



Monroe Senior Center

Celebrating Life's Dimensions

December 2025

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Happy December!

As a reminder, please make sure you are not only checking in with the front desk for events and exercise classes but The My Senior Center Kiosk as well!

Signing up for events either over the phone or by signing your name on the sheets located in the lobby is mandatory. Otherwise you will not be permitted to attend the event.

Most sign up deadlines are a week prior so RSVP ASAP so we can save you a spot!

Wishing you a Happy Holidays & Happy New Years!

~ Kim

Holiday Luncheon

Tuesday, December 16th at 12:00

\$12 Per Person

Catered by:

Vazzzy's
OSTERIA

Menu:

Turkey, Stuffing, Mashed Potatoes, Cranberry Sauce, Carrots & Peas, Dinner Roll & Dessert!

Space limited sign up at the front desk

Current Events

By Art Gottlieb, LCSW, CSA

Friday, December 5th at 1:30pm



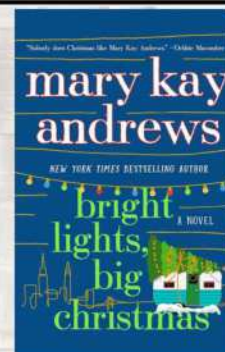
Framed by a weekly outline of trending news, this program will rely on rigorous, yet respectful debate to enhance the understanding of divergent viewpoints in current affairs, politics, sex and religion, and their effects on culture will not be avoided. A focus will be placed on the development of critical reasoning skills and examination of pre conceived biases effecting personal objectivity

Session is free sign up in lobby

Book Club

"Bright Lights, Big Christmas"

By: Mary Kay Andrews



Discussion Date:

Wednesday, December 10th at 2:00pm

Caregiver Support Group

Tuesday, December 23rd 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 Info & Helpful Resources

In Memory

Lillian Duwa
Marilyn Caramella
Joseph Farrugia

Kenneth White
Caroline McGeough
Harold Postman
Assunta Farrell
John Lefton



Commission for the Aging

Chair ~ Susan Bannay

Vice Chair ~ Leslie Gosselin

Secretary ~ Jeanne Nicolett

Kathleen Sochacki, Sam Tucci, & Vivian Capoccitti

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

Senior Planet's

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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

ENERGY ASSISTANCE

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.

MEDICARE'S OPEN ENROLLMENT

October 15th to December 7th

Don't delay schedule your appointment to review
the 2025 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. Call 203-452-2815
x3, or email: alachioma@monroect.gov

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 8:00am for a recorded message
regarding our status.
We do not follow the school closings.

Center Events

The Battle of Trenton: December 26th, 1776

Presented by: Art Gottlieb, LCSW, CSA
Friday, December 12th at 1:30pm

In this bold stroke of crossing the freezing Delaware River to capture Trenton New Jersey, General George Washington changed the fortunes of the beleaguered Continental Army and along with it the chances for winning the war for American Independence

Sign up in lobby

Owls in CT & Beyond

Tuesday, December 9th at 2:00pm

Presented by: Thomas Kosturko from
Compassion Home Care

- *Fun facts about owls of Connecticut and elsewhere*
- *Owl trivia*
- *The 9 different owl species in Connecticut*
- *Amazing slideshow, presentation of Owls of Connecticut and the World*
- *and more!!!*

Sign up in lobby!



DOWNSIZING FOR BETTER LIVING

Presented by: Art Gottlieb, LCSW, CSA
Tuesday, December 23rd at 1:30pm

There comes a point where it is beneficial both monetarily and emotionally to reduce one's ownership of "stuff" to a manageable level. Almost all of us are in possession of things, large and small, that we feel responsible for, but their upkeep is no longer aligned with our current desires, needs or priorities. Many find an unexpected sense of relief and freedom after giving themselves permission to finally let go.

SIGN UP IN THE LOBBY

FLOWER ARRANGING WORKSHOP

Friday, December 19th at 2:00pm

PRESENTED BY: RESTORATIVE BLOOMS

All supplies included! Bring in your own Small or Medium vase if preferred for a personalized touch.

FREE! Limited spots available

NoteAbles Chorus

HOLIDAY CONCERT

Friday, December 12th

at 1:30pm



Center Events

CANASTA

Tuesdays at 12:30pm

LOOKING FOR NEW PLAYERS!

Canasta is a partnership card game in the rummy family where teams aim to be the first to reach a target score

Please Call Evana 203-452-2815 ext 0

To have your name put on the list of players!



Senior Cafe

Every Wednesday at 12:00

December 3rd

Lasagna Rolette

Marinara Sauce

Winter Blend Veggies

Garlic Bread

Cookies

December 10th

Swedish Meatballs

Buttered Egg Noodles

Meadow Blend Veggies

White Dinner Roll

Clementine

December 17th

Christmas Special

Stuffed Chicken Breast

Roasted Red Potato

Garlic Green Beans

White Dinner Roll

Christmas Dessert

December 24th

Chicken Marsala

Buttered Noodles & Brussel Sprouts

Wheat Bread

Cookies

December 31st

New Years Special

Sliced Ham with Pineapple Cherry Sauce

Loaded Mashed Potatoes

Brussel Sprouts

White Dinner Roll

Boston Cream Pie

Bella
Ciao

Scopa

Wednesdays at 1:00pm



Scopa is an Italian card game where players aim to capture cards by matching their value or creating combinations that equal the value of a played card. The goal is to score points by capturing the most cards.

Please Call Evana 203-452-2815 ext 0

To have your name put on the list of players!

Silk Scarves

Wednesday, December 10th at 1:00pm

Presented by: Danielle Ramos from Maefair & Aubrianna Ancona from First Light Home Care

Unleash your inner artist and join us for a fun silk scarf painting class. You will leave with a beautiful ready-to-wear silk scarf, designed & painted by you! No artistic ability needed.



Art Class with Kathy

Monday, December 15th at
1:00pm



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Ileana Vasquez

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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

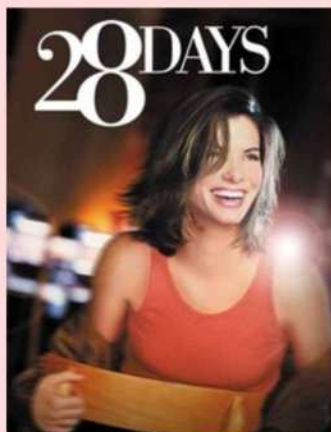
CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
Knit & Crochet Work on your personal projects or help create items to donate to various organizations.	Thursday 2:00pm Friday 10:00am	Program Room 1	No Fee
Knit & Crochet Instruction Refresh your skills or come learn new skills. Instructors on site to assist as needed.	Friday 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
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	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!

Movies

THURSDAY AFTERNOON MOVIES



DECEMBER 4TH

"28 DAYS"

PG-13- 1HR 43MIN

The story of Gwen Cummings (Sandra Bullock), a successful New York writer living in the fast lane and everyone's favorite party girl -- until she gets drunk with boyfriend Jasper (Dominic West), borrows her sister's (Elizabeth Perkins) wedding limo and earns herself a stay in court-ordered rehab.



DECEMBER 11TH

"CHITTY CHITTY BANG BANG"

G - 2HR 24MIN

While truant from school, young siblings Jeremy and Jemima meet the beautiful Truly Scrumptious (Sally Ann Howes), who falls for their widowed father, Caractacus Potts (Dick Van Dyke), and his various oddball inventions, including the family's noisy rebuilt car, Chitty Chitty Bang Bang. One day at the beach, Caractacus tells Truly and the children a fanciful fable about the villainous Baron Bomburst (Gert Frobe) and his evil designs on the Potts family car.



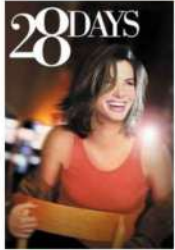





DECEMBER 18TH

"NOEL"

PG - 1HR 36MIN

It's nearly Christmas in New York City. Rose is in the hospital with her elderly mother, who's been diagnosed with Alzheimer's. Nina is ready to call off her upcoming marriage because of fiancé Mike's jealous rages, and Mike is being followed by Artie, a waiter who believes Mike is the reincarnation of his late wife. Meanwhile, a young man named Jules wants to re-create his happiest Christmas memory.

December 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 2:30 Stretch & Strengthen	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	9:30 Pinochle 10:00 Pound Fit 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 2:00 Commission On Aging Meeting	4 12:30-Movie 	5 1:30 Current Events 
8	9 2:00 Owls of CT 	10 1:00 Silk Scarves 2:00 Book Club 	11 12:30-Movie 	12 11:00 RN Maggie 1:30 NoteAbles Holiday Concert 1:30 Battle of Trenton
15 1:00 Art Class With Kathy 	16 12:00 Holiday Luncheon 	17	18 12:30-Movie 	19 2:00 Flower Arranging Workshop 
22	23 1:30 Downsizing 3:00 Caregiver Support Group	24 11:30 Bereavement Group <i>Center Closing Early at 1:30pm</i>	25 <u>CLOSED</u> 	26 <u>CLOSED</u>
29	30	31 11:30 Bereavement Group <i>Center Closing Early at 1:30pm</i>		



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