

Celebrating Life's Dimensions



235 Cutlers Farm Road 1

Monroe, CT 06468

(203) 452-2815

www.monroect.org

**Director's Corner** ~ the month of December is known for its various holidays and events. This month we have our Holiday lunch, 2 lunch & learns, our ugly sweater contest and Each program is highlighted in this newsletter ~ Happy reading! Wishing all of our members and their families a very happy, healthy holiday season and New Year! Kim

#### IMPORTANCE OF CHECKING IN

As some members enter the center they walk past the front desk without signing in for programs.

It is important for all to sign in for the programs you attend for two reasons: most importantly if there were an emergency we know who is in the building; secondly, it helps with statistics which are used when we apply for grants.

Those who attend exercise classes also need to check in with the front desk volunteer.

Join the staff of the Spadaccino and Gallagher Funeral Home on Tuesday, December 6 at 12 p.m. for a lunch & learn - "Your Life. Your Legacy. Plan to make it right," funeral planning seminar. Planning for life's big events such as weddings, graduations and retirements is something most of us do automatically. Unfortunately, many of us put off — or don't even think about — planning ahead for funeral and cemetery arrangements. Yet this is one of the greatest gifts you can give your family, for their peace of mind and yours. At this informative presentation, you will hear people like you talk about their candid views of funeral planning. You will hear why so many have made the wise decision to plan ahead, why their loved ones have a sense of relief, and why they feel good about knowing that they have done the right thing for their family members. All of your questions on planning ahead will be answered, and you will leave knowing the four simple steps to creating and sharing your final wishes with those you love.

### **HOLIDAY CLOSINGS**

In observance of the upcoming holidays the Center will be closed with no transportation on: Friday, December 23, Monday, December 26



Tuesday, December 20 we will celebrate the holidays with a wonderful repast and

entertainment from our very own choir the "Noteables." Doors open at 11:30 am.

Our menu features: Ham, Scalloped Potatoes, Green Beans, Penne Ala Vodka, a Dinner Roll and Cheesecake for Dessert.

The event is \$10 per person. Registration deadline for attendance or refunds is Friday, December 9.

December 14 at noon lunch & learn. Join George Dewey and friends to learn about the perfect retirement community for you or your loved one. George will discuss veteran benefits, long term care policies and all things pertaining to senior living.

Space is limited for this FREE event, sign up required.

#### The Art of Conflict De-escalation

Art Gottlieb, LCSW, CSA will refer to case examples from his years of professional experience to help describe personal and situational awareness skills necessary to defuse potential conflicts and to help existing conflicts from getting worse, especially during stressful situations. He 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 on Friday December 16, 2022 at 1:30 pm



Located in the heart of New York City, **Times Square** is world tamous for its huge billboards, fancy stores

and restaurants. On New Year's Eve in 1907 crowds gathered to witness the first "ball drop" a tradition that continues to this day. Join Art Gottlieb on Friday December 30 at 1:30 pm to experience the Times Square over the ages. **Sweet treats** will be served so it's important for you to sign up so we have enough to go around.

Book Club - Wednesday, December 14 at 2:00 pm When Christmas Comes by Anders Klavan.

#### **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

# In Memory

Frances MacHale Joseph Dellaquila



Medical checks (blood pressure & more) by Maggie Sessa, RN, Friday, December 9 1:30 pm to 3:00 pm. Sign up for your time slot on the sheet in the lobby.

#### **SENIOR DINE PROGRAM at Bill's Drive In**

CW Solutions Representative Laura will be here on Thursday December 8 & December 22 from 10:00 am to noon to sign people up or take your renewals for the Senior Dine Program.

#### **CONGREGATE MEAL PROGRAM**

CW Solutions & SWCAA have informed us that we will be starting the congregate meal program on Wednesdays in January. If people like the program we can add in other days. A minimum of 25 people is needed. There will be two meal options for the day. The meals are free, donations are accepted.

This program will be held in program room 2, those programs will be relocated.

As we receive information we will post on the bulletin board by the office.

#### 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.

**Need Christmas cards?** We have packs of 20 cards for \$1.00 with the proceeds supporting Project Warmth. Want a **unique gift** we have **holiday mugs** 

filled with a hot cocoa packet, cookies and a candy cane for \$5.00 also supporting Project Warmth.

### **Commission on Aging Commissioners**

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

Sharon Lockshier

#### **UGLY HOLIDAY SWEATER CONTEST!**

Friday, December 9, join us at 2:00 pm for our second 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.

#### **PROGRAM NEWS & UPDATES**

**Ping Pong** - we have a member who wants to play so we are trying to make a connection and set up a date and time for people to attend. Please stop by or call ext. 0 with your availability.

**Brain Games** - this is a program to cognitively stimulate and challenge you. Thanks to several members we have many great supplies for this program. Due to lack of attendance we are considering changing the time or the date to attract more people. Please call ext. 0 or stop by to let us know of your interest.

Caregiver Topics - we have the list of topics and are looking for your input as to what would help you or your loved one. The list is on the credenza, please check off the topics that you would like us to offer.

Indoor Pickleball 2023 - Monroe Parks & Recreation has secured St. Jude Parish Gym from 10:00 am to 12:00 pm on Tuesdays January 10 to February 28 and Thursdays January 12 to March 2. Registration limited to 16 players. Nets are supplied, need to bring your own racquets, balls and water. Fee for center members \$45.00 for resident and \$50.00 for non resident. All must register and pay in advance with the Monroe Parks & Recreation Department. Questions call Parks & Recreation at 203-452-2806.

Looking for a unique **Christmas gift** check out the handmade items from our **Knit & Crochet** group. They have a variety of hats, scarves, blankets, bottle

covers, book worms and so much more for infants to adults. Stop in and check out their wares.



**************************************				
() De	cemb	oer Pr	rog rai	ms
<b>Every Monday</b>	Every Tuesday	Every Wednesday	<b>Every Thursday</b>	Every Friday
9:00 Poker 9:30 Quilting 10:00 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 Brain Games 3:00 Stretch & Strengthen	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:00 Rummikub 10:30 Bridge 12:00 Tai Chi 1:00 Chi Gong 1:30 Computer Tutor	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
CLASS FEES:  Pay in advance for the month is \$4.00 per class.  Drop-in is \$5.00 per class.	Capricorn (December Geminid Meteor Show	Holly 22 ~ December 21) 22 ~ January 20) Ver December 4 to 17 ch night, peak rate of	1 12:30 Movie ~ "Single Santa Seeks Mrs. Claus"	2
5	6	7	8	9
	9:30 TRIAD meeting 12:00 Your Life. Your Legacy. 1:00 Matter of Balance 2:00 Dr. Zarich	2:00 Commission on Aging meeting	10:00 CW Resources 12:30 Movie ~ "White Christmas"	1:30 Medical Check 2:00 Ugly Sweater Contest
12	13	14	15	16
		12:00 Lunch & Learn 2:00 Book Club	12:30 Movie ~  "Christmas in Connecticut"	1:30 The Art of De-escalation
19	20	21	22	
	20	41	22	23
	12:00 Holiday Lunch	21	10:00 CW Resources	23
		21		
26		28	10:00 CW Resources  12:30 Movie ~  "Miracle on 34th	Christmas Holiday Center Closed



# Casino Trips 2023



Wednesday, March 22 – Mohegan Thursday, April 20 – Mohegan Tuesday, May 23 – Mohegan Thursday, June 22 – Foxwoods Wednesday, July 19 – Mohegan Tuesday, Áúgust 22 – Mohegan Wednesday, October 25 – Foxwoods Thursday, November 16 – Mohegan



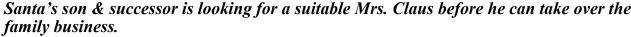
Heart Health by Stuart Zarich, MD, Chief of Cardiovascular Medicine at Bridgeport Hospital at 2:00 pm on **Tuesday December 6** 

We were unable to connect with Dr. Z at the Health Fair, he is coming to the center for an in-person session. He will:

- 1. Review updates in less invasive valve replacement and repairs
- 2. Review new treatments for atrial fibrillation and stroke prevention
- 3. Review new treatment for acute stroke therapy

We try very hard not to cancel trips, however we need a minimum amount to cover the costs. We don't cash your check or deposit your cash unless we actually go, so you can sign up to secure your spot.

Thursday, December 1 ~ Single Santa Seeks Mrs. Claus | NR | 1h 36m | Hallmark Movie Starring: Steve Guttenberg \* Crystal Bernard \* Thomas Calabro





Thursday, December 8 ~ White Christmas | NR | 2h | Musical | Romance Starring: Bing Crosby \* Danny Kaye \* Rosemary Clooney \* Vera Ellen A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

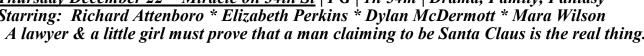


Thursday, December 15 ~ Christmas in Connecticut | NR | 1h 41m | Comedy, Romance Starring: Barbara Stanwyck \* Dennis Morgan \* Sydney Greenstreet

A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.



Thursday December 22 ~ Miracle on 34th St | PG | 1h 54m | Drama, Family, Fantasy Starring: Richard Attenboro \* Elizabeth Perkins \* Dylan McDermott \* Mara Wilson A lawyer & a little girl must prove that a man claiming to be Santa Claus is the real thing.





A recently widowed man's son calls a radio show in an attempt to find his father a partner



### Medicare Open Enrollment ends December 7

Don't miss the last day to review and change your Medicare Advantage Plans or Drug Plans. If you want to review your 2023 plan to ensure it meets your needs

contact our CHOICES Counselor Ronnie, who can help you navigate the system so you can make an informed decision. To was a second of the schedule your appointment, call 203-452-



2815 ext. 3. Needed are your Medicare card, list of medications (name, frequency and dose); if reviewing MAP plans, bring a list of your doctors (specialty and location you see them at). Don't delay, call her today!!

# **Energy / Heating Assistance**

Applications for the 2022-2023 heating assistance will continue into May of 2023.

If you applied in September, you have completed your application for this energy season.

For eligibility requirements or to schedule your appointment, call Ronnie Jensen at the Center at 203-452-2815 ext. 3 or Mary Ann Kalm at Town Hall 203 -452-2813.

<del>\*</del>

# **Monroe Senior Center**

235 Cutlers Farm Road Monroe, CT 06468