



Monroe Senior Center

Celebrating Life's Dimensions

January 2026

235 Cutlers Farm Road
Monroe, CT 06468
(203) 452-2815
www.monroect.gov

DIRECTOR'S CORNER

Thank you for all the kind get-well wishes as I recover from my shoulder surgery.

We have many exciting things planned for this year at the center so keep your eyes peeled!

I wish you all a
Happy & Safe New Year!

~ Kim

FREE

CHAIR YOGA

THURSDAYS AT 2:00PM

MEET THE INSTRUCTOR: MARGARET WALSH



MARGARET WALSH HAS OVER 30 YEARS OF EXPERIENCE TEACHING GROUP EXERCISE TO CLIENTS FROM TEENS TO SENIORS. HER PASSION FOR HELPING CLIENTS FEEL COMFORTABLE AS WELL AS CHALLENGED IN ANY TYPE OF WORKOUT. SHE TEACHES A VARIETY OF FORMATS INCLUDING SILVER SNEAKERS. MARGARET HAS BEEN TEACHING YOGA FOR 10 YEARS AND IS EXCITED TO BRING CHAIR YOGA BACK TO THE MONROE SENIOR CENTER ON THURSDAY AFTERNOONS. SHE LIVES IN TRUMBULL WITH HER HUSBAND, HAS THREE ADULT CHILDREN AND A MAGNIFICENT DOG.

Current Events

By Art Gottlieb, LCSW, CSA

Friday, January 2nd 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

Winter Closing Notices

Check out WFSB Channel 3 or WTNH Channel 8 after 9:00 am to see if we are closed or delayed. You can call the Center after 8:00am for a recorded message regarding our status. We do not follow the school closings.

Caregiver Support Group

Friday, January 23rd 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 Info/Events & Helpful Resources

In Memory
Lidia Crecco
Pauline Meath



Commission for the Aging

Chair ~ Susan Bannay
Vice Chair ~ Leslie Gosselin
Secretary ~ Jeanne Nicolett
Kathleen Sochacki, Sam Tucci, & Vivian Capoccitti

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

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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	Eddie Lui Food Pantry Coordinator
203-452-2813	203-452-2817

Brain Games

Wednesday, January 14th 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, January 26th at
1:00pm

Bella Ciao

Scopa



Wednesdays at 1:00pm

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!

Center Events



I Have a Dream

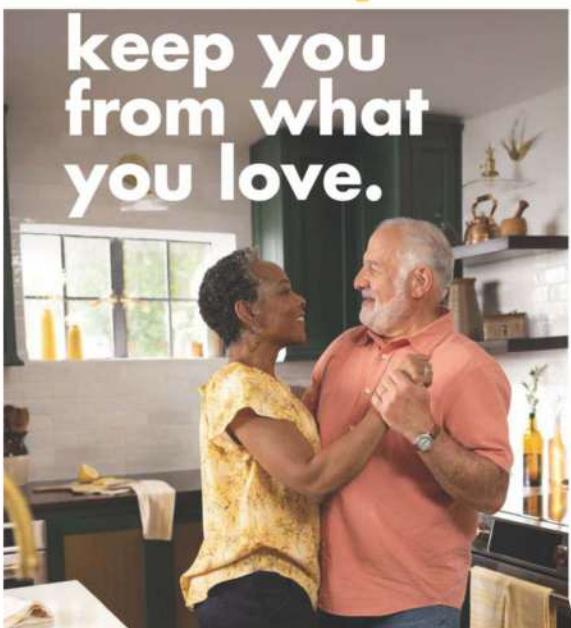
Presented by: Art Gottlieb, LCSW, CSA
Friday, January 9th at 1:30pm

Delivered on the steps of the Lincoln Memorial on August 28th, 1963 by Dr. Martin Luther King, Jr. the "I Have a Dream" speech remains one of the most famous orations in modern history, calling for America to live up to its founding ideals of equality for all, and the end of racial discrimination.

Sign up in lobby

**Don't let hip
or knee pain**

**keep you
from what
you love.**



WHEN YOUR LOVED ONE HAS MENTAL ILLNESS

Presented by: Art Gottlieb, LCSW, CSA
Friday, January 23rd at 1:30pm

One of the most difficult challenges is to live with someone who has a mood affecting mental illness. Also, this considers the fact that a significant number of those with mental illness are undiagnosed as such, and an equally significant number (IMHO) are misdiagnosed. Where to draw the line in creating boundaries and protecting one's own sanity - and how to compassionately care for and live with one so affected will be the subject of this discussion.

SIGN UP IN THE LOBBY

FREE JOINT PAIN SEMINAR

TUESDAY, JANUARY 27TH 12:00PM-1:00PM

Is joint pain keeping you from activities you love? Then take the first step towards recovery. Attend this educational event with Jennifer Wood, M.D.

She will answer your questions and discuss:

- New Technologies in Hip and Knee Replacement
- Mako Robotic-Arm Assisted Total Hip Replacement
- Mako Robotic-Arm Assisted Total Knee Replacement

**REFRESHMENTS WILL BE PROVIDED
SIGN UP IN LOBBY**

Center Events

Stress Management

Tuesday, January 13th at 1:00pm

We all experience stress.

This fun participatory workshop will explore the good, the bad and ugly effects of stress. You will learn how to identify triggers and your stress response.

A variety of easy strategies to manage and cope with stressful situations will be introduced that can be applied to all aspects of life – work, family, social. Dress casual and get ready to relax.

Workshop led by:

Deborah Buckley, MA Applied Psychology



Sign up in lobby

Golden Girls Trivia

Friday, January 16th at 1:30pm

Presented by: Lisa Bisson from Masonicare Wesley Village & Carrie from Caring Transitions



Masonicare
at Wesley Heights

Caring
Transitions.
- Senior Relocation - Downsizing - Estate Sales -

Senior Cafe

Every Wednesday at 12:00

January 7th

Roast Pork
Macaroni & Cheese
Meadow Blend Veggies
Dinner Roll
Birthday Cake

January 14th

Chili Mac
Cauliflower
Wheat Bread & Mandarins

January 21st

Shepards Pie
Green Beans & Mushrooms
White Bread
Fresh Apple

January 28th

Roast Turkey with LS Turkey Gravy
Mashed Potato
Cauliflower
White Bread
Pudding

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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

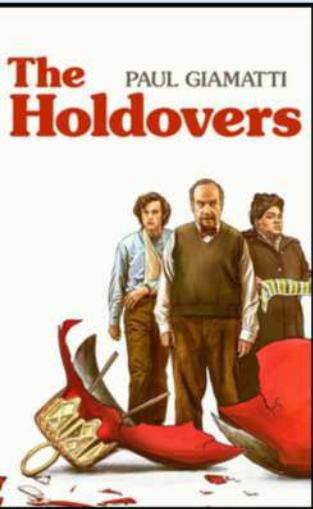
CLASSES / PROGRAMS	DAY & TIME	LOCATION	Fee
Knit & Crochet Work on your personal projects or help create items to donate to various organizations.	Thursday 2:00pm Friday 10:00am	Program Room 1	No Fee
Knit & Crochet Instruction Refresh your skills or come learn new skills. Instructors on site to assist as needed.	Friday 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	Library 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	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
Pound Fit 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.	Friday 10:00am	Main Room	See Below
Stretch & Strengthen A class that focuses on strengthening the muscles of the lower body to enable seniors to get up from a prone position. All ages and abilities welcome, exercises will be adjusted for abilities. No aerobics, simple muscle exercises and activities encouraging balance	Wednesday 2:30pm	Main Room	No Fee
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			

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 experienced during the grieving process. Group facilitated by Joan Joyce, MS, NCC, LPC, CSA.	Wednesdays 2:00pm	Library	No Fee
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
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
Medical Checks Sign up to visit RN Maggie Sessa 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!

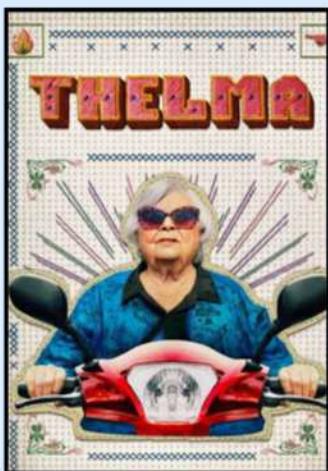
Movies

THURSDAY AFTERNOON MOVIES



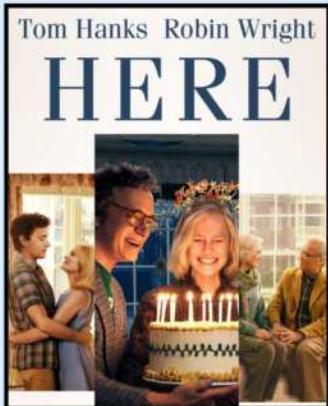
JANUARY 8TH "THE HOLDOVERS" R-2HR 13MIN

In 1970, a curmudgeonly history teacher at a New England boarding school remains on campus during Christmas break to supervise held over students, and ends up forming an unlikely bond with a brainy but damaged troublemaker.



JANUARY 15TH "THELMA" PG-13- 1HR 38MIN

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.



JANUARY 22ND "HERE" PG-13- 1HR 44MIN

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life.



JANUARY 29TH "KARATE KID: LEGENDS" PG-13- 1HR 34MIN

After kung fu prodigy Li Fong relocates to New York City, he attracts unwanted attention from a local karate champion and embarks on a journey to enter the ultimate karate competition with the help of Mr. Han and Daniel LaRusso.

January 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 Canasta 12:30 Farkle	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
Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Center Closed</u> New Year's Day 	2 1:30 Current Events 
5	6	7 2:00 Commission On Aging Meeting	8 12:30- Movie 	9 1:30 MLK: I Have a Dream 
12	13 1:00 Stress Management 	14 11:00 RN Maggie 1:00 Brain Games 	15 12:30- Movie 	16 1:30 Golden Girls Trivia 
19 <u>Center Closed</u> Martin Luther King Day	20	21	22 12:30- Movie 	23 11:00 Fit & Fabulous Makeup 1:30 Mental Illness 3:00 Caregiver Support Group
26 1:00 Art Class With Kathy 	27 12:00 Joint Pain 	28	29 12:30- Movie 	30



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