



THE CENTER

Celebrating Life's Dimensions



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

Director's Corner

February may be a short month but is full of activities, food and fun! We continue to welcome any and all suggestions for programs, movies, topics for speakers and more. We do ask that you be as specific as possible with your suggestion or leave your name so we fully understand what you want. Kim

Did you know that our **Knit & Crochet** group takes custom orders? If you'd like to place an order, ask for an order form at the front desk.

HOLIDAY CLOSING

In observance of Presidents' Day
we will be closed with no transportation on
Monday, February 20

AARP Tax-Aide

Monday's February 6 to April 17
by APPOINTMENT ONLY
at the Edith Wheeler Memorial Library
call 203-452-2850 for an appointment.



In honor of **Black History Month**
Historian Art Gottlieb will present
Rosa Parks and the Montgomery
Bus Boycott on
Monday, February 13 at 2:00 pm

This commemorative program honors Rosa Parks who, on December 1, 1955, boarded a bus in Montgomery, Alabama and refused to give up her seat to white passengers after the bus became full. Arrested and found guilty on December 5, 1955, this incident triggered the Montgomery Bus Boycott organized by Martin Luther King Jr., and remains a seminal event of the Civil Rights Movement.

Chocolate Explosion - Tuesday, February 14 at 2:00 pm ~ February is known as National Chocolate Lovers' Month. What better way to celebrate than to host a hot chocolate bar serving the delicious drink with several items you can add. Sign up required to ensure we have enough of the delectable drink and fixings.



MINDFUL MOVEMENT

New Class Thursdays 1:00pm-2:30pm
All levels welcome—wear comfortable clothes!

This class is designed for seniors who want to exercise gently. First hour will be chi movements for wellness and balance. The Tai Chi short form will be practiced during the last 30 minutes of the session. This class will replace the separate Tai Chi & Chi Gong classes, and is **FREE** of charge.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Thursdays ~ 2:00-4:00 pm
February 2nd through April 13th
Register Now! Space is limited.

In Memory

Theresa DeVaney Jane Wischow
Virginia M Barrett Virginia Sahlin



Energy /Heating Assistance

Applications for the 2022-2023 heating assistance will be taken until May. For eligibility requirements or to schedule your appointment, call Ronnie 203-452-2815 ext. 3 or Mary Ann 203-452-2813.

WINTER CLOSING NOTICES

Closings or delays will be announced on WFSB Channel 3 or WTNH Channel 8 after 9:00 am. A recorded message will be on the Center phones after 8:00 am regarding our status.

Note: We do not follow the school closings.

ACTIVE LISTENING ~ this program will review the techniques and pitfalls of active listening and the common mistakes made by even the most trained among us while we seek to hear what another person is really saying.

Join **Art Gottlieb, LCSW, CSA**
Friday February 24 at 1:30pm. Sign up in lobby.

Center Staff

Kim Cassia - Director, ext. 4
Jean Gardino - Administrative Assistant, ext. 1
Veronica Jensen - Elderly Services Coordinator, ext. 3
John Williams - Transportation Coordinator, ext. 2
Evana Falzone - Office Assistant, ext. 0
Rose Marie Syarto - Driver
John Delfino - Driver
Bob Scopoletti - Custodian



Commission on Aging Commissioners

Chair Helma Chartier	Jeanne Nicolett
Vice Chair Leslie Gosselin	Vivian Capoccitti
Kathleen Sochacki	Sharon Lockshier
Debbie Malewicki	

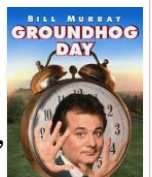
 Medical checks (blood pressure & more) by Maggie Sessa, RN, **Tuesday, February 28 from 1:30 to 3:00 pm.** Sign up for your time slot on the sheet in the lobby.

Thanks to CW Solutions & SWCAA our **Senior Café** will be **serving meals** every Wednesday at 12:00 for members 60 & over who complete a form 5 and sign up. Head count must be turned in by Friday for the following week. Menu is posted on the bulletin board by the office.

Movies

February 2 ~ "Groundhog Day" | PG | Comedy, Drama, Fantasy | 1 hr 41 min.

A narcissistic, self-centered weatherman finds himself in a time loop on Groundhog Day, and the day keeps repeating until he gets it right. (1993)



February 9 ~ "Ticket to Paradise" | PG-13 | Comedy, Romance | 1 hr 44 m

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago. (2022)

February 16 ~ "Last Holiday" | PG-13 | Comedy, Romance | 1 hr 52 min.

Upon learning of a terminal illness, a shy woman decides to sell all her possessions and live it up at a posh Central European hotel. (2006)



February 23 ~ "Leap Year" | PG | Comedy, Romance | 1 hr 40 min

Ann 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. (2010)

If you have seen or heard of a good movie and would like us to show it, contact Jean at 203-452-2815 ext. 1, or jgardino@monroect.gov or drop her a note.

February Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 10:00 Fit & Fabulous 10:30 Bridge 12:00 Ukelele 12:30 Mah-Jongg 12:30 Bingo *	9:30 Knit / Crochet Instruction 10:00 Mexican Train & Triominos 1:00 Farkle	9:30 Fit & Fabulous 9:30 Pinochle 11:00 Spanish Class 12:00 Senior Café 3:00 Stretch & Strengthen	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor	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
		1 2:00 Commission on Aging meeting	2 9:30 TRIAD Meeting 12:30 Movie ~ "Groundhog Day" 	3
6	7	8	9	10
*Note new trial start time for Bingo on Mondays		11:00 Trip Presentation: Southern Italy & Sicily 2:00 Book Club	12:30 Movie ~ "Ticket to Paradise" 	
13	14	15	16	17
1:30 Art Gottlieb ~ Rosa Parks 	Valentine's Day 2:00 Chocolate Explosion		12:30 Movie ~ "Last Holiday" 	
20	21	22	23	24
Presidents' Day Center closed No Programs No transportation	2:00 Mardi Gras Celebration! 		12:30 Movie ~ "Leap Year" 	2:00 Art Gottlieb ~ Active Listening Active Listening 
27	28	Class Fees: Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class.		
	1:30 Medical checks with Nurse Maggie 	FEBRUARY FACTS Birthstone: Amethyst Flowers: Violet & Primrose Aquarius (January 20 ~ February 19) Pisces (February 20 ~ March 20) BLACK HISTORY MONTH		



CASINO TRIPS 2023



March 22 ~ Mohegan

April 20 ~ Mohegan

May 23 ~ Mohegan

June 22 ~ Foxwoods

July 19 ~ Mohegan

August 22 ~ Mohegan

October 25 ~ Foxwoods

November 16 ~ Mohegan

ADDITIONAL 2023 TRIPS

“Moses” in PA ~ April 19-21

Bermuda Cruise ~ May

Mississippi River Cruise ~ May

Bee Gees Tribute ~ Aqua Turf ~ May 22

Alaska Cruise ~ June 4-14

Taste of Italian NY w/lunch @ Carmines ~ June



Essex Train & Riverboat ~ July

Shades of Buble-Aqua Turf ~ Aug 10

Lake Placid Foliage ~ Sept 11-13

LI Gold Coast ~ Sept



Join us on **Fat Tuesday, February 21** at 2:00pm for **Mardi Gras!** Sign up in the lobby to ensure enough treats for everyone!



TOWN OF MONROE

EMERGENCY MANAGEMENT / COMMUNITY & SOCIAL SERVICES DEPT

SPECIAL NEEDS REGISTRY

DO YOU OR A LOVED ONE HAVE SPECIAL NEEDS THAT WE SHOULD KNOW ABOUT IN THE EVENT OF A MAJOR EMERGENCY OR EVACUATION?

Our Special Needs Registry is for individuals living in the Town of Monroe who may need assistance in the event of a major emergency such as during an evacuation. This may be due to various medical conditions or transportation needs.

The Town, through the Department of Community and Social Services, conducts a **yearly** survey to ensure we have the most current and accurate information on file. This information is kept confidential and shared only with the Town's Emergency Management Team, which is activated when a major storm or disaster occurs. This form asks for information regarding necessary life supports and/or impairments that will impede self-evacuation from your home.

Enrolling in the program does NOT guarantee you will get help first during an emergency or disaster; however, the Town's Emergency Management Team will be aware of your possible need for special assistance.

For more information contact Veronica Jensen, Elderly Services Coordinator, at 203.452.2815 Ext. 3 or via email vjensen@monroect.gov; forms are available at the Senior Center also.

Monroe Senior Center
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Monroe, CT 06468