Monroe Senior Center

Celebrating Life's Dimensions

October 2026

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

DIRECTOR'S CORNER

We have a few updates and reminders to share with everyone as we continue working to keep our center a safe, clean, and welcoming environment for all:

We will no longer be offering a free table at the center. Unfortunately, items being left on the table have included dirty toothbrushes, open medications, moldy or expired food and *more.* These items create unsanitary and potentially unsafe conditions for our members and staff.

Don't fret! We want to ensure everyone has access to free items! Our center library continues to have **free** greeting cards, books, notepads, and calendars available at all times. Please bring all donations of these items to the front desk.

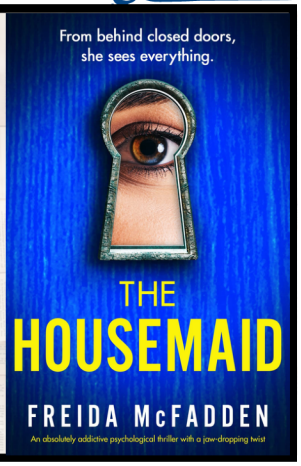
While you're there...take a look at the fall-tastic handmade items up for raffle from our very own Knit & Crochet group. Raffle tickets available for purchase now!

~ Kim

Book Club

"The Housemaid"
By: Freida McFadden

Discussion Date:
Wednesday, October 14th at 2:00pm



STEADY STEPS FALL PREVENTION PRESENTATION

Steady Steps — Fall Prevention — Town of Monroe

AARP

WHAT YOU'LL LEARN

- LEARN FALL PREVENTION TECHNIQUES
- DISCOVER AFFORDABLE HOME MODIFICATIONS
- REDUCE THE RISK OF FALLS
- MAINTAIN INDEPENDENCE AT HOME
- CONNECT WITH LOCAL HEALTH RESOURCES

WEDNESDAY
OCTOBER 28TH
2PM
MONROE SENIOR CENTER
235 CUTLER'S FARM RD

PRESENTED BY
LISA PANE PT, EMT-P,
JILL MITCHELL RN MSN
AMY LACHIOMA, SW

Town of Monroe Emergency Medical Services Volunteer

LIGHT REFRESHMENTS AND A GIVEAWAY FOR ATTENDEES.

FLU VACCINE CLINIC

THURSDAY, OCTOBER 15TH
10:00AM - 12:00PM

FOR AN APPOINTMENT PLEASE CALL:
203-452-2815

MONROE SENIOR CENTER
235 CUTLERS FARM ROAD
MONROE, CT 06468

PLEASE BRING YOUR INSURANCE CARD AND PHOTO ID

Center Info & Helpful Resources

In Memory

Barbara Mae Franchese

Commission for the Aging

Chair ~ VACANT
Vice Chair ~ VACANT
Secretary ~ VACANT
Kathleen Sochacki, Andrew Csire, Bev Doyle, Nancy Deaso, Polly Donovan, Leslie Gosselin

The Commission meets the first Wednesday of the month at 2:00pm at The Monroe Senior Center
235 Cutlers Farm Road
Monroe CT, 06468
Open to the public

The Commission for the Aging has open seats & is seeking new members

Please contact Kim Cassia
203-452-2815 ext. 4
If interested in joining the commission

Duties Per the Town Charter:

The Commission shall study continuously the conditions and needs of elderly persons in the community in relation to housing, economic, employment, health, recreational and other matters. It shall analyze the services for the aged provided by the community, both by public and private agencies, and shall develop and coordinate programs and make recommendations to the Town Council regarding the development and integration of public and private agencies in cooperation with state and other services to the extent possible.

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

MEDICARE OPEN ENROLLMENT

October 15th to December 7th

Don't delay! Schedule your appointment to review the 2026 plans to ensure they meet your medical &/or prescription needs! Call or email Amy LaChioma to set up a time to review your Medicare Advantage, Medicare Supplement or Prescription Drug Coverage.

Office: 203-452-2815 x3, or email: alachioma@monroect.gov

Energy Assistance Applications

are being taken by Mary Ann Kalm, Social Services and Amy LaChioma, Elderly Services. 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 alachioma@monroect.gov.

Art Gottlieb's Events

Thomas Jefferson & Barbary Pirates

Presented by: Art Gottlieb, LCSW, CSA

Friday, October 9th 2026 at 1:30pm

In 1801, newly elected President Thomas Jefferson ended the centuries old practice of western nations being forced to pay tribute to pirates of the Barbary coast in exchange for safe passage of commercial trade. Jefferson's decision led directly to the creation of the United States Navy, ushering in a new era of American power and foreign policy.

Sign up in lobby

Current Events



By Art Gottlieb, LCSW, CSA

Friday, October 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

HOW TO FREE ONESELF OF OBLIGATION AND GUILT

Presented by: Art Gottlieb, LCSW, CSA

Friday, October 23rd 2026 at 1:30pm

Healthy relationships, and society in general, benefit from commitments that once made, are then fulfilled to completion. However, many such obligations are unhealthy as they are products of coercion or manipulation and yet still carried out by those increasingly burdened with anger and resentment

SIGN UP IN THE LOBBY

Caregiver Support Group



Friday, October 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**

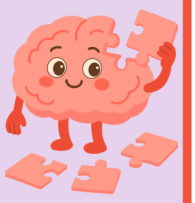
Center Events

Brain Games

Wednesday, October 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

Just For Women

Friday, October 16th at 2:00pm

Facilitated by Joan Joyce

JUST FOR WOMEN is a discussion group designed to offer senior women an opportunity to meet and share experiences, concerns, and/or challenges that present in their daily lives, within a respectful environment of support and camaraderie.

DISCUSSION is open not only to local and personal experiences, but also to the influence that historical, cultural, socioeconomic, and social factors, may have on the quality of life for senior women.

COME and make new acquaintances, establish new friendships, and strengthen existing relationships, all of which serve to enhance the bond of support among senior women in the community.

Sign up in lobby

Art Class with Kathy

Monday, October 19th at 1:00pm



Senior Cafe

Every Wednesday at 12:00

October 7th

Jumbo Ravioli
Florentine Sauce
Brussel Sprouts
Multigrain Bread
Birthday Cake

October 14th

Salisbury Steak
Gravy
Au Gratin Potatoes
Beets
Dinner Roll
Rice Krispes Treat

October 21st

Orange Juice
Omelet w/ Mushroom
Spinach
French Toast Sticks
Turkey Bacon

October 28th

Gyro w/ Tzatziki
Tomato and Onion
Tater Tots
Cucumber Dill Salad
Pita
Cinnamon Rice Pudding



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Center Events

MONROE'S STRANGE UNEXPLAINABLE AND SPOOKY LORE

TUESDAY, OCTOBER 13TH AT 2:00PM

PRESENTED BY: DEBORAH BUCKLEY

WHAT BETTER TIME TO EXPLORE MONROE'S INTERESTING & SPOOKY HISTORY THAN THE HALLOWEEN SEASON? WITCHY WOMEN, GHOSTS, HAUNTED HOUSES, GRAVE YARDS, CRYPTIDS, ORBS AND UNIDENTIFIED AERIAL PHENOMENON (UAPS AKA UFOS) ARE ALL REPRESENTED IN STORIES ABOUT MONROE AND NEARBY TOWNS. COME HEAR AND PERHAPS SHARE WHAT STORIES YOU KNOW OF THE TOWN OF MONROE.

SIGN UP IN LOBBY

Board & Brush creative studio®

MAKE & TAKE

A pumpkin patch date at The Monroe Senior Center!

WEDNESDAY, OCTOBER 21ST AT 1:00PM

Join us for a fun & interactive "Make & Take" Pumpkin Patch craft workshop!
Free to current members.
Limit 2 pumpkins per participant.

Limited Availability!
Sign up at the front desk or call 203-452-2815 ext. 0 to reserve your spot!



Patrick Kearns

Tuesday, October 13th

Performance begins: 3:00pm

Singer / Songwriter
Acoustic Guitar
Country
Soft Rock

Refreshments provided

Sign up in Lobby!



THEKEY HOME CARE

UNCOVERING THE TRUE COST OF AGING

FRIDAY, OCTOBER 30TH AT 1:30PM

Join Christopher Johnston, Home Care liaison for TheKey Homecare for a special presentation on the unexpected costs associated with aging as well as tips for planning and preparing for the future.

Center Events

Just For Men

Friday, October 30th at 2:00pm

JUST FOR MEN is a discussion group designed to offer senior men an opportunity to meet and share experiences, concerns, and/or challenges that present in their daily lives, within a respectful environment of support and camaraderie.

DISCUSSION is open not only to local and personal experiences, but also to the influence that historical, cultural, socioeconomic, and social factors, may have on the quality of life for senior men.

COME and make new acquaintances, establish new friendships, and strengthen existing relationships, all of which serve to enhance the bond of support among senior men in the community.

No membership required!

Grab your boots & Get ready to dance!

Line Dancing is now held at 2:30pm on Tuesdays

Led by Linda Bayusik

We hope you'll join us for some music, movement, & fun!

Free for all current members!



BINGOcize®

Southwestern CT Agency on Aging & Independent Living

Tuesdays & Fridays at 12:30

September 15th 2026 - November 20th 2026

Bingocize® is a one-of-a-kind program that mixes gentle exercise and health education with the classic game of Bingo! It's designed to keep you moving, laughing, and learning—all while connecting with others.

- Build strength and balance
- Learn health tips that keep you thriving
- Enjoy social time with friends
- And of course… play Bingo with prizes!

FREE!

Max 20 Participants
Must register in advance at the front desk
For more info call: 203-452-2815

Participants encouraged to attend all sessions

BOOK CLUB

BOOKS FOR 2026-2027

UPDATED
UPDATED
UPDATED



SEPTEMBER 9TH	***The Extraordinary Life of Sam Hell*** By: Robert Dugoni
OCTOBER 14TH	***The Housemaid*** By: Freida McFadden
NOVEMBER 4TH	***The Nightingale*** By: Kristin Hannah
DECEMBER 9TH	***The Book Club Hotel*** By: Sarah Morgan
JANUARY	**No Discussion Date**
FEBRUARY 10TH, 2027	***The Immortal Life of Henrietta Lacks*** By: Rebecca Skloot
MARCH 10TH, 2027	***Radium Girls*** By: Kate Moore
APRIL 14TH, 2027	***Silent Spring*** By: Rachel Carson
MAY 12TH, 2027	***Flying Angels*** By: Danielle Steele
JUNE 9TH, 2027	***Julie & Julia: My Year of Cooking Dangerously*** By: Julie Powell

Movies



THURSDAY AFTERNOON MOVIES

OCTOBER 1ST
"9 TO 5"
PG- 1HR 49MIN

Three women fed up with their boss entertain fantasies of revenge - which becomes reality when they believe they've inadvertently poisoned his coffee



OCTOBER 8TH
"WICKED: FOR GOOD"
PG- 2HR 17MIN

The sequel to "Wicked". The story continues with Elphaba in exile and Glinda on the rise - until a crisis pulls them back together



OCTOBER 15TH
"I USED TO BE FAMOUS"
TV-MA- 1HR 44MIN

Follows Vince, a desperate former popstar who dreams of making a comeback. An impromptu jam session with autistic young drummer Stevie sparks an unexpected friendship between the two misunderstood musicians.



OCTOBER 22ND
"THE CURSE OF BRIDGE HOLLOW"
TV-14- 1HR 31MIN

Welcome to quaint Bridge Hollow, Where the streets are safe, The air smells like apples - and the town's spooky Halloween decorations have come to life

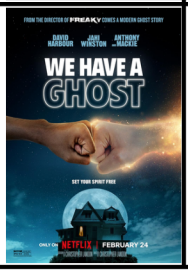


OCTOBER 29TH
"WE HAVE A GHOST"
PG-13- 2HR 7MIN

A family of four becomes famous and attracts the attention of the CIA after learning their new house is haunted by a good-natured ghost

October 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 1:00 Farkle 2:30 Line Dancing	9:30 Pinochle 10:00 Fit & Fabulous 12:00 Senior Café 12:00 Thirty-One 1:00 Scopa 2:00 Bereavement Group 2:00 Ping-Pong	9:00 Poker 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 12:00 Thirty-One 12:30 Movie 1:30 Computer Tutor 2:00 Knit & Crochet 3:00 Chair Yoga	9:30 Pinochle 10:00 Better Balance 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus

Monday	Tuesday	Wednesday	Thursday	Friday
			1 12:30- Movie 	**2** 12:30 Bingocize 1:30 Current Events
5	**6** 12:30 Bingocize	**7** 2:00 Commission For The Aging Meeting	**8** 12:30- Movie 	**9** 12:30 Bingocize 1:30 Thomas Jefferson & Barbary Pirates
12 CLOSED Columbus Day	**13** No Line Dancing 12:30 Bingocize 2:00 Monroe's Spooky Lore 3:00 Patrick Kearns	**14** 11:00 RN Maggie 1:00 Brain Games 2:00 Book Club	**15** No Main Room or Program Room Games 10:00am - 12:00pm Flu Vaccine Clinic	**16** 11:00 Fit & Fabulous Make-Up Class 12:30 Bingocize 2:00 Just For Women
19 1:00 Art Class with Kathy	**20** No Line Dancing 12:30 Bingocize	**21** 1:00 Board & Brush "Take & Make" Pumpkin Patch Craft	**22** 12:30- Movie 	**23** 12:30 Bingocize 1:30 Obligation & Guilt 3:00 Caregiver Support Group
26	**27** 12:30 Bingocize	**28** 2:00 Steady Steps Fall Prevention	**29** 12:30- Movie 	**30** 12:30 Bingocize 1:30 Uncovering The True Cost of Aging 2:00 Just For Men



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Email agott@optonline.net
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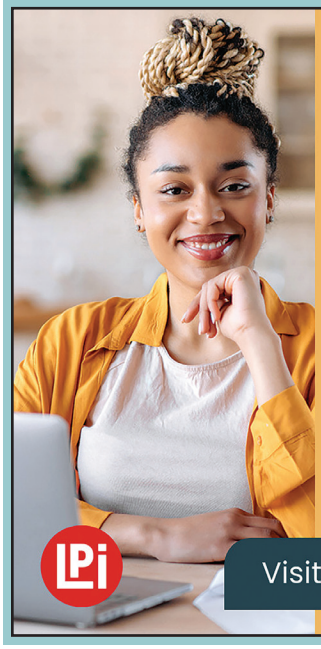
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