



Monroe Senior Center

Celebrating Life's Dimensions

November 2026

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Thank you to everyone who joined us for our events last month. Your enthusiasm and participation make the Senior Center such a welcoming and vibrant community. We are excited to begin the holiday season together and look forward to celebrating with you in the months ahead.

~ Kim

MONROE TRIAD PRESENTS:

COFFEE WITH THE FIRE MARSHAL

Tuesday, November 10th at 10:00am

Join us for a cup of coffee and a discussion about Fire Safety!



Sign up in lobby



Stress Management Workshop

Tuesday, November 10th at 2:00pm

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.



Book Club

"The Nightingale"

**By: Kristin
Hannah**

Discussion Date:
Wednesday, November 4th
at 2:00pm



Next Month:

**"The Book Club
Hotel"**

By: Sarah Morgan



Center Info & Helpful Resources

In Memory

*Alyce Block
Joseph Cervini*

*Pasquale Reda
Arif Boysan*



Commission for the Aging

Chair ~ Andrew Csire
Vice Chair ~ Polly Donovan
Secretary ~ Karen Petrillo

Kathleen Sochacki, Bev Doyle, Nancy Deaso, &
Leslie Gosselin

**The Commission meets the first Wednesday of
the month at 2:00pm**

**Monroe Senior Center
235 Cutlers Farm Road
Monroe CT, 06468**

**Public participation is welcomed and encouraged
at all meetings**

Meet The Commission

Series:

**Andrew Csire
Chairman**



Andrew (80) and his wife, Mary Ann, moved to Monroe in July 1971. They raised their two daughters, Jennifer and Heather here. Andrew retired in 2008 after working as a mold maker for 46 years. Since 1983, he has served on various boards and commissions in Monroe.

Andrew's favorite part of Monroe has been seeing its growth and progress over the past 50 years, from the addition of new schools and the Senior Center to the dedicated & active fire departments. Most of all, he values the opportunity to have met so many wonderful people. When asked what issues he believes Monroe's aging population is facing, he said:

"I believe property taxes and the overall cost of living are major concerns for our aging population, as well as for the community as a whole. For seniors living on a fixed income, rising taxes and expenses can make it increasingly difficult to remain in their homes and continue living comfortably in the community they know and love.". One of Andrew's goals for the commission is "to work with the other commission members to identify and address the needs of our community. We have several goals and initiatives we plan to bring forward in the near future."

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.

APPOINTMENT ONLY- NO WALK INS

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.

Center Events

Caregiver Support Group

Tuesday, November 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**

Current Events

By Art Gottlieb, LCSW, CSA

Friday, November 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

INHERITANCE & GREED

Presented by: Art Gottlieb, LCSW, CSA

Tuesday, November 24th 2026 at 1:30pm

You may have noticed that people you thought you knew suddenly act very strangely as soon as the prospect of gaining or losing a lot of money is at stake. This program will explore the dynamics of inheritance through viewpoints of those who are determining the distribution from their estate - as well as the expectations of the beneficiaries and their siblings. While thoughtful considerations from the practical to the emotional are generally employed when deciding such matters, sadly, disappointment, anger and rivalries are often part of the ensuing dynamic upon the eventual death of the estate holder

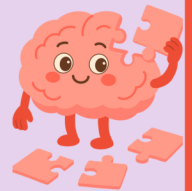
SIGN UP IN THE LOBBY

Brain Games

Wednesday, November 18th 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, November 16th at
1:00pm



Center Events

Just For Women

Friday, November 20th at 12:00pm

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.

Line Dancing Tuesdays at 2:30pm



Led by Linda Bayusik

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

All levels welcome

Free for all current members!

Senior Cafe

Every Wednesday at 12:00

November 4th

Vegetable Soup
Unsalted Crackers
Lemon Rosemary Chicken
Confetti Rice
Dill Carrots
Wheat Bread
Mandarins

November 11th

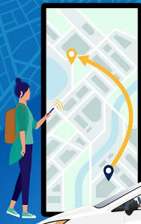
Fish Filet
Herbed Couscous
Zucchini and Tomato
Rye Bread
Tropical Fruit

November 18th

Cream of Broccoli Soup
Unsalted Crackers
Pork Ribette with Apple Gravy
Mashed Potatoes
Harvard Beets
Multigrain Bread
Banana

November 25th

Tossed Salad with Ranch Dressing
Meatball Sub
Marinara Sauce
Parmesan Cheese
Tater Tots
Broccoli
Sub Roll
Applesauce



\$4

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Center Events

Just For Men

Friday, November 20th 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!



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, November 2nd 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.



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**

Center Events

Board & Brush
creative studio®

MAKE & TAKE

Winter is coming to the Monroe Senior Center!

TUESDAY, NOVEMBER 24TH AT 1:00PM

Join us for a fun & interactive “Make & Take” Snowman craft workshop!

Free to current members.

Limited Availability!

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



GIVING THANKS

Bingo

The Masuk Interact Club is back!

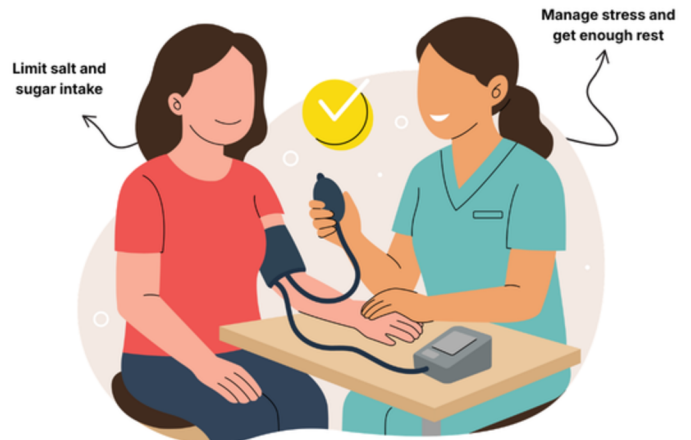
Join us for an afternoon of
Bingo, Crafts, and Prizes!

SIGN UP IN LOBBY!



BLOOD PRESSURE CHECKS

Wednesday, November 18th at
11:00am



HONOR ★ SERVICE ★ SACRIFICE

VETERANS DAY



FRIDAY, NOVEMBER 13TH AT 12:00

HONOR PRESENTATION

Today we honor the courage, dedication and
sacrifice of our nation's veterans.

Join us at the Monroe Senior Center for a special presentation honoring our
nation's veterans.

Lunch will be served

Monroe Senior Center
235 Cutlers Farm Road
Monroe, CT 06468

RSVP Required

Priority given to Veterans and Veteran Families
Please RSVP to 203-452-2815 ext. 0 or visit our front desk



Movies

THURSDAY AFTERNOON MOVIES



NOVEMBER 5TH "ORDINARY ANGELS" PG- 1HR 58MIN

A fierce but directionless hairdresser discovers a renewed sense of purpose when she meets a widower working hard to make ends meet for his daughters



NOVEMBER 12TH "THE BREADWINNER" PG- 1HR 39MIN

One father. Three kids. A house of chaos. As his wife's business takes her on the road, Nate quickly finds that stay-at-home parenting is no easy ride.

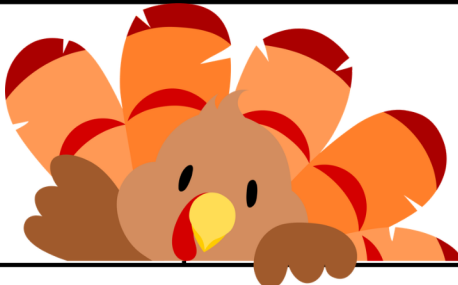
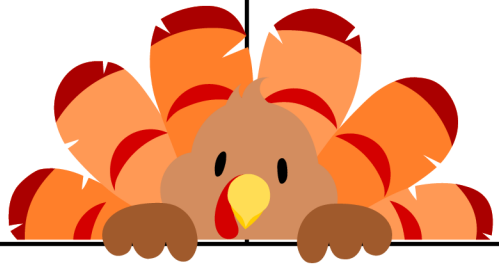


NOVEMBER 19TH "THE DIG" PG-13- 1HR 52MIN

A widow and a self taught archaeologist make a staggering discovery. Based on a true story.



November 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 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
2	3 12:00 AARP Safe Driving 12:30 Bingocize	4 2:00 COA Meeting 2:00 Book Club	5 12:30-Movie 	6 12:30 Bingocize 1:30 Current Events 
9 No Fit & Fabulous	10 10:00 Coffee with the Fire Marshall 12:30 Bingocize 2:00 Stress Management	11 CLOSED VETERAN'S DAY	12 12:30-Movie 	13 No Better Balance 12:00 Veterans Day Honor Presentation 
16 1:00 Art Class with Kathy 	17 12:30 Bingocize No Line Dancing	18 11:00 BP Clinic 1:00 Brain Games 3:00 Giving Thanks Bingo	19 12:30-Movie 	20 12:00 Just For Women 12:30 Bingocize Ends 2:00 Just For Men
23	24 1:00 Snowman Board & Brush 1:30 Inheritance & Greed 3:00 Caregiver Support Group	25 CENTER CLOSING AT 1:00pm	26 CLOSED	27 CLOSED 
30				



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