all sessions**

- 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**

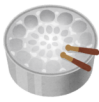
Drop in fee \$5.00 per class

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!

August 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 3:00 Chair Yoga	9:30 Pinochle 10:00 Better Balance 10:00 Knit & Crochet 12:30 Mah-Jongg
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 12:30-Movie 	7 1:30 Current Events 
10	11 6:30 Silver Steel Drum Band 	12 No Bereavement Group 11:00 Medical Checks 1:00 Silk Scarves 	13 12:30-Movie 	14 1:30 Connecticut: The Constitution State 
17 11:00 Pop-Up Market: Gazy Brothers Farm 1:00 Art Class with Kathy	18	19 1:30 Heart Health Open Discussion 	20 12:30-Movie 	21 11:30 Power of Positivity 2:00 Just for Women
24	25 12:00 End of Summer BBQ 	26 1:00 Decoupage Sea Shell Craft 	27 12:30-Movie 	28 1:30 Defense Mechanisms 3:00 Caregiver Support Group
31				



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