



# Monroe Senior Center

Celebrating Life's Dimensions

235 Cutlers Farm Road  
Monroe, CT 06468

(203) 452-2815

[www.monroect.gov](http://www.monroect.gov)

## June 2026

### DIRECTOR'S CORNER

Summer is almost here. With the nice weather approaching I would like to remind you the center has a full bocce court available as well as horseshoes and corn hole!

We have received many questions regarding the divider in the right doorway to the main room: The divider was put in place to direct foot traffic past the front desk as many of you are not signing in for programs as well as sneaking non-members in.

Signing in is vital to the operation of the center! Many of the grants we receive to keep the building running are based on sign ins.

**No Sign Ins + No Grant Money  
= No Center Programs!**

The center will be closed for programs from Monday June 29<sup>th</sup> to Friday July 3<sup>rd</sup> for the highly anticipated replacement of the Main & Program Room floors!

Lastly, Bullying will not be tolerated. Bullying per center policy includes: Seat saving, turning people away for activities & disrespectful conduct. Any who wish to see the Center's Code of Conduct may request a copy at the front desk.

~ Kim

## DOG DAYS OF SUMMER

TUESDAY, JUNE 9<sup>TH</sup>

SPONSORED BY: MONROETRIAD

11:00 - K-9 DEMONSTRATION  
BY MONROE POLICE  
DEPARTMENT

12:00 - HOT DOG LUNCH  
COURTESY OF SPADACCINO  
AND LEO P. GALLAGHER & SON  
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\$2 PER PERSON  
SIGN UP AT FRONT  
DESK



**REMINDER**

### Membership

The 2025-2026 Membership year is coming to a close June 30<sup>th</sup> 2026!

The 2026-2027 Membership year begins July 1<sup>st</sup> 2026

Residents: \$15

Non-Residents: \$20

Cash or Check ONLY



## Center Events

### D-Day: Invasion of Normandy

Presented by: Art Gottlieb, LCSW, CSA  
Friday, June 12<sup>th</sup> 2026 at 1:30pm



Facing heavy German resistance, General Eisenhower launched Operation Overlord, the invasion of Nazi occupied Europe on June 6, 1944. The largest amphibious operation ever attempted, by nightfall the Allies had landed 55,000 troops on French soil

Sign up in lobby

### FIGHTING IRRELEVANCE

Presented by: Art Gottlieb, LCSW, CSA  
Friday, June 26<sup>th</sup> 2026 at 1:30pm

An unsettling truth for seniors is to find that after a certain age, despite a lifetime of gained experience and wisdom, one's advice is no longer taken seriously or considered relevant. Although this is not the case for all, it is certainly the prevalent experience. Culture, the rapid change in technology and the arrogance of youth are the main culprits here but nevertheless, one is left with the difficult realization that with so much still to offer, they seem to have been reduced to a state of irrelevancy.



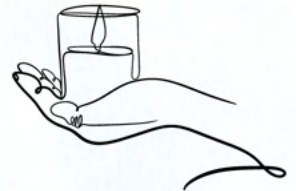
SIGN UP IN THE LOBBY



## Beyond Bereavement

*Bi-Weekly*

*Tuesday, June 2<sup>nd</sup> & 16<sup>th</sup> at 11:00am*



**Beyond Bereavement is a group for those who have suffered loss, have completed/attended a closed or open Bereavement Group, but continue to feel the need for additional support. This group will provide ongoing post-loss support, with the focus on helping group attendees find meaning, as well as discover a sense of purpose and direction in life, as they continue on their personal journey of healing.**

*No membership required*

## Center Events

### Brain Games

Wednesday, June 10<sup>th</sup> 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, June 15<sup>th</sup> at 1:00pm

### BOOK CLUB

**“The People We Meet On Vacation”**  
By: Emily Henry



DISCUSSION DATE: JUNE 10<sup>TH</sup> AT 2:00PM

### Current Events

By Art Gottlieb, LCSW, CSA  
Friday, June 5<sup>th</sup> 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*

# Senior Cafe

Every Wednesday at 12:00

### June 3<sup>rd</sup>

Egg Salad  
Pickled Beets  
Spinach Feta Salad  
Wheat Roll  
Oreos

### June 10<sup>th</sup>

Chicken Sandwich  
Lettuce & Tomato  
Waffle Fries  
Broccoli  
Fig Newton

### June 17<sup>th</sup>

*Father's Day Special*  
Pot Roast with Onions & Mushrooms  
Roasted Red Potatoes  
Broccoli  
Whole Wheat Rolls  
Boston Cream Pie

### June 24<sup>th</sup>

Meatloaf with LS Brown Gravy  
Mashed Potatoes  
Peas & Carrots  
Dinner Roll  
Banana

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## Center Events

### Monroe Farmers Market Pop Up!

Date: TBD June 2026

Call us at  
**203-452-2815 ext. 0**

to put your name on the list &  
be notified when the Monroe  
Farmers Market visits the center  
this June!

### *Just For Women*

*Friday, June 26<sup>th</sup> at 2:00pm*

*Facilitated by Joan Joyce & Trish Chase*

*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.*

NOTEABLES CHORUS:

## SPRING CONCERT

FRIDAY, JUNE 12<sup>TH</sup> AT 1:30



SIGN UP  
IN LOBBY



## ARTIFICIAL INTELLIGENCE (A.I.): SAFETY & AWARENESS

TUESDAY, JUNE 16<sup>TH</sup>  
12:00PM

PRESENTATION INCLUDES BASIC DEMONSTRATIONS  
OF AI TECHNOLOGY AND TRENDS WITH  
HOW IT'S USED IN CRIMINAL ACTIVITY. INCLUDES  
A SHORT Q&A AFTERWARDS.



**AISAP**  
AI Safety Awareness Project

**SIGN UP IN LOBBY**

# Father's Day Breakfast

Thursday, June 18<sup>th</sup>  
at 10:00am

Sign up at the  
Front desk



Stress Management Series:

## Tapping

**Wednesday, June 24<sup>th</sup> at 1:30pm**

Presented by: Deborah Buckley, MA  
Applied Psychology

Who's that tapping? Tap, tap tapping. It's not Edgar Allan Poe's raven or a dance troop. It's a self help technique (formally called Emotional Freedom Technique or EFT) to help reduce stress, anxiety and other concerns such as fears, procrastination or self image to name a few.

This presentation requires no special tools.  
All you need is you.

Sign up in Lobby!



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glow & flatter your tone!

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**Friday, June 12<sup>th</sup> at 11:30am**

**Hosted by: Dr. Ileana Kotulich**

**Sign up in  
Lobby!**



## Center Events

# In Honor of Alzheimer's Awareness Month

Join **Home Instead** for a  
**LIVE Author Book Talk**

**Tuesday, June 23rd at 12:00pm**

**Refreshments  
Will Be Served**

In *Visited Mom Today, Conversations Through The Lens of Alzheimer's & Dementia*, John draws from his own experience caring for his mother with Alzheimer's to offer a touching and hopeful perspective on connecting with loved ones affected by dementia.

### Home Instead Home Care Services

- Companionship
- Transportation
- Medication Reminders
- Meal Assistance
- Light Housekeeping
- Assist with Activities of Daily Living

### Meet the Author - John Scully



*"I really loved this book. It was so well written with compassion, respect and humor..." - Reader*

## Monroe Senior Center

235 Cutler's Farm Rd  
Monroe, CT  
(203) 452-2815



(203) 386-1151  
homeinstead.com/307  
License #HCA0000160

# Movies

## THURSDAY AFTERNOON MOVIES



**JUNE 4<sup>TH</sup>**

### **"REMARKABLY BRIGHT CREATURES"**

**PG-13- 1HR 53MIN**

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



**JUNE 11<sup>TH</sup>**

### **"AND SO IT GOES"**

**PG-13- 1HR 33MIN**

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.



**JUNE 18<sup>TH</sup>**

### **"THE SWEDISH CONNECTION"**

**PG-13- 1HR 42MIN**

In 1942, one shy Swede hatches a plan to save Jewish lives by causing Nazi Germany a thumping bureaucratic headache. Based on a true story.



**JUNE 25<sup>TH</sup>**




### **"ON THE BASIS OF SEX"**

**PG-13- 2HR**

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.



# June Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 10:00 <b>Fit &amp; Fabulous</b> 10:00 Rummikub 10:30 Bridge 12:30 Mah-Jongg 1:00 BINGO	10:00 Knit & Crochet 10:00 <b>Tai Chi</b> 12:30 Farkle 3:00 <b>Line Dancing</b>	9:30 Pinochle 10:00 <b>Fit &amp; Fabulous</b> 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 <b>Chair Yoga</b>	9:30 Pinochle 10:00 <b>Better Balance</b> 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	10:00 TRIAD Meeting 11:00 Beyond Bereavement	2:00 COA Meeting		1:30 Current Events 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	11:00 Dog Days of Summer 	11:00 BP Clinic 1:00 Brain Games 2:00 Book Club		11:30 Color Analysis 1:30 Normandy 1:30 NoteAbles Spring Concert
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
1:00 Art Class with Kathy 	12:00 AI Safety & Awareness -MPD 11:00 Beyond Bereavement		10:00 - Fathers Day Breakfast 	<u><b>CLOSED</b></u> <b>Juneteenth</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	12:00 AARP Safe Driving Course 12:00 Home Instead w/ John Scully	1:30 Stress Management Series - Tapping		1:30 Irrelevance 2:00 Just For Women 3:00 Caregiver Support Group
<b>29</b>	<b>30</b>			
<u><b>CLOSED</b></u> <u><b>NO PROGRAMS</b></u>	<u><b>CLOSED</b></u> <u><b>NO PROGRAMS</b></u>			



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