

**20**

# THE CENTER

Celebrating Life's Dimensions

**25**

235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | [www.monroect.gov](http://www.monroect.gov)

**Director's Corner ~ MAY** is Older American's Month, National Physical Fitness Month & National Mental Health Awareness Month with this year's theme "Turn Awareness Into Action." Activities that can help boost mental health for seniors include: puzzles, games, arts & crafts, learning new skills, social interactions, and exercise to name a few. From my reading it is also recommended that seniors have a healthy diet. We have puzzles, books, DVD's & CD's in the Watson Library to help with cognitive stimulation; we have arts & crafts, chorus & adult coloring in the library that offer creative stimulation; Fit & Fabulous, Chair Yoga, Tai Chi, Stretch & Strengthen for physical stimulation; book club, congregate meal & current events for social stimulation. The congregate meal & Bills Senior Dine offer healthy meals. With the warm weather you don't need to stay inside you can enjoy outdoor activities: bocce, horseshoes, corn hole and croquet and of course pickleball at the park. The benches and picnic tables can be used to sit, relax, meditate or enjoy a snack or meal. Kim

## HOLIDAY CLOSING

**In observance of Memorial Day, the Center will be closed with no programs or transportation on Monday May 26<sup>th</sup>**

### "Current Events"

**by Art Gottlieb, LCSW, CSA**  
**Friday May 2<sup>nd</sup> from 1:30pm to 2:30pm**



Framed by a weekly outline of trending news, this pro-gram will rely on rigorous, yet respectful debate to enhance the understanding of divergent viewpoints inherent in current affairs. Politics, sex and religion, and their effects on contemporary culture, will not be avoided, as these are valid issues that give life its depth and meaning. A focus will be placed on the development of critical reasoning skills and an examination of pre-conceived biases affecting personal objectivity.

*Session is free sign up in the lobby.*

Need your blood pressure, pulse or other vital signs checked? Have questions about your medications or health? If the answer is yes, then sign up for a **FREE** medical evaluation and discussion with RN Maggie on **Wednesday May 14<sup>th</sup> starting at 11:00am.**

*Individual session sign up in the lobby*

### "Color Slides from the National Archives of the 1930's & 40's"

**Presented by Art Gottlieb**  
**Friday May 9<sup>th</sup> at 1:30pm**



A collection of color slides found at the Library of Congress, digitized for color and clarity. A great representation of what life was like in the United States during the late 1930's and 40's

*Session is free, sign up in the lobby.*

### "Finding Peace with Yourself"

**by Art Gottlieb, LCSW, CSA**  
**Friday May 23<sup>rd</sup> from 1:30pm to 2:30pm**



This program will explore why some people seem more at peace with themselves naturally, while others find this to be an elusive goal—perhaps even an impossible goal to achieve. A person's individual history, religious background, gender differences, societal, cultural, and generational expectations are all important factors. Whether a person may feel unworthy of happiness, and what might cause a person to feel that way, will also be considered

*Session is free sign up in the lobby.*

## CAREGIVER SUPPORT GROUP

**Friday, May 23<sup>rd</sup> at 3:00pm**

Caring for a loved one can take it's toll upon us affecting our mental and physical health. Join Art Gottlieb, LCSW, CSA who can help you work through your feelings. He will 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!

This session will take place in the center's library which offers a confidential and calm setting, where you can open up and express your feelings and frustrations and receive non-judgmental advice and suggestions.

**Session is FREE and for anyone 60 & over caring for another or someone caring for a person 60 & over.**

## ***In Memory***

*Donald Whiteley*  
*Winnie Clark*  
*Philip Sampieri*

*Robert "Doug" Stevens*  
*Ursula Hoff*  
*Rosemarie "Pat" Roman*



## **Commission for the Aging Commissioners**

Chair ~ Susan Bannay  
Vice Chair ~ Leslie Gosselin  
Secretary ~ Jeanne Nicolett  
Kathleen Sochacki, Sam Tucci, Vivian Capoccitti

***There is opening on the Commission***

**The next commission meeting is Wednesday,  
May 7<sup>th</sup> at 2:00pm in Program Room 1**

**HELPFUL HINTS: Lipton Tea Bags** invented in 1890 can do more than taste great as a hot or cold drink. They can be used to deodorize your feet, dye graying white fabrics, highlight brown hair, relieve sunburn pain, accelerate the germination of grass seeds, deodorize stuffy rooms, soothe a sore throat or laryngitis, invigorate house plants, polish black lacquer, relieve diarrhea, soothe tired eyes, soothe a burn, stop gums from bleeding after having a tooth pulled, fix a broken fingernail, clean varnished woodwork, tenderize meat. For the specifics and more about Lipton Tea ask to see Joey Green's Magic Brands book kept in the office.

## **Center Staff**

**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 Scooletti** - Custodian

## **Community & Social Services Staff**

**Mary Ann Kalm** - Social Services Coordinator  
203-452-2813  
**Eddie Lui** - Food Pantry Coordinator 203-452-2817

## **Bereavement Group**

**Wednesdays at 2:00pm ~ 3:30pm**

This program offers a safe, compassionate, and supportive environment for those grieving the loss of a loved one. It is open to anyone suffering a loss. The sessions allow 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 is 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.

**Free program - no sign-up required**

# **Thursday Afternoon Movies**

## **1<sup>st</sup> "The Lost City" | PG-13 | Comedy / Romantic | 1hr 52min**

A romance novelist lands on a jungle adventure with her cover model after she's abducted by an eccentric billionaire in search of a lost treasure

## **8<sup>th</sup> "The Peanut Butter Falcon" | PG-13 | Drama / Heartfelt | 1hr 36min**

A man who has Down Syndrome runs away to realize his wrestling dreams and sets out for adventure with a new friend in tow and a caregiver in pursuit

## **15<sup>th</sup> "Judy" | PG-13 | Non-Fiction / Biography | 1hr 58min**

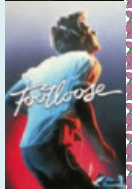
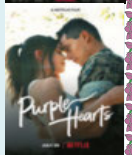
Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

## **22<sup>nd</sup> "Purple Hearts" | PG-13 | Drama / Romance | 2hr 4min**

In spite of their many differences, Cassie, a struggling singer-songwriter, and Luke, a troubled Marine, agree to marry solely for military benefits, but when tragedy strikes, the line between real and pretend begins to blur. Based on the Best-Selling Novel.

## **29<sup>th</sup> "Footloose" | PG | Romance / Dance | 1h 47min**

A big city teenager moves to a small town where Rock and Roll music and dancing have been banned by backward local parents and his rebellious spirit shakes up the populace.





# May Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker <b>10:00 Fit &amp; Fabulous</b> 10:30 Bridge 10:00 Rummikub 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction <b>10:00 Tai Chi</b> 12:30 Farkle 1:00 Italian Class	9:30 Pinochle <b>10:00 Fit &amp; Fabulous</b> 12:00 Senior Café <b>2:00 Bereavement Group</b> <b>2:30 Stretch &amp; Strengthen</b>	9:00 Poker 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor <b>2:00 Chair Yoga</b>	<b>Big Y Shopping</b> 9:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
Pay in advance for the month is \$4.00 per class.  Drop-in is \$5.00 per class	<b>Birthstone: Emerald &amp; Chrysoprase</b> <b>Flower: Lily of the Valley &amp; Hawthorn</b> <b>Zodiac Signs: Taurus &amp; Gemini</b> <b>National Mental Health Awareness &amp; National Physical Fitness &amp; Sports Month</b> <b>Holidays: Cinco de Mayo, Mother's Day &amp; Memorial Day</b>		<b>1 May Day</b> 12:30 Movie ~ "The Lost City" 	<b>2</b> 1:30 Current Events 3:00 Investing 
<b>5 Cinco de Mayo</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	9:30 TRIAD Meeting 2:00 Birthday Party 	1:00 Silk Scarves 2:00 Commission for the Aging Meeting	12:30 Movie ~ "Peanut Butter Falcon" 	10:30 Mother's Day Tea 1:30 Color Slides from the National Archives of the 1930's & 40's
<b>12 Flower Moon</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	1:00 Older American's Outdoor Celebration 	11:00 RN Maggie 1:00 Brain Games 2:00 Book Club 	ABBA TRIP 12:30 Movie ~ "Judy" 	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
1:00 Art Class with Kathy 	<i>Blossoms &amp; Butterflies Trip</i> 12:00 Spadaccino Presentation 12:00 AARP Safe Driving Course	1:00 Painted Pots Workshop 	12:30 Movie ~ "Purple Hearts" 	1:30 Finding Peace With Yourself 3:00 Caregiver Support Group
<b>26 Closed</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	12:00 Fall Trips Presentation 2:00 Pandora Inspired jewelry		12:30 Movie "Footloose" 	



# TRIPS 2025



**ALL TRIPS REQUIRE A RESERVATION 30 DAYS PRIOR**

*Forms are in the container on the wall in the main room; checks are payable to the tour company.*

*Trips are open to anyone who would like to go, invite your family & friends.*

## DAY TRIPS:

- ♦ June 18<sup>th</sup> - Connecticut Wine Trail ~ \$164 Per Person
- ♦ July 22<sup>nd</sup> - A Taste Of Freedom NYC ~ \$189 Per Person
- ♦ September 15<sup>th</sup> - Providence Italian Style ~ \$180 Per Person
- ♦ October 21<sup>st</sup> - Spooky Salem at the Witch Museum ~ \$149 Per Person
- ♦ November 5<sup>th</sup> - Culinary Institute of America ~ \$178 Per Person



## OVERNIGHT TRIPS:

- ♦ Toronto, Niagara Falls feat. The 1000 Islands: May 19-23 ~ \$1,849 pp Double / \$2,449 Single
- ♦ Albuquerque Balloon Fest: October 5-10 ~ \$3,699 pp Double / \$4,699 Single
- ♦ Christmas in Cape May & Radio City: December 2-4 ~ \$999 pp Double / \$949 pp Triple / \$1,229 Single
- ♦ A Nashville & Smoky Mountains Christmas: November 29-December 6 ~ \$3,799 pp Double / \$4,719 Single

*\*Please contact Ainsley at 203-452-2815 ext.1 to inquire about trip deadlines and itinerary*

## ***Birthday Celebrations***

Join us **Tuesday May 6<sup>th</sup> at 2:00pm** to celebrate those members born in February, March, April and May. **All are welcome** to attend and enjoy conversation, cake & a seasonal drink. *Event is free, sign up is required*



## **PICKLEBALL** working with Parks &

Rec we have secured the pickleball courts for Monday's & Wednesday's from 9:00am to 12:00pm, Memorial Day May 26<sup>th</sup> through Labor Day September 1<sup>st</sup>. Those participating must be current center members. **Note:** our membership year is July 1<sup>st</sup> to June 30<sup>th</sup>. For those who want to play but aren't current on their membership you have three options: pay \$5.00 a day fee when you play; wait until July 1<sup>st</sup> to become a member; or pay for the 24-25 season and for the 25-26 season. Balls in your court. Spot checks will be done so all players need to have a photo id

## **Investing Seminar**

**Friday, May 2<sup>nd</sup> at 3:00**

**Presented by:** Eric Beers Vice President of Investing with David Lerner Associates INC.

In today's give and take financial markets, we believe we offer investment programs that make sense. We offer many investment opportunities, some designed to provide income. When you come to one of our Sensible Middle Ground of Investing® seminars, you'll learn about our investment philosophy. Topics may include mutual funds, variable annuities, and investing in energy. Stop by and find out if it makes sense for you.

**Silk Scarves - Wednesday, May 7<sup>th</sup> at 1:00pm**

**Brain Games - Wednesday, May 14<sup>th</sup> at 1:00pm**

**Book Club - Wednesday, May 14<sup>th</sup> at 2:00pm**



## **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, May 20<sup>th</sup> 12:00pm to 4:00pm**

**AARP Member ~ \$20.00 per person**

**Non-AARP Member ~ \$25.00**

**Register at the front desk with check made out to AARP! For discounted fee need to register with**

## **Pandora Inspired Jewelry Making Class**

**Tuesday, May 27<sup>th</sup> at 2:00pm**

Join local artist Morgan Moldovan for a super fun Pandora inspired Jewelry making class!

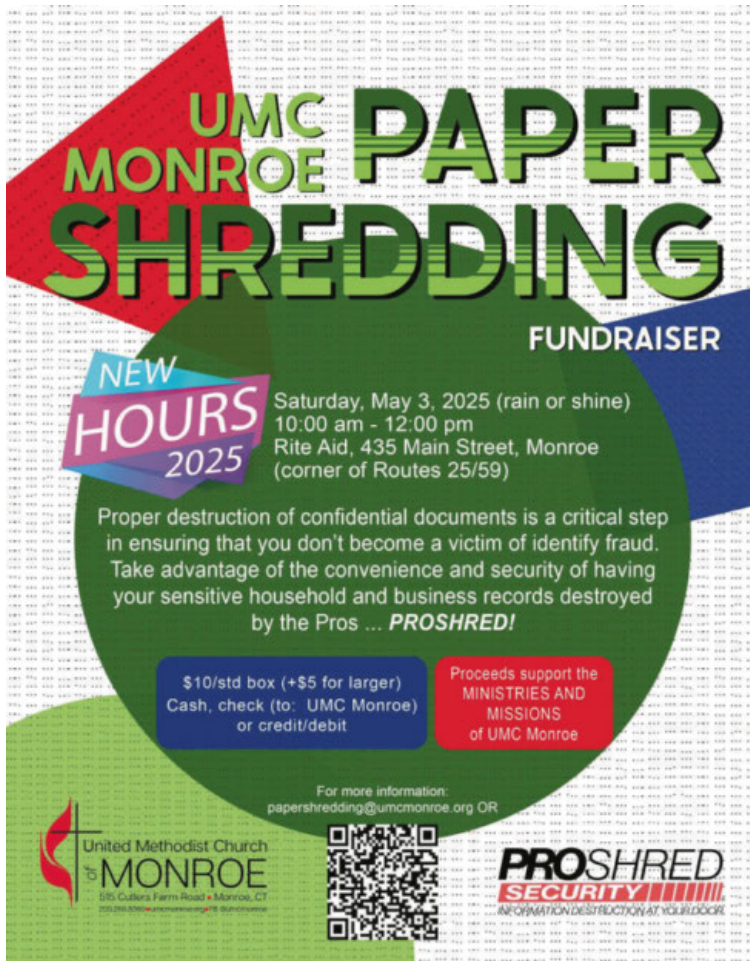
*Go home with your very own custom jewelry piece!*

**\$25 per person all supplies included!**

**Sign up with payment at the front desk**

**Deadline to sign up is Tuesday, May 20<sup>th</sup>**





**UMC MONROE PAPER SHREDDING**

**FUNDRAISER**

**NEW HOURS 2025**


Saturday, May 3, 2025 (rain or shine)  
10:00 am - 12:00 pm  
Rite Aid, 435 Main Street, Monroe  
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papershredding@umcmonroe.org OR



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**MOTHER'S DAY**  
*Morning Tea*

FRIDAY **9** MAY

10:30

*Join us for a special morning and treat yourself to delicious pastries and a variety of teas!*

*RSVP and find out more information at the front desk!*



**Painted Pots Workshop**

**WEDNESDAY, MAY 21<sup>ST</sup> AT 1:00PM**

Join Lisa Bisson from Masonicare to decorate a fun spring flower pot with a flowering plant inside!

**FREE PROGRAM! SIGN UP IN LOBBY.**

**Masonicare**  
at Wesley Heights




**YOU'RE INVITED TO**  
**OLDER AMERICANS MONTH CELEBRATION**

**Tuesday, May 13th at 1:00**

In honor of Older Americans Month join us for an outdoor celebration! We will have Bocce, Corn Hole, Horse Shoes and other outdoor activities. Ping Pong table will be set up inside!

Seasonal beverages and refreshments will be served

**Sign up in the lobby!**











Spadaccino and Leo P. Gallagher & Son  
Community Funeral Home Presents:

## Funeral Planning

Tuesday, May  
20<sup>th</sup> 12:00pm

Join Spadaccino Funeral  
home for a presentation on  
essential funeral planning.

Sign up in the lobby!

## FALL TRIPS PRESENTATION 2025

**PRESENTED BY:**  
**TOURS OF DISTINCTION**  
**TUESDAY, MAY 27<sup>TH</sup> AT 12:00**

**COME LEARN ABOUT ALL THE  
EXCITING TRIPS WE HAVE  
PLANNED IN THE FALL!**



+203-452-2815 ext 1

235 Cutlers Farm Road,  
Monroe, CT 06468

## MAY MENU



### MAY 7TH

CHICKEN SANDWICH  
WAFFLE FRIES  
BRUSSEL SPROUTS  
LETTUCE & TOMATO  
HAMBURGER BUN

FIG NEWTON

### MAY 14TH

APPLE JUICE  
POT ROAST WITH GRAVY  
BAKED POTATO  
MEADOW BLEND VEGGIES  
DINNER ROLL

BIRTHDAY CAKE

### MAY 21ST

MEMORIAL DAY LUNCH  
GRAPE JUICE  
HOT DOG  
POTATO & EGG SALAD  
CORN ON THE COB

WATERMELON

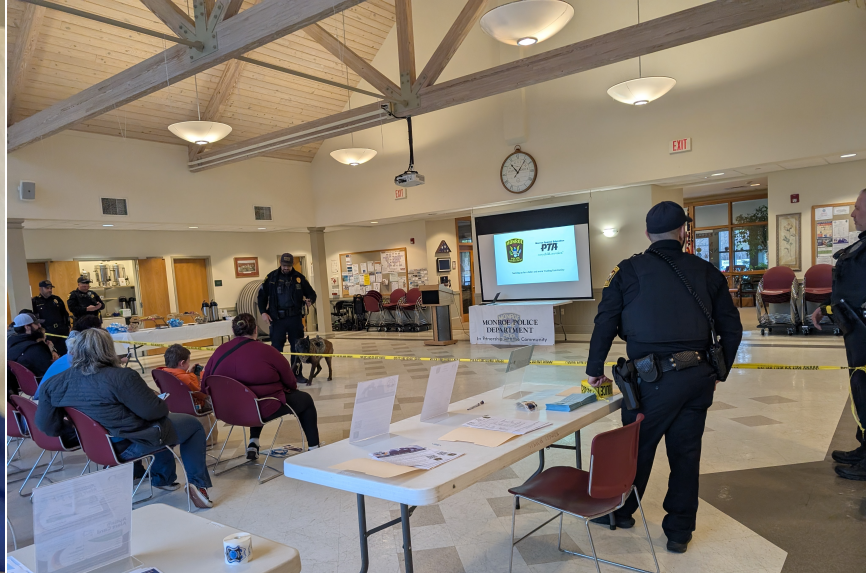
### MAY 28TH

COBB SALAD WITH DICED CHICKEN, EGG, CHEESE, BACON, & CROUTONS  
BEETS  
RANCH DRESSING  
WHOLE WHEAT BREAD

PINEAPPLE







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