



THE CENTER

Celebrating Life's Dimensions



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

Director's Corner ~ *in April, I applied for grants from the Southwestern Connecticut Agency on Aging. One grant, Monroe Programs, includes our transportation via the car, recreation activities and chore service. The other grant, Caregiver Assistance, includes information and assistance given to a caregiver for their loved one and a monthly caregiver education program. SWCAA has approved my requests.*

Starting this month we will offer a monthly arts & crafts program, a health topic and a caregiver information / education program. Weekly, we will offer an exercise class and a cognitively stimulating program. Programs highlighted in purple on the calendar page are all new activities. Programs in a black frame with a grey background are programs offered through the grant.

I am happy to report that thanks to Kevin Hayes and Boy Scout Troop 63, we now have a new and improved Bocce Court. This was an Eagle Scout Project designed and overseen by Kevin! So when you want to play, just ask us for the balls at the front desk. Kim

A Matter of Balance is a 8 week program that emphasizes practical strategies to manage falls.

During the course of the program, you will learn to: view falls as controllable, make changes to reduce fall risks at home, set goals for increasing activity and learn exercises to increase strength and balance.

If you are concerned about falls, want to improve your balance, flexibility and strength, have fallen in the past, or have restricted your activities because of the fear of falling, then this program is for you, a loved one or friend!

All sessions from 1:00 to 3:00 pm on the following dates: October 4, 18, 25; November 1, 8, 22, 29 & December 6.

HOLIDAY CLOSING

In observance of Columbus Day, the Center will be closed with no transportation on Monday, October 10

Celebrate Halloween with us on **Friday, October 28** at **12:00 pm**. Our party fare includes: pizza, salad and cupcakes for dessert. Those wearing costumes are eligible to enter into our costume competition.

The event is \$5.00 per person and registration cut off for attendance or refunds is Monday, October 24.

Join Debbie Guzzi, exercise instructor, for a **FREE** class **Stretch & Strengthen on Wednesdays at 3:00 pm**. Not only will she teach you exercise moves that can be done standing or sitting based on your needs, she will listen and evaluate items to provide education and tools you can use regarding the movements to improve your daily life.

Health Fair ~ Wednesday, October 12 10:00 am to 2:00 pm

The Department of Health & Senior Center have joined forces to offer a health fair with vendors, speakers, flu shots, COVID boosters, raffles and more.

Speaker schedule:

- 10:15 Laurene Gomez, MS, LMFT Mental Health & Sleep Issues
- 11:15 Kathy O'Connor, RN, Medication Management
- 12:15 Dr. Stu Zarich, Chief of Cardiology, Bridgeport Hospital, Cardiac Health
- 1:15 Carmen Weber, RDN/CDN, Nutritionist, Getting to Know Carbs!

Moderna Boosters from 12:00 to 2:00 pm. *Sign up sheet in the lobby and bring your shot record & ID.*

Flu shots from 12:00 to 2:00 pm, offering the regular shot and the high dose shot for those 65+. *Sign up sheet in the lobby with the screening questionnaire and consent form.*

Booths: Lakeside Nutrition, TRIAD, Ask a Nurse, Vital Screening (BP, O2, etc.), Mental Health, Medication Management, various doctors and other professionals.

Drug Disposal: MPD will be here to take your expired, or old medications and properly dispose of them.

All attendees will be entered into our free raffles.

Just in case you missed it, the "Noteables" led by Vic Johnson will be practicing on Friday afternoons from 1:30 to 2:30 pm.

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

Commission on Aging Commissioners

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

In Memory

Edward E. Johnson Linda M. Pearson

Medicare Open Enrollment

October 15 to December 7 is your opportunity to review your 2023 Medicare Advantage Plans or Drug Plans. It's in your best interest to compare plans every year to ensure that they will meet your health and prescription needs. Ronnie is a CHOICES Counselor who will help you navigate the system to review the information so you can make an informed decision. Call to schedule your appointment - 203-452-2815 x3.

Book Club ~ moved to Tuesday, October 11 this month due to the health fair. This month's book The Masterpiece by Fiona Davis.

Electric Boat Company by Historian Art Gottlieb Friday, October 14 at 1:30 pm

The Electric Boat Division of General Dynamics has continuously been building submarines for the United States Navy since the first one was delivered in 1900. Electric Boat's Main facility lies on The Thames River in Groton Connecticut where this historic yard launched the world's first atomic submarine, USS Nautilus. Electric Boat remains only one of two United States corporations capable of the design, construction and repair of America's Nuclear Submarine Fleet.

Eating Healthy to Stay Healthy by Christine Koval, RDN, CDN and Barbara Gravitz, RD, on **Tuesday, October 18 at 11:00 am**. These registered dietitians will highlight things you can do to keep healthy and strong, specifically what to eat more of, what to eat less of, while teaching you about the different types of fat, carbs and protein and their impact on overall health. **Sign up is required to ensure there is sufficient healthy snacks for all.**

Brain Games is returning **Wednesdays at 2:00 pm**. Join Kim as she challenges you with a variety of cognitively stimulating questions, stories and more.

The Price is Right for your Health! Wednesday, October 26 at 10:00 am

Healthy eating does not have to be expensive. Join Registered Dietitian Nutritionist Carmen Weber for a discussion on ways to eat that is both good for your health and good for your wallet. She'll discuss affordable choices in each food group, what to look for when shopping, portion sizes, SNAP and more. Time permitting, there will be an activity or game to reinforce concepts discussed.

Movies

Thursday, October 6 Addams Family

PG-13 | 1hr 39 m | Comedy, Fantasy
Anjelica Huston • Raul Julia • Christopher Lloyd
Con artists plan to fleece an eccentric family using an accomplice who claims to be their long-lost uncle.



Thursday, October 13 Beetlejuice

PG | 1h 32m | Comedy, Fantasy
Alec Baldwin • Geena Davis • Michael Keaton
The spirits of a deceased couple are harassed by an unbearable family that has moved into their home and hire a malicious spirit to drive them out.



Thursday, October 20 Ghost Busters

PG | 1h 45m | Action, Comedy, Fantasy
Bill Murray • Dan Aykroyd • Sigourney Weaver
Three parapsychologists forced out of their university funding set up shop as a unique ghost removal service in New York City, attracting frightened yet skeptical customers.



Thursday, October 27 Goosebumps

PG | 1 hr 43 min | Adventure, Comedy, Fantasy
Jack Black • Dylan Minnette • Odeya Rush
A teenager teams up with the daughter of young adult horror author R. L. Stine after the writer's imaginary demons are set free on the town of Madison, Delaware.



Maintaining Dignity Friday, October 28 at 1:30 pm By Art Gottlieb, LCSW, CSA

Sooner or later the personal and collective hardships each of us faces on life's journey will result in perhaps the greatest challenge of all, maintaining our dignity. Although we may be feeling anger, fear, shame or helplessness, the last thing that we have control over, something that will enable us to feel, despite all, that we are still actually ourselves, will be our ability to maintain our dignity.

Chi Gong is form of exercise that promotes better health, vitality and helps with balance. The slow gentle movements and breathing exercises are a gentle form of feeling fit!

Linda Dohanos, who has 25+ years practicing this, promises that the short series of exercises are easy to learn and fun to do. If interested, join Linda on October 6 at 1:00 pm, sign up in the lobby.

October Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 9:30 Tai-Chi 10:45 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 10:30 Bridge 12:30 Movie 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
3	4	5	6	7
	9:30 TRIAD meeting 1:00 Matter of Balance	2:00 Commission on Aging meeting	12:30 Movie ~ "Addams Family" 	
10	11	12	13	14
Columbus Day Center Closed No transportation	2:00 Book Club	10:00 Health Fair No morning programs due to health fair.	12:30 Movie ~ "Beetlejuice" 	10:00 Fit & Fabulous 1:30 Electric Boat 
17	18	19	20	21
10:45 Art Cafe	11:00 How to Eat Healthy to Stay Healthy 1:00 Matter of Balance		12:30 Movie ~ "Ghost Busters" 	
24	25	26	27	28
	1:00 Matter of Balance	10:00 Healthy Eating on a Budget	10:00 CW Resources 12:30 Movie ~ "Goosebumps" 	12:00 Halloween Party  1:30 Maintaining Dignity
31	OCTOBER ITEMS Birthstone: Tourmaline & Opal Flowers: Cosmos & Calendula Libra (September 23 ~ October 22) Scorpio (October 23 ~ November 21)			
	CLASS FEES: Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class.			



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.

“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.

“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.

TRANSPORTATION REMINDERS

Call John Williams, our Transportation Coordinator, with your transportation needs as soon as you know what they are. If you leave your medical appointment and have a date for the next visit, call to let him know the date and time so he can mark the appointment in his book **or** if there is a conflict, he can let you know so you can call your doctor to reschedule or make other arrangements.

CAREGIVER SERVICES

Did you know that Ronnie Jensen, Elderly Services Coordinator provides case management to Monroe residents. She serves as a single point of entry for seniors, their family members or caregivers on a variety of programs, services or support. She will assess client needs and match them with appropriate services, including but not limited to: energy assistance, S.N.A.P., Farmer Market Coupons, Connecticut Homecare Program for the Elderly, Veteran’s Aid and Attendance Benefit, Respite Care and more.

CHORE SERVICE

As part of the SWCAA grant, we can help Monroe seniors who have a difficulty, financially or physically, to complete one of the chore services listed: heavy housework, yard work, minor home repairs, etc. Ronnie, Elderly Services Coordinator will review the request, complete the form 5 for the senior and match the senior to one of the vendors who signed on to do this program.

DONATIONS

As part of the SWCAA grants we are asked to seek donations for the various programs and services. The car has a marked bag attached to the headrest and the bus has a treasure chest box. At the Center our suggestion box doubles as a donation box. We will be purchasing small envelopes for the donation box so people can indicate what the donation is for: recreation, chore service, caregiver information & assistance, caregiver education or transportation.

ART CAFÉ Monday October 17 10:45 am

Come socialize, be creative and have fun!!! Let’s grab a coffee, tea or hot chocolate and a yummy treat as we make art together! No experience in art is needed. Just come and ENJOY!

Taught By Linda Dohanos who is a fine artist and ceramist with over 35 years of experience. Linda operated her own studio and art gallery for 25 years.

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