



Monroe Senior Center

Celebrating Life's Dimensions

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

May 2026

DIRECTOR'S CORNER

As we head into a new season, I'd like to share a few quick reminders and updates to help keep our center running smoothly for everyone. When parking, please pull all the way in so your vehicle is aligned with the curb block in your space. A friendly reminder to our smokers: please do not discard cigarette butts on the grounds. Kindly use your car's ashtray to help us keep our outdoor spaces clean and welcoming. Looking ahead, we will be renovating the main room, program rooms, and health screening floors. We'll keep you informed as plans progress, including any temporary closures needed during construction. In the meantime, take advantage of the beautiful outdoors! We have bocce available, and we're happy to set up cornhole or horseshoes for some added fun.

~ Kim

AI & Computer Safety

Thursday, May 14th at 10:30am

Sponsored by your Monroe TRIAD in collaboration with the Monroe Technology Department join us for a presentation on **AI & Computer safety.**

Computers make it easier than ever to stay in touch with loved ones and access information. However, it is important to stay alert and protect yourself online especially in the wake of new AI technology

Open to the public please sign up in lobby or call 203-452-2815 ext. 0



NEW

BETTER BALANCE

FRIDAYS AT 10:00AM



BE PART OF THE NEW BALANCE BRIGADE, FOR OUR NEW BETTER BALANCE CLASS

LED BY LINDA RESNICK, FITNESS INSTRUCTOR.

THIS CLASS AIMS TO IMPROVE STABILITY AND COORDINATION, UTILIZING A VARIETY OF METHODS INCLUDING YOGA, TANDEM, SINGLE-LEG AND CHAIR ASSISTED EXERCISE.

OTHER TOOLS WILL BE UTILIZED AS APPROPRIATE.

REMINDER

Membership

The 2025-2026 Membership year is coming to a close June 30th 2026!

The 2026-2027 Membership year begins July 1st 2026

Residents: \$15

Non-Residents: \$20

Cash or Check ONLY

Center Info & Helpful Resources

In Memory

Richard Casella

Edward Talbot

Mary Massar

Hugh D. Lucas Sr.

John Sena



Commission for the Aging

Chair ~ Susan Bannay
Vice Chair ~ Leslie Gosselin
Secretary ~ Jeanne Nicolett
Kathleen Sochacki, & Vivian Capoccitti

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

Please contact Kim Cassia
203-452-2815 ext. 4
If interested

**The Commission meets once per month at
2:00pm at The Monroe Senior Center
235 Cutlers Farm Road
Monroe CT, 06468**

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



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, June 23rd 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.

STROKES



GRIFFIN HEALTH

Join Morgan D'Amore Stroke Certified Registered Nurse and Stroke Coordinator for Griffin Health for a special presentation on strokes:

- Signs & Symptoms
- Lifestyle Changes
- Risk Factors
- and more!

Handouts will be available!

TUESDAY, MAY 12TH AT 11:00

Caregiver Support Group

Friday, May 22nd 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

Space Shuttle Challenger Disaster

Presented by: Art Gottlieb, LCSW, CSA
Friday, May 8th 2026 at 1:30pm

On January 28, 1986, the space shuttle Challenger exploded in a mid-air fireball just 73 seconds after lifting off from the Kennedy Space Center in Florida. The Disaster was witnessed by millions of viewers on live television as well as thousands of spectators on the ground. For the first time during the shuttle program, Challenger carried a civilian passenger, a school teacher named Christa McAuliffe, who perished along with her six-fellow crew on that unusually cold and unforgettable morning

Sign up in lobby

FORGIVENESS

Presented by: Art Gottlieb, LCSW, CSA
Friday, May 29th 2026 at 1:30pm

Unlike the expected program about forgiveness advising the subscriber to forgive those who have wronged them, this one will discuss the roadblocks to forgiveness. First, many who have been hurt by others need to hold onto that grievance because they have built their life-identity around their victimhood. Another difficulty arises when those to be forgiven for past offenses are, in reality, continuing their offenses, even passively, into the present time. In this case, it is not that the victim is unable or unwilling to forgive for past deed but rather, is protecting themselves.

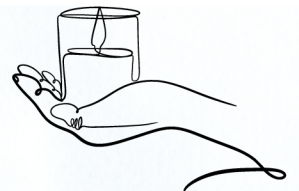
SIGN UP IN THE LOBBY

NEW!

Beyond Bereavement

Bi-Weekly

May Dates: Tuesday, May 5th & 19th at 11:00am



Beyond Bereavement is a group for those who have suffered loss, have completed/attended a closed or open Bereavement Group, but continue to feel the need for additional support. This group will provide ongoing post-loss support, with the focus on helping group attendees find meaning, as well as discover a sense of purpose and direction in life, as they continue on their personal journey of healing.

No membership required

Center Events



Lunch & Learn:

Benchmark at Newtown

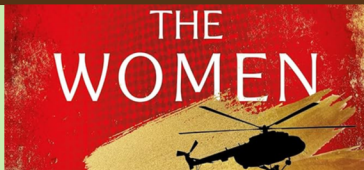
Friday, May 29th at 12:30

Where you engage. Where you connect. Where you belong

Benchmark at Newtown connects individuals to others who share their interests and provides experiences throughout each day that nurture passions and connections. Our residents enjoy the beautiful neighborhoods with their friends while participating in social hours in the bistro, conversation around the fireplace and golf on the putting green. Days are filled with trips to nearby shopping, dining and attractions and programs such as intergenerational events, multi-cultural experiences and creative art classes that inspire

BOOK CLUB

“The Women“
By: Kristen Hannah



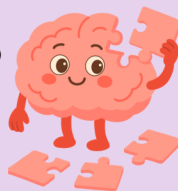
DISCUSSION DATE: MAY 13TH AT 2:00PM

Brain Games

Wednesday, May 13th 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

Art Class with Kathy

Monday, May 18th at 1:00pm

Senior Cafe

Every Wednesday at 12:00

May 6th

Chicken Sandwich
Lettuce and Tomato
Waffle Fries
Broccoli
Hamburger Bun
Fig Newton

May 13th

Spaghetti with Meat Sauce
Italian Blend Veggies
Garlic Bread
Birthday Cake

May 20th

Memorial Day Special
Hot Dog
Potato Egg Salad
Corn
Pineapple Orange Juice
Watermelon

May 27th

Cobb Salad with Chicken, Egg, Cheese, Bacon,
Croutons, Romaine
Beets
Ranch Dressing
Whole Wheat Bread
Pineapple

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Center Events

Current Events

By Art Gottlieb, LCSW, CSA

Friday, May 1st 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

Just For Women

Friday, May 15th at 2:00pm

Facilitated by Joan Joyce & Trish Chase

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



Simplify Your Life:

Decluttering and Organizing for a Better Tomorrow

Tuesday, May 19th at 1:30pm

Explore the techniques and benefits of decluttering and organizing personal spaces. The presentation will cover strategies for decluttering, organizing methods, and what to do with items you no longer need or want, as well as the emotional and physical benefits of maintaining an organized space, providing you a peace of mind.

Sign up in Lobby

Handmade Card Making Class

Presented by:
Debora Hachey Designs

Participants will learn about basic cardmaking and create two seasonal themed cards to take home. Both cards kits will be assembled in class with step by step instructions

*Tuesday, May 5th at
1:00pm*

FREE! Limited Spots Available

Center Events

Monroe Senior Center Presents:

One Flight Up

Join us for a special performance by local
7-piece Dixieland & Southern band One
Flight Up!
Refreshments provided!

WEDNESDAY
MAY 20TH
2:00PM



OLDER AMERICANS MONTH CELEBRATION BBQ

Tuesday, May 26th at 12:00

In honor of May being "Older Americans Month"
join us for a BBQ & Ice Cream celebration!

12:00- BBQ Lunch:

Cheeseburgers & Summer Sides

1:00- Ice Cream Emergency Sundae Bus:

*Choose from 4 gourmet ice cream flavors: 2 mega
scoops, gourmet hot fudge, caramel sauce, peanut
butter sauce, chocolate sauce, awesome toppings
bar with 8 sweet & crunchy toppings, whipped
cream, maraschino cherries*

Sign up at front desk!

Sign up deadline:

Thursday May, 21st at Noon

Day in the Life Tour

Sponsored by: Caring Transitions

Thursday, May 21st

Join us for a guided Day in the Life tour designed to give you a firsthand look at senior living across three unique communities: Carriage Green at Milford, Masonicare at Crosby Commons, and Brightview Senior Living. Throughout the day, you will experience meals, activities, and guided tours, allowing you to compare lifestyles, amenities, and levels of support in a relaxed and informative setting. The day concludes with feedback, final questions, and a wrap up to help you feel confident in your next steps.

TRANSPORTATION PROVIDED

Itinerary:

8:45am - Check in Monroe Senior Center

9:00am - Depart

1st Stop: Carriage Green at Milford

• Breakfast, Tour & Q&A

2nd Stop: Masonicare at Crosby Commons

• Tour & Activity

3rd Stop: Brightview Senior Living

• Lunch & Tour

2:30pm- Return to Monroe Senior Center

• Conclusion, Feedback, Final Questions, and
Wrap Up with Ann Jamison, Senior Living
Options LLC

Sign up in Lobby! LIMITED SPOTS

Mother's Day Tea

Join us for an elegant affair filled with delightful conversations, exquisite teas, and a delectable assortment of sweet and savory treats.

Thursday, May 7th at 10:00
RSVP required - Sign up in Lobby!

Sponsored by: Marybeth Laleman
AirB&B Tea Experience Host



Movies

THURSDAY AFTERNOON MOVIES



MAY 7TH "FREAKY FRIDAY" PG- 1HR 37MIN

Dr. Tess Coleman and her daughter, Anna, do not get along with each other. However, things take a turn when, in a freak accident, they switch bodies and are forced to live each other's lives.



MAY 14TH "RACE" PG-13- 2HR 14MIN

Amid racial tensions in the U.S. and abroad, track and field athlete Jesse Owens goes for gold and glory at the 1936 Olympics in Berlin in this award winning biography



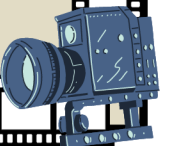
MAY 21ST "MRS. DOUBTFIRE" PG-13- 2HR 5MIN

After a tough divorce, a devoted dad and determined actor (Robin Williams) disguises himself as an eccentric British nanny to spend more time with his children



MAY 28TH "THE THURSDAY MURDER CLUB" PG-13- 1HR 58MIN

Four irrepresible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.



May 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 12:30 Farkle 3:00 Line Dancing	9:30 Pinochle 10:00 Fit & Fabulous 12:00 Senior Café 1:00 Scopa 2:00 Bereavement Group	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 2:00 Chair Yoga	9:30 Pinochle 10:00 Knit & Crochet 10:00 Better Balance 12:30 Mah-Jongg 1:30 Chorus
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fit & Fab Makeup 11:00 12:30 Bingocize 1:30 Current Events 
4	5 No Tai Chi 11:00 Beyond Bereavement 12:30 Bingocize 1:00 Card Making Class	6 2:00 Commission for The Aging Meeting	7 No Main Room Games 10:00 Mother's Day Tea 	8 12:30 Bingocize 1:30 Space Shuttle Challenger Disaster
11	12 11:00 Strokes 12:30 Bingocize 	13 11:00 Medical Checks 1:00 Brain Games 2:00 Book Club	14 10:30 AI & Computer Safety   	15 12:30 Bingocize 2:00 Just for Women
18 1:00 Art Class with Kathy 	19 11:00 Decluttering 11:00 Beyond Bereavement 12:30 Bingocize	20 2:00 One Flight Up 	21 8:30 Day in The Life Tour	22 No Better Balance 12:30 Bingocize 1:30 Forgiveness 3:00 Caregiver Support Group
25 CLOSED Memorial Day	26 12:00 Older American's Month BBQ Celebration	27	28	29 12:30 Lunch & Learn Benchmark at Newtown



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