

Center Staff

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

Commission on Aging Commissioners

Chair Helma Chartier Jeanne Nicolett
 Vice Chair Leslie Gosselin Vivian Capoccitti
 Secretary Debbie Malewicki Kathleen Sochacki
 Sharon Lockshier

KINDNESS ROCKS!



Art Cafe
Jan. 9th 2023 10:30-12
Monroe Senior Center

**Come create some
 "Kindness Rocks"
 at our next Art Cafe!**

In Memory

Rocco Feola *Melvin Skigen*



Martha DuBail

 **Medical checks** (blood pressure & more) by Maggie Sessa, RN, **Tuesday, January 24 from 1:30 pm to 3:00 pm.**
Sign up for your time slot on the sheet in the lobby.



Ping Pong anyone?? We're still looking for players — Tuesday afternoon, Wednesday or Friday. If interested please call ext. 0 or stop by to let us know.

CONGREGATE MEAL PROGRAM

CW Solutions & SWCAA have informed us that we will be starting the congregate meal program beginning January 11 on Wednesdays at noon. A minimum of 25 people is needed. There will be two meal options for the day. The meals are free, donations are accepted.

This program will be held in program room 2, those programs will be relocated.

We do have a form 5 that needs to be filled out for all of those partaking in the program.

WINTER CLOSING NOTICES

Check out WFSB Channel 3 or WTNH Channel 8 after 9:00 am to see if we are closed or delayed. You can call the Center after 8:00 am for a recorded message regarding our status.

We do not follow the school closings.

Energy /Heating Assistance

Applications for the 2022-2023 heating assistance continue to May 2023. If you applied in September, you're done. For eligibility requirements or schedule an appointment, call Ronnie Jensen at the Center at 203-452-2815 ext. 3 or Mary Ann Kalm at Town Hall 203-452-2813.

Free Income Tax Help

By appointment only at **Edith Wheeler Memorial Library, 733 Monroe Tpke**

Call 203.452.2850 for an appointment
Each Monday February 6 April 17

What to Bring:

- * Photo Id or other type of Identification
- * Social Security Card and Statement (SSA 1099)
- * Copy of 2021 return and/or AARP envelope
- * All tax forms received for 2022 (W2, 1095, 1099)
- * EOY Investment Tax statements (INT, DIV, Stock, Bonds)
- * List of itemized deductions (medical, donations, taxes)
- * Any other tax documents you might have
- * IRS PIN if issued, Cancelled Check for Direct Deposit

No tax session if the Monroe schools are closed due to weather.

A CALL TO VETERANS - FAMILIES OF VETERANS - AND ANYONE KNOWING A VETERAN

On **January 18 at 12:00 pm** the Monroe Senior Center along with the Trumbull Veterans of Foreign Wars Post 10059 will be sponsoring a meeting for all Veterans and any one who knows a veteran or would like to attend. The focus will be on the changing benefits, programs available, activities available to veterans and a local post update. With all the changes from the Veterans Administration and programs available, this will be an opportunity for you to be updated, ask any questions you may have and share ideas with the VFW. All questions, inquiries and requests from local veterans are welcome. ***Coffee and refreshments will be provided.***

January Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 10:00 Fit & Fabulous 12:00 Ukulele 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit / Crochet Instruction 10:00 Mexican Train & Triominos 10:30 Bridge 1:00 Farkle	9:30 Fit & Fabulous 9:30 Pinochle 11:00 Spanish Class 2:00 Brain Games 3:00 Stretch & Strengthen	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:00 Mindful Aging 1:30 Computer Tutor	Big Y Shopping 9:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
2	3	4	5	6
In Observance of New Year's Day Center Closed No Transportation	9:30 TRIAD meeting 	2:00 Commission on Aging meeting	12:30 Movie ~ "Top Gun: Maverick" 	
9	10	11	12	13
10:45 Art Café: 'Kindness Rocks' rock painting 2:00 Photographs of Lewis Hine	2:00 Belated New Year's Celebration 	12:00 Congregate Meal Program	12:30 Movie ~ "Fargo" 	
16	17	18	19	20
In Observance of MLK Day Center Closed No Transportation		12:00 Congregate Meal Program 12:00 A Call to Veterans ~ VA Update 	12:30 Movie ~ "While You Were Sleeping" 	
23	24	25	26	27
	2:00 Birthday Celebration 	12:00 Congregate Meal Program	12:30 Movie ~ "Serendipity" 	1:30 Understanding Boundaries
30	31	EXERCISE CLASS FEES: Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class.		Mindful Aging is designed for seniors who want to exercise gently. The first hour will be chi movements for wellness and balance and the last 30 minutes will be Tai Chi short form. Both have many health benefits: reduce stress, strengthen the body gently, develop better gait and balance and improve the immune system.

Overnight Bucket list Trips



Southern Italy and Sicily departing September 15-22, 2023 13 Days * 19 Meals

Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily's capital Palermo and its Moorish and Norman influences. Explore Agrigento's ancient Valley of the Temples. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and *agriturismo* dinner. Venture to the ancient cave dwellings of Sassi di Matera. Discover spectacular Mt Etna Volcano National Park. Explore the stunning Amalfi Coast and Sorrento. Walk in the footsteps of ancient Romans in the excavated Pompeii. Allow the unique culture to capture your heart and get a glimpse into an age-old heritage composed of ancient monuments and cultivated lands. **To Learn more join us for a presentation on Wednesday, Feb. 8th at 11:00 am. RSVP to Jean at 203-452-2815 ext. 1.**

Albuquerque Balloon Festival departing October 6-11, 2023 6 Days * 7 Meals

Up, up and away! This is an experience not to be missed! The Albuquerque Balloon Fiesta has grown into one of the world's most photographed events. Set in New Mexico, a place diverse in culture and scenic beauty, the Fiesta is simply one of the most spectacular displays of sound and color you are ever to witness. This exciting journey also includes time in Santa Fe and Albuquerque, two culturally rich cities. Visit the unique shops and restaurants of Old Town Albuquerque. Visit the renowned Loretto Chapel and its Miraculous Staircase in Santa Fe and experience the Santa Fe School of Cooking. **To Learn more join us for a presentation on Wednesday, March 8th at 11:00 am. RSVP to Jean at 203-452-2815 ext. 1**



Casino Trips 2023

Wednesday, March 22 – Mohegan
Thursday, April 20 – Mohegan
Tuesday, May 23 – Mohegan
Thursday, June 22 – Foxwoods
Wednesday, July 19 – Mohegan
Tuesday, August 22 – Mohegan
Wednesday, October 25 – Foxwoods
Thursday, November 16 – Mohegan

Belated New Year's Celebration

Join us for finger foods, dessert, beverages and your friends to ring in the New Year again, senior center style! **Tuesday January 10 at 2:00 pm. Sign up needed to ensure enough nibbles for everyone.**



**Chess Players wanted
Thursday mornings at 9:30**

Movies

Thursday, January 5 ~ Top Gun: Maverick | PG-13 | 2h 10m | Action, Drama

Starring: Tom Cruise * Jennifer Connelly * Miles Teller

After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must Confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.



Thursday, January 12 ~ Fargo | R | 1h 38m | Crime, Thriller, Comedy

Starring: William H Macey * Frances McDormand * Steve Buscemi

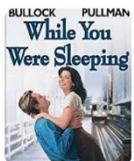
Minnesota car salesman Jerry Lundegaard's inept crime falls apart due to his and his henchmen's bungling and the persistent police work of the quite pregnant Marge Gunderson.



Thursday, January 19 ~ While You Were Sleeping | PG | 1h 43m | Comedy, Drama, Romance

Starring: Sandra Bullock * Bill Pullman * Peter Gallagher

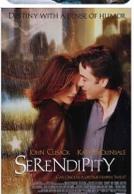
A hopelessly romantic Chicago Transit Authority token collector is mistaken for the fiancée of a coma patient.



Thursday January 26 ~ Serendipity | PG-13 | 1h 30m | Comedy, Romance

Starring: John Cusack * Kate Beckinsale * Jeremy Piven * Eugene Levy

A couple search for each other years after the night they first met, fell in love, and separated, convinced that one day they'd end up together.



Monroe Senior Center
235 Cutlers Farm Road
Monroe, CT 06468