



Monroe Senior Center

Celebrating Life's Dimensions

February 2026

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

DIRECTOR'S CORNER

Everbridge – Monroe, CT

Opt-in emergency notification system

The Town of Monroe Emergency Management Department is upgrading its emergency notification system from the current CodeRED platform to the Everbridge notification system. The Everbridge system is live, enabling residents to receive time-sensitive messages about severe weather alerts, hazardous environmental issues, and potentially dangerous events in progress. To register for Everbridge Alerts for Monroe, CT, use the attached QR code. Registration takes approximately 5 minutes.

Please note: if you were a previous subscriber to Emergency Alerts through CodeRED, you need re-register with Everbridge.

In addition to emergency alerts, Everbridge Monroe, CT will provide important updates to businesses and residents about power outages, street closures, and ongoing utility issues. Residents can choose from multiple methods to receive these updates, including phone calls, texts, and emails. Messages will be sent to your preferred method of communication in order of priority to make sure you receive the critical information you need.



Any Senior requiring assistance in registering for the new Everbridge system please call us at the Monroe Senior Center

203-452-2815 ext. 1

Current Events

By Art Gottlieb, LCSW, CSA

Friday, February 6th 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

FREE

CHAIR YOGA

THURSDAYS AT 2:00PM



A GENTLE, MODIFIED FORM OF YOGA THAT USES A CHAIR FOR SUPPORT. MAKING TRADITIONAL YOGA POSES ACCESSIBLE AND SAFE FOR PEOPLE OF ALL AGES, ABILITIES, AND FITNESS LEVELS, ESPECIALLY THOSE WITH BALANCE ISSUES, LIMITED MOBILITY, OR WHO ARE NEW TO YOGA. OFFERING BENEFITS LIKE INCREASED FLEXIBILITY, STRENGTH, CIRCULATION, AND STRESS REDUCTION WITHOUT NEEDING TO GET ON THE FLOOR.

Lunch & Learn

Tuesday, February 17th at 1:30pm



Caring Transitions[®]

• Senior Relocation • Downsizing • Estate Sales •

Lunch Provided by: Masonicare Wesley Village

Center Events

Desert Shield - Desert Storm

Presented by: Art Gottlieb, LCSW, CSA
Friday, February 13th 2026 at 1:30pm

The first major military offensive since the United States withdrew from Vietnam, Operation Desert Shield, Aug 2, 1990, through January 17, 1991, refers to the buildup of coalition forces to defend Saudi Arabia after Iraq's invasion of Kuwait. Operation Desert Storm, January 17, 1991, through February 28, 1991, refers to the combat phase of operations against Iraq, leading to the liberation of Kuwait

Sign up in lobby

Join us to celebrate

Valentine's Day

235 Cutlers Farm
Road, Monroe CT

10 February

From 3 - 4:30 pm

Mini Bingo with prizes,
Sweetheart Boxes,
Refreshments, and other
surprises!

AGEISM

Presented by: Art Gottlieb, LCSW, CSA
Friday, February 27th 2026 at 1:30pm

An unsuspecting person of a certain age walks into a room and they see others they think of as their equals. To at least a few others in the room however, a senior citizen has entered their presence, and they respond based on the assumptions and typecasts that typify any such shallow analysis. This program will discuss methods of surviving within a culture that celebrates youth and condescends to seniors, and the attending insults associated with ageism.

SIGN UP IN THE LOBBY

Stress Management Workshop

Tuesday, February 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



Center Events

Brain Games

Wednesday, February 11th 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, February 23rd at
1:00pm

Sweetheart Bingo

Friday, February 13th
1:00pm

\$5 Buy-in
15 Games
Cash Prizes



A MATTER OF
BALANCE

MANAGING CONCERNs ABOUT FALLS

Classes offered on-site

Program is FREE to all participants
Thursdays February 5th through April 7th,
2026

2 p.m.- 4 p.m.

Register Now! Space is limited.



School of Nursing & Health Studies

Senior Cafe

Every Wednesday at 12:00

February 4th

Minestrone Soup
Unsalted Crackers
Diced Chicken Alfredo
Buttered Egg Noodles
Broccoli
Dinner Roll
Mandarins

February 11th

Roast Pork
Macaroni & Cheese
Meadow Blend Veggies
Dinner Roll
Birthday Cake

February 18th

Chili Mac
Cauliflower
Wheat Bread
Mandarins

February 25th

Shephard's Pie
Green Beans
Mushrooms
White Bread
Fresh Apple

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105



FREE Rx DELIVERY • BLISTER AND BUBBLE WRAP

medicalartspharmacy.org



461 Monroe Turnpike
Monroe, CT 06468
(475) 463-7034



ExpressShippingMonroe@gmail.com



NEW! Expanded Service Area

\$4

Get a Ride and Get Goin'

Affordable local ride sharing

Available in Trumbull and parts of Monroe with stops in Bridgeport and Sacred Heart University



Find out more at
gbtconnect.org



**Always
Caring**
OF CONNECTICUT

Home Care with Heart

THE BEST CARE IS ALWAYS GIVEN TO YOUR LOVED ONE

Non-medical Homecare
Providing Hourly/Live- In/24 hour Care
Registered • Insured • Bonded • HA#0001470

29 East Main Street Westport, CT 06880
203.557.4355 • www.alwayscaringct.com

Proudly Serving Fairfield and New Haven Counties

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Monroe Senior Center, Monroe, CT 04-0772

- At the **Monroe Senior Center** our mission is to create opportunities for mindful aging through physical activity, social engagement, creativity, lifelong learning and guidance, which creates a positive impact on our entire community. We do this by providing a balance of social, recreational, education, wellness and financial programs for adults, age 55 and older.
- Below is a description of our regular weekly and monthly programs. Please note locations may change due to special event program scheduling. On our monthly calendar and throughout the newsletter we highlight the special events programs.
- If there is something that you don't see and feel we should offer or try let us know.

CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
Art Class A monthly class led by Kathy Pontin that delves into a variety of projects to stimulate your creative side.	3 rd Monday 1:00pm	Program Room 1	No Fee
BINGO 15 games with a variety of patterns that changes every other month. Win monetary prizes	Mondays 1:00pm	Main Room	\$3.00 per 15 Game card
Book Club Meets monthly except July & August, lively discussion on the books read.	2 nd Wednesday at 2:00pm	Library	No Fee
Brain Games Join Danielle Ramos from Stone Bridge Center for Health & Rehabilitation in Newtown for challenging puzzles and brain teasers as an enjoyable and effective way to improve brain health	2 nd Wednesday at 1:00pm	Program Room 2	No Fee
Bridge Classic card game that can test your skills and strategy	Mondays & Thursdays 10:30am	Program Room 2	No Fee
Chess A game of strategy played between 2 opponents. The objective is to checkmate the opponent's king.	Thursdays 9:30am	Main Room	No Fee
Chorus Choral Director Vic Johnson works with the NoteAbles Chorus to learn new ensembles to perform at a variety of events	Fridays 1:30pm	Program Room 1	No Fee
Current Events An interactive discussion of trending news led by Arthur Gottlieb, LCSW, CSA	1 st Friday 1:30pm	Library	No Fee
Farkle A dice game where players take turns rolling 6 dice, accumulating points by scoring specific combinations and risking a Farkle (rolling no scoring dice)	Tuesdays 12:30pm	Program Room 2	No Fee
Historical Lectures Monthly program on a historical topic (military, local, political, etc.) led by Arthur Gottlieb, Historian & Former professional curator of naval history as well as the former Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in NYC.	3 rd Friday 1:30pm	Library	No Fee

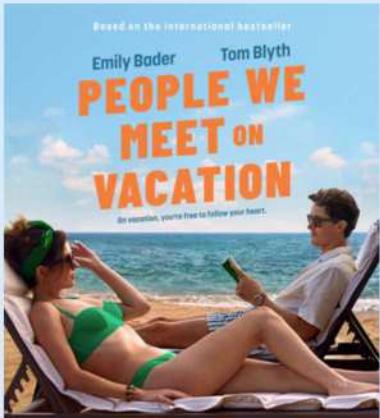
CLASSES / PROGRAMS	DAY & TIME	LOCATION	Fee
Knit & Crochet Work on your personal projects or help create items to donate to various organizations.	Thursday 2:00pm Friday 10:00am	Program Room 1	No Fee
Knit & Crochet Instruction Refresh your skills or come learn new skills. Instructors on site to assist as needed.	Tuesday 10:00am	Program Room 1	No Fee
Mah Jongg A rummy-like game played with tiles instead of cards.	Monday 12:30pm Thursday 9:30am Friday 12:30pm	Library Program Room 2	No Fee
Movies A weekly gathering to view current and classic movies.	Thursdays 12:30pm	Library	No Fee
Pinochle Trick-taking ace-ten card game	Wednesday & Friday 10:00am	Program Room 2	No Fee
Poker A card game where players bet on the strength of their hands. Aiming to form the best possible combination of cards in hand	Monday & Thursday 9:00am	Program Room 2	No Fee
Rummikub A tile-based game for 2-4 players where the goal is to be the first to get rid of all your tiles by forming valid combinations	Monday & Thursday 10:00am	Library Main Room	No Fee
EXERCISE / WELLNESS PROGRAMS	DAY & TIME	LOCATION	Fee
Fit & Fabulous A lively exercise program under the direction / instruction of Deb Beliveau. Includes light weights, exercise balls and resistance bands. All mobility levels welcome	Mondays & Wednesdays 10:00am	Main Room	See below
Pound Fit full-body exercise that combines cardio, strength training, and rhythm-based movements. It involves using lightly weighted drumsticks called Ripstix to perform various exercises to the beat of music.	Friday 10:00am	Main Room	See Below
Chair Yoga a gentle, modified form of yoga that uses a chair for support, making traditional yoga poses accessible and safe for people of all ages, abilities, and fitness levels, especially those with balance issues, limited mobility, or who are new to yoga, offering benefits like increased flexibility, strength, circulation, and stress reduction without needing to get on the floor.	Thursdays 2:00pm	Main Room	No Fee
Tai Chi A low impact exercise form that's beneficial for promoting balance, flexibility, and overall wellbeing. Led by Ryan Lybarger	Tuesday 10:00am	Main Room	See below
Monthly fee \$4.00 per class must be paid at the first class for the month Drop in fee \$5.00 per class			

NUTRITIONAL / SOCIAL	DAY & TIME	LOCATION	FEE
Senior Cafe Nutritionally balanced meals created by RW Solutions nutritionist. Menu posted in newsletter and on bulletin boards. Must complete a form 5 and be preregister for the program dates you'd like to attend as meal counts need to be called in each week.	Wednesdays 12:00pm	Main Room	Suggested donation between \$3-5
Bills Senior Dine RW Solutions nutritionist working with Bills Drive In created a menu of breakfast or lunch items to select. No substitutions. Must complete paperwork for the program and put money on your Senior Dine Card.	Once per day Monday – Friday Between 7:00am to 3:00pm	Bills Drive In 431 Monroe Turnpike Monroe, CT 06468	\$4.00 per meal
WELLNESS PROGRAMS	DAY & TIME	LOCATION	FEE
Bereavement Group This program offers a safe, compassionate and supportive environment for those grieving the loss of a loved one. Open to anyone suffering a loss. Sessions allow others to connect with others who have suffered loss, as well as to gain an understanding of the complex emotions that may be experienced during the grieving process. Group facilitated by Joan Joyce, MS, NCC, LPC, CSA.	Wednesdays 2:00pm	Library	No Fee
Caregiver Education Group A monthly program that is informational, educational and interactive on a variety of topics to help caregivers, family, friends, neighbors learn how to handle and deal with a variety of situations, issues and more. Group led by Art Gottlieb, LCSW, CSA.	Monthly Last Friday 1:30pm	Library	No Fee
Caregiver Support Group If you are a caregiver and feeling stressed, isolated, overwhelmed or depressed this group can 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. Group led by Art Gottlieb, LCSW, CSA.	Monthly Last Friday 3:00pm	Library	No Fee
Medical Checks Sign up to visit RN Maggie Sessa from Griffin Hospital who will check your vital signs (blood pressure, pulse, respirations and more). She will answer questions regarding medications and medical concerns.	Usually 2 nd Wednesday 11:00am	Health Screening Room	No Fee

Hope to see you at The Center!

Movies

THURSDAY AFTERNOON MOVIES



FEBRUARY 5TH

"PEOPLE WE MEET ON VACATION" PG-13- 1HR 57MIN

Poppy wants to explore the world and Alex prefers to stay home with a good book, but somehow they are the very best of friends. They live far apart, but for a decade they have spent one week of summer vacation together.

FEBRUARY 12TH

"THE SENIOR" PG- 1HR 39MIN

Nearly four decades after being kicked off his team, Mike returns to his alma mater to take the hit that changed everything. Bruised, doubted, and nearly broken, he fights for one last shot at the ending he still believes is possible.

FEBRUARY 19TH

"THE FRIEND" R- 1HR 59MIN

When a solitary writer adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative inner life.

FEBRUARY 26TH

"TWISTERS" PG-13- 2HR 2MIN

Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies.

February 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 Canasta 12:30 Farkle	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 Pound Fit 10:00 Knit & Crochet 12:30 Mah-Jongg
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 2:00 Commission On Aging Meeting	5 12:30- Movie 2:00 Matter of Balance	6 1:30 Current Events
9	10 3:00 Valentine's Day	11 11:00 RN Maggie 1:00 Brain Games 2:00 Book Club	12 12:30- Movie 2:00 Matter of Balance	13 1:00 Sweetheart Bingo 1:30 Desert Storm
16 <u>Center Closed</u> Presidents Day	17 12:00 PoundFit 1:30 Lunch & Learn Caring Transitions	18	19 12:30- Movie 2:00 Matter of Balance	20 No PoundFit 11:00 Fit & Fabulous Makeup
23 1:00 Art Class with Kathy	24 1:00 Stress Management Workshop	25	26 12:30- Movie 2:00 Matter of Balance	27 1:30 Ageism 3:00 Caregiver Support Group

Happy Valentine's Day





Counseling & Psychotherapy Certified Senior Advisor

Arthur N. Gottlieb, LCSW, CSA

Call (203) 912-6101

Email agott@optonline.net

Office Hours & Home Visits
by Appointment

Proudly serving the Monroe community.

Dignity^{MEMORIAL}

LIFE WELL CELEBRATED[®]

SPADACCINO &
LEO P. GALLAGHER & SON

COMMUNITY FUNERAL HOME

SpadaccinoFuneralHome.com

203-445-8500



Monroe's Real Estate Expert Ryan Braunagel

Monroe resident specializing in low-stress
senior moves. Compassionate, reliable,
and here to help!

kw PARTNERS
KELLERWILLIAMS REALTY

203-581-1583 | Buyit@kw.com | Buyit.kw.com



Jensen Tire, Auto & Marine, LLC



AUTO
SERVICES



MARINE
SERVICES



TIRES

6746 MAIN ST.,
TRUMBULL, CT

(203) 459-8473

242 RTE. 34,
MONROE, CT

(203) 459-4244

**\$5.00 OFF
OIL CHANGE**

with ad

NOT TO BE COMBINED WITH
ANY OTHER OFFER



BROWN'S MONUMENT WORKS

Monuments • Markers
Mausoleums • Cemetery Lettering
Ned Steinmetz | Rosemary Talboys
412 Main Street, Stephney
Monroe, CT 06468 • (203) 268-9409

Confused about
reverse mortgages?

Let's clear up decades of confusion



Annie L'Altrella

Guild
mortgage

Reverse Mortgage Planner
NMLS #133075

Licensed in CT, FL, MA, VT, NH, ME

203.521.2906

4 Corporate Dr., Suite #186,
Shelton, CT 06484

Equal Housing Opportunity, Company NMLS #3274 (www.nmlsconsumeraccess.org).
I am authorized to do business in the states of Connecticut, Florida, Massachusetts, Maine, New
Hampshire and Vermont. MA Mortgage Lender License #MC3274; MA Mortgage Broker License
#MC3274; MA MLO License #ML0133075; For more licensing information, please visit
www.guildmortgage.com/licensing.

Cluttr clean
GET ORGANIZED

Custom Kitchen & Closet Design, Renovations, & Junk Removal.

SCAN or CALL to GET ORGANIZED



203.223.5111
cluttrclean.com

Medicare Help Made Easy

Approaching 65, New to Medicare or
Already on Medicare? I Can Help!

I work with all 8 Medicare Carriers in Connecticut!

Russell Haas (203) 217-6158

Comprehensive Retirement Planner | Licensed Independent Broker
insuredbyrussell.godaddysites.com

Endorsed by the local
Sikorsky/Lockheed
Teamsters Union 1150,
American Legion, AM
Vets, and the ELKS Club



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Monroe Senior Center, Monroe, CT 04-0772



January

MONROE SENIOR CENTER



Seniors Helping Seniors®
...A WAY TO GIVE AND TO RECEIVE®

Like getting a little help from your friend.

For Seniors By Seniors! Our mature caregivers provide professional, non-medical and heartfelt companionship and assistance with light housekeeping, meal prep, transportation and much more. We brighten and empower the lives of seniors from the comfort of their own homes.

(475) 324-0004

info@shswesternct.com
www.shswesternct.com



We offer weekly & bi-weekly cleaning services to keep your home clean and fresh so you can focus on what really matters!

✓ Eco-friendly green cleaning ✓ Background checked
✓ Hundreds of 5-star reviews ✓ Bonded & Insured

GET A FAST FREE QUOTE!
Text 203-919-9722

**Eliovson & Tenore
Law Offices**

**Elder Law • Wills,
Trusts & Estates • Probate
& Conservatorships**

Linda L. Eliovson, Esq.
Christine M. Tenore, Esq.

203-336-2566
www.ConnecticutElderLaw.com

LANDSCAPE & HARSCAPE | 203 307 5233

MY 3 DAUGHTERS

SPRING CLEAN-UP SPECIAL

10% off for all seniors

- Mulch
- Tree Work
- Brush Removal

- Cement Work
- Windows
- Siding





Marc Figlar
Figlar Insurance Services
Ph: 203.394.3447 • Fax: 203.335.8164
Marc@FiglarInsurance.com


Certified Senior Advisor (CSA)



Medicare
Health
Home
Life • Auto

**Elevating Lives through
Diverse Care Services**

**Contact Us Today
(203) 507-3426**

Assistance with ADLs • Companionship
Housekeeping • In-Home Care Services • Live-Ins
Meal Preparation • Medication Reminders
1-1 Sitting Services • Respite Care
We Accept Long Term Care Insurance

Email: info@petalshomeservices.com

