

**20**

# THE CENTER

Celebrating Life's Dimensions

**25**

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

**Director's Corner** ~ we're excited to announce we now have a 12 page newsletter! Please check out the ads for the individuals & businesses who purchased space that allowed us this increase. This issue is packed with information for all the programs & services available as well as our special events and a trip to Mohegan Sun Casino.

With summer comes warm & sunny days, we have plenty to do outside: bocce, corn hole, relax, socialize, and let's not miss our Dog Days of Summer Event.

If you haven't noticed the center has been getting a facelift with new bathroom floors, carpet & curb blocks. We are waiting on the vendors to replace the windows in the back and install automatic door openers for the restrooms.

In the next fiscal year you will see new flooring in the main room and program rooms, reupholstering of the library chairs, a larger smart TV for the library, lines for parking your car, arrows for direction & more.

## HOLIDAY CLOSING

**In observance of Juneteenth, the Center will be closed with no programs or transportation on Thursday June 19<sup>th</sup>**



**Membership Renewal** - our 24-25 membership year is coming to an end on June 30<sup>th</sup>. July 1<sup>st</sup> begins our new year. Membership is required to participate in most programs and activities. Our annual fee is \$15.00 for residents & \$20.00 for non-residents. Payments received in June will be processed in July.

**Current Events on Friday, June 6<sup>th</sup>**  
**by Art Gottlieb, LCSW, CSA**  
**from 1:30pm to 2:30pm**

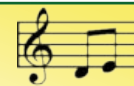


Framed by a weekly outline of trending news, this program will rely on rigorous, yet respectful debate to enhance the understanding of divergent viewpoints inherent in current affairs. Politics, sex and religion, and their effects on contemporary culture, will not be avoided, as these are valid issues that give life its depth and meaning. A focus will be placed on the development of critical reasoning skills and an examination of pre-conceived biases effecting personal objectivity.

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

## Summer Concert

Friday June 6<sup>th</sup> at 1:00pm



Join us for a beautifully conducted concert to begin the summer months! Led by Vic Johnson, our very own NoteAbles chorus will perform a variety of summer songs!

**Refreshments will be served - Sign up in lobby**

## State & Territorial Flags of the USA

**Presented by Art Gottlieb**

**Friday June 13<sup>th</sup> at 1:30pm**



This program will explore the historical background and meaning of each of the flags of the United States and its overseas territories.

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

## What Other People Think About Us

**by Art Gottlieb, LCSW, CSA**

**Tuesday, June 24<sup>th</sup> 1:30pm to 2:30pm**



Quote of Winston Churchill: "When you're 20 you care what everybody thinks, when you're 40 you stop caring what everybody thinks, and when you're 60 you realize no-one was ever thinking about you in the first place". This program 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.**

## CAREGIVER SUPPORT GROUP


**Tuesday, June 24<sup>th</sup> 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 who can help you work through your feelings. He 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!

This session will take place in the center's library which offers a confidential and calm setting, where you can open up and express your feelings and frustrations and receive non-judgmental advice and suggestions.

**Session is FREE and for anyone 60 & over caring for another or someone caring for a person 60 & over.**

**In Memory**      *Albert Song*   
*Arline Powell*      *Sister Rita Wasilewski*  
*Agnes Lazor*      *Shirley McMenamery*

**Commission for the Aging Commissioners**

Chair ~ Susan Bannay  
 Vice Chair ~ Leslie Gosselin  
 Secretary ~ Jeanne Nicolett

Kathleen Sochacki, Sam Tucci, Vivian Capoccitti

**The next meeting is Wednesday, June 4<sup>th</sup> at 2:00pm  
 in Program Room 1**

The Commission shall study continuously the conditions and needs of elderly persons in the community in relation to housing, economic, employment, health, recreational and other matters. It shall analyze the services for the aged provided by the community, both by public and private agencies, and shall develop and coordinate programs and make recommendations to the Town Council regarding the development and integration of public and private agencies in cooperation with state and other services to the extent possible.

**CENTER STAFF**

**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



**BRAIN GAMES ~ Wednesday June 11<sup>th</sup> at 2:00pm**  
 Join Danielle Ramos from National Healthcare for challenging puzzles and brain teasers as an enjoyable & effective way to improve brain health.

**Inflammation - To Inflamm or not to Inflamm -**

**That is the question! - Wednesday, June 4<sup>th</sup> 12:30pm**  
**Presented by:** Zara Awan CW Resources' Nutritionist

Did you know that what you eat can either fuel or fight inflammation in your body? What you eat plays a big role in managing inflammation. Join Registered Dietitian Nutritionist Zara Awan for a thought-provoking discussion on how to eat with inflammation in mind as one of the most powerful ways to support long-term health from the inside out. Handouts and recipes available for all. **Free program sign up in the lobby!**

**Book Club**

**Wednesday June 11<sup>th</sup> at 2:00pm**  
**Good Night Irene by Luis Alberto Urrea**



Join Bob Moore, PT from Collins Medical Solutions on **Tuesday, June 3<sup>rd</sup> at 2:00pm** to learn simple tools for your toolbox to maintain and improve your **Balance and Strength**. We will review how to reduce and prevent Falls! Bring your best questions!!



The world has enough issues, learning about investing doesn't have to be one of them. Join **Eric Beers, VP of Investments** with **David Lerner Associates**, on **Tuesday June 10<sup>th</sup> at 11:00am** to learn about various investment opportunities, some designed to provide income. This **Sensible Middle Ground of Investing seminar** will teach you about investment philosophy and may include mutual funds, variable annuities and investing in energy. Find out what makes sense for you. **FREE program sign up in the lobby.**



**Casino Trip**  
**Tuesday, June 17<sup>th</sup> 2025**  
**\$45 Per Person**  
 Cash or check payable to:  
**Monroe Senior Center**  
**Bus Leaves: 9:30am**  
**Bus Returns: 6:00pm**  
**To RSVP call Ainsley (203) 452-2815**  
**Ext 1**  
**or visit Monroe Senior Center**  
**235 Cutlers Farm Road**  
**Monroe, CT 06468**






## Gazy Brother's Farm Food Truck

Monday, June 23<sup>rd</sup> at 10:00am

The Gazy Brother's are graciously bringing a taste of the Monroe Farmer's Market to our Center! Come browse their selection of fresh produce for you to purchase!



## The Evolution of Flower Painting:

An Art Appreciation & History Discussion

Tuesday, June 10, 2025 at 1pm

With Theresa Waldron, BFA



You are invited to attend this new program that combines Art History and Art Appreciation with Your Imagination! We'll cover a brief history of flowers as subjects of paintings and see the evolution of painting styles over centuries.

We will end our session with an easy & fun make and take craft! No art supplies needed! Please bring your sense of adventure and your imagination!



## DECLUTTERING

Friday, June 20<sup>th</sup> at 2:00pm

What to do with all that stuff you don't want or don't need anymore?

Join Lisa Bisson from Masonicare Wesley Village for a presentation on repurposing, minimizing, & decluttering your life!

Free Program - Sign up in Lobby!



**MEDICAL CHECKS** (blood pressure & more) by Maggie Sessa, RN,

**Wednesday June 11<sup>th</sup> - 11:00am to 12:00pm**

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

## **Father's Day Celebration**

Friday, June 13<sup>th</sup> at 2:00pm

Join us in celebrating fathers, grandfathers, & father-figures! This outdoor celebration will include a fun filled day of Corn Hole, Bocce, Ping Pong & More!

*happy Father's day*

Refreshments sponsored by  
Rosemary Bilash from Church Hill Village

*Free program*

*Sign up in Lobby!*

**CHURCH HILL VILLAGE**

*a Senior Lifestyle community*

## **Dog Days of Summer**

**Friday June 27<sup>th</sup> at 11:00am**

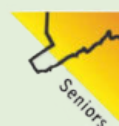
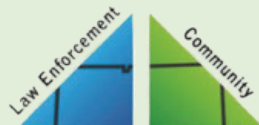
**Sponsored by  
Monroe TRIAD**

**11:00: K-9 Demonstration  
courtesy of Sgt. DeCarli, K-9  
Riggs, & Monroe PD!**

**12:00: Hot Dog & Hamburger  
Lunch courtesy of Spadaccino  
and Leo P. Gallagher & Son  
Community Funeral Home**

**\$5 per person**

**Sign up at the front desk**



**Monroe  
CTriad**  
For Senior Safety



Spadaccino and Leo P.  
Gallagher & Son Community  
Funeral Home



# TRIPS 2025



**ALL TRIPS REQUIRE A RESERVATION 30 DAYS PRIOR**

*Forms are in the container on the wall in the main room; checks are payable to the tour company.*

*Trips are open to anyone who would like to go, invite your family & friends.*

## **DAY TRIPS:**

- ♦ July 22<sup>nd</sup> - A Taste Of Freedom NYC ~ \$189 Per Person
- ♦ September 15<sup>th</sup> - Providence Italian Style ~ \$180 Per Person
- ♦ October 7<sup>th</sup> — Bronx Zoo ~ \$122 Per Person
- ♦ October 21<sup>st</sup> - Spooky Salem at the Witch Museum ~ \$149 Per Person
- ♦ November 5<sup>th</sup> - Culinary Institute of America ~ \$178 Per Person



## **OVERNIGHT TRIPS:**

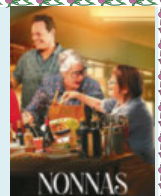
- ♦ Toronto, Niagara Falls feat. The 1000 Islands: May 19-23 ~ \$1,849 pp Double / \$2,449 Single
- ♦ Albuquerque Balloon Fest: October 5-10 ~ \$3,699 pp Double / \$4,699 Single
- ♦ Christmas in Cape May & Radio City: December 2-4 ~ \$999 pp Double / \$949 pp Triple / \$1,229 Single
- ♦ A Nashville & Smoky Mountains Christmas: November 29-December 6 ~ \$3,799 pp Double / \$4,719 Single

*\*Please contact Ainsley at 203-452-2815 ext.1 to inquire about trip deadlines and itinerary*

## Thursday Afternoon Movies

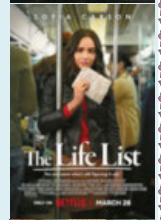
**5<sup>th</sup> “Nonnas” | PG | Comedy / Movie is Based on Real Life | 1hr 54min**

Vince Vaughn leads a starry cast in this true story about a sweet guy who opens a restaurant & hires Nonnas ~ Italian Grandmothers ~ as the chefs.



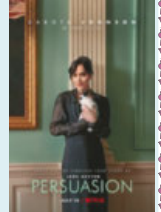
**12<sup>th</sup> “The Life List” | PG-13 | Movie Based on Books / Drama | 2hr 5min**

A young woman must fulfill her teenage “life list” to claim an inheritance in this movie based on the bestselling novel of the same name.



**26<sup>th</sup> “Persuasion” | PG | Romantic / Comedy | 1h 49min**

Based on the Jane Austen novel of the same name. Her high society relations persuaded her to give up the penniless man she loved. Years later, she’s single, full of regrets and about to see him again.



## **Risks of Problem Gambling**

**Tuesday, June 17<sup>th</sup> at 1:00pm**

Like all behavioral health disorders, gambling issues do not discriminate. Gambling is often referred to as a “Hidden Addiction” as it is not easily recognizable. Join Mary Blum from CT Renaissance to discuss this.

*Free program, Sign up in Lobby*

## **Sail Boat Painting Workshop**

**Tuesday, June 24<sup>th</sup> at 2:00pm**

**~~\$40~~ \$25! per person**

Come paint a nautical sail boat painting! This guided workshop is open to all skill levels!

***Sign up with payment  
at front desk.***





## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Ileana Vasquez**

[ivasquez@lpicommunities.com](mailto:ivasquez@lpicommunities.com)  
(800) 888-4574 x3105

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Monroe Senior Center, Monroe, CT

04-0772

## MONROE DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

Our department is made up of several factions: food pantry, social services, elderly services, transportation services, and of course the senior center.

Our **Social Services & Elderly Services Coordinators** work to maintain and improve the quality of life for our residents while promoting independence through resources, referrals and assistance. Each serve as a single point of entry for residents on a variety of programs, services and support. They assess resident needs and match them with appropriate programs or services.

Our **Food Pantry Coordinator** works to provide nutritional assistance to financially struggling town residents in a manner that ensures and protects their dignity and confidentiality while combating food insecurity.

Our **Transportation Coordinator** schedules non-medical, curb to curb rides for members 60 & older or individuals with a disability over the age of 18. The program is governed by policy and procedures which try to serve as many people as possible in a fair, efficient and effective manner. Rides can include but are not limited to medical, personal care, shopping, center programs and more.

At the **Senior Center** we try to create opportunities for mindful aging for persons 55+ through physical activity, social engagement, creativity, lifelong learning and guidance, which creates a positive impact on our entire community.

**Monroe TRIAD** is comprised of seniors, law enforcement & community members who focus on all facets of safety needs and concerns of older adults in our community to reduce the fear of crime and educate residents on health & safety related to medical issues, home safety, financial concerns, scam awareness and more. Programs they created or endorse are: friendly caller, file of life, code red announcements, 911 cell phones, contact & access program.

**FUNDS** our department relies on the generosity of the community to support several funds which help residents in financial hardship, these are: **Project Warmth**, the **Monroe Food Pantry** and our **Social Services Exchange**.

- **Project Warmth** bridges the gap when Federal & State energy assistance programs have been exhausted ensuring that residents have a warm home during our coldest months, hot water or electricity.
- **The Monroe Food Pantry** our clients receive one week's worth of food per month which includes a wide range of healthy food items, such as produce, milk, eggs, frozen meat, and non-perishables.
- **Social Services Exchange** supports three programs the **School Supply Program**, **Giving Tree Program** and **assistance to residents for other hardships** not supported by other local, state and federal programs.

**Donations** can be made to support the funds listed above via check, cash or PayPal on the Town of Monroe website <https://www.monroect.gov/p/donations>. Checks or cash can be dropped off at the Monroe Senior Center.

**CODE RED - Town of Monroe's Community Notification System** - friends and neighbors who don't have email or check the Town website are still able to keep informed of our local emergency response team in the event of emergency situations or critical community alerts. Examples include: evacuation notices, bio-terrorism alerts, boil water notices, missing persons and more. You can create a managed account which will allow you access to modify your existing notification settings and contact information or you can enroll as a guest. Seniors who need assistance to enroll can contact the Center and we can help you.



# Title III Grants

The following **programs & services** made possible through the **Older Americans Act** as the funding source & the **Southwestern Connecticut Area Agency on Aging** as the funding agency.

## RECREATION PROGRAMS

**Art Class** led by Kathy Pontin is held monthly and delves into a variety of projects to stimulate your creative side.

**Chair Yoga** led by Linda Resnick is designed for seniors who want to exercise gently is held Thursdays at 2:00pm.

***Must be current member of the center.***

## TRANSPORTATION SERVICES

No car, no problem call John Williams, Transportation Coordinator for a ride. Our service goes to a variety of locations in Monroe & nearby Towns. Appointments should be made 24 hours in advance, but can be made as soon as you know the date and time. Medical appointments take precedence. ***Must be current member of the center.***

## CHORE SERVICE

Designed for residents who have difficulty financially or physically, completing any of these tasks: heavy housework, yard work, minor home repairs and more. For more information contact Amy LaChioma, Elderly Services Coordinator or Mary Ann Kalm Social Services Coordinator. They will review your request and if you qualify they will work with you to complete a Form 5 & match you with a vendor.

## CAREGIVER INFORMATION & ASSISTANCE

Amy LaChioma, Elderly Services Coordinator & Mary Ann Kalm, Social Services Coordinator, provide case management. Both serve as a single point of entry for seniors, their family members & caregivers on a variety of programs, services and support. They will access client needs and match them with appropriate programs: energy assistance, nutrition, respite care, homecare, chore service & more.

## CAREGIVER PUBLIC INFORMATION / EDUCATION

A monthly program that is informational, educational and interactive on a variety of topics to help caregivers, family, friends, neighbors and even care recipients learn how to handle and deal with a variety of situations, issues and more. Sessions are led by Arthur Gottlieb who is a Licensed Clinical Social Worker and Certified Senior Advisor. If there are topics you would like to learn more about please let us know and we will be sure to add it to Art's calendar. ***Session is open to anyone 60 & older or anyone caring for someone 60 & older. Non-members are welcome to attend. Dates & times are listed in our newsletter.***

## CAREGIVER SUPPORT GROUP

Caregiver stress is real! If you are a caregiver and feeling stressed, isolated, overwhelmed or depressed this support group can help! The group 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 is 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. ***Session is open to anyone 60 & older or anyone caring for someone 60 & older. Non-members are welcome to attend. Dates & times are listed in our newsletter.***

## DONATIONS

As part of the Title III grants we are asked to seek donations for the various programs and services we provide.

- ♦ The car has a bag attached to the headrest and the buses have boxes.
- ♦ At the Center our suggestion box doubles as a donation box. There are small envelopes so you can indicate what the donation is for: caregiver information & assistance, caregiver education, caregiver support group, recreation programs, chore service or transportation.



The **Monroe Farmers' Market** will be open on **Fridays** from **June 13<sup>th</sup>** to **October 24<sup>th</sup>** from **3:00 to 6:00pm**. The market has reserved parking spots for seniors 65 and older as well as a "cart to car" service to help you bring your bags to your car. **On June 23<sup>rd</sup> from 10:00am to 12:00pm Gazy Brothers Farm food truck will be at the center for you to check out and purchase their wares.**

## SCAM ALERT

Scammers are pretending to be government employees. They may threaten you and may demand immediate payment for you to avoid arrest or other legal action. **DO NOT BE FOOLED.** If you receive a suspicious call: **HANG UP! DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION! REPORT THE SCAM AT [OIG.SSA.GOV](http://OIG.SSA.GOV).**

Also be mindful of **SCAM text messages and emails**. The ministry is not going to lock you up for not paying your fine, last I knew we don't have ministries in the USA. Lately, I have been receiving many emails coming in and when I look at who sent it, the email addresses are off. **DO NOT OPEN any ATTACHMENTS to EMAILs** that you aren't sure about.

**AARP FRAUD WATCH** has a variety of resources to help keep you safe, you can check them out at [aarp.org/fraudwatchnetwork](http://aarp.org/fraudwatchnetwork). On this site you can look up a scam; see or report scams; get regular updates; hear directly from fraud experts and more. One recommendation is to check your annual credit report which can be done at [annualcreditreport.com](http://annualcreditreport.com).

**Detective Stacy Cascante of the Monroe Police Department:** Government agencies will never call you and ask you to pay over the phone with gift cards or crypto currency. If you receive a call asking you to pay with these methods, hang up. If you are unsure if a creditor call is legitimate, hang up and call the creditor number on the back of your card and/or billing statement. Do not click on links that appear in text messages from unknown senders. There are many texts being sent that appear as though individuals owe money for E-Z Passes and/or other toll companies, these are not real and you should not click on the links as they are scams.

**MEDICAL NEEDS REGISTRY** - The Department of Community & Social Services maintains the Medical Needs Registry to support residents facing health or mobility challenges who may need assistance during emergencies. The list is shared with our Emergency Response Team. The program is for residents with mobility issues, vision or hearing impairments or those relying on life-sustaining equipment like oxygen or c-pap. Forms are available at the center. For more information contact Amy LaChioma, Elderly Services Coordinator.



Our **Monroe TRIAD** has 2 programs available for Monroe Seniors. The **FRIENDLY CALLER** keeps those who lose contact with family & friends from being isolated. Our Friendly Caller calls once a week to offer a caring connection through conversation. For full program details call Amy LaChioma, Elderly Services Coordinator or stop at the center to pick up a form. The **CONTACT & ACCESS PROGRAM** allows the Police to store information in their computer aided dispatch to help first responders gain access to you or your loved ones in an emergency. If responders have the code to your key box, garage or know where a key is hidden then they won't have to force entry into your for a welfare check or EMS response. There are forms at the center with more information.

**STEADY STEPS** - a program designed by the Monroe Health Department, EMS & Senior Center to empower seniors to prevent falls and emergency calls. It is a holistic, home-based approach to senior fall prevention aiming to decrease the number of fall-related emergency calls through improving the stability and confidence among our town's seniors. Program provides education, risk assessments, referrals and follow up. If you or someone you know can use our expertise give us a call at 203-452-2818 to schedule an initial team visit.

### Eversource News ~ Electric Bill Discount

Starting this month you may be eligible for a discount up to 50% off your total monthly electric bill, if you meet the household income requirements for all adults over 18. Gross income is used to determine eligibility.

HOUSEHOLD INCOME SIZE	5% DISCOUNT	15% DISCOUNT	20% DISCOUNT	40% DISCOUNT	50% DISCOUNT
1	\$45,505	\$31,777	\$24,096	\$18,825	\$15,060
2	\$59,507	\$43,128	\$32,704	\$25,550	\$20,440
3	\$73,509	\$54,480	\$41,312	\$32,275	\$25,820
4	\$87,511	\$65,832	\$49,920	\$39,000	\$31,200
5	\$101,512	\$77,184	\$58,528	\$45,725	\$36,580

The discount is off total bill but up to 800 kWh for non-heat electric customers and 1200 kWh for electric heat customers.

Those on the previous discount program should have received a letter in May.



# June Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker <b>10:00 Fit &amp; Fabulous</b> 10:00 Rummikub 10:30 Bridge 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction <b>10:00 Tai Chi</b> 12:30 Farkle	9:30 Pinochle <b>10:00 Fit &amp; Fabulous</b> 12:00 Senior Café <b>2:00 Bereavement Group</b> <b>2:30 Stretch &amp; Strengthen</b>	9:00 Poker 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor <b>2:00 Chair Yoga</b> 2:00 Knit & Crochet	9:30 Pinochle 10:00 Knit & Crochet 12:00 Senior Café 12:30 Mah-Jongg 1:30 Chorus <b>3:00 Farmer's Market (13<sup>th</sup> on)</b>
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
2	3	4	5	6
	9:30 Triad Meeting 2:00 Balance & Strength	12:30 Inflammation 2:00 Commission for the Aging Meeting	12:30 Movie ~ "Nonnas" 	1:00 Summer Concert 1:30 Current Events 
9	10	11	12	13
	11:00 Investment  1:00 Art Appreciation & History Discussion	11:00 RN Maggie  1:00 Brain Games	12:30 Movie ~ "The Life List" 	2:00 Father's Day Celebration 1:30 State & Territorial Flags of the USA
16	17	18	19	20
	<b>Casino Trip</b> 1:00 Risks of Problem Gambling 	Connecticut Wine Trail 	<u>Juneteenth</u> <b>Center Closed</b> <b>No Programs</b> <b>No Transportation</b>	1 <sup>st</sup> Day of Summer 2:00 Decluttering <b>2:00 Chair Yoga</b> <b>Makeup Class</b>
23	24	25	26	27
10:00 Gazy Brothers Farm Food Truck 	1:30 "What Other People Think About Us" 2:00 Sailboat Painting 3:00 Caregiver Support Group		12:30 Movie ~ "Persuasion" <b>NO CHAIR YOGA</b> 	11:00 Dog Days of Summer 
30	CLASS FEES	JUNE FACTS		OLD GLORY
	Pay in advance for the entire month is \$4.00 per class. Drop-in is \$5.00 per class.	<b>Birthstones:</b> Pearl / Alexandrite / Moonstone <b>Flowers:</b> Rose & Honeysuckle <b>Notable days of the month:</b> <ul style="list-style-type: none"> <li>♦ Flag Day ~ June 14<sup>th</sup></li> <li>♦ Father's Day ~ June 15<sup>th</sup></li> <li>♦ First Day of Summer ~ June 20<sup>th</sup></li> </ul>		 Flag Day June 14 Long may she wave

# RW Solutions

## Senior Community Cafe

**Wednesdays** and starting this month **Fridays at noon RW Solutions** provides a nutritious meal for the program participants.

To take part one must be 60 or older and complete a Form 5 to be enrolled in the program. While the meal is free participants are asked to make a **donation between \$3.00 – \$5.00**. Orders are called in by 10:00am on Monday for the meal count.

The menu for the month of June is to the right, please note menu items are subject to change. If you don't like the entrée, no problem there is always an option for a chef's salad.

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

### Wednesday, June 4

Roast Pork with Creamy Garlic Sauce, Mashed Sweet Potato, Spinach, Wheat Roll, Oreos

### Friday, June 6

Roast Turkey with LS Gravy Stuffing, Cauliflower, Oatnut Bread, Mixed Fruit

### Wednesday, June 11

Chicken Sandwich with Lettuce & Tomato, Waffle Fries, Broccoli, Hamburger Bun, Fig Newtown

### Friday, June 13

#### Father's Day Special

Pot Roast with Onions & Mushrooms, Roasted Red Potatoes, Broccoli, Whole Wheat Roll, Boston Cream Pie.

### Wednesday, June 18

#### Fish & Chips

Fish Filet with French Fries, Coleslaw, Tartar Sauce, Wheat Bread, Tropical Fruit Cup

### Friday, June 20

Macaroni & Cheese, Stewed Tomatoes, Oatnut Bread, Cookies

### Wednesday, June 25

#### Picnic Lunch

Grape Juice, Hot Dog, Potato Egg Salad, Corn on the Cob  
Hot Dog Roll, Watermelon



## BERRIES

STRAWBERRIES, BLUEBERRIES, RASPBERRIES, BLACKBERRIES, AND CRANBERRIES, OH MY!

VISIT [CLEANERSNUTRITIONHUB.ORG](http://CLEANERSNUTRITIONHUB.ORG) FOR MORE RECIPE IDEAS AND COOKING TIPS!

## GLEANERS

**DID YOU KNOW?**  
There are over 400 different species of berries that come in all different colors!

### Why should you eat berries?

- Berries are rich in antioxidants (substances that help fight cell damage) and vitamins such as vitamin C and B vitamins, and can help lower disease risk!
- They are a good source of fiber for your diet and can help you feel fuller longer, which can also aid in blood sugar control.

<https://www.everydayhealth.com/diet-nutrition/pictures/amazing-health-benefits-of-berries.aspx>

### WAYS TO ENJOY BERRIES

**How to choose berries**

- Try to choose packs of berries that are not moldy- the mold spores can quickly spread to other berries.

**Washing/Storing**

- Before washing, remove any moldy or soggy berries.
- Soak the berries in warm water with a couple tablespoons of vinegar to kill any mold spores- about 5-10 minutes.
- Use a towel to pat the berries dry.
- Store berries in a paper towel-lined, sealable container to reduce moisture.
- Store in the fridge for 1-2 weeks!

**Freezing**

- Berries can be frozen in plastic bags if they will not be used right away.

**Ways to use berries**

- Sprinkle your berries into a salad, blend them into a smoothie, use them to make jam, or use them as a delicious topping for frozen yogurt!

**Notes:**

- Wash and store different berries separately, not together.

### BERRY PARFAIT RECIPE

**Ingredients:**

- 1 cup plain greek yogurt
- 1/2 cup of your favorite berries
- 1/4 cup granola or your favorite nuts

**Instructions:**  
In a bowl, add your yogurt and top with all desired fruit or toppings. Mix together and enjoy!

Enjoy this as a healthy, high-fiber breakfast, or as a low-sugar dessert!




### Summer months = BERRY SEASON!

Berries are sweet & delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called flavonoids which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week!





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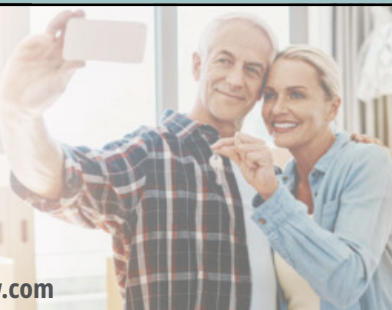


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