



Monroe Senior Center

Celebrating Life's Dimensions

November 2025

235 Cutlers Farm Road
Monroe, CT 06468

(203) 452-2815

www.monroect.gov

DIRECTOR'S CORNER

Thank you to everyone who reached out, called, stopped by or sent a card, flowers or food – it means the world to me and I can't thank you enough!

Due to scheduling conflicts and a rise in cost we will not be having a Thanksgiving Luncheon this year. We look forward to seeing you next month at our Holiday Luncheon!

We have recieved your suggestions – anything related to Bills or the Senior Café have been passed on to RW Solutions who oversees the program.

Please be courteous of our new tables and chairs acquired through the ARPA Grant! Our old tables and chairs have been donated to the Town for the new Community Center as well as any events they have planned moving forward.

With the cooler weather, unless needed, please refrain from using the automatic door openers. In the vestibule you will notice our new umbrella bag holder, bags are available and free for your convenience

Finally, when you see an event you are interested in participating in PLEASE make sure you are signing your name on the sign up sheet located in the lobby. We have noticed lately that many of you are coming in for a program you have not signed up for. It is VERY important that you sign up for these events so we have an accurate count and can reduce the amount of cancelled events.

~ Kim

Current Events

By Art Gottlieb, LCSW, CSA

Friday, November 7th 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

"Craig & Fred: A Marine, A Stray Dog, & How They Rescued Each Other"

By: Craig Grossi

Discussion Date:

Wednesday, November 12th at 2:00pm



Caregiver Support Group

Tuesday, November 14th 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

*Olimpia Melchionno
Elizabeth Kubiecko*



Commission for the Aging

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Vice Chair ~ Leslie Gosselin

Secretary ~ Jeanne Nicolett

Kathleen Sochacki, Sam Tucci, & Vivian Capoccitti



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

Monday, November 10th 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.

Senior Planet's

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SPOTS FROM A
CHROME CAR
BUMPERS, AND
LOOSEN A
RUSTED BOLT!**

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

SCAM WARNING!!!!

CT DSS is receiving calls from SNAP EBT recipients. The message states that they are about to lose benefits and are asking for the last 4 digits of the card and their pin number. The call is coming from 877-284-1918. **DSS is reminding folks to never share their EBT card number or pin and call them with questions.**

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

Center Events

JFK's Veteran's Day Speech

Presented by: Art Gottlieb, LCSW, CSA
Friday, November 14th at 1:30pm

On November 11th 1961 President John F. Kennedy paid his respects to this nation's veterans at Arlington National Cemetery with this famous speech.

"On this day of remembrance, let us pray...that there will be no veterans of any further war - not because all shall have perished but because all shall have learned to live together in peace"

Sign up in lobby

THE ART OF CONFLICT DE-ESCALATION

Presented by: Art Gottlieb, LCSW, CSA
Tuesday, November 25th at 1:30

This program will focus on the personal and situational awareness skills necessary to defuse potential conflicts, and to help existing conflicts from getting worse, especially during stressful situations. We will discuss the driving forces and underlying motivations for interpersonal arguments and strategies to cope with long standing disagreements with spouses, siblings, other family members and even co-workers

SIGN UP IN THE LOBBY



Home Instead Presents: MEET THE AUTHOR!

John Scully

Friday, November 21st at 11:00am

In Visited Mom Today, 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. Through heartwarming and humorous conversations and interactions with residents, Scully shows that by stepping into their world and embracing their present reality, we can bring light to the shadows of dementia.

MONROE SENIOR CENTER
235 CUTLERS FARM ROAD
MONROE, CT 06468



VETERAN'S DAY HONOR PRESENTATION



FRIDAY

14 NOV 2025

12:00PM

Please join us in honoring
Monroe's Veterans with a
catered lunch by Aldini's
Restaurant followed by a special
performance by our very own
NoteAbles Choir and
presentation by our local VFW

RSVP BY FRIDAY, NOV. 7TH
203-452-2815 EXT. 0



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Ileana Vasquez

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Monroe Senior Center, Monroe, CT

04-0772

Center Events

CANASTA

Tuesdays at 12:30am

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

November 5th

Italian Wedding Soup

Unsalted Crackers

Lemon Rosemary Chicken

Confetti Rice & Dill Carrots

Wheat Bread

Mandarins

November 12th

Orange Juice

Scrambled Eggs with Peppers & Mushrooms

French Toast

Sausage Link

Tater Tots

Maple Syrup

Yogurt

November 19th

Thanksgiving Special

Roast Turkey with LS Gravy

Mashed Cinnamon Sweet Potatoes

Green Bean Amandine

Cranberry Sauce & Dinner Roll

Pumpkin Pie

November 26th

Meatball Sub with Marinara Sauce

Tater Tots

Broccoli

Tossed Salad

Ranch Dressing

Sub Roll

Apple Sauce



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!

LUNCH & LEARN

Friday, November 7th at 12:00

“Compassionate, non-medical home care for seniors across Connecticut - because comfort and dignity start at home.”

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Center Events

BOOK CLUB BOOKS FOR 2025-2026



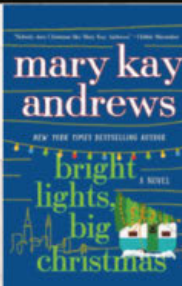
SEPTEMBER 10TH	<i>The Summer of 1969</i> By: Elin Hilderbrand
OCTOBER 8TH	<i>The Nurse's Secret</i> By: Amanda Skidmore
NOVEMBER 12TH	<i>Craig & Fred: A Marine, A Stray Dog, & How They Rescued Each Other</i> By: Craig Grossi
DECEMBER 10TH	<i>Bright Lights, Big Christmas</i> By: Mary Kay Andrews
JANUARY	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

December's Book Club Book:

Bright Lights, Big Christmas

By: Mary Kay Andrews

Discussion Date: December 10th at 2:00pm



Brain Games

Wednesday, November 12th at 1:00pm

Presented by: Danielle Ramos

Maefair Center for Health & Rehabilitation



Art Class with Kathy
Monday, November 17th at
1:00pm



Seniors Helping Seniors®
LIKE GETTING A LITTLE HELP FROM YOUR FRIENDS®

Lunch & Learn:

Combating Social Isolation & Loneliness, *Together*

Tuesday, November 18th at 11:00am
Moderated by Lt. Gov. Susan Bysiewicz

Please join Lt. Gov. Bysiewicz, Connor May, CEO and Founder of Seniors Helping Seniors® and a few special guests for an informative discussion pertaining to The U.S. Surgeon General's advisory on "The Healing Effects of Social Connection and Community". Let's combat loneliness together and learn of some important pathways in place to reconnect.

Sign up in lobby!

Harvest Bingo Friday, November 21st at 1:00pm

15 Games
\$5 Buy-in



No Sign up required!

Trips & Movies

TRIPS 2025

ALL TRIPS REQUIRE A PRIOR RESERVATION

Forms are in the container on the wall in the main room; Checks are payable to the tour company

DAY TRIPS

November 5th - Culinary Institute of America ~ \$178
Per Person

OVERNIGHT TRIPS

Christmas in Cape May & Radio City: December 1-3
~ \$999pp Double / \$949pp Triple / \$1,229 Single

TRIPS ARE OPEN TO ANYONE INTERESTED! INVITE YOUR FAMILY & FRIENDS

THURSDAY AFTERNOON MOVIES



NOVEMBER 6TH
**"THE BRIDGES OF
MADISON COUNTY"**
PG-13 - 2HR 15MIN

Photographer Robert Kincaid wanders into the life of housewife Francesca Johnson for four days in the 1960s.



NOVEMBER 20TH
**"THE LAST
STATION"**
PG-13 - 2HR 23MIN

A historical drama that illustrates Russian author Leo Tolstoy's struggle to balance fame and wealth with his commitment to a life devoid of material things.



NOVEMBER 13TH
**"ARE YOU
THERE GOD?
IT'S ME,
MARGARET"**
PG-13 - 1HR 46MIN

Based on the ground breaking Judy Blum classic - Eleven-year-old Margaret moves from the city to the suburbs and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara, who offers loving support, and her grandmother, Sylvia.



Community Events

UMC MONROE'S PAPER SHREDDING & ELECTRONICS RECYCLING FUNDRAISER

Saturday, November 1st, 2025

9:00am - 12:00pm

*435 Main Street, Monroe CT
06468*

Proper destruction of confidential documents and media is a critical step in ensuring that you don't become a victim of identity fraud.

Take advantage of the convenience and security of having your sensitive household & business records/media destroyed.

PAPER: \$10/std Box (+\$5 for larger)

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When

NOVEMBER 1ST 2025

7:00PM - 8:00PM

Where

MONROE CONGREGATIONAL
CHURCH, REXFORD HOUSE
34 CHURCH STREET
MONROE, CT 06468



\$20

**To purchase tickets call
Veronica Condon
(203)-331-6662**

or

Buy at the door!

November 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 2:00 Bereavement Group 1:00 Scopa 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 3:00 Farmer's Market
Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 1:00 Discover Your Strength	5 2:00 Commission On Aging Meeting	6 12:30-Movie 	7 12:00 Always Caring CT Lunch & Learn 1:30 Current Events
10 12:00 AARP Safe Driving 	11 CENTER CLOSED 	12 1:00 Brain Games 2:00 Book Club 	13 12:30-Movie 	14 NO POUNDFIT 12:00 Veteran's Day Event 1:30 JFK's Speech
17 1:00 Art Class With Kathy 	18 11:00 Seniors Helping Seniors Lunch & Learn	19	20 12:30-Movie 	21 11:00 "Visited Mom Today" - Meet The Author 1:00 Harvest Bingo
24	25 1:30 De-Escalation 3:00 Caregiver Support Group	26	27 CENTER CLOSED 	28 CENTER CLOSED NOVEMBER 27th & 28th



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