

**20****THE CENTER**

Celebrating Life's Dimensions

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

Director's Corner ~ in celebration of this month, **may** we be open to meeting new people and not discourage them from sitting with you, as they **may** be trying to make new friends or try new programs. ***Let's be a welcoming center!***

May we remember that others can be going through some hard times and to exhibit concern, compassion and offer an ear or hand. **May** we share the caregiver programs with those who can benefit from the interactive informational sessions and/or the support group with a trained LCSW, CSA.

May we take heed of the signs that say don't enter or no left turn as we drive into the center lot or through the parking lot. To reach the spots on the other side of the building pull straight in and follow the road around. **May** we be mindful of the speed limit and those who may be walking.

May we mark our water bottles so that they may be returned when unknowingly left behind.

May we take advantage of the nice weather and the outdoor equipment to play bocce, horseshoes, corn hole and croquet.

Hoping we all have a wonderful **MAY!** *Kim*

Coney Island: A Special Presentation by Art Gottlieb



Steeped in Brooklyn folklore, Coney Island is a traditional New York attraction famous for its Boardwalk, arcades and sea-side attractions. The area boasts of three landmarks

that are listed on the National Register of Historic Places: the Wonder Wheel Ferris Wheel built in 1918, the Cyclone roller coaster, and the Parachute Jump, the latter two transplanted from the 1939 World's Fair.

Friday May 31st 11:30am - 1:00pm
Sponsored by Right at Home®

Lunch will be served.

Sign up in the lobby by Friday May 24th

Andrea Doria

by Art Gottlieb - Friday May 10th at 1:30pm

The pride of the post-war Italian Line, the Andrea Doria collided with the Swedish Line's Stockholm in dense fog off Nantucket in the summer of 1956. Despite being designed in a modern age with both ships carrying radar and the latest safety features, human error still led to the death of 54 passengers and the complete loss of the Andrea Doria.

Session is free, sign up in the lobby.

Self-Fulfilling Prophecy

Art Gottlieb, LCSW, CSA

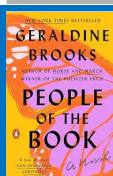
Friday May 24th at 1:30pm

This program will discuss the tendency for people to unconsciously shape events toward certain pre-ordained outcomes. The essential factor is that people's actual motivations are oftentimes in direct conflict with their consciously stated goals and behavior. It is the goal of the psychotherapist to uncover the hidden motivating behaviors, often protected by layers of a person's defense mechanisms, to bring understanding as to why, despite people's best efforts, the outcomes always seem to be pre-ordained failures.

Session is free, sign up in the lobby

CAREGIVER SUPPORT GROUP

This program will 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! **The group will be led by Arthur Gottlieb, LCSW, CSA** in the center's library which offers a confidential and calm setting, where caregivers can open up and express their normal frustrations for caregiving and receive non-judgmental advice and suggestions. **The next meeting will be Friday, May 24th at 3:00pm. No need to sign up, just show up.**



Book Club - May 8th 2:00pm

People of the Book

by Geraldine Brooks

In Memory

Stephen Henn
Anna Nicol
Virginia Oates



Eleanor Cooper
Bernice (Bunny)
Weinberger
Elizabeth Brumfield



Center Staff

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



FRIDAY MAY 17, 2024 11:00AM

Meet the Author:
Gary Scarpa as he discusses his second
novel,
"What Are The Chances?"

In this captivating novel, the reader is transported to the turbulent wartime era and also given glimpses of the Great Depression as experienced by two young people growing up and coming of age during these historic back-to-back eras.

Sign up in the lobby

BRAIN GAMES

Wednesday, May 8th at 1:00pm



Commission for the Aging Commissioners

Chair ~ Helma Chartier
Vice Chair ~ Leslie Gosselin
Secretary ~ Jeanne Nicolett
Kathleen Sochacki Sam Tucci
Vivian Capoccitti Debbie Malewicki



Medical checks (blood pressure & more) by **RN Maggie** from Griffin Healthcare, **Wednesday May 29th from 10:30am to 11:30am.**

Sign up sheet in the lobby with time slots.

Thursday Afternoon Movies



2nd "Cast Away" | PG-13 | Adventure /Drama/Romance | 2hr 23min

A FedEx executive undergoes a physical and emotional transformation after crash landing on a deserted island.



9th "Freedom Writers" | PG-13 | Biography/Crime/Drama 2hr 3min

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school.



16th "My Fair Lady" | G | Drama/Family/Musical | 2h 50min

In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl, Eliza Doolittle, presentable in high society.



23rd "Joyful Noise" | PG-13 | Comedy/Drama/Music | 1h 58min

G.G. Sparrow faces off with her choir's newly appointed director, Vi Rose Hill, over the group's direction as they head into a national competition.



30th "My Cousin Vinny" | R | Comedy/Crime | 2h 0min

Two New Yorkers accused of murder in rural Alabama while on their way back to college call in the help of one of their cousins, a loudmouth lawyer with no trial experience.

May Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
09:00 Poker 09:30 Quilting 10:00 Fit & Fabulous 10:00 Rummikub 10:30 Bridge 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction 10:00 Mexican Train & Triominos 12:30 Farkle	09:30 Fit & Fabulous 09:30 Pinochle 11:00 Spanish Class 12:00 Senior Café 3:00 Stretch & Strengthen	09:00 Poker 09:00 Quilting 09:30 Chess 09:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor 2:00 Chair Yoga	Big Y Shopping 09:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
CLASS FEES	MAY FACTS	1	2	3
Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00.	Birthstone: Emerald Flower: Lily of the Valley & Hawthorn Mental Health Awareness Month	10:00 Bill's Senior Dine sign-up/refill 2:00 Commission for the Aging Meeting	9:30 TRIAD Meeting 12:30 Movie ~ "Cast Away" 	
6	7	8	9	10
		1:00 Brain Games 2:00 Book Club	12:30 Movie ~ "Freedom Writers" 	1:30 Art Gottlieb ~ "Andrea Doria" 
13	14	15	16	17
			12:30 Movie ~ "My Fair Lady"  3:00 Chair Yoga	11:00 TRIAD meet the author of "What Are The Chances?"
20	21	22	23	24
1:00 Art Class with Kathy ~ Part 1 	2:00 Birthday Party 		12:30 Movie ~ "Joyful Noise" 	1:30 Art Gottlieb ~ "Self-Fulfilling Prophecy" 3:00 Art Gottlieb ~ Caregiver Support Group
27	28	29	30	31
Memorial Day Center Closed No Programs or Transportation	RESORTS WORLD CASINO TRIP 	10:30 Medical Checks  12:00 AARP Driving Course 	12:30 Movie ~ "My Cousin Vinny" 	11:30 Right at Home ® sponsors Lunch & a Talk by Art Gottlieb on "Coney Island"



TRIPS 2024



'Sail On' The Beach Boys Tribute w/lunch ~ Aqua Turf Club ~ August 21 ~ \$124/person

Jack Lynn Sings Dean Martin ~ Amarante's - New Haven ~ September 11 ~ \$110pp

The Big 'E' Eastern States Exposition ~ W Springfield MA ~ September 19 ~ \$104pp

The Ultimate Cher Experience w/Lunch ~ Grand Oak Villa, Oakville CT ~ October 10* ~ \$124pp

The Glen Campbell Experience ~ Jimmy Mazz ~ La Bella Vista, Waterbury ~ Nov 12* ~ \$94pp -- DRIVE YOURSELF OR HOP ON THE SENIOR CENTER BUS

Culinary Institute of America Lunch & Taste Experience ~ Hyde Park NY ~ Nov 6 \$156/p

Shadows of the 60s~ A Holiday Tribute to Motown ~ Aqua Turf Club ~ Dec 3 ~ \$124pp

Trips Shared with Shelton Senior Center

Newport Playhouse, RI ~ Lunch & a show "Nunsense" ~ July 24 ~ \$163pp

Lunch, Naugatuck Railroad & Fascia's Chocolates ~ Thomaston CT ~ September 20

***Limited number of seats available for Cher (10) & Glen Campbell (12) Sign up soon!**

CASINO

**! SIGN UP BY MAY 13th !
RESORTS WORLD CATSKILLS
TUESDAY MAY 28, 2024 ~ DEPARTS MSC @ 7:30AM**



ATTENTION!

Property Fraud Alert System is now available for MONROE PROPERTY OWNERS

OFFICE OF THE TOWN CLERK

**7 Fan Hill Road
Monroe, CT 06468
Phone: 203.452.2811**

The Town of Monroe has launched a Property Fraud Alert system to notify property owners of new transactions regarding their property. This is a **FREE** tool to help property owners ensure that their assets are protected.

With Property Fraud Alert you can sign up to receive alerts whenever a document such as a mortgage or quit claim is recorded under your name. Please remember that there may be other property owners in town that have the same name as you. Insert or type the link below into a browser to access the Property Fraud Alert Electronic Notification Service registration.

<https://pfa.uslandrecords.com/Default.aspx>



Shred Day

Saturday, May 18

🕒 9 AM - Noon

📍 Newtown Savings Bank
535 Monroe Turnpike
Monroe, CT 06468

Suggested donation is \$10 per box (\$5 for seniors)
Proceeds to benefit Monroe Food Pantry



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203.459.9985

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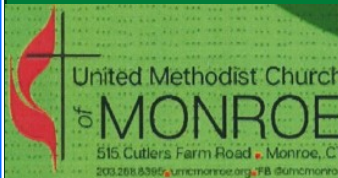


Saturday, May 4, 2024 (rain or shine)
9:00am - 12:00pm
Rite Aid, 435 Main Street, Monroe
(corner of Routes 25/59)

For more info: papershredding@umcmonroe.org

\$10/std box (+\$5 for larger)
Cash, check (to: UMC Monroe) or credit/debit

Proceeds support the MINISTRIES AND MISSIONS of UMC Monroe



!Happy Birthday!

To our **May** celebrants:

Ethel Abraham, Maureen Anderson, Sherry Anderson, Ascension Arribas, Peter Ashe, Hank Banville, Kevin Barney, Margaret Bepko, Barbara Berry, Helen Bezas, Robert Blackwell, Valerie Bowen, Vivian Capoccitti, Carlo Capria, Manuel Cardozo, Lorraine Carrano, Richard Cascella, Dick Churchill, Lorraine Costello, Maria Couto, David Craigmile, Libby D'Amico, Patricia D'Amore, Irena Dzierzbinski, Phyllis, Fabelinsky, Pat Galkowski, Debra Hansen, Mary-Deborah Houle, Rosemarie Katz, Maryanne Lapinski, Sally Lundy, Joan Marr, Michael Massaro, Dawn Masso, Janice McFadden, Norma McFarland, Gay Muizulis, Judith Ober, Rose O'Donnell, Mary Orsillo, Maria Palmieri, Denise Paradis, Joseph Pozvek, Lilly Ragsdale, Michele Scali, Charlotte Schott, Paula Scott, Pat Shelton, Vicki Slingo, Martha Somers, Bob Tranzillo, Candida Trapasso, Sam Tucci, Rosalie Usiak, Judith White



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.

Wednesday May 29th 12:00pm to 4:00pm

AARP Member ~ \$20.00 per person

Non-AARP Member ~ \$25.00

Register with payment & AARP number at the front desk!

Birthday Celebrations



Join us **Tuesday May 21st at 2:00pm** to celebrate those members born in February, March, April and May. **All are welcome** to attend and enjoy conversation, cake and great music from 1-man band Patrick Kearns.

Event is free, sign up is required

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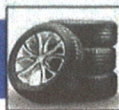
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04-0772



Greater Bridgeport Community Café

















Monroe Café 203-452-2815

May 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Osteoporosis Month Calcium and Vitamin D are key nutrients needed to keep bones strong and healthy. For calcium, drink your milk if you can! Sesame and Chia seeds, almonds, collard greens and tofu are other great sources. Vitamin D helps the body absorb calcium, so enjoy some sunshine each day and include eggs in your diet along with fortified foods like yogurt, cereals and orange juice.		1 Tomato Florentine Soup Unsalted Crackers Grilled Chicken Breast Lettuce and Tomato Lemon Orzo Mixed Vegetable Whole Wheat Roll Clementine	2 World Tuna Day 	3 Sun Day 
6 National Nurse's Day 	7 National Tourism Day 	8 Cheeseburger Waffle Fries Brussel Sprouts Hamburger Bun Fresh Fruit	9 National Sleepover Day 	10 Mother Ocean Day 
13 Apple Pie Day 	14 National Dance Like a Chicken Day 	15 Tuna Salad Sandwich Lettuce and Tomato Ziti Broccoli Salad Cucumber Salad Hot Dog Bun Pears	16 Horse Rescue Day 	17 National Pizza Party Day 
20 Rescue Dog Day 	21 Meditation Day 	22 Memorial Day Lunch Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob Hot Dog Bun Watermelon	23 World Turtle Day 	24 Road Trip Day 
27 Closed 	28 Thales Day 	29 Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons Beets Ranch Dressing Whole Wheat Bread Pineapple	30 National Creativity Day 	31 Smile Day 

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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