



THE CENTER

Celebrating Life's Dimensions



235 Cutlers Farm Road | 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 more. 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



HOLIDAY LUNCHEON

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 Cheese-cake 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 famous 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

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.

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.



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.





December Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	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.	Birthstone: Tanzanite, Zircon & Turquoise Flowers: Narcissus & Holly Sagittarius (November 22 ~ December 21) Capricorn (December 22 ~ January 20) Geminid Meteor Shower December 4 to 17 visible 6:28 pm each night, peak rate of meteors is December 14		1	2
			12:30 Movie ~ "Single Santa Seeks Mrs. Claus"	
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	23
	12:00 Holiday Lunch 		10:00 CW Resources 12:30 Movie ~ "Miracle on 34th Street"	 Christmas Holiday Center Closed No Transportation
26	27	28	29	30
 Christmas Holiday Center Closed No Transportation			12:30 Movie ~ "Sleepless in Seattle"	1:30 Times Square & Treats 



Casino Trips 2023



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

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.

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

Movies

Thursday, December 1 ~ *Single Santa Seeks Mrs. Claus* | NR | 1h 36m | Hallmark Movie

Starring: Steve Guttenberg * Crystal Bernard * Thomas Calabro

Santa's son & successor is looking for a suitable Mrs. Claus before he can take over the family business.



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.



Thursday, December 29 ~ *Sleepless in Seattle* | PG | 1h 45m | Comedy, Drama, Romance

Starring: Tom Hanks * Meg Ryan * Ross Malinger

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 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.

Monroe Senior Center
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Monroe, CT 06468