



Monroe Senior Center

Celebrating Life's Dimensions

October 2025

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Fall is upon us! October brings us many exciting events as well as Medicare's Open Enrollment! If you need assistance navigating the different plans being offered give our Elderly Services Coordinator Amy LaChioma a call at (203)-452-2815 ext 3 to make an appointment.

Please note the center will be closed Monday, October 13th in observance of Columbus Day.

Thank you & Happy Halloween!

~ Kim

Book Club

"The Nurse's Secret"

By: Amanda Skenandore

Discussion Date:
Wednesday, October 8th at
2:00pm



Caregiver Support Group - Friday, October 24th at 3:00

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**

Current Events

By Art Gottlieb, LCSW, CSA

Friday, October 3rd 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

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

Presented by: Art Gottlieb, LCSW, CSA

Friday, October 24th at 1:30pm

Many of my counseling clients are in an identity crisis. Typically, by mid-life their children are on their own way, and they have reached a position of financial security. What brings them to me is an unexpected crisis. The anticipated freedom and happiness they were waiting decades to experience has instead revealed deep dissatisfaction with their lives. Still vibrant and capable, they feel they have either lost their identity or, even worse, realize that they never possessed their own identity to begin with. Now, for the first time, they have the chance to pursue something on their own without conflicting priorities. And so I ask them "What Do You Want to be When you Grow Up?"

SIGN UP IN THE LOBBY

Center Info & Helpful Resources



Commission for the Aging

Chair ~ Susan Bannay

Vice Chair ~ Leslie Gosselin

Secretary ~ Jeanne Nicolett

Kathleen Sochacki, Sam Tucci, & Vivian Capoccitti



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, November 10th 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.

Senior Planet's

Senior Tech Help Hotline

Monday to Friday: 9:00am
to 8:00pm

Saturdays: 9:00am to 2:00pm

Call: (888)-713-3495

English, Spanish, & Chinese
Available

This **FREE** hotline is
sponsored by **AARP** and can
help any senior struggling
with a technology issue!

HELPFUL HINTS: TRASH BAGS

**DID YOU KNOW?
YOU CAN CUT OPEN
A TRASH BAG, PLACE
IT OVER YOUR
ENTIRE WINDSHIELD,
AND CLOSE THE CAR
DOOR OVER THE
EDGES OF THE BAG
TO HOLD IT IN
PLACE TO PREVENT
ANY ICE FROM
ACCUMULATING ON
A CAR WINDSHIELD!**

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

SCAM WARNING!!!!

CT DSS is receiving calls from SNAP EBT recipients. The message states that they are about to lose benefits and are asking for the last 4 digits of the card and their pin number. The call is coming from 877-284-1918. **DSS is reminding folks to never share their EBT card number or pin and call them with questions.**



Casino Trip

Tuesday, October 21st 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**

Center Events



Pound Fit

Every Friday 10:00am!

POUND is a full-body 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.

Not only is POUND fun & engaging, but it also has numerous potential health benefits for Seniors including:

- Improved cardiovascular health
- Increased muscle strength and endurance
- Better balance and coordination
- Reduce stress & anxiety
- Enhanced cognitive function

POUND can be performed seated or standing

Class Fees:

PoundFit for seniors will follow the same fees schedule as Fit & Fabulous & Tai Chi:

\$5 per class if paid day of
OR

\$4 per class if paid in advance
on the
first class of every month



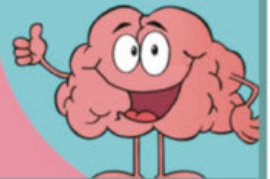
Brain Games

Wednesday, October 8th at 1:00pm

Presented by: Danielle Ramos
from Maefair Center for Health & Rehabilitation

 **Maefair** Center for Health & Rehabilitation

Keep your brain occupied & stimulated with challenging puzzles and brain teasers as an enjoyable & effective way to improve brain health



Art Class with Kathy

MONDAY, OCTOBER 20th AT
1:00PM

WATER COLOR PART 1
LIMITED SEATING AVAILABLE
PLEASE SIGN UP AT THE FRONT
DESK

Center Events

Cuban Missile Crisis

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

During 12 tension filled days in October of 1962, Soviet Premier Nikita Khrushchev and US President John F. Kennedy faced-off in the ultimate Cold War showdown, ninety miles off the coast of Key West Florida.



Sign up in lobby

Roundtable Discussion:

*Documents needed for appropriate
“Life Planning”*

Monday, October 20th at 9:30am

Attorney Christine M. Tenore of the firm Eliovson & Tenore in Fairfield will present an open roundtable discussing the documents needed for appropriate “Life Planning” and estate planning. Attorney Tenore will review the legal documents essential for everyone to ensure that their medical wishes, as well as their financial goals, are met as they age in place. In addition, Attorney Tenore will review Wills and Trusts, and explain the consequences of not having a Will. She will also explore the importance of the titling of your assets and how it integrates with your estate plan. Attendees are invited to bring their questions for a mutually beneficial discussion.

PLEASE JOIN US FOR A

SPOOKY BINGO

FRIDAY, OCTOBER 17TH
AT 1:00PM

15 Games
\$5 Buy-in

WORKSHOP

FALL Crafts

Wednesday, October 15th at 2:00pm

PRESENTED BY:
LISA BISSON

Masonicare 
at Wesley Village



FREE PROGRAM! SIGN UP IN LOBBY!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

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



**MEDICAL
ARTS
PHARMACY**

461 Monroe Tpke
Monroe, CT 06468

- Phone: 203-590-3737
- Fax: 203-590-3738
- maptrumbull@gmail.com

FREE Rx DELIVERY • BLISTER AND BUBBLE WRAP

 medicalartsparmacy.org



**EXPRESS
SHIPPING**



FedEx
Express

461 Monroe Turnpike
Monroe, CT 06468
(475) 463-7034

ExpressShippingMonroe@gmail.com



\$4

NEW! Expanded Service Area

Get a Ride and Get Goin'

Affordable local ride sharing

Available in Trumbull and parts of Monroe with stops in Bridgeport and Sacred Heart University



gbt connect

203-916-9355 | gbtconnect.org

Find out more at
gbtconnect.org



**SUPPORT OUR
ADVERTISERS!**

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

Center Events

CANASTA

Tuesdays at 11:30am

LOOKING FOR NEW PLAYERS!

Canasta is a partnership card game in the rummy family where teams aim to be the first to reach a target score

Please Call Evana 203-452-2815 ext 0

To have your name put on the list of players!



Senior Cafe

Every Wednesday at 12:00

October 1st

BBQ Riblette

Buttered Noodles

Broccoli

Wheat Bread

Pears

October 8th

Jumbo Ravioli with Florentine Sauce

Brussel Sprouts

Multigrain Bread

Birthday Cake

October 15th

Fish Filet with Dill Sauce

Rice Florentine

Peas and Carrots

Oatnut Bread

Clementine

October 22nd

Homemade Meatloaf with LS Gravy

Mashed Potatoes

Green Beans

Whole Wheat Bread

Pudding

October 29th

Gyro with Tzatziki Sauce & Pita

Tomato and Onion

Tater Tots

Cucumber Dill Salad

Cinnamon Rice Pudding

Bella
Ciao

Scopa



Wednesdays at 2:00pm

Looking for new players!

Scopa is an Italian card game where players aim to capture cards by matching their value or creating combinations that equal the value of a played card. The goal is to score points by capturing the most cards.

Please Call Evana 203-452-2815 ext 0

To have your name put on the list of players!

Hosted by: Melissa Hripak
from The Cascades at Stone
Bridge Newtown

Name
That
Tune!

Thursday

OCTOBER 16TH
2:00PM

Center Events

BOOK CLUB BOOKS FOR 2025-2026



SEPTEMBER 10TH	<i>The Summer of 1969</i> By: Elin Hilderbrand
OCTOBER 8TH	<i>The Nurse's Secret</i> By: Amanda Skidmore
NOVEMBER 12TH	<i>Craig & Fred: A Marine, A Stray Dog, & How They Rescued Each Other</i> By: Craig Grossi
DECEMBER 10TH	<i>Bright Lights, Big Christmas</i> By: Mary Kay Andrews
JANUARY	No Discussion Date
FEBRUARY 11TH, 2026	<i>The Snow Child</i> By: Eowyn Ivey
MARCH 11TH, 2026	<i>The Senator's Wife</i> By: Liv Constantine
APRIL 8TH, 2026	<i>Homer's Odyssey</i> By: Gwen Cooper
MAY 13TH, 2026	<i>The Things We Do For Love</i> By: Kristen Hannah
JUNE 10TH, 2026	<i>The People We Met On Vacation</i> By: Emily Henry

November's Book Club Book:
Craig & Fred: A Marine, A Stray Dog, & How They Rescued Each Other
By: Craig Grossi

Discussion Date: November 12th at 2:00pm



When the fun STOPS: Problem Gambling

Information and Q&A
Tuesday, October 16th 12:00-1:00pm

Presented by:
The HUB & Connecticut Renaissance Better
Choice Programs

MEET & GREET / Q&A SESSIONS: FIRST SELECTMAN ELECTION

Tuesday, October
21st at 1:00pm
Leon Ambrosey



Tuesday, October
28th at 1:00pm
Terry Rooney



SIGN UP IN LOBBY



TOWN OF MONROE
HEALTH DEPARTMENT

FLU VACCINE CLINIC

AT THE
MONROE SENIOR CENTER
HEALTH FAIR

THURSDAY, OCTOBER 23RD, 2025
9:30 AM - 11:30 AM

MONROE SENIOR CENTER

235 CUTLERS FARM RD., MONROE, CT 06468

PLEASE BRING YOUR INSURANCE CARD AND A PHOTO ID
Call (203) 452-2815 To Sign Up



Monroe Senior Center
235 Cutlers Farm Road,
Monroe CT 06468

Health Fair

Thursday, October 23rd
9:30am to 1:30pm

- Monroe Police Department
Drug Disposal
 - Nutritional Education
 - Griffin Hospital's Ask a Nurse
& Vital Checks
 - TRIAD Safety Programs
 - Flu Vaccinations provided by
the Town of Monroe Health
Department
- and MORE!

Trips & Movies

TRIPS 2025

ALL TRIPS REQUIRE A PRIOR RESERVATION

Forms are in the container on the wall in the main room; Checks are payable to the tour company

DAY TRIPS

November 5th - Culinary Institute of America ~ \$178
Per Person

OVERNIGHT TRIPS

Christmas in Cape May & Radio City: December 2-4
~ \$999pp Double / \$949pp Triple / \$1,229 Single

TRIPS ARE OPEN TO ANYONE INTERESTED! INVITE YOUR FAMILY & FRIENDS

THURSDAY AFTERNOON MOVIES

channing tatum amanda seyfried



OCTOBER 2ND
"DEAR JOHN"
PG-13- 1HR 48MIN

A romantic drama about a soldier who falls for a sheltered college student while he's home on leave.

OCTOBER 9TH
"HOPE SPRINGS"
PG-13 - 1HR 40MIN

After thirty years of marriage, a middle-aged couple attends an intense, week-long counseling session to work on their relationship.



OCTOBER 16TH
"THE PHANTOM
OF THE OPERA"
PG-13 - 2HR 23MIN

A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House.

OCTOBER 30TH
"GHOSTBUSTERS 2"
PG - 1HR 48MIN

The discovery of a massive river of ectoplasm and a resurgence of spectral activity allows the staff of Ghostbusters to revive the business.



October 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 11:30 Canasta 12:30 Farkle	9:30 Pinochle 10:00 Fit & Fabulous 12:00 Senior Café 2:00 Bereavement Group 2:00 Scopa 2:30 Stretch & Strengthen	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	9:30 Pinochle 10:00 Pound Fit 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus 3:00 Farmer's Market
Monday	Tuesday	Wednesday	Thursday	Friday
		1 2:00 Commission for the Aging Meeting	2 12:30-Movie 	3 1:30 Current Events 
6	7	8 1:00 Brain Games 2:00 Book Club 	9 12:30-Movie 	10 1:30 Cuban Missile Crisis 
13 Center Closed Columbus Day No Programs or Transportation	14 12:00 Problem Gambling 	15 2:00 Fall Craft 	16 12:30-Movie  2:00 Name That Tune 	17 1:00 Spooky Bingo 
20 9:30 Roundtable Discussion - Attorney Tenore 1:00 Art Class with Kathy	21 Mohegan Sun Casino Trip 1:00 Leon Ambrosey Q&A	22 No Stretch & Strengthen 2:00 Halloween Party & Costume Contest 	23 No Regular Programs Health Fair 9:30am to 1:30pm	24 1:30 What Do You Want To Be? 3:00 Caregiver Support Group
27	28 1:00 Terry Rooney Q&A	29	30 12:30 Movie 	31 



Counseling & Psychotherapy Certified Senior Advisor

Arthur N. Gottlieb, LCSW, CSA

Call (203) 912-6101

Email agott@optonline.net

Office Hours & Home Visits
by Appointment

Proudly serving the Monroe community.



SPADACCINO & LEO P. GALLAGHER & SON

COMMUNITY FUNERAL HOME

SpadaccinoFuneralHome.com

203-445-8500



Monroe's Real Estate Expert Ryan Braunagel

Monroe resident specializing in low-stress senior moves. Compassionate, reliable, and here to help!



203-581-1583 | Buyit@kw.com | Buyit.kw.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

BROWN'S MONUMENT WORKS

Monuments • Markers
Mausoleums • Cemetery Lettering

Ned Steinmetz | Rosemary Talboys

412 Main Street, Stepney
Monroe, CT 06468 • (203) 268-9409

Confused about reverse mortgages?

Let's clear up decades of confusion



Annie L'Altrella

Guild
mortgage

Reverse Mortgage Planner

NMLS #133075

Licensed in CT, FL, MA, VT, NH, ME

203.521.2906

4 Corporate Dr., Suite #186,
Shelton, CT 06484

Equal Housing Opportunity. Company NMLS #3274 (www.nmlsconsumeraccess.org). I am authorized to do business in the states of Connecticut, Florida, Massachusetts, Maine, New Hampshire and Vermont. MA Mortgage Lender License #MC3274; MA Mortgage Broker License #MC3274; MA MLO Lic # MLO133075; For more licensing information, please visit www.guildmortgage.com/licensing.

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the
HOME YOU LOVE!"

✓ GPS & Fall Alert



800.809.3570

md-medalert.com



Medicare Help Made Easy

Approaching 65, New to Medicare or
Already on Medicare? I Can Help!

I work with all 8 Medicare Carriers in Connecticut!

Russell Haas (203) 217-6158

Comprehensive Retirement Planner | Licensed Independent Broker
insuredbyrussell.godaddysites.com

Endorsed by the local
Sikorsky/Lockheed
Teamsters Union 1150,
American Legion, AM
Vets, and the ELKS Club



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

Monroe Senior Center, Monroe, CT

04-0772

September



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets

833-287-3502

Sunset
Maid Cleaning Service

We offer weekly & bi-weekly cleaning services to keep your home clean and fresh so you can focus on what really matters!

- ✓ Eco-friendly green cleaning
- ✓ Background checked
- ✓ Hundreds of 5-star reviews
- ✓ Bonded & Insured

GET A FAST FREE QUOTE!
Text 203-919-9722

Eliovson & Tenore
Law Offices

Elder Law • Wills, Trusts & Estates • Probate & Conservatorships

Linda L. Eliovson, Esq.
Christine M. Tenore, Esq.

203-336-2566
www.ConnecticutElderLaw.com

LANDSCAPE & HARDSCAPE | 203 307 5233

MY 3 DAUGHTERS

SPRING CLEAN-UP SPECIAL

10% off for all seniors

- Mulch
- Tree Work
- Brush Removal
- Cement Work
- Windows
- Siding



MEDICARE MARC

Marc Figlar
Figlar Insurance Services

Ph: 203.394.3447 • Fax: 203.335.8164
Marc@FiglarInsurance.com

CSA Certified Senior Advisor (CSA)
A+ BBB

Medicare Health Home Life • Auto

Petals Home Services

Elevating Lives through Diverse Care Services

Contact Us Today
(203) 507-3426

Assistance with ADLs • Companionship
Housekeeping • In-Home Care Services • Live-Ins
Meal Preparation • Medication Reminders
1-1 Sitting Services • Respite Care
We Accept Long Term Care Insurance

Email: info@petalshomeservices.com