



THE CENTER

Celebrating Life's Dimensions



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

Director's Corner ~ *It's July which we know can be hot and humid as your air conditioners are running full blast. To help roll out the lazy, hazy, crazy days of summer we have a few special events for you!*

Capture the Sunset Week is the 3rd week of the month. We are going to capture the sunset while listening to the beats of the Silver Steele Drum band on Tuesday, July 19 from 6:30 ~ 8:00 pm. This event will be held outdoors so if you have a favorite chair, please bring it with you. We will have watermelon and other sweet treats, so sign up is required. If there is inclement weather, the event will be held indoors.

Please join me in welcoming Evana Falzone as our Office Assistant!

Those who come to the Center on Thursdays know students from the MASUK High School Transition and Community Program have been making treats and selling them at a reasonable fee. We are in talks of expanding the program to offer meals. We are also exploring the congregate meal program run through CW Resources. We hope to have more details soon.

Senior dine program is a restaurant based meal program for residents 60 & over operated by CW Solutions, LLC at Bills Drive-In. Each meal is \$4.00 you put on a card which you swipe when you order from the preset breakfast or lunch menu. To register for the program, you must come in and fill out a form 5, order form and use cash or check to put money on the card. The CW rep will be here Thursday July 7 & 21, from 10:00 to 12:00.

A few items to think about. . .

- In September, we are planning an **Open House** to attract new members; please let us know your thoughts for a successful event.*
- October we are planning a **Health Fair** which may include flu shots. Let us know what ideas you have for booths or speakers.*

Have an idea for a program or trip, please put it in our suggestion box and we will do our best to see if we can accommodate it into our schedule.

Annual Center membership dues for the 2022 ~ 2023 year are being accepted. Prices remain the same: Monroe residents are \$15.00 per person and non-residents are \$20.00 per person.

Forms ~ did you know about these useful forms?

Going away— stop by the Monroe Police Department and complete the **MPD House Check Form**. The Police can keep an eye on your home while you are away. Have an alarm system, fill out the **Alarm Registration Form**. For those who have loved ones with a cognitive impairment, the MPD has the **K-9 LAPS Form**. LAPS = Locating Alzheimer's Patients Safely.

TRIAD has the **Contact & Information Form** which helps first responders gain access to your home in an emergency. Forms are on the wall in the lobby.

Our Elderly Services Coordinator maintains our **Medical Needs Registry**, a database of those who need assistance for evacuation during an emergency.

Sugar Shakers Singalong - Diane Corica, personal trainer, will lead this program on **Tuesday, July 12 at 2:00 pm**. Using generational music, she will lead you in exercise that can be done standing or sitting, encourage you to sing a long and ask trivia about the good ole days. If interested, sign up in the lobby and fill out our medical consent form!

Live Well Diabetes Program postponed until the fall. This 6 week class is held once a week for 2 hours and packed full of useful information. This is an evidence based program proven to help you or your loved one. If interested in participating ,please call 203-452-2815 ext. 0.

Parent-Child Role Reversal Presented by Art Gottlieb
Friday July 22 at 1:30 pm

While it is natural and expected to take a position of authority and responsibility towards one's own children, it is un-natural and awkward to assume such control over one's parents. As the lifespan of aging seniors has increased, so has the oversight and "intervention" by adult children on behalf of their elderly parents. This program will discuss common situations that are encountered between caregivers, parents and siblings as seniors' safety and well-being is increasingly in the hands of adult children, a role many are emotionally unprepared for and sometimes unwilling to accept.

Center Staff

Kim Cassia - Director, ext. 4
Barbara Agee - 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

Commission on Aging Commissioners

Chair Helma Chartier Jeanne Nicolett
Vice Chair Leslie Gosselin Vivian Capoccitti
Secretary Debbie Malewicki Kathleen Sochacki
Sharon Lockshier

In Memory

Janet Scribe
Martha Lucas Leonard Jackson
Frederick Biondi Sr. Dorothea Jurkowski
Joseph Wargo Maryanne Gregory



Monroe Parks & Recreation has some wonderful programs which are posted on our bulletin board in our main room.

Friday night **Concerts** at Wolfe Park from 7:30 to 9:30 pm
July 15 North Country Band
July 22 Leaf Jumpers
July 29 Big Deal Rock

Wednesday nights at Great Hollow Lake from 5:30 to 7:00 pm are **Family Character Dinner Nights**
July 6 Tom Weber Children's Singer
July 13 Al decant the Singing Principal

Are you or your loved one a VETERAN

We are updating our Veteran's display board.

We would love a picture of you or your loved one in uniform, your name, rank, years of service, branch of service and any other special facts! Items can be emailed to kcassia@monroect.org or dropped off at the Center. Pictures will be returned.

Looking ahead, the **AARP Driver Safety Class** will be held **Wednesday, August 10 from 12:00 to 4:00 pm**. Register in person with cash or check payable to AARP at the front desk to secure your seat. AARP members \$20.00 for (bring your AARP # when you register); non members \$25.00. Course includes: manual, class and certificate.

Stephen Archer, a certified financial planner, will be here **Tuesday, July 19 at 4:00 pm** to discuss "**How to Simplify Your Finances for You and Your Heirs.**" This program focuses on 3 areas: reduce your accounts, do away with paper & estate documents you should have.

Canasta players wanted! Call 203-452-2815 x0 and let us know what days and times you are available to play!



Movies

Thursday, July 7

"The Anchorman"

PG / 2 hrs 10 min / Comedy

Will Ferrell, Christina Applegate, Steve Carroll

Ron Burgundy is San Diego's top-rated newsmen in the male-dominated broadcasting of the 1970s, but that's all about to change for Ron and his cronies when an ambitious woman is hired as a new anchor.

Thursday, July 14

"News of the World"

PG-13 / 1 hr 58 min / Action / Adventure / Drama

Tom Hanks, Helena Zengel, Tom Astor

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.

Thursday, July 21

"Galaxy Quest"

PG / 1 hr 42 min / Adventure / Comedy / Sci-fi

Tim Allen, Sigourney Weaver, Alan Rickman

The alumni cast of a space opera television series have to play their roles as the real thing when an alien race needs their help. However, they also have to defend both Earth and the alien race from a reptilian warlord.

Thursday, July 28

"The Old Man & the Gun"

PG-13 / 1 hr 33 min / Biography / Comedy / Crime

Robert Redford, Casey Affleck, Sissy Spacek

Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public.

Stop by the **Monroe Farmers' Market** on **Fridays from 3:00 to 6:00 pm**. There are 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.



HOLIDAY CLOSING

In observance of Independence Day the Center will be closed with no transportation on Monday, July 4

July Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 9:30 Tai-Chi 12:00 Ukulele 12:30 Mah-Jongg 1:00 Bingo	10:00 Knit / Crochet Instruction 10:00 Mexican Train & Triominos 10:30 Bridge 1:00 Farkle	9:30 Fit & Fabulous 9:30 Pinochle 11:00 Spanish Class 2:00 Ping Pong	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:15 Zumba 10:30 Bridge 12:30 Movie 1:30 Computer Tutor	Big Y Shopping 9:30 Pinochle 10:00 Cornhole 10:00 Knit & Crochet 12:30 Mah-Jongg

Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
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CLASS FEES: Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class.	<h2 style="color: red;">July Facts</h2> <p> Flower Larkspur (delphinium) & Water Lily Birthstone ~ Ruby Cancer (up to July 22) & Leo (July 23 on) July 2 = World UFO Day Apollo 11 launched July 16, 1969 First man to step on the moon ~ Neil Armstrong July 20, 1969 </p>			1
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Independence Day Center Closed No Transportation			10:00 CW Solutions 12:30 Movie ~ "The Anchorman" 	
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11	12	13	14	15
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	2:00 Sugar Shakers Singalong	2:00 Book Club Review	12:30 Movie ~ "News of the World" 	
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18	19	20	21	22
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No Tai Chi	4:00 How to Simply Your Finances for you and your heirs 6:30 Silver Steel Drum Band 		10:00 CW Solutions 12:30 Movie ~ "Galaxy Quest" 	1:30 Parent Child Role Reversal
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25	26	27	28	29
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			12:30 Movie ~ "The Old Man & the Gun" 	
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TRAVEL & EXCURSIONS 2022



“Encore Boston Harbor Casino” ~ Monday & Tuesday, August 1-2, 2022 ~ \$285 pp double

“Gloucester Lobster Cruise” ~ Wednesday, August 3, 2022 ~ \$162 pp

Enjoy your lobster buffet lunch on the elegant Beauport Princess while cruising historic Gloucester Harbor. Enjoy time to walk and shop in Rockport, one of the country’s oldest artisan colonies to conclude your day.

“Magical Mackinac” ~ Sunday, August 14 ~ Sunday, August 21, 2022 ~ \$1,725 pp double

Tour includes 7 nights hotel accommodations, 13 meals, Henry Ford Museum, Edsel & Eleanor Ford House, Carriage Tour of Mackinac, the Grand Hotel, Rock & Roll Hall of Fame, Frankenmuth Bavarian and Niagara Falls. *Waiting list only*

“Montana: Exploring Big Sky Country” ~ Thursday, September 8 ~ Sunday, September 18, 2022

****This trip is sold out. Waiting list only.****

“Providence Italian Style” ~ Monday, September 20, 2022 ~ \$164 pp

Experience Italy today touring Providence’s Historic Federal Hill, view the historical sights of the Renaissance City on an original Venetian Gondola, listen to live music and enjoy a three-course Lunch at Cassarino’s Restaurant.

“Sunny Portugal” ~ Tuesday, October 11 ~ Thursday, October 20, 2022

Visit the Portuguese Riviera, Lisbon, where you will enjoy the narrow cobblestone streets, seaside cafes or shop for ceramics, lace and hand-woven works, Belem, Obidos and Sintra. Choose from many additional excursions.

“New England Christmas Festival @ Mohegan ~ Friday, November 4, 2022 ~ \$70 pp

Celebrate the 36th Annual New England Christmas Festival, located in the Earth Expo Center. This is New England’s largest Arts and Crafts show filled with plenty of seasonal décor with over 300 pop-up boutiques, various arts and crafts stalls, a farmers market filled with fresh and delicious products home accessories and jewelry. **This is a great place to start your Holiday shopping!!!**

“Glenn Miller Orchestra @ Aqua Turf ~ Wednesday, December 7, 2022 ~ \$114 pp

Listen & Dance to this world famous Orchestra. Enjoy a family style menu of garden salad, pasta, roast turkey and baked ham, vegetable, potato, rolls, dessert & beverage.

“A White Mountains Christmas” ~ Monday, December 5 ~ Wednesday, December 7, 2022 ~ \$840 pp dbl

Enjoy the magic of Christmas on this 3 day tour. Included are deluxe accommodations at White Mountain Hotel & Resort, Yuletide Welcome Reception, Conway Scenic Railroad Apple Cider Express, Austrian Themed Sleigh Ride and 3 entertainment shows.

Tentative Trips

2022

Radio City Music Hall
Backroads of Vermont

2023

Bermuda Cruise ~ May 7-14, 2023
Mississippi River Cruise ~ May 20-27, 2023
Alaska Cruise Land & Rail ~ June 4-14, 2023

Casino Updates & Scheduled Trips:

1. The July trip to Foxwoods has been cancelled.
2. Due to rising fuel costs, Land Jet has increased their fee; thus, to keep up with rising cost we need to raise the fee \$6.00, for a total of \$34.00 per person.
3. Upcoming trips
 - August 11 ~ Mohegan
 - Sept. 14 ~ Mohegan
 - October 11 ~ Foxwoods



Monroe Senior Center
235 Cutlers Farm Road
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