

**20**

THE CENTER

Celebrating Life's Dimensions

23

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

Director's Corner ~ December is the first month of winter and the last month of the year. I like to think of it as the season of giving, peace, hope and love. Here at the center we aspire to make all members feel welcome! It is a center policy to not save seats as this can be construed as bullying and exclusion, which goes against everything we represent. A copy of the Handbook is in our library as well as online. Let's "Celebrate Life's Dimensions" & make new friends! *Kim*

HOLIDAY CLOSINGS

In observance of Christmas, the Center will be closed with no transportation on Monday Dec 25 & Tuesday Dec 26

CHRISTMAS LUNCHEON

CELEBRATE THE SEASON the Senior Center Way!! Our annual Christmas lunch is Tuesday, December 19, doors open at 11:30am.



Enjoy a feast of Ham, Scalloped Potatoes, Green Beans, Glazed Carrots, a Dinner Roll and Dessert.

The fee is \$10 per person and registration deadline for attendance or refunds is 12:00pm on Thursday, December 14th.

Please bring a non-perishable item for the food pantry.

Enjoy the **SOUNDS OF THE SEASON** on **December 27th at 12:30pm** with caroling by Daisy Troop 34423 & Brownie Troop 34726. The girls are excited to share their time and talent with you in celebration of the 12 Days of Christmas. If you will not be here for the Wednesday lunch but wish to attend the caroling, please sign up in the lobby so we have enough seats



Medical checks (blood pressure & more) by Maggie Sessa, RN, **December 13th from 11:30am to 1:00pm.**



Sign up for your time slot on the sheet in the lobby.

Caregiver Series by

Art Gottlieb, LCSW, CSA

Friday December 22nd from 1:30pm to 2:30pm

Pseudo Dementia is any decline in thinking & behavior, where it is falsely presumed (promoted by age-related stereotypes), that the sources of those symptoms must be the onset of dementia. This program will discuss the factors leading to a potential misdiagnosis of dementia such as: sensory deficits, side effects of medication, alcohol consumption, depression, nutritional deficits, environmental factors and medical disorders that can affect cognition and behavior.

Session is free sign up in the lobby.

Historical Presentation

SEARS, ROEBUCK & COMPANY

Presented by Art Gottlieb

Friday, December 1st at 1:30pm

This venerable chain of department stores founded by Richard Warren Sears and Alvah Curtis Roebuck in 1892 began as a mail ordering catalog company. As late as 1989 Sears still held the distinction of being the largest retailer in the US. Despite diversifying into other markets, after 2010 the company was no longer profitable. Sadly, but not unexpectedly, Sears filed for Chapter 11 bankruptcy protection on October 15, 2018. This program will include a slide presentation of the history of Sears, sure to inspire conversation and remembrances.

Session is free, sign up in the lobby.

Medicare's Open Enrollment ends December 7th

If you haven't checked your 2024 plans to ensure that they meet your medical &/or prescription needs you only have until December 7th! Call or email Veronica "Ronnie" Jensen to set up a time to review your plans.

phone: 203-452-2815x3

email: vjensen@monroect.gov.

Energy Assistance Applications continue to be taken for the 2023-2024 season by Mary Ann Kalm, Social Services Coordinator and Veronica "Ronnie" Jensen, Elderly Services Coordinator. For a list of items needed to apply and to set up your appointment, contact Mary Ann by phone 203-452-2813; email mikalm@monroect.gov, OR Ronnie by phone at 203-452-2815 ext. 3; email vjensen@monroect.gov.

In Memory



Geraldine Engeldrum

Patricia Chonko

Anna L. Tartaglia

Carolyn Silverman

Beatrice Krafciak

Isabel Trudeau

Rosemary Sivertsen

Center Staff

Kim Cassia - Director, ext. 4

Jean Gardino - Administrative Assistant, ext. 1

Veronica Jensen - Elderly Services Coordinator, ext. 3

John Williams - Transportation Coordinator, ext. 2

Evana Falzone - Office Assistant, ext. 0

Rose Marie Syarto - Driver

John Delfino - Driver

Bob Scopoletti - Custodian

Movies

Dec 7 "Top Gun: Maverick"

PG-13 | Action/Drama | 2hr 10min

After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.



Dec 14 "National Lampoons Christmas Vacation"

PG-13 | Comedy | 1hr 37min

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.



Dec 21 "It's a Wonderful Life"

PG | Drama/Family/Fantasy | 1h 57min

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.



Dec 28 "New Year's Eve"

PG-13 | Comedy / Romance | 1h 58min

The lives of several couples and singles in New York City intertwine over the course of New Year's Eve.



NoteAbles Choir Christmas Performance
December 15th at 1:00pm

Refreshments will be served so sign up in lobby

Commission for the Aging Commissioners

Chair ~ Helma Chartier

Vice Chair ~ Leslie Gosselin

Secretary ~ Kathleen Sochacki

Jeanne Nicolett

Vivian Capoccitti

Debbie Malewicki

Book Club

Wednesday, December 13th at
2:00pm

The Knitting Circle by Ann Hood



Favorite Children's Book Contest

Vote for the favorite books of your children, grandchildren or childhood. Ballots, receptacle and a flyer with more information are on a table in the lobby. This will help promote language skills and literacy for children.



WINTER CLOSING NOTICES

Check out WFSB Channel 3 or WTNH Channel 8 after 9:00 am to see if we are closed or delayed. You can call the Center after 8:00 am for a recorded message regarding our status.

We do not follow the school closings.

UGLY HOLIDAY SWEATER CONTEST!

Friday, December 8th, join us at 2:00pm for our third annual "Ugly Sweater" contest.

Create and wear your ugliest, tackiest holiday vest or sweater ever. First place gets a prize!

Holiday cookies will be served with coffee, tea or hot chocolate!!!

Free event, sign up required to ensure we have enough treats for everyone.



December Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 10:00 Fit & Fabulous 10:30 Bridge 12:00 Ukulele 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit & Crochet Instruction 10:00 Mexican Train & Triominos 12:30 Farkle	9:30 Fit & Fabulous 9:30 Pinochle 11:00 Spanish Class 12:00 Senior Café 3:00 Stretch & Strengthen	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 1:30 Computer Tutor 2:00 Chair Yoga	Big Y Shopping 9:30 Pinochle 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
DECEMBER FACTS: Birthstone: Flower: Holly and Narcissus National Month to/for: * Human Rights * Learn a Foreign Language * SAD Awareness		CLASS FEES Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class		1 1:30 Art Gottlieb ~ "Sears, Roebuck & Co"
4	5	6	7 - Hanukkah Begins	8
Christmas Lights and Song Trip		9:00 Vascular Testing 2:00 Commission for the Aging Meeting	9:30 TRIAD Meeting 12:30 Movie ~ "Top Gun: Maverick"	2:00 Ugly Sweater Contest 
11	12	13	14	15-Hanukkah Ends
		11:30 Medical Checks  1:00 Brain Games 2:00 Book Club	12:30 Movie ~ "Christmas Vacation" 10:00 Bill's Senior Dine sign-up/refill	Bill of Rights Day 1:00 NoteAbles Choir Concert
18	19	20	21	22
1:00 Art Class with Kathy 	12:00 CHRISTMAS LUNCHEON 		Winter Solstice 12:30 Movie ~ "It's a Wonderful Life"	1:30 Art Gottlieb ~ "Pseudo Dementia"
25	26	27	28	29
Christmas Day Center Closed No Programs or Transportation	Day after Christmas Center Closed No Programs or Transportation	12:30 Caroling by Girl Scouts 	12:30 Movie ~ "New Year's Eve"	



TRIPS 2024



TRIPS WE'RE LOOKING AT IN 2024 . . .

Daffodil Days with Tea Lunch at Blithewold, Bristol, RI ~ late April

The Music of Elton John featuring Greg Ransom w/lunch ~ Bolton CT ~ April 24

New England Botanic Garden & Lunch at Longfellow's Wayside Inn, MA ~ May

Neil Diamond, The Tribute from Las Vegas ~ Aqua Turf Club ~ May 14

Newport Flower Show ~ Rosecliff Mansion, Newport RI ~ June 21-23 Fri-Sun

Lobster & Show featuring Jimmy Russo @ The Log Cabin, Holyoke MA ~ July 17 or 18

'Sail On' The Beach Boys Tribute w/lunch ~ Aqua Turf Club ~ Aug 21

Jack Lynn Sings The Music of Dean Martin ~ Amarantes - New Haven ~ Sept 10 or 11

The Ultimate Cher Experience w/Lunch ~ Grand Oak Villa, Oakville CT ~ October 10

The Glen Campbell Experience ~ Jimmy Mazz ~ La Bella Vista, Waterbury ~ Nov 12

Shadows of the 60s~ A Holiday Tribute to Motown ~ Aqua Turf Club ~ December 3

Trips Shared with Shelton Senior Center

Newport Playhouse & Cabaret Restaurant, RI ~ Lunch & a show "Nunsense" ~ July 23

Lunch, Naugatuck Railroad & Fascia's Chocolates ~ Thomaston CT ~ September 20

Other Possibilities

Spirit of Boston BINGO Lunch Cruise ~ Boston MA ~ April thru Oct

Thimble Islands Cruise & Chowder Pot Restaurant ~ Branford CT ~ May/June/Sept/Oct

Turkey Train Winnepesaukee Railroad ~ Sept or Oct

Culinary Institute of America Lunch & Taste Experience ~ Hyde Park NY ~ Apr - Dec

HELP MONROE VOTE!

Monroe is very fortunate to have excellent Poll Workers. They are people we can depend upon to ensure safe, accurate, secure and accessible elections. **We are actively looking to add more Poll Workers** to our ranks for all positions and all elections/referenda. This website <https://monroect.gov/p/registrar-of-voters-1> contains a link for more info and a Poll Worker Interest Form.

This is a wonderful opportunity for community service—and to do your civic duty **while getting paid!**



PROACTIVE HEALTH CARE

@ MONROE SENIOR CENTER

Wednesday, December 6, 2023 from 9:00am-1:00pm

OUR SERVICE:

- ☒ 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- ☒ Real-time results and recommendations
- ☒ Clinicians will be onsite to offer this valuable test to all and family members

INSURANCE ACCEPTED!

The following insurances will be accepted: Connecticare, Anthem, BCBS, Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

****Kindly be aware that a Cash Price is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.**



December Menu

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Peanut Butter Fudge Day
4 National Cookie Day 	5 World Soil Day 	6 Jerk Grilled Chicken Roasted Red Potatoes Scandinavian Veg  Wheat Roll Mango	7 Pearl Harbor Remembrance Day 	8 
11 Have a Bagel Day 	12 Gingerbread House Day 	13 Chicken Strips w/Marsala Sauce Herbed Ziti Italian Blend Vegetables Warm Garlic Bread Swiss Roll	14 Roast Chestnuts Day 	15 National Cat Herders Day 
18 	19 Hard Candy Day 	20 Holiday Lunch Ham w/Sweet Glaze Roasted Rosemary Potatoes Glazed Brussel Sprouts  White Bread Holiday Pie	21 National Coquito Day 	22 Mathematics Day 
25 	26 Candy Cane Day 	27 Salmon LS Latino Salmon Sauce  White Rice Spinach Multigrain Bread Mango Mix	28 Card Playing Day 	29 

Title III Grants

Brought to **YOU** from the **Older Americans Act** as the funding source and the **Southwestern Connecticut Area Agency on Aging** as the funding agency.

RECREATION PROGRAMS

Art Class & Chair Yoga are **FREE** classes made possible because of the Title III grants. Art class is held monthly and delves into a variety of projects. Chair Yoga, designed for seniors who want to exercise gently, is held Thursdays at 2:00pm.

CHORE SERVICE

As part of the Title III grant, we can help Monroe seniors who have difficulty, financially or physically, completing any of the chore services listed: heavy housework, yard work, minor home repairs, etc. Veronica Jensen, Elderly Services Coordinator or Mary Ann Kalm, Social Services Coordinator, will review your request, complete your form 5 and match you with one of the vendors who signed on as part of this program.

TRANSPORTATION SERVICES

This program is made possible thanks to the Title III grants. As soon as Center members know they need a ride, call John Williams, Transportation Coordinator, at 203-452-2815 x2.

CAREGIVER INFORMATION & ASSISTANCE

Veronica Jensen, Elderly Services Coordinator & Mary Ann Kalm, Social Service Coordinator, provide case management for Caregivers. Both serve as a single point of entry for seniors, their family members and caregivers on a variety of programs, services and support. They will assess client needs and match them with appropriate programs, including but not limited to: energy assistance, S.N.A.P., Farmer Market Coupons, Connecticut Homecare Program for the Elderly, Veteran's Aid and Attendance Benefit, Respite Care, etc.

CAREGIVER PUBLIC INFORMATIONAL SERVICE

Title III grants allows us to continue our monthly information series on a variety of topics to help caregivers, family, friends, neighbors and even care recipients learn how to handle and deal with a variety of situations, issues and more.

These educational sessions are informational and interactive. They are led by Arthur Gottlieb who is a Licensed Clinical Social Worker and Certified Senior Advisor. Art has many years of clinical experience and has been working with the Center for over 12 years. If there are any topics that you would like to learn more about please let us know and we will be sure to add it to Art's calendar.

CAREGIVER SUPPORT GROUP

This is a new program being offered for our caregivers as part of the Title III grant we were awarded! We know caregiver stress is real! If you are a caregiver and are feeling stressed, isolated, overwhelmed or depressed this support group can help! This program will help you develop lifestyle changes and offer strategies for creating a life that, despite the daily stressors and emotions of caregiving, remains balance and meaningful! The group will be led by Arthur Gottlieb, LCSW, CSA in the center's library which offers a confidential and calm setting, where caregivers can open up and express their normal frustrations for caregiving and receive non-judgmental advice and suggestions. Group dates and times will be listed in the Center Newsletter.

DONATIONS

As part of the Title III grants we are asked to seek donations for the various programs and services.

The car has a marked bag attached to the headrest and the bus has a treasure chest box.

At the Center our suggestion box doubles as a donation box. There are small envelopes for the donation box so you can indicate what the donation is for: recreation, chore service, caregiver information & assistance, caregiver education or transportation.

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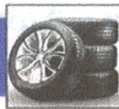
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