

**20**

THE CENTER

Celebrating Life's Dimensions

25

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

Director's Corner ~ We constantly strive to offer a variety of programs, many from your suggestions. You're asked to sign up to ensure there are enough seats and/or refreshments and we call to remind you. Attendance has been low. Please leave us a suggestion in the suggestion box or let Ainsley know of any programs you would like to see at the center!

A few reminders:

- ◆ Please flush the toilets before you use it and at least 2 times after. We recently had a clog which was quite costly.
- ◆ When backing up and pulling out on the entry side of the building it is one way, **DO NOT DRIVE** towards the entry gate. **INSTEAD** drive around the back to the exit gate.
- ◆ When parking please ensure you are centered in the spot and pulled forward to the curb block. Do not park on the diagonal lines of the handicap spots. There are 3 handicap spots on each side of the building available. ~ *Kim*



Membership Renewal - our 24-25 membership year has ended. If you haven't done so please renew your membership which is required to participate in most programs and activities. Our annual fee is \$15.00 for residents & \$20.00 for non-residents.

Declaration of Independence

Presented by Art Gottlieb, LCSW, CSA

Friday, July 11th at 1:30pm



The story behind the seminal founding document of this nation, a document that changed the course of history and inspired other people seeking freedom across the world

Session is free, sign up in the lobby.

Improving Relationships with Loved Ones

by Art Gottlieb, LCSW, CSA

Friday, July 25th 1:30pm to 2:30pm



Fast paced lives, endless distractions, work, and smartphones have taken a toll on personal connections that once were fostered by quiet conversation and "down time". This program will discuss ways to communicate effectively with those who matter the most in a way that maximizes understanding and trust, the essential building blocks of familial and interpersonal relationships.

Session is free sign up in the lobby.

HOLIDAY CLOSING

In recognition of Independence Day the Center will be closed with no transportation on Friday, July 4th

Star Spangled Bingo
Friday, July 18th at
1:00pm

15 Games
\$5 Buy-in
No sign up required!

Current Events

by Art Gottlieb, LCSW, CSA
Thursday, July 3rd 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 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 effecting personal objectivity.

Session is free sign up in the lobby.

CAREGIVER SUPPORT GROUP

Friday, July 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 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

William Callan
Virginia Stowe



Commission for the Aging Commissioners

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

No meeting this month.



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, July 15th 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 your AARP number.

MANAGING BACK, NECK, AND JOINT PAIN: PRACTICAL STRATEGIES FOR RELIEF

Monday, July 7th at 11:00am
Presented by: Dr. Baseem Abraham

Join us for an informative session on effective ways to manage and alleviate back, neck, and joint pain. In this talk, we'll cover a variety of practical strategies,

Including:

- ◆**Understanding the Causes:** Learn about common causes of pain, from poor posture to aging, and how to identify them.
- ◆**Effective Exercises and Stretches:** Discover exercises and stretches that can improve flexibility, strengthen muscles, and reduce pain.
- ◆**Pain Relief Techniques:** Explore options such as hot/cold therapy, massage, and over-the-counter medications.
- ◆**When to Seek Professional Help:** Understand when to see a doctor or physical therapist and what treatments may be most effective.

This session is designed to empower you with practical tools to manage pain and improve your quality of life.

We look forward to seeing you there!

Sign up in lobby—Refreshments will be served!

CENTER STAFF

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

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!

Art Class with Kathy Pontin ~ Water Coloring Pt.2
Monday, July 21st at 1:00

Brain Games with Danielle Ramos
Wednesday July 9th at 1:00!

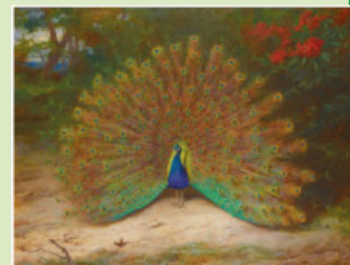
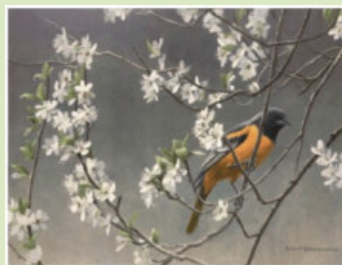


Birds in Art

Art Appreciation & History Discussion
Presented by Theresa Waldron, BFA, CDP
Tuesday, July 15th at 1:00pm

You are invited to attend this program that combines Art History and Art Appreciation with Your Imagination! We'll cover a brief history of birds as subjects of paintings and learn about the broad evolution of painting styles over centuries.

We will end our session with an easy & fun make and take craft! No art supplies needed! Please bring your sense of adventure and your smile!





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:

- ♦ 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 ~ \$3,699 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*

TRIPS - we have scheduled a variety of day and overnight trips that people have asked for. Unfortunately, many trips have been canceled as we have not met the minimums that the tour company has set. We have tried to partner with other centers and still don't meet the numbers needed. We can't use our buses as they are being used for medical & other rides. We are considering not scheduling trips moving forward. Please let us know your thoughts on this matter.



Casino Trip - we had a successful trip to Mohegan Sun, and are looking at offering another trip in either August or September.

Kindness Matters - "the smallest act of kindness is worth more than the greatest intention." You don't know what other people are going through, if something seems off or someone is snappy lend an ear and a shoulder. Basically be kind! A warm smile is the universal language of kindness!

Thursday Afternoon Movies

3rd "Purple Hearts" | PG-13 | Drama / Romance | 2hr 4min

RESCHEDULED FROM MAY 22nd

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.

10th "Jackie" | R | Biographical Drama | 1hr 41min

Following the assassination of her husband, Jacqueline Kennedy fights through grief and trauma to regain her faith and define her husband's legacy

17th "La Dolce Villa" | PG | Romantic Comedy | 1hr 39min

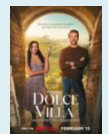
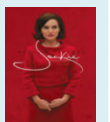
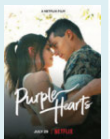
When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it—and instead finds beauty, romance, and new purpose

24th "Instant Family" | PG-13 | Comedy | 1hr 59min

A couple's decision to adopt immediately turns them into a family of five and sends them hurtling through the trials of modern child rearing

31st "The Intern" | PG | Comedy / Drama | 2hr 1min

Harried fashion entrepreneur Jules gets a surprise boost from Ben, a 70-year-old widower who answers her ad for an internship at her company



- ♦ 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 1	No Fee
BINGO 14 games which change every other month, monetary prizes	Mondays 1:00pm	Main Room	\$3.00 card
Book Club Meets monthly except July & August, lively discussion on the books read	2 nd Wednesday 2:00pm	Library	No Fee
Brain Games Join Danielle Ramos from National Healthcare for challenging puzzles and brain teasers as an enjoyable and effective way to improve brain health	2 nd Wednesday at 2:00pm	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 played between 2 opponents on opposite sides of the game board.	Thursdays 9:30am	Main Room	No Fee
Chorus Choral Director Vic Johnson works with the Noteables Chorus to learn and perform at a variety of events	Fridays 1:30pm	Program Room 1	No Fee
Current Events An interactive discussion of trending news led by Art Gottlieb.	Usually 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) led by Art Gottlieb, historian, former professional curator of naval history and the Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in NYC.	Usually 3 rd Friday 1:30pm	Library	No Fee

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com

 **OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!

SUPPORT OUR ADVERTISERS!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Monroe Senior Center, Monroe, CT

04-0772

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.	Tuesdays 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 Rm 2 Library	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	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 well-being. Led by Ryan	Tuesday 10:00am	Main Room	See below
♦ Monthly fee \$4.00 per class <i>must be paid at the first class for the month</i> ♦ Drop in fee \$5.00 per class			

NUTRITIONAL / SOCIAL	DAY & TIME	LOCATION	FEE
Senior Café 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.	Mondays & Fridays 12:00pm	Main Room	Donation between \$3.00 to \$5.00
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	\$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	1 st , 3 rd and 4 th sessions are in the Library 2 nd session is in Program 1	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 Usually 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 Usually 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

HELPFUL HINTS ~ ZIPLOCK STORAGE BAGS ~ invented in 1970 and named for zipper & lock, these handy bags can be used to: keep passports waterproof, protect important papers, keep jewelry together, carry a wet sponge or cloth for sticky fingers, store leftovers, organize store coupons, pack toiletries when you travel, make potpourri, store jigsaw puzzles, store screws/nuts/bolts, separate lingerie/scarves/ gloves/hosiery, pipe icing on a cake, or clean a showerhead.

INDEPENDENT ACTIVITIES

Adult Coloring – donated from the girl scouts we have a variety of adult coloring books and colored pencils that can be used in house.

Puzzles – there's always a puzzle out in the library for people to work on. From time to time we receive donations which we put on our free table.

Books, DVD's, Talking Books – check out our selection in the Watson Library. If the library is available you can sit and read or go outside on a bench. If you want to take home and view, read or listen please do, when you are done you can return the item in the gray basket.

OUT DOOR ACTIVITIES

Bocce – played with large balls (bocce balls) and a smaller target ball (pallino). The goal is to get your balls closer to the pallino than your opponents.

Corn Hole – can also be set up indoors. Players or teams take turns throwing bean bags at a slanted board with a hole. The goal is to score points by either landing a bag on the board (1 point) or putting a bag through the hole (3 points).

Horse Shoes – a lawn game where 2 players or two teams throw horseshoes at a stake in the ground, aiming to encircle the stake or get as close as possible. The object is to score points by throwing the horseshoes closer than your opponent or by getting a ringer.

Pickleball – played at the Wolfe Park courts on Mondays & Wednesdays from 9:00am to 12:00pm. A racket or paddle sport in which 2 to 4 players use a smooth-faced paddle to hit a perforated, hollow plastic ball over a 34" net until one side is unable to return the ball or commits a rule infraction.

INDOOR WHEN ROOM IS FREE

Ping Pong – a sport in which 2 or 4 players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets on the hard table which is divided by a net.

COMPUTER TUTOR

Thursdays at 1:30pm sign up in the lobby for an individual session with Cathy Lindstrom to receive help / instruction with your lap top, tablet or cell phone.



Friday nights at 7:30 pm head over to Wolfe Park to enjoy the 37th annual Arts in the Park Summer Concert Series. In the event of inclement weather, call the information line at 203-339-6106 after 3:30pm for updates. Parks & Recreation is bringing you some great entertainment to the stage area with a mix of genres for you to enjoy! Mark your calendars:

7/11 HYPE! ~ highly energetic 4 piece party rock cover band

7/18 Rhythm City ~ band blends R&B, Disco, Rock, Motown and top 40 hits

7/25 Mischief ~ 5 piece high energy dance/rock band playing all your hits from the 70's, 80's and 90's

8/01 The Future Heavies ~ feature the best in new wave, pop, R&B, dance and rock from the 1980's

Peggy's Canteen, located at the Wolfe Park Pool Patio, will be open until 8:30pm on each concert night for food and beverage purchases.

Grab your grandchildren for an evening swim at the lake, use of the playground, build sand castles on the beach, enjoy great children's musical entertainment, bring some yummy snacks or purchase from our vendor and don't forget your camera when visiting our characters on Wednesdays in July at Great Hollow Lake. Free for Monroe residents with a valid Wolfe Park sticker; \$15.00 car entrance fee for Monroe Residents without a valid Wolfe Park Sticker; \$30.00 car entrance for all Non-Residents without a valid Wolfe Park Sticker. Call information line at 203-339-6106 for weather related issues the day of the event starting at 3:00pm.

- ♦ July 9 Ryan San Angelo ~ Winnie the Pooh & Baby Shark
- ♦ July 16 Judy Pancoast ~ Elmo & Cookie Monster
- ♦ July 23 Susan Peak ~ Bluey & Bingo
- ♦ July 30 Steve Elci ~ Rex & Zurg



July 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 Instruction 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 12:00 Senior Café 12:30 Mah-Jongg 3:00 Farmer's Market
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
CLASS FEES	1	2	3	4
Pay in advance for the entire month is \$4.00 per class. Drop-in is \$5.00 per class.	2:00 Chair Yoga Makeup		12:30 ~ "Purple Hearts" 1:30 Current Events 	CENTER CLOSED Independence Day 
7	8	9	10	11
11:00 Practical Strategies for Relief 	No Tai Chi 2:00 Float & Fun 	1:00 Brain Games 	12:30~ "Jackie" 	1:30 Declaration of Independence 
14	15	16	17	18
	No Tai Chi 12:00 AARP Driving Class 1:00 Birds in Art 		12:30~ "La Dolce Villa" 	1:00 Star Spangled Bingo 
21	22	23	24	25
1:00 Art Class with Kathy 	No Tai Chi 12:00 Summer BBQ 		12:30~ "Instant Family" 	1:30 Improving Relationships with Loved Ones 3:00 Caregiver Support Group
28	29	30	31	
	11:30 Balance Screening 		12:30~ "The Intern" 	

Senior Community Cafe

A program offered through Title III funding by RW Solutions & SWCAA (the Southwestern Connecticut Agency on Aging). This program offers the opportunity to socialize while enjoying nutritional meals approved by RW Solutions nutritionist.

To participate one must be 60 or older & complete documentation to be enrolled in the program. Those younger who are with a loved one can have a meal for \$9.00. The meal is free for seniors who are asked to make a **donation between \$3.00 – \$5.00.**

Registration is important as orders for Wednesday are called in by 10:00am on Monday & orders for Friday are called in by 10:00am on Wednesday.

The menu for the month of July is to the right, please note menu items are subject to change. If you don't like the entrée, no problem there is always an option for a chef's salad.

FOOD ALLERGY WARNING: please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat or shellfish, or fish. Please advise a staff member of any food allergies prior to the consumption of meals.



The **Monroe Farmers' Market** is located on the Town Hall Green at 7 Fan Hill Road. The market is open every **Friday** from **3:00pm to 6:00pm** until **October 24th**.

The market has **reserved parking spots** for seniors 65 and older as well as a "**cart to car**" service to help you bring your bags to your car.

Float & Fun

Tuesday, July 8th at 2:00pm
FREE!

Join us for a
Root Beer Float social hour!
Grab some friends and cool off
with a refreshing float.

RSVP Required
Sign up in the lobby!



Wednesday Lunches

July 2nd

Sweet & Sour Meatballs
With White Rice
Oriental Blend Veggies
Wheat Roll & Fruit Cup

July 9th

Vegetable Barley Soup
Unsalted Crackers
Tuna Salad
Ziti Broccoli Salad
Cucumber Dill Salad
Hot Dog Bun
Birthday Cake

July 16th

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

July 23rd

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

July 30th

Orange Juice
Omelet with Cheese
Waffle
Spinach
Pudding

Friday Lunches

July 4th

**NO LUNCH CENTER
CLOSED**

July 11th

Fish Filet
Yellow Rice
Cilantro Lime Coleslaw
Flour Tortilla
Tartar Sauce
Watermelon

July 18th

Chicken Sausage
Noodles with Onions &
Cabbage
Beets
Whole Wheat Bread
Rice Pudding

July 25th

Hamburger
Steak Fries
Spinach
Hamburger Bun
Apple Cookie Bar



Summer Fun BBQ Returns!

Tuesday, July 22nd at 12:00pm
\$5 Per Person CASH ONLY



Join us for our annual Summer Fun BBQ!
Spend time with friends while enjoying a
hot dog or hamburger lunch. Seasonal
treats & beverages will be served.

Sign up at the front desk!





Counseling & Psychotherapy Certified Senior Advisor

Arthur N. Gottlieb, LCSW, CSA

Call (203) 912-6101

Email agott@optonline.net

Office Hours & Home Visits
by Appointment

Proudly serving the Monroe community.



SPADACCINO & LEO P. GALLAGHER & SON

COMMUNITY FUNERAL HOME

SpadaccinoFuneralHome.com

203-445-8500



Monroe's Real Estate Expert Ryan Braunagel

Monroe resident specializing in low-stress senior moves. Compassionate, reliable, and here to help!



203-581-1583 | Buyit@kw.com | Buyit.kw.com



Anne H. Lynn,

M.S. CCC-A, FAAA

Licensed & Certified Clinical Audiologist

Diagnostic Hearing Evaluations

Hearing Aids, Repairs, Service

Custom Earmold Products

Participating w/most Health Ins.

203-304-9744

107 Church Hill Rd., Ste. 2E | Sandy Hook, CT

annehear711@gmail.com

Jensen

Tire, Auto & Marine, LLC



AUTO
SERVICES



MARINE
SERVICES



TIRES

6746 MAIN ST.,
TRUMBULL, CT

(203) 459-8473

242 RTE. 34,
MONROE, CT

(203) 459-4244

**\$5.00 OFF
OIL CHANGE**

with ad

NOT TO BE COMBINED WITH
ANY OTHER OFFER

BROWN'S MONUMENT WORKS

Monuments • Markers
Mausoleums • Cemetery Lettering

Ned Steinmetz | Rosemary Talboys

412 Main Street, Stepney
Monroe, CT 06468 • (203) 268-9409



Annie L'Altella

Branch Manager/Senior Loan Officer/
Reverse Mortgage Planner
NMLS# 133075

203-521-2906

LICENSED IN: CONNECTICUT, VERMONT,
NEW HAMPSHIRE, MAINE, MASSACHUSETTS
& FLORIDA



www.annlaltrellafairway.com

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the
HOME YOU LOVE!"

✓ GPS & Fall Alert



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵
/mo.



md-medalert.com

Medicare Help Made Easy

Approaching 65, New to Medicare or
Already on Medicare? I Can Help!

I work with all 8 Medicare Carriers in Connecticut!

Russell Haas (203) 217-6158

Comprehensive Retirement Planner | Licensed Independent Broker
insuredbyrussell.godaddysites.com

Endorsed by the local
Sikorsky/Lockheed
Teamsters Union 1150,
American Legion, AM
Vets, and the ELKS Club



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Monroe Senior Center, Monroe, CT

04-0772

FREE **BALANCE** **SCREENING**

WHEN

**Tuesday
July 29th
11:30am**

WHERE

**Monroe Senior
Center**

235 Cutlers Farm Road, Monroe, CT 06468

Prevent Falls · **Get Stronger · Gain Flexibility**

Promote your overall health and wellness!

Decrease your risk of falling!



HOSTED BY:

**Select
Physical
Therapy
Trumbull**

BENEFIT YOU

**Learn your risk &
decrease it with
exercises and
stretches designed
with you in mind!**

**JOIN US and
together we
can **HELP PREVENT
FALLS****

REGISTER NOW

**Sign Up
sheet is
located at
the Senior
Center**



Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for profit, full continuum of care campus designed to accommodate your lifestyle needs as they change.

- Independent & Assisted Living
- Short-Term Rehab
- Memory Support
- Outpatient Therapy & Fitness

SCHEDULE YOUR TOUR TODAY! | 203-225-5000

580 Long Hill Avenue, Shelton, CT 06484 | www.umh.org

Sunset

Many Cleaning Service

We offer weekly & bi-weekly cleaning services to keep your home clean and fresh so you can focus on what really matters!

- ✓ Eco-friendly green cleaning
- ✓ Background checked
- ✓ Hundreds of 5-star reviews
- ✓ Bonded & Insured

GET A FAST FREE QUOTE!

Text 203-919-9722

Eliovson & Tenore

Law Offices

Elder Law • Wills, Trusts & Estates • Probate & Conservatorships

Linda L. Eliovson, Esq.
Christine M. Tenore, Esq.

203-336-2566

www.ConnecticutElderLaw.com

LANDSCAPE & HARDSCAPE | 203 307 5233

- Mulch
- Tree Work
- Brush Removal

MY 3 DAUGHTERS

SPRING CLEAN-UP SPECIAL

10% off for all seniors

- Cement Work
- Windows
- Siding



Medicare
Health
Home
Life • Auto

Marc Figlar

Figlar Insurance Services

Ph: 203.394.3447 • Fax: 203.335.8164

Marc@FiglarInsurance.com



Elevating Lives through Diverse Care Services

Contact Us Today
(203) 507-3426

Assistance with ADLs • Companionship
Housekeeping • In-Home Care Services • Live-Ins
Meal Preparation • Medication Reminders
1-1 Sitting Services • Respite Care
We Accept Long Term Care Insurance

Email: info@petalshomeservices.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiconmunities.com

Monroe Senior Center, Monroe, CT

04-0772