



Monroe Senior Center

Celebrating Life's Dimensions

September 2026

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Thank you to all who attended our
BBQs this summer!

A few things:

- Please make sure you are signing up for events in advance. Many events require a headcount to ensure we have enough supplies.
- When entering the parking lot please ensure you are utilizing the correct gate. The parking lot is one-way only. Please refrain from entering through the exit gate unless the entrance gate is closed.
- When parking please make sure you are pulled all the way up to the curb block and in the lines.

~ Kim

POP-UP FARMERS MARKET

COME SHOP THE GAZY
BROTHERS POP UP FARM STAND
AT THE MONROE SENIOR
CENTER!

OPEN TO THE PUBLIC

MONDAY SEPTEMBER 21ST

11:00AM-1:00PM



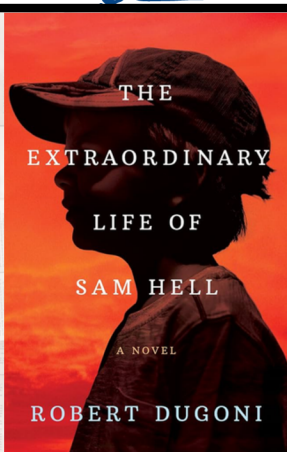
Book Club

"The Extraordinary
Life of Sam Hell"

By: Robert Dugoni

Discussion Date:

Wednesday, September 9th
at 2:00pm



Current Events

By Art Gottlieb, LCSW, CSA

Friday, September 4th 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



**Chair Yoga is now
scheduled
Thursdays at
3:00 PM**

Center Info & Helpful Resources

In Memory

*Leon Ambrosey
George Baker*

*Michael Hudock
June Oshinski*



Commission for the Aging

Chair ~ Susan Bannay
Vice Chair ~ Leslie Gosselin
Secretary ~ VACANT

Kathleen Sochacki, Andrew Csire, Bev Doyle,
Nancy Deaso, Polly Donovan

**The Commission meets once per month at
2:00pm at The Monroe Senior Center
235 Cutlers Farm Road
Monroe CT, 06468**

Senior Farmers Market Nutrition Program (SFMNP)

The Senior Center is happy to announce that applications for the Senior Farmers Market Nutrition Program (SFMNP) are now available! This program provides eligible seniors with a \$40 gift card that can be used to purchase fresh fruits, vegetables, herbs, and honey from approved local farmers markets and farm stands.

To be eligible, you must be age 60 years or older and show proof income which meets the following income guidelines:

Household Size

- 1 Person - \$2,461 or less monthly**
- 2 Person - \$3,337 or less monthly**
- 3 Person - \$4,212 or less monthly**
- 4 Person- \$5,088 or less monthly**

***If you are interested in applying, please
contact Amy LaChioma at 203-452-2815 ext.
3 to schedule an appointment.***

***Don't miss this great opportunity to enjoy
fresh, locally grown produce this season!***

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.

Office: 203-452-2815 x3, or email:
alachioma@monroect.gov

Caregiver Support Group

Friday, September 25th 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 Events

9-11-2001:

A Photo Remembrance

Presented by: Art Gottlieb, LCSW, CSA

Friday, September 11th 2026 at
1:30pm

September 11, 2026 marks 25 years since terrorists flew two hijacked airliners into the World Trade Center, one into the Pentagon, and a fourth aircraft abortively crashed into a field in Shanksville PA. This program will feature a photo-collage of this terrible day. There will be no political discussion during this presentation, as it is intended only as a solemn remembrance of those who lost their lives. Note: Some photographs may be disturbing for some viewers.

Sign up in lobby

EATING DISORDERS

Presented by: Art Gottlieb, LCSW, CSA

Friday, September 25th 2026 at 1:30pm

This program will examine the relationship people have with food. Culturally, we are raised to believe that eating, often excessively, is integral to celebrations and self-reward. However, for many, eating habits go astray leading to health complications and psycho emotional issues. Our discussion will include the way food can become used as type of currency within inter-generational family systems and other forms of manipulative and self-destructive behaviors.

SIGN UP IN THE LOBBY

Think With Your Gut!

Friday, September 11th at 1:00pm

Join Registered Dietitian Nutritionist Zara Awan to learn about fiber and the overall importance of incorporating fiber in your diet. Handouts and recipes available for all.

Sign up in the lobby!



Introduction to Reiki

Presented by:

Deborah Buckley, Master Reiki
Teacher

Tuesday, September 8th at 1:00pm

What is Reiki and how do you use it for stress reduction?

Reiki is an ancient Japanese healing practice. It is a practice to direct healing energy to support balance in the body. It can promote relaxation and reduce stress and has been used as a complementary approach in health care. This introduction will present the history, principles, concept of energy in the practice, hand positions and how to use Reiki for yourself.

Sign up in the Lobby!

Center Events

Brain Games

Wednesday, September 9th 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

Just For Women

Friday, September 18th at 2:00pm

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.

Art Class with Kathy

**Monday, September 21st at
1:00pm**



Senior Cafe

Every Wednesday at 12:00

September 2nd

Ribette
BBQ Sauce
Buttered Noodles
Broccoli
Wheat Bread
Pears

September 9th

Taco Mix
Yellow Rice
Salsa & Sour Cream
Shredded Cheese & Lettuce
Tortilla Chips
Pineapple

September 16th

Salisbury Steak
Gravy
Au Gratin Potatoes
Beets
Dinner Roll
Rice Krispies Treat

September 23rd

Meatloaf
LS Gravy
Mashed Potatoes
Green Beans
Whole Wheat Bread
Pudding

September 30th

Gyro
Tzatziki
Tomato & Onion
Tater Tots
Cucumber Dill Salad
Pita
Cinnamon Rice Pudding

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Center Events



We fuel Pioneers

Chartwell Lunch

Friday, September 18th at 12:30

Join us for a special lunch courtesy of
Sacred Heart's Chartwell Dining
Department!

Menu: TBD

**Please RSVP at the front desk to reserve
your spot & be notified when the menu is
finalized**



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 22nd 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**

BOOK CLUB

BOOKS FOR 2026-2027



SEPTEMBER
9TH

The Extraordinary Life of Sam Hell

By: Robert Dugoni

OCTOBER
7TH

The Housemaid

By: Freida McFadden

NOVEMBER
11TH

The Nightingale

By: Kristin Hannah

DECEMBER
9TH

The Book Club Hotel

By: Sarah Morgan

JANUARY

No Discussion Date

FEBRUARY
10TH, 2027

The Immortal Life of Henrietta Lacks

By: Rebecca Skloot

MARCH
10TH, 2027

Radium Girls

By: Kate Moore

APRIL
7TH, 2027

Silent Spring

By: Rachel Carson

MAY
12TH, 2027

Flying Angels

By: Danielle Steele

JUNE
9TH, 2027

Julie & Julia: My Year of Cooking Dangerously

By: Julie Powell

Exercise & Wellness Programs

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 Led by: Deb Beliveau	Mondays & Wednesdays 10:00am	Main Room	See below
Better Balance This class aims to improve stability and coordination, utilizing a variety of methods including yoga, tandem, single-leg and chair assisted exercise. Led By: Linda Resnick	Friday 10:00am	Main Room	Free*
Line Dancing a choreographed group dance where participants stand in rows, all facing the same direction, and perform a repeating sequence of steps. It is a highly accessible, social, and energetic activity set to various music genres that doesn't require a partner. Taught by Tom Mohyde	Tuesday 3:00pm	Main Room	Free*
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
Chair Yoga a gentle style of yoga that adapts traditional poses to be performed while seated in a chair or using it for balance. It is designed for older adults, desk workers, or anyone with limited mobility to build strength, improve flexibility, and reduce stress safely Led by: Margaret Walsh	Thursday 2:00pm	Main Room	Free*

Monthly fee \$4.00 per class ***must be paid at the first class for the month***

Drop in fee \$5.00 per class

Free* - Must be a **current** member of the Monroe Senior Center



Monroe Senior Center

— Celebrating Life's Dimensions —

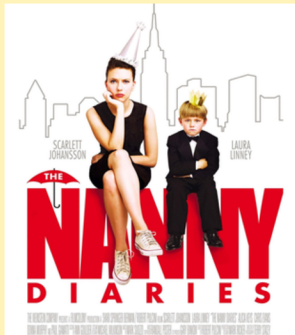
Movies

THURSDAY AFTERNOON MOVIES



SEPTEMBER 3RD "REGRETTING YOU" PG-13- 1HR 56MIN

A mother and daughter must grapple with what's left after a devastating accident reveals a shocking betrayal and forces them to confront family secrets, redefine love, and rediscover themselves.



SEPTEMBER 10TH "THE NANNY DIARIES" PG-13- 1HR 45MIN

A college graduate goes to work as a nanny for a rich New York family. Ensnared in their home, she has to juggle their dysfunction, a new romance, and the spoiled brat in her charge.



SEPTEMBER 17TH "WHERE THE WIND BLOWS" PG-13- 1HR 30MIN

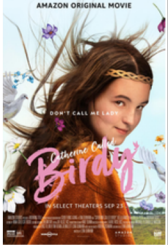
A hardened cowboy puts his unfettered life on the open range on pause when he pretends to be a temporary husband for his late friend's widow so she can adopt. The two go from strangers to something neither expected: a chance at love.



SEPTEMBER 24TH "CATHERINE CALLED BIRDY" PG-13- 1HR 48MIN

A 14 year old girl in medieval England navigates through life and avoiding potential suitors her father has in mind.

September 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 3:00 Line Dancing	9:30 Pinochle 10:00 Fit & Fabulous 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 3:00 Chair Yoga	9:30 Pinochle 10:00 Better Balance 10:00 Knit & Crochet 12:30 Mah-Jongg
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 2:00 Commission For The Aging Meeting	3 No Chair Yoga 12:30-Movie 	4 1:30 Current Events 
7 CLOSED Labor Day	8 1:00 Introduction to Reiki	9 No Bereavement Group 11:00 BP Clinic 1:00 Brain Games 2:00 Book Club	10 No Chair Yoga 12:30-Movie 	11 1:00 Think With Your Gut! 1:30 9-11-2001: A Photo Remembrance
14	15 12:30 Bingocize Starts	16	17 12:30-Movie 	18 12:30 SHU Lunch 12:30 Bingocize 2:00 Just For Women
21 1:00 Art Class with Kathy 11:00 Gazy Brothers Pop-Up Mart	22 12:00 AARP Safe Driving 12:30 Bingocize	23 No Bereavement Group	24 12:30-Movie 	25 12:30 Bingocize 1:30 Eating Disorders 3:00 Caregiver Support Group
28	29 12:30 Bingocize	30 2:00 Bereavement Group Social		



Counseling & Psychotherapy Certified Senior Advisor

Arthur N. Gottlieb, LCSW, CSA

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