



Monroe Senior Center

Celebrating Life's Dimensions

September 2025

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Wow! September already? Time flies when you're having fun! In August we had some fun upgrades due to the ARPA grant. Upgrades include automatic bathroom door openers as well as new tables and chairs!

Friends, I have a favor to ask; Please keep our Chair Yoga instructor Linda Resnick in your thoughts as she is navigating a difficult health journey. Please inquire at the front desk if you wish to send her a card.

The chair yoga program has been postponed until further notice. Thank you for your patience at this time.

~ Kim

Book Club

"Summer of '69"

By: Elin
Hilderbrand

Discussion Date:
Wednesday, September 10th
at 2:00pm



Caregiver Support Group - Friday, September 26th 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, September 5th 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

HOARDING

Presented by: Art Gottlieb, LCSW, CSA

Friday, September 26th at 1:30pm

Hoarding Disorder is present in 2-6% of the general population. Because of its prevalence and serious consequences, hoarding is now considered a diagnosis independent of formerly associated disorders such as obsessive-compulsive disorder (OCD). Currently popularized by several "Reality TV" shows, hoarders find it difficult or impossible to discard or part with possessions, regardless of their actual value. Offering case examples, discussion will include strategies for treatment and intervention for those affected by this disorder, as well as those seeking to assist others.



Center Info & Helpful Resources

In Memory

Ann Seferian



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, September 16th 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.

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to 8:00pm

Saturdays: 9:00am to 2:00pm

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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

Eddie Lui

Social Services Coordinator Food Pantry Coordinator
203-452-2813 203-452-2817

Energy Assistance Applications for the 2025-2026

season can now be scheduled with either Mary Ann Kalm, Social Services Coordinator or Amy LaChioma, Elderly Services Coordinator. For a list of items needed to apply and to set up your appointment, Contact Mary Ann at 203-452-2813 or mkalm@monroect.gov **OR** Amy at 203-452-2815 ext. 3 or alachroma@monroect.gov



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

Meet the instructor: **Debbie Russell**

Debbie became a POUND Pro in 2018 and is their global representative for CT. She has been teaching various group exercise classes for over 25 years. She is certified with the National Academy of Sports Medicine. She has recently retired as a Health & Fitness Specialist from Pitney Bowes and now teaches exercise classes at the Shelton Community Center & Senior Center



Center Events

City of Bridgeport

Presented by: Art Gottlieb, LCSW, CSA
Friday, September 12th at 1:30pm

Chartered as a city in 1836, Bridgeport was originally occupied by the Pequonnock Indians of the Paugussett nation. A community of fishing and farming, Bridgeport's coastal location led it to become a center for shipbuilding and whaling. The addition of ready access by train transportation in the mid -19th Century spurred the development of this well positioned city to become famous as a regional center of engineering and manufacturing during the 20th Century.

Avoiding Processed Food:

*Transform Your Health with Whole Food
Plant-Based Diet*

Wednesday, September 24th at 12:30

Join Registered Dietitian Zara Awan for an eye-opening session on reclaiming your health through the power of plants and whole foods. We will explore how avoiding processed foods and embracing a whole food, plant-based diet can transform your energy, support disease prevention, and promote long-term wellness. With practical tips, science-backed insights, and diet advice, this talk will empower you to make nourishing choices that fuel your body and mind. Get ready to discover the true potential of "Plant Power" and how simple, wholesome ingredients can lead to vibrant living. Handouts and recipes available to all.

Fall Bingo

Friday, September 19th
at 1:00pm

15 Games \$5 Per Person

Cash Only

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

Name That Tune!

Ageless Adventures

SEPTEMBER 28TH

2:00PM

Test your music trivia knowledge in this friendly competition! Grab your friends for a fun filled game!

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Monroe Senior Center, Monroe, CT

04-0772

Center Events

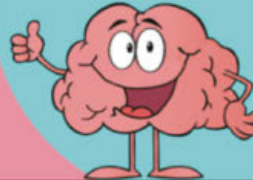
Brain Games

Wednesday, September 10th at
1:00pm

Presented by: Danielle Ramos
from 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

Maefair Center for Health & Rehabilitation



Art Class with Kathy

MONDAY, SEPTEMBER 15TH AT
1:00PM
ALCOHOL INK GREETING CARDS
LIMITED SEATING AVAILABLE
PLEASE SIGN UP AT THE FRONT
DESK

CANASTA

Tuesdays at 9:30am

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!



Birthday Party

Join us Tuesday, September 30th at
2:00pm to celebrate members born in
June, July, August, and September!
all members are welcome to come
celebrate with cake and conversation!
Event is free. Sign up is required.

Senior Cafe

Every Wednesday at 12:00

September 3rd

Riblette

Buttered Noodles

Broccoli

Wheat Bread

Pears

September 10th

Jumbo Ravioli with Florentine Sauce

Brussel Sprouts

Multigrain Bread

Birthday Cake

September 17th

Fish Filet with Dill Sauce

Rice Florentine

Peas and Carrots

Oatnut Bread

Clementine

September 24th

Homemade Meatloaf with LS Gravy

Mashed Potatoes

Green Beans

Whole Wheat Bread

Pudding

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

October's Book Club Book:

The Nurse's Secret

By: Amanda Skenandore (Skidmore)

Discussion Date: October 8th 2:00pm



CIAO

Scopa

Thursdays 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!

Immunization Clinic

Tuesday, September 9th

9:00am - 12:00pm

APPOINTMENT REQUIRED

Immunizations Provided by:

Stop & Shop Newtown

Immunizations available:

- COVID
- RSV
- Pneumonia
- Shingles
- Tdap



Please visit the front desk to make your appointment.

Proof of insurance required.

Monroe Senior Center
235 Cutlers Farm Road
Monroe, CT 06468
203-452-2815

 **STOP & SHOP**



Center Events

OPEN HOUSE!



Saturday,
September 27th



10:00am to 1:00pm



235 Cutlers Farm Rd,
Monroe, CT 06468



MONROE
SENIOR CENTER

**IN HONOR OF SEPTEMBER BEING NATIONAL
SENIOR CENTER MONTH JOIN US FOR AN OPEN HOUSE!**

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- Transportation
- Elderly Services
- BINGO
- Knit & Crochet
- Exercise Programs
- Support Groups
- Book Club
- Caregiver Education
- Trips

AND MORE...

We accept Resident & Non-Resident Members. No Waitlist.

Hope to see you there!

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

- September 15th - Providence Italian Style ~ \$180 Per Person
- October 7th - Bronx ~ \$122 Per Person
- October 21st - Spooky Salem at the Witch Museum ~ \$149 Per Person
- November 5th - Culinary Institute of America ~ \$178 Per Person

OVERNIGHT TRIPS

- Albuquerque Balloon Fest: October 5-10 ~ \$3,699pp Double / \$4,699 Single
- Christmas in Cape May & Radio City: December 2-4 ~ \$999pp Double / \$949pp Triple / \$1,229 Single
- A Nashville & Smoky Mountain Christmas: November 29-December 6 ~ \$3,799pp Double / \$4,719 Single

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

THURSDAY AFTERNOON MOVIES



SEPTEMBER 4TH "WICKED" R - 2HR 40MIN

Elphaba, a young woman ridiculed for her green skin, and Glinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads



SEPTEMBER 18TH "MARRY ME" PG-13 - 1HR 52MIN

A Pop Star (Jennifer Lopez) impulsively marries a math teacher after finding out at the alter her soon-to-be husband is unfaithful

SEPTEMBER 11TH "THE WOMAN KING" PG-13 - 2HR 15MIN

In this true story of an all-female unit of African warriors, General Nanisca (Viola Davis) leads the fight to preserve their way of life.



SEPTEMBER 25TH "COLLATERAL" R - 2HR

A cab driver finds himself the hostage of an engaging contract killer as he makes his rounds from hit to hit during one night in Los Angeles.



September 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	9:30 Canasta 10:00 Knit & Crochet 10:00 Tai Chi 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 CENTER CLOSED NO Programs or Transportation Happy Labor Day!	2	3	4 12:30-Movie 	5 11:00 Fit & Fabulous Make-Up Class 1:30 Current Events
8	9 9:00 Immunizations Clinic 	10 1:00 Brain Games 2:00 Book Club 	11 12:30-Movie 	12 No Pound Fit 1:30 Bridgeport 
15 Providence RI Trip 1:00 Art Class with Kathy	16 No Tai Chi 12:00 AARP Safe Driving	17	18 12:30-Movie  2:00 Name That Tune	19 1:00 Fall Bingo 
22	23	24 12:30 Avoiding Processed Foods 	25 12:30 Movie 	26 1:30 Hoarding 3:00 Caregiver Support Group
29	30 1:00 Birthday Party 			



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Arthur N. Gottlieb, LCSW, CSA

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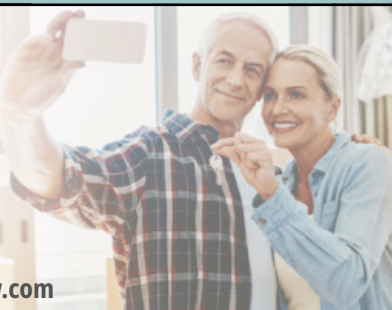


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Monroe Senior Center, Monroe, CT

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