



THE CENTER

Celebrating Life's Dimensions



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

Director's Corner

November is a time to celebrate with family and friends and be thankful! It's a time to remember our Veterans and thank them for their service!

Some items to cultivate gratitude: write a thank you note to thank someone for the impact that they have had on your life; keep a gratitude journal to record your thoughts about the good things that happen; count your blessings; meditate, reflect or pray.

During this time of thanksgiving, a suggestion was made to collect non perishable food items for our Monroe Food Pantry. Our Food Pantry Coordinator mentioned items like egg noodles, canned beans, Progresso ready to eat soup, toilet paper, paper towels, laundry detergent and more. We will print out the list for anyone who wants a copy. You can bring your donation to the center and we will get it to the pantry.

Wishing you all a Happy November! Kim

HOLIDAY CLOSINGS

In observance of the following Holidays, the Center will be closed with no transportation
Friday, November 11 Veteran's Day
Thursday, November 24 &
Friday November 25 for Thanksgiving

Understanding Dementia Friday, November 4 at 1:30 pm

Through improved lifestyles, diet and medical treatment people are living longer than generations past. It is not uncommon for families to contain a member who has been diagnosed with some form of dementia.

This program will discuss the major types of this illness including vascular dementia, Lewy body & Alzheimer's disease. Relevant terminology such as "long term" and "short term" memory will be explained.

Art Gottlieb, LCSW, CSA will use case examples and audience questions to frame the ensuing discussion.

Computer Tutor - did you know we have a wonderful volunteer who can help you with your computer, lap top or cell phone issues. Our Computer Tutor does one on one sessions to give you all of her attention. Sign up list is in the lobby.

THANKSGIVING LUNCHEON

GIVE THANKS the Senior Center Way!! Our annual Thanksgiving lunch is **Tuesday, November 15** doors open at noon.



Enjoy a feast of Turkey, Mashed Potatoes, Stuffing, Peas & Carrots, Cranberry Sauce, Gravy, a Dinner Roll and Dessert.

The fee is \$10 per person and registration deadline for attendance or refunds is Tuesday, November 8.

Book Club ~ November 9 at 2:00 pm. Join Leslie Gosselin as she leads the discussion on the book ~ The Tender Land by William Kent Krueger.

Join Historian Art Gottlieb on

Thursday November 17 at 10:00 am

for a presentation on

Thanksgiving at Plymouth Plantation

A remembrance of the early customs and celebrations of Thanksgiving in the New World as experienced by those who arrived off Cape Cod on the Mayflower in 1620.



Effective Communication & Clear Speech Understanding Hearing Loss Thursday November 10 at 11:00 am



If you have hearing loss, this program will help you optimize your understanding of conversations in various situations and ways to cope with your hearing loss. It will outline methods of speaking and listening, that is clearly understood and easily adopted into one's daily life.

For non-hearing impaired, this will help you better communicate with your friends or loved ones who have hearing issues.

Chrome Books - if you don't have a computer, laptop or Ipad and were thinking of trying something out, we have chrome books you can sign out and try. Inside the bag is a set of instructions. If that isn't your cup of tea, you can sign up to meet with the computer tutor who can show you what to do.



In Memory

Andrew Henn
Theresa Ward
Sheryl Lowman

Shirley Malvasi
Elanor Kaplita



Energy Assistance

Applications for the 2022-2023 heating assistance program are being done. Oil & propane can be delivered starting November 1. For eligibility requirements and appointments, call Ronnie at the Center at 203-452-2815 ext. 3 or Mary Ann at the Town Hall 203-452-2813.

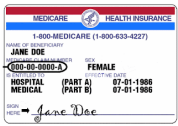
Veteran's Wall of Honor

If you are a veteran, or your spouse was a veteran, we would like to honor them on our "Wall of Honor." We are looking for their name, branch of service, rank, years enlisted and a photograph. Please bring items to the Center and we can update our program!



Medicare Open Enrollment

The enrollment period to review your 2023 Medicare Advantage Plans or Drug Plans is open till December 7. It is in your best interest to compare plans every year to ensure that they still meet your needs. Ronnie is a CHOICES counselor and can help you navigate the system to allow you to make an informed decision. To schedule your appointment, call 203-452-2815 ext. 3. Needed are your Medicare card, list of medications (name, frequency, dose) & a list of your doctors (specialty and location you see them at).



Maggie Sessa, RN, from Griffin Hospital, will be here **Tuesday, November 15 at 11:30 am** to check your blood pressure, vital signs and answer questions about various health issues or medication matters you have. Sign up for your time slot on the counter in the lobby.



Commission on Aging

Meeting: Wednesday November 2 at 2:00 pm

Commissioners

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



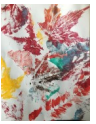
Our **Knit & Crochet** group continues to work hard creating handmade items for infants to adults. New items for holiday gifts include bottle covers & market bags. Stop by to see the entire array of items to purchase something for yourself or to give as a gift.



Come socialize and be creative at our **Art Café on Monday, November 14 at 10:45 am.**

Join Linda Dohanos, a talented artist with over 35 years of experience, who ran her own studio & art gallery for 25 years. We'll provide a hot drink and you can grab a yummy treat from the MASUK High Schoolers: \$1.00 for most treats, \$1.50 for muffins.

This class will focus on **leaf rubbing art-work**. No experience is needed, come and ENJOY!



NEW PROGRAMS ~ in case you missed it due to a grant we have added a few more programs to our schedule. **Chi gong** is being offered to members for **FREE!** This form of exercise promotes better health, vitality and helps with balance. It is made up of slow gentle movements and breathing exercises. Stop by on **Thursdays at 1:00 pm** and check it out.

Brain Games on Wednesdays at 2:00 pm is designed to stimulate your mental capabilities. It is a program that will offer trivia, conversation and reminiscing.

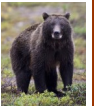
Stretch & Strengthen is being held to 10 participants. If an opening occurs we will let you know.

CW Solutions will be at the center on **Thursday November 10 from 10:00 am to noon** to enroll seniors 60 and over in the **Senior Dine Program** at Bills Drive In. You can also drop off forms to add more meals on your card.



Center Staff

Kim Cassia - Director, ext. 4
Vacant - 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



November 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 Cornhole 10:00 Knit & Crochet 12:30 Mah-Jongg 1:30 Chorus
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
	1	2	3	4
	1:00 Matter of Balance	2:00 Commission on Aging meeting	12:30 Movie ~ "Sweet November"	1:30 Understanding Dementia
7	8	9	10	11
	Election Day 1:00 Matter of Balance	2:00 Book Club ~ <u>The Tender Land</u>	10:00 CW Solutions 11:00 Effective Communication 12:30 Movie ~ "Madea on the Run"	 Center Closed No transportation
14	15	16	17	18
10:45 Art Cafe 	11:30 Medical Assessment  12:00 Thanksgiving Luncheon 		10:00 Thanksgiving at Plymouth Plantation 12:30 Movie ~ "Grumpy Old Men"	
21	22	23	24	25
	1:00 Matter of Balance		 Thanksgiving Center Closed No transportation	Center Closed No transportation
28	29	30	November Facts	
	1:00 Matter of Balance		Last month of the fall season Birthstone: Topaz & Citrine Flowers: Chrysanthemum Scorpio (October 23 ~ November 21) Sagittarius (November 22 ~ December 21) American Indian Heritage Month 	



TRAVEL & EXCURSIONS 22~23



“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.

“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.

MOVIE SUGGESTIONS ~ there has chatter over movie selections. If you have a movie you want us to show please provide the title and we will do our best to obtain it. For those who said show newer movies, we don’t know which ones you want without the title, either tell us or put the name in our suggestion box.

Movies



Thursday, November 3 ~ Sweet November | PG-13 | 1h 59m | Drama, Romance

Starring: Kneau Reeves * Charlize Theron * Jason Isaacs

A workaholic executive, and an unconventional woman agree to a personal relationship for a short period. In this short period she changes his life.



Thursday, November 10 ~ Madea On the Run | NR | 2h 14m | Comedy, Drama, Romance

Starring: Cassi Davis * Rhonda Davis * Tony Hightower

Madea is on the run from the law. With no place to turn, she moves in with her friend Bam, who is recovering from surgery and has no idea what is going on.



Thursday, November 17 ~ Grumpy Old Men | PG-13 | 1h 43m | Comedy, Drama, Romance

Starring: Jack Lemmon * Walter Matthau * Ann Margaret

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.



Monroe Senior Center
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