



Monroe Senior Center

Celebrating Life's Dimensions

April 2026

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Spring is here! As the weather gets warmer keep an eye out for even more fun filled programs from us.

Returning this month is Linda Resnick for a new "Better Balance" Class Fridays at 10:00am. We are so happy to have her back at the center!

As a reminder:

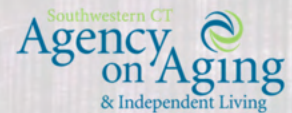
When there is a medical emergency occurring in the building you are to vacate the room and allow EMS and Staff to handle the situation. Everyone deserves dignity in those vulnerable moments. Please do your best to respect other's privacy. When a staff member gives you an instruction in an emergency it is to be followed for everyone's safety. Disrespect of staff, volunteer, EMS and other members will not be tolerated.

- Kim

Senior Tax Relief

Friday, April 10th at 9:00am

Join Senator Jason Perillo and Marie Allen from The Southwestern Connecticut Agency on Aging for a legislative discussion about policies to support our aging community. Senator Perillo has proposed legislation to provide tax relief for seniors and would like to invite the community to come discuss the proposal(s)



Easter Luncheon

Thursday, April 9th

12:00pm

\$12 Per Person

Menu:

Ham, Scalloped Potatoes,
Peas & Carrots,
Dinner Roll + Dessert

**Sign up
at the Front Desk**



NEW

BETTER BALANCE

FRIDAYS AT 10:00AM
STARTING: APRIL 17TH



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.

Center Info & Helpful Resources

In Memory

Teofila "Ella" Balagtas
Phyllis Karsky
Nancy Dann



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

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

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, April 21st 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.

Caregiver Support Group

Friday, April 24th 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

The Best Years of Our Lives



Presented by: Art Gottlieb, LCSW, CSA
Thursday, April 9th 2026 at 1:30pm

Winning seven Academy awards in 1946, Samuel Goldwyn's production of "The Best Years of our Lives" followed the difficulties faced by 3 US servicemen being abruptly returned to civilian life after years of wartime service overseas. The film, beyond its critical acclaim and commercial success, was a timely and significant study of the challenges faced by combat veterans, including PTSD.

Sign up in lobby

HOW TO SAY NO

Presented by: Art Gottlieb, LCSW, CSA
Friday, April 24th 2026 at 1:30pm

All of us, from time to time, have allowed ourselves to get "sucked into" an obligation or commitment we wish we hadn't. The reasons for this are manifold and are embedded in the way we were raised, cultural expectations, unconscious needs of our ego, fear of confrontation, fear of rejection or just plain guilt. This program will discuss the internal conflict we face when personal mental health, and primary responsibilities suffer because we don't know how to, or can't say no.

SIGN UP IN THE LOBBY

Stress Management Workshop

Friday, April 24th at 1:00pm

We all experience stress.

This fun participatory workshop will explore the good, the bad and ugly effects of stress. You will learn how to identify triggers and your stress response. A variety of easy strategies to manage and cope with stressful situations will be introduced that can be applied to all aspects of life – work, family, social. Dress casual and get ready to relax.

Workshop led by:
Deborah Buckley, MA Applied
Psychology

Sign up in lobby.



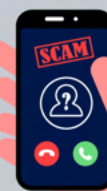
FRAUDS & SCAMS

Friday, April 17th at 2:30pm



Sponsored by Monroe TRIAD join Detective Kyle Stevens and Detective Stacy Cascante of The Monroe Police Department for a special presentation on current frauds and scams many are falling victim to.

SIGN UP IN LOBBY



Center Events

Property Fraud Alert System is now available for Monroe Property Owners



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 the link into a browser below to access the Property Fraud Alert Electronic Notification Service registration.

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

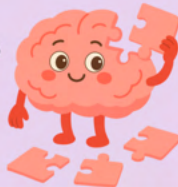
Persons with questions are urged to call the Town Clerk's Office at (203) 452-2811 or email vstone@monroect.gov

Brain Games

Wednesday, April 8th 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, April 20th at 1:00pm

Senior Cafe

Every Wednesday at 12:00

April 1st

LS Sliced Ham with Pineapple Cherry Sauce
Loaded Potatoes
Pea and Pearl Onions
Assorted Roll
Easter Dessert

April 8th

BBQ Chicken
Macaroni & Cheese
Carrots
White Bread
Fruited Yogurt

April 15th

Italian Wedding Soup
Unsalted Crackers
Grilled Chicken with Lemon Butter Sauce
Diced Butternut Squash
Mixed Vegetables
Multigrain Bread
Cookies

April 22nd

Vegetable Soup
Unsalted Crackers
Meatloaf & Mashed Potatoes
Mixed Veggies
Dinner Roll
Orange

April 29th

Baked Potato with Chili & Cheddar Cheese
Tuscan Blend Veggies
Wheat Roll
Brownie

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ivasquez@4LPi.com
(800) 950-9952 x3105



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Monroe Senior Center, Monroe, CT

04-0772

Center Events



Simplify Your Life:

Decluttering and Organizing for a Better Tomorrow

Wednesday, April 15th 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

Current Events

By Art Gottlieb, LCSW, CSA

Friday, April 3rd 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

Making The Slope of Aging Less Slippery.

Tuesday, April 21st at 1:30pm

Presented by: *Dr. John Iannarone*

Join Dr. John Iannarone, Retired Board Certified Family Medicine and Urgent Care, Over 40 years of practice, as he explores various topics to make the slope of aging less slippery:

- Vaccines - What vaccines are important and how do they work?
- How often and what should you share with your primary care clinician?
- What screening tests should you be getting
- What is a healthy lifestyle?
- Diet, supplements, exercise, mental health, living environment, and driving!

Sign up in lobby!

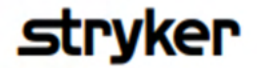
SPRING
Bingo
AT THE
SENIOR CENTER

WEDNESDAY, APRIL 29TH

AT MONROE SENIOR CENTER
03:00PM - 04:30PM

Join us for:

MINI BINGO WITH PRIZES - FOOD & DRINKS - CRAFTS - AND MORE!



Don't let hip or knee pain

keep you from what you love.

Attend a free joint pain seminar

Wednesday | April 29, 2026 | 1:30 -2:30 pm

Monroe Senior Center

Refreshments will be provided.

Is joint pain keeping you from activities you love? Then take the first step towards recovery. Attend this educational event with **Jennifer Wood, M.D.**

She will answer your questions and discuss:

- New Technologies in Hip and Knee Replacement
- Mako Robotic-Arm Assisted Total Hip Replacement
- Mako Robotic-Arm Assisted Total Knee Replacement

Please RSVP by calling 1-888-STRYKER (787-9537) or visiting:
<https://patients.stryker.com/seminars/2987-free-arthritis-joint-pain-seminar-monroe-ct-2026-04-29>



New!

Beyond Bereavement

Bi-Weekly

April Dates: Tuesday, April 14th & 28th at 11:30am



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

CELEBRATE JOY, HAPPINESS, AND HUMOR

“Join nationally admired speaker Dr. Steven Sobel for a wonderfully engaging and humorous presentation that will leave participants inspired and energized to live life fully!”



APRIL 22ND

Special Guest:

DR. SOBEL

**AUTHOR OF "THE GOOD TIMES HANDBOOK:
YOUR GUIDE TO POSITIVE LIVING AND AN
EXCITING LIFE"**

FREE!

**SHOW
STARTS:
3:00PM**

Movies

THURSDAY AFTERNOON MOVIES



APRIL 16TH
"NUREMBERG"
PG-13- 2HR 28MIN

A WWII psychiatrist evaluates Nazi leaders before the Nuremberg trials, growing increasingly obsessed with understanding evil as he forms a disturbing bond with Hermann Göring.



APRIL 23RD
"LOOK BOTH WAYS"
PG-13- 1HR 43MIN

On the eve of her college graduation, Natalie's life diverges into parallel realities: one in which she becomes pregnant and remains in her hometown to raise her child and another in which she moves to LA to pursue her dream career.



APRIL 30TH
"ENOLA HOLMES 2"
PG-13- 2HR 9MIN

Now a detective-for-hire, Enola Holmes takes on her first official case to find a missing girl as the sparks of a dangerous conspiracy ignite a mystery that requires the help of friends - and Sherlock himself - to unravel.

April 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 2:00 Commission For The Aging Meeting	2 No Movie 1:30 Current Events	3 <u>CLOSED:</u> Good Friday
6 Sponsored Bingo Wesley Village 	7 12:30 Bingocize 2:00 Matter of Balance	8 1:00 Brain Games 2:00 Book Club	9 No Movie or Main Room Games 12:00 Easter Luncheon 1:30 The Best Years of Our Lives	10 9:00 Senator Perillo 12:30 Bingocize
13	14 No Tai Chi 10:00 Volunteer Appreciation 11:30 Beyond Bereavement 12:30 Bingocize	15 1:30 Decluttering	16 12:30-Movie 	17 Better Balance Begins 12:30 Bingocize 2:30 TRIAD - Frauds & Scams
20 1:00 Art Class with Kathy	21 12:00 AARP 12:30 Bingocize 1:30 Making The Slope of Aging Less Slippery	22 3:00 Dr. Sobel	23 12:30-Movie 	24 12:30 Bingocize 1:00 Stress Management 1:30 How to Say No 3:00 Caregiver Support Group
27	28 11:30 Beyond Bereavement 12:30 Bingocize	29 1:30 Stryker 3:00 Spring Bingo	30 12:30-Movie 	



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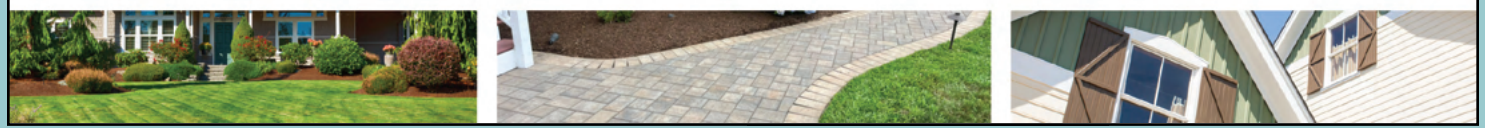
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