

**20**

THE CENTER

Celebrating Life's Dimensions

25

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

Director's Corner ~ April is believed to be named for the Latin word "aperire" meaning to open which reflects the awakening & blossoming of nature, one of my favorite seasons. We are constantly trying to offer new programs and awaken the spirit in our members.

Safety note: do not put items on or below the chair racks as these can tip. Coats can be hung in the closet and for exercise classes a table will be placed in the front of the room for your bags.

Reminders: * there is **no smoking** near the building windows or doors for the health & safety of the staff and members. All cigarette butts must be disposed of in your vehicle **do not throw** on the grounds as this is littering. * for grant programs (Chair Yoga, Art Class by Kathy, Caregiver Education & Caregiver Support) we are asked to solicit donations as part of the grant. If you wish to make a donation there are envelopes for you to indicate the program which can be placed in the suggestion/donation box in the lobby. For rides there are bags or a chest in the vehicles where donations can be placed. Thank you! *Kim*

Easter Luncheon

Tuesday, April 22nd at 12:00
\$12 Per Person

Sign up deadline - Tuesday, April 15th



Menu: Ham, Scalloped Potatoes, Peas & Carrots, Dinner Roll, Dessert & Coffee/Tea

Sign up with payment at the front desk

Lunch & Learn ~ The Sandwich Generation

Sponsored by Right At Home
Tuesday, April 1st at 11:00am



Art Gottlieb, LCSW, CSA will discuss how medical advances and healthy lifestyle choices have resulted in seniors living longer than previous generations and how increasing numbers of adult children, generally between the ages of 40-60, have needed to assume caregiving responsibilities of their aging parents while supporting their own children as well.

This program will explore the emotional and financial challenges of those that are "sandwiched" between the caregiving responsibilities of both their parent and their children.

Program is free, Sign up in the lobby!

Marie Curie & The X-Ray Machine

Friday April 11th at 1:30pm



Born in Poland in 1867, Marie Sklodowska Curie became an icon in the scientific world for her landmark discoveries in radioactivity. In addition to her pioneering work in the practical application of the X-ray, Curie became the first female professor at the University of Paris. Winning both the Nobel Prize in Physics in 1903 and the Nobel Prize in Chemistry in 1911, Curie was the only person ever to win in multiple sciences.

Session is free, sign up in the lobby.



A Senior Survival Guide for Living in a Modern World



by Art Gottlieb, LCSW, CSA
Sponsored by Monroe TRIAD

Friday April 25th from 1:30pm to 2:30pm

Remember the time when calling customer service meant speaking to someone that would help you? Or, how about feeling estranged from one's own grandchildren because the world. As you see it, makes them seem completely foreign to you and vice versa. Have you been feeling, lost, upset, irrelevant, or all of these things? Join us for a discussion of this very common issue of our times and what can be done to lessen our anxiety about existing in a rapidly changing world.

Session is free sign up in the lobby.

CAREGIVER SUPPORT GROUP

Friday, April 25th at 3:00pm

Caring for a loved one can take it's toll upon us affecting our mental and physical health. Join Art Gottlieb, LCSW, CSA who can help you work through your feelings and 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, frustrations and receive non-judgmental advice and suggestions.

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

In Memory

Kenneth Post	Adela Buck
Rosemary Zanfini	Gloria Gusch
Geomar Pereira	Robert Wicklund



Commission for the Aging Commissioners

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

Kathleen Sochacki, Sam Tucci, Vivian Capoccitti

There is opening on the Commission

The next commission meeting is Wednesday,
April 2nd at 2:00pm in Program Room 1

Current Events

Art Gottlieb, LCSW, CSA
Friday April 4th 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 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 lobby

Center Staff

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

Bereavement Group

Wednesdays at 2:00pm ~ 3:30pm

This program offers a safe, compassionate, and supportive environment for those grieving the loss of a loved one. It is open to anyone suffering a loss. The sessions allow 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.

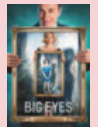
The group is facilitated by **Joan Joyce**, MS, NCC, LPC, CSA. Joan is a Licensed Professional Counselor in the State of CT, as well as a National Certified Counselor, and Certified Senior Advisor.

Free program - no sign-up required

Thursday Afternoon Movies

3rd "Big Eyes" | PG-13 | Biographical / Drama | 1hr 46min

Walter Keene achieves worldwide fame for pop-art portraits, but it's his wife, Margaret, who's the real genius behind the paintbrush



10th "Shirley" | PG-13 | Drama / History | 1hr 58min

In 1972, the first-ever Black congresswoman, Shirley Chisholm, The first black woman elected to Congress, launched a trailblazing campaign to become the president of the United States



17th "Priscilla" | R | Romance / Drama | 1h 53min

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.



24th "Leap Year" | PG | Drama | 1h 40min

Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.



April Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 10:00 Fit & Fabulous 10:30 Bridge 10:00 Rummikub 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction 10:00 Tai Chi 10:00 Mexican Train 12:30 Farkle No Italian until <u>May</u>	9:30 Pinochle 10:00 Fit & Fabulous 12:00 Senior Café 2:00 Bereavement Group 2:30 Stretch & Strengthen	9:00 Poker 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 12:00 Matter of Bal. 1:30 Computer Tutor 2:00 Chair Yoga	Big Y Shopping 9:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
CLASS FEES	1 - Fool's Day	2	3	4
Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per	11:00 Lunch & Learn The Sandwich Generation 	2:00 Meeting of the Commission for the Aging 	12:30 Movie ~ "Big Eyes" 	1:30 Current Events 
7	8	9	10	11
	6:30: Medicare 101 	11:00 RN Maggie 1:00 Brain Games 2:00 Book Club  	12:30 Movie ~ Shirley 	1:30 Marie Curie 
14	15 Taxes Due	16	17	18
	1:00 Presentation by Carefree Home Pros followed by Wine Glass Painting 		12:30 Movie ~ Priscilla 	Good Friday Center Closed No Programs No Transportation
21 Patriots Day	22 Earth Day	23	24	25 Arbor Day
1:00 Art Class with Kathy Part 1 	12:00 Easter Lunch 	1:00 Mary Kay Presentation 	12:30 Movie ~ Leap Year 	12:00 Lunch & Learn 1:30 Survival Guide 3:00 Caregiver Support Group
28	29	30	April Facts	
	2:00 Pressed Flowers 	*APRIL* SHOWERS BRING MAY FLOWERS	Zodiac: Aries & Taurus Birthstone: Diamond Flower: Daisy & Sweet Pea   	



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:

- ♦ May 15th - Dancing Dream ABBA Tribute ~ \$133 Per Person
- ♦ May 20th - Blossoms & Butterflies MA ~ \$189 Per Person
- ♦ June 18th - Connecticut Wine Trail ~ \$164 Per Person
- ♦ July 22nd - A Taste Of Freedom NYC ~ \$189 Per Person
- ♦ September 15th - Providence Italian Style ~ \$180 Per Person
- ♦ October 21st - Spooky Salem at the Witch Museum ~ \$149 Per Person
- ♦ November 5th - 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

Homeowners Tax Relief Programs

The filing period for **State & Local Tax Relief** programs is **February 1 to May 15**. These are biennial programs; if it is your year to reapply the tax assessor should have sent you a letter listing the documentation needed. If you have never applied keep reading.

To be eligible for both programs you must own or have life use of the property as of October 1st the year prior to applying; be a resident of CT for one year; you or your spouse must be 65+ years old or 100% disabled or a 50+ year old surviving spouse; provide proof of income, verified from your Federal Tax Return & 1099 Social Security Statement. State Qualifying Income must not exceed \$45,200 for unmarried & \$55,100 if married. Town Qualifying income must not exceed \$60,000; **please note that there is a proposal to increase the limit to \$75,000**; if you are within this threshold apply.

Applications with documentation are done by the Assessor's Office; contact them with any questions or to set up your appointment at (203) 452-2803.

HOLIDAY CLOSING

In observance of Good Friday, the Center will be closed with no programs or transportation on Friday April 18th

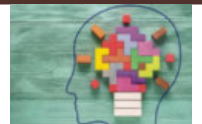
Book Club

Wednesday April 9th at 2:00pm
The Secret Life of Sunflowers
by Marta Molnar



BRAIN GAMES

Wednesday April 9th at 1:00pm



Art Class with Kathy ~ Gelli Printing

This is a **2-part art project**; signup at the front desk only if can do both classes. **Space is limited.** We reserve the right to allow other members who have not participated previously a spot in the activity.

Part 1 - Monday, April 21st at 1:00pm
Part 2 - Monday, May 19th at 1:00pm



Medical checks (blood pressure & more) by Maggie Sessa, RN,
Wednesday April 9th - 11:00am to 12:00pm
Sign up for your time slot on the sheet in the lobby.



MEDICARE 101
TUESDAY APRIL 8th
6:30PM

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Lunch & Learn: Newtown Health Pharmacy



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FRIDAY, APRIL 25TH AT 12:00



Wine Glass Painting

Tuesday, April 15th 1:00pm

Join us for a presentation
on what CareFree Home
Pros has to offer for
your Jacuzzi Bath
Remodel followed by a
FREE wine glass painting
workshop!!



Limited Spots Available!

Please Sign Up at the Front Desk



| BATH REMODEL

Pressed Flowers

**Tuesday, April 29th
2:00pm**

Discover the timeless
beauty of dried pressed
florals as you create
your one of a kind
arrangement

\$25 Per Person

*Deadline to sign up
is Tuesday, April
22nd*

All Supplies included



MARY KAY PRESENTATION

**Wednesday,
April 23rd at 1:00**

Sarah Graham from
Mary Kay will be
coming to share
some spring make up
tips, tricks, and new
products!

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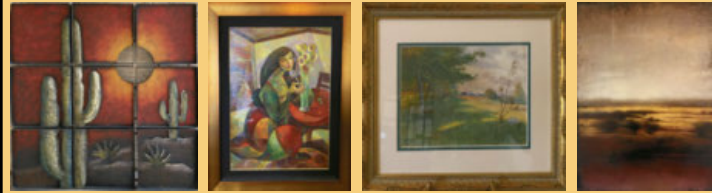
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Greater Bridgeport Senior Community Café

Monroe Café
203-452-2815

April Menu, 2025

1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> 	<p>2</p> <p>Escarole Bean Soup Unsalted Crackers Lemon Rosemary Chicken Brown Rice Meadow Blend Veggies Italian Bread</p> <p>Fruit Cup</p>	<p>3</p> 	<p>4</p> 
<p>7</p> 	<p>8</p> 	<p>9</p> <p>Hearty Vegetable Soup Unsalted Crackers Fish Filet Herbed Rice Tuscan Blend Veggies</p> <p>White Dinner Roll</p> <p>Mango Pineapple Mix</p>	<p>10</p> 	<p>11</p> <p>Spring has sprung!</p>
<p>14</p> 	<p>15</p> 	<p>16</p> <p>Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions</p> <p>Rudi Roll</p> <p>Easter Dessert</p>	<p>17</p> 	<p>18</p> <p>Good Friday</p> 
<p>21</p> 	<p>22</p> 	<p>23</p> <p>Meatloaf Mashed Potatoes Mixed Veggies</p> <p>Dinner Roll</p> <p>Orange</p>	<p>24</p> 	<p>25</p> 
<p>28</p> 	<p>29</p> 	<p>30</p> <p>Baked Potato with Chili Tuscan Blend Veggies Cheddar Cheese</p> <p>Wheat Roll</p> <p>Brownie</p>		

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



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