



THE CENTER

Celebrating Life's Dimensions



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

Director's Corner ~ I was recently reminded of the importance of the human connection which helps fight loneliness and depression. Do you know someone who would benefit from a phone call or visit? If the answer is yes, please reach out to Elderly Services Coordinator Veronica "Ronnie" Jensen at 203-452-2815 ext. 3 or via email at vjensen@monroect.org.

Ronnie will review our "**Friendly Caller**" program. Our caller, Ceil, offers friendly conversation once a week to check up on the senior and chat about a variety of topics.

Ronnie visits our homebound seniors to provide in person conversation, company and support.

Programming News: *Since August tends to be a warm month we planned indoor events to keep you cool while offering fun, education, refreshments and more. In this newsletter, you will find information on a sandwich lunch to honor the Earl of Sandwich, an ice cream social, a program on Ansel Adams, an AARP Driver Safety Class and more. Happy reading & Stay Cool! Kim*

Exercise enthusiasts, we've added another day for the **Fit & Fabulous Exercise Class**, starting **Monday, August 1**, from **10:30 to 11:30 am**, following Tai Chi. **Tai Chi on Mondays from 9:30 to 10:00 am** has been described as meditation in motion because it promotes serenity through gentle movements, that improves breathing, balance, strength and more. On **Thursdays at 10:15 am** we have **Zumba**, another full body workout with music that helps burn calories, build endurance, improve cardiovascular fitness and more.

No matter which class you choose, if you pay for the month, it's \$4.00 per class, drop in's are \$5.00 per class. **Try one or try all - your health is worth it!**

Our **Monroe TRIAD** will be **meeting Tuesday, August 2 at 10:00 am** to discuss and plan programs regarding senior safety.

Later that evening from **5:00 to 9:00 pm**, they will be present at **Wolfe Park** as part of **Monroe's Night at the Park**.

This **FREE** event allows residents the opportunity to mingle with first responders and other members of our community that work to promote a safe and healthy community. There is food and activities for all ages.




Ansel Adams is known for his stunning black and white landscapes of the American West.




He worked with the Department of the Interior to photograph National Parks and Indian reservations to produce large format prints for display in the department's new headquarters. Adams also created a photo record of Manzanar, a Japanese-American relocation camp of World War II.

Join Historian Art Gottlieb on **Friday, August 26 at 1:30 pm** to learn more about Ansel Adams. *Please sign up in the lobby.*

 August 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread. To honor the Earl, we will be having a **luncheon** comprised of various sandwiches, salads, drinks and, of course, ice cream sandwiches for dessert.

Tuesday, August 9 at noon
Cost is \$4.00 per person
Registration closes on Friday August 5.

Join us **Tuesday, August 23 at 2:00 pm** for an **Ice Cream Social**, to help you keep cool! There is a **\$2.00 fee** for this event, **sign up required** so we have enough seats, supplies, ice cream & toppings!! 


A few members have asked to learn to play some popular games ~ Bridge and Mah-Jongg.

If you can teach Mah-Jongg please contact us.

The bridge instructor needs a minimum of 4 to teach, we know of one, so if you're interested contact us.

Call 203-452-2815 ext. 0 to speak with Evana or leave a message; you can email her at efalzone@monroect.org.

Mohegan Sun Casino ~ August 11 ~ \$34.00 pp

 **AARP Driver Safety Class**
Wednesday, August 10, 12:00 ~ 4:00
Register at the front desk to secure your seat: \$20.00 for AARP members (bring your AARP # when you register) and \$25.00 for non-members.
Payment options: check payable to AARP or cash. Course includes manuals, class and certificate.

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 Falcone - Office Assistant, ext. 0
Rose Marie Syarto - Driver
John Delfino - Driver
Bob Scooletti - 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

Bonnie Protsko
 Rose Weingrel



Alvey J. Moore

 **Medical checks** (blood pressure & more) by RN Maggie on **Wednesday, August 10 from 9:00 am to 11:00 am.**
Sign up sheet in the lobby.

ENERGY ASSISTANCE

The Community & Social Services Department will begin taking applications for the 2022–2023 energy season starting the week of **August 22.**

Working with Alliance in Bridgeport, our team will help you complete the application which is based on income and assets.

For program details, a list of items needed to apply or to register for an appointment contact Veronica “Ronnie” Jensen, Elderly Services Coordinator at vjensen@monroect.org or 203-452-2815 ext. 3; or Mary Ann Kalm Social Services Coordinator at mkalm@monroect.org or 203-452-2813.

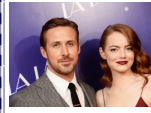
AUGUST FOLKLORE

- Observe on what day in August the first heavy fog occurs, and expect a hard frost on the same day in October.
- If the first week of August is unusually warm, the winter will be white and long.
- So many August fogs, so many winter mists. When it rains in August, it raises honey and wine.

The **Book Club’s** summer read is Wish You We’re Here by Jodi Picoult. An email will be sent once the books are available at the center!

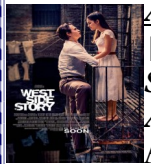


Movies



August 4 “La La Land” | PG-13 | 2h 8m | Comedy, Drama, Music | Starring Ryan Gosling & Emma Stone

While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.



August 11 “West Side Story” | PG-13 | 1h 25m | Crime, Drama, Musical | Starring Ansel Elgort, Rachel Zegler & Ariana DeBose

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

August 18 “Grease” | PG | 1h 50m | Comedy, Musical, Romance | Starring John Travolta, Olivia Newton-John & Stockard Channing



Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?



August 25 “Greatest Showman” | PG | 1h 45m | Drama, Biography, Musical | Starring Hugh Jackman, Michelle Williams & Zac Efron

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Have a suggestion for a movie, let us know, call Evana at 203-452-2815 extension 0.

Morgan Heart Care Solutions is hosting an open house for Monroe’s First and Finest Elderly Group Care Home. We welcome you and your family to attend, come for a tour to find out more at 386 Moose Hill Road on **Friday August 5** between **2:00 and 7:00 pm**, light hors d’oeuvres and refreshments will be available!

August Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 9:30 Tai-Chi 10:30 Fit & Fabulous 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
1	2	3	4	5
	10:00 TRIAD Meeting  5:00 National Night Out at Wolfe Park		12:30 Movie ~ "La La Land" 	
8	9	10	11	12
	12:00 Sandwich Luncheon 	9:00 Health Checks by RN Maggie 12:00 ~ 4:00 AARP Driving Class NO PING PONG	Mohegan Sun 12:30 Movie ~ "West Side Story" 	
15	16	17	18	19
			12:30 Movie ~ "Grease" 	
22	23	24	25	26
	2:00 Ice Cream Social 		12:30 Movie ~ "The Greatest Showman" 	1:30 Ansel Adams 
29	30	31	AUGUST ITEMS National Watermelon Month National Eye Exam Month National Golf Month National Picnic Month Leo (7/22~8/22) & Virgo (8/23~9/23) Flowers: Gladiolus & Poppy Birthstone: Peridot	



TRAVEL & EXCURSIONS 2022 & 2023



“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!!!**

“Radio City Christmas Spectacular” ~ Monday, November 28, 2022 ~ \$250 pp

Spend the Holiday Season enjoying the beautifully decorated New York City. There is plenty of free time upon arrival before your family style lunch at Carmines which includes Stuffed Mushrooms, Mixed green salad, Penne with Ragu and assorted meats, Rigatoni & Broccoli with Garlic, Eggplant Parmigiana, Chicken Marsala and Mushrooms, Dessert, Coffee or Hot Tea. You are in for a great Surprise at Radio City Music Hall as you get comfortable in your reserved orchestra seats to see the all New Radio City Christmas Spectacular!

“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 double

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.

“Bermuda Cruise” ~ Monday, May 7 ~ Monday, May 14, *2023*

Cruise with Norwegian Cruise line on the **Brand New Norwegian Prima Flyers with pricing and trip itinerary available at the Center.**

“Mississippi River Cruise” ~ Friday, May 19 ~ Saturday, May 27, *2023*

Experience this 8 day voyage on a traditional paddlewheel river boat cruising the Mississippi River from New Orleans to Memphis. Trip includes 8 Ports-of-Call, spacious staterooms, shore excursions and so much more!

Flyers with pricing and trip itinerary available at the Center.

“Alaska Cruise, Land & Rail” ~ Sunday, June 4 ~ Wednesday, June 14, *2023*

An 11 day/10 night cruise aboard Princess Cruises Sapphire Princess. Sites include Anchorage, Hubbard Glacier, Glacier Bay National Park, Skagway, Juneau and Ketchikan.

Flyers with pricing and trip itinerary available at the Center.



CASINO TRIPS ~ \$34.00 per person
September 14 ~ Mohegan Sun

October 11 ~ Foxwoods



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