



Monroe Senior Center

Celebrating Life's Dimensions

August 2025

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

DIRECTOR'S CORNER

Hope everyone had a fantastic July!

A few things I wanted to go over with you all:

- Please try your best to bring exact change or smaller bills to BINGO
- Do not prop any doors or windows open if you are too hot or too cold. Let the front desk know & we will adjust the thermostat
- Paying for an exercise class in full is only available on the FIRST class of the month

Thank you ~ Kim

Membership Renewal

Our 2024 - 2025 membership year has ended. If you haven't done so please renew your membership which is required to participate in most programs & activities.

Annual Membership Fees:

Residents: \$15

Non-Residents: \$20

We do not have a waitlist! All towns are welcome.



Caregiver Support Group - Friday, August 22nd at 3:00

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

Current Events

By Art Gottlieb, LCSW, CSA

Friday, August 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

ATOM BOMB

By: Art Gottlieb, LCSW, CSA

Friday, August 8th at 1:30pm



Since its inception 80 years ago, few subjects have remained so controversial as the use of atomic weapons. Triggering both the end of WWII and the beginning of a cold war lasting 40 years, the proliferation and possible use of such weapons has remained a major peril into the 21st century.

Session is free sign up in lobby

EFFECTIVE LISTENING FOR SENIORS

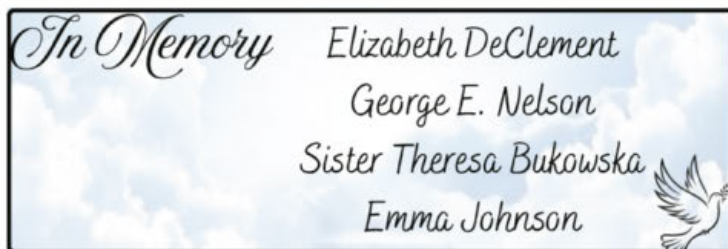
By: Art Gottlieb, LCSW, CSA

Friday, August 22nd at 1:30pm



For those of us who have become challenged by sensory deficits such as vision or hearing loss, it becomes hard to understand what is being said to us and to even realize that someone is saying something to us. This program will review the techniques and pitfalls of active listening and mistakes made while attempting to hear what another person is saying and making them feel heard

Center Info & Helpful Resources



Commission for the Aging

Chair ~ Susan Bannay

Vice Chair ~ Leslie Gosselin

Secretary ~ Jeanne Nicolett

Kathleen Sochacki, Sam Tucci, & Vivian Capoccitti



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, September 16th 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.

Senior Planet's

Senior Tech Help Hotline

Monday to Friday: 9:00am
to 8:00pm

Saturdays: 9:00am to 2:00pm

Call: (888)-713-3495

English, Spanish, & Chinese
Available

This **FREE** hotline is
sponsored by **AARP** and can
help any senior struggling
with a technology issue!

HELPFUL HINTS: DRYER SHEETS!

Dryer sheets are not just for laundry; they can be repurposed for a variety of cleaning, freshening, and even pest control tasks around the house. They can help eliminate static cling, freshen spaces, repel pests, and even aid in cleaning certain surfaces!

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

Social Services Coordinator

203-452-2813

Eddie Lui

Food Pantry Coordinator

203-452-2817

LUNCH & LEARN

HOME SAFETY & ACCESSIBILITY: MAINTAINING A HEALTHY HOME

PRESENTED BY: AGE IN PLACE CONNECTICUT

TUESDAY, AUGUST 5TH AT 12:00

As you get older, home repair and maintenance can become more challenging and how you use spaces such as kitchens or bathrooms can change. A professional Home Inspector will present practical ways to identify potential dangers in your home. A master Carpenter will be on hand to talk about ways to update your rooms to make them safer and more accessible, and an expert in accessibility, storage and organization will talk about practical ways to store and manage items in your home. After their presentations, these experts will be on hand to answer your questions or help you to follow up with any specific concerns.

This presentation is sponsored by AgeInPlace Connecticut, an organization committed to helping Connecticut residents live in and enjoy their homes longer. Learn more at

www.AgeInPlaceCT.org

Center Events

JOINT HEALTH

FRIDAY, AUGUST 29TH AT 1:30PM
PRESENTED BY: BOB MOORE, PT

Come join Bob Moore, PT, formerly CEO and Founder of Moore PT and Fitness to join an interactive lecture on Joint Health. Please bring your best questions!



Name That Tune!

Friday, August 15th at 1:00pm

Hosted By: Melissa Hripak from

The Cascades at Stone Bridge Newtown

Test your music trivia knowledge in this friendly competition! Grab your friends for a fun filled game with exciting prizes!

Free program! Sign up in lobby!

END OF SUMMER

BBQ

\$5 CASH ONLY



TUESDAY, AUGUST 12TH
AT 12:00PM

ICE CREAM SOCIAL

Tuesday, August 19th at 12:00pm

Sponsored by: Seniors Helping Seniors

Please join us for ice cream and information session from *Seniors Helping Seniors Non-Medical home care*. Who are looking for caring, compassionate seniors interested in working part time who might be a care giving professional or just a good companion and would appreciate a little extra income stream. Please also join us if you need a bit of extra care in the home and would appreciate having someone closer in age be with you to assist.

Free program! Sign up in lobby!

SILVER STEEL DRUM BAND

TUESDAY, AUGUST
26TH AT 6:00PM

This event is **FREE** and will be held outdoors weather pending, so bring your favorite lawn chair and enjoy the show!

Sweet treats will be served so sign up is required to ensure we have enough for all!

Center Events & Menu

Art Glass with Kathy

MONDAY, AUGUST 18TH AT 1:00PM
CREATING THE TRAVELLERS
NOTEBOOK

LIMITED SEATING AVAILABLE
PLEASE SIGN UP AT THE FRONT
DESK

Brain Games

Wednesday, August 13th at 1:00pm
Presented by: Danielle Ramos
from Stone Bridge in Newtown

Keep your brain occupied &
stimulated with challenging
puzzles and brain teasers as an
enjoyable & effective way to
improve brain health

 **Stone Bridge**
Center for Health & Rehabilitation



Bereavement Group

When: Every Wednesday at 2:00pm
Where: Monroe Senior Center:
235 Cutlers Farm Road Monroe, CT 06468
Contact Us: 203-452-2815



The group will offer a safe, compassionate, and supportive environment for those grieving the loss of a loved one. It will offer participants an opportunity 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.

The group will be facilitated by Joan Joyce, MS, NCC, LPC, CSA. Joan is a Licensed Professional Counselor in the State of CT, as well as a National Certified Counselor, and Certified Senior Advisor.

No membership required

Medical Checks
By RN Maggie
Wednesday, August 11th
at 11:00am
Sign up in Lobby!



Senior Cafe

Every Wednesday at 12:00

August 6th

Tuna Salad
Broccoli Ziti Salad
Cucumber Salad
Hot Dog Bun
Mandarin Oranges

August 13th

Cobb Salad with Chicken, Egg, Cheese, &
Bacon
Beets
Ranch Dressing
White Bread
Pineapple

August 20th

Chicken Noodle Soup
Unsalted Crackers
BBQ Pork Riblet
Au Gratin Potatoes
Cali Blend Veggies
Cornbread & Oreos

August 27th

LABOR DAY SPECIAL

Apple Juice
BBQ Southwest Chicken Burger
Baked Beans
Coleslaw
Hamburger Bun
Labor Day Treat

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Monroe Senior Center, Monroe, CT

04-0772

Trips & Movies

TRIPS 2025

ALL TRIPS REQUIRE A PRIOR RESERVATION

Forms are in the container on the wall in the main room; Checks are payable to the tour company

DAY TRIPS

- September 15th - Providence Italian Style ~ \$180 Per Person
- October 7th - Bronx Zoo ~ \$122 Per Person
- October 21st - Spooky Salem at the Witch Museum ~ \$149 Per Person
- November 5th - Culinary Institute of America ~ \$178 Per Person

OVERNIGHT TRIPS

- Albuquerque Balloon Fest: October 5-10 ~ \$3,699pp Double / \$4,699 Single
- Christmas in Cape May & Radio City: December 2-4 ~ \$999pp Double / \$949pp Triple / \$1,229 Single
- A Nashville & Smoky Mountain Christmas: November 29-December 6 ~ \$3,799pp Double / \$4,719 Single

TRIPS ARE OPEN TO ANYONE INTERESTED! INVITE YOUR FAMILY & FRIENDS

THURSDAY AFTERNOON MOVIES



AUGUST 7TH "TRIAL BY FIRE" R - 2HR 7MIN

A woman who develops a close relationship with a man on death row sets out to prove that he was wrongfully convicted of killing his children in a fire



AUGUST 21ST "A STAR IS BORN" R - 2HR 16MIN

A hard-drinking country music star falls in love with a singer whose career quickly takes off.

AUGUST 14TH "NOW YOU SEE ME" PG-13 - 1HR 55MIN

An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money



AUGUST 28TH "THE HIGHWAYMEN" R - 2HR 12MIN

The untold true story of the legendary detectives who brought down Bonnie and Clyde.



- 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.	Thursdays 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
Chair Yoga A modified form of yoga designed for seniors and those with limited mobility, utilizing a chair for support and modifications to various poses led by Linda Resnick.	Thursday 2:00pm	Main Room	No Fee
Stretch & Strengthen A class that focuses on strengthening the muscles of the lower body to enable seniors to get up from a prone position. All ages and abilities welcome, exercises will be adjusted for abilities. No aerobics, simple muscle exercises and activities encouraging balance led by Debbie Guzzi	Wednesday 2:30pm	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 experience 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!

August 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	9:30 Pinochle 10:00 Fit & Fabulous 12:00 Senior Café 2:00 Bereavement Group 2:30 Stretch & Strengthen	9:00 Poker 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor 2:00 Knit & Crochet 2:00 Chair Yoga	9:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 3:00 Farmer's Market
Monday	Tuesday	Wednesday	Thursday	Friday
				1 1:30 - Current Events 
4	5 12:00 - Lunch & Learn: Home Safety & Accessibility	6	7 12:30 - Movie 	8 1:30 - Atom Bomb 
11	12 12:00 - End of Summer BBQ 	13 11:00 - RN Maggie 1:00 - Brain Games 	14 12:30 - Movie 	15 1:00 - Name That Tune with Melissa 
18 1:00 - Art Class with Kathy 	19 12:00 - Ice Cream Social Seniors helping Seniors 	20	21 12:30 - Movie 	22 1:30 - Effective Listening 3:00 - Caregiver Support Group
25	26 2:00 - Morgan Moldovan 6:00 - Steele Drum Band	27	28 12:30 - Movie 	29 1:30 - Joint Health 



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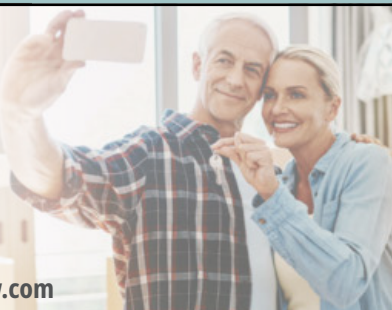


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