



THE CENTER

Celebrating Life's Dimensions

OCTOBER
2021



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

Director's Corner

It is with great honor that I accepted the position as the Director of Community & Social Service! This is an all encompassing position overseeing several departments, Social Services, Elderly Services, the Food Pantry and, of course, the Senior Center.

For the Center, I need your help and input for programs and activities. I am looking to reinstitute our Members' Advisory Council regarding Center programs, participant and community needs.

The MAC will be run by members, not staff! Come and offer your input as to frequency of meetings, topics, etc. Who knows better what the wants and needs are of our seniors but YOU! YOU can be a part of this council. If interested, join others on Thursday, October 7 at 2:00 pm. *Kim*

Celebrate Halloween with us on Friday, **October 29 at 12:00 pm**. Our party fare will include: pizza, salad and cupcakes for dessert. Those wearing costumes are eligible to enter into our costume competition. The event is \$3.00 per person and registration cut off for attendance or refunds is Monday, October 25.



New Digital Education Classes

Join us with special guests State Senator Kevin Kelly and Spectrum for an introductory overview of the new digital education classes the Center will be offering to its members for free beginning in November. Learn how to stay connected to loved ones, stimulate your mind and so much more. Join us on Tuesday, October 5 at 1:30 p.m.

Registration is required as refreshments will be served.

Maggie Sessa, RN, from Griffin Hospital, will be here **Tuesday, October 26 from 1:00 to 3:00 pm** to check your blood pressure, vital signs and answer questions regarding various health or medication matters you have. Sign up sheet for time slot on the counter at the Center.



Medicare Open Enrollment

The enrollment period to review the 2022 Medicare Advantage Plans or Drug Plans is October 15 to December 7. It is in your best interest to compare plans every year to ensure that they still meet your needs. Ronnie Jensen is a CHOICES Counselor who can help you navigate the system and give you the information to make an informed decision. To schedule your appointment call 203-452-2815 ext. 3.

Book Club ~ October 13 at 2:00 pm ~ join Leslie Gosselin as she leads the discussion on the book ~ The Giver of Stars.

Edith Wheeler Memorial Library Book Sales

Friday, October 22 & Saturday October 23 from 9:00 am to 2:00 pm in the Ehlers Room (lower level). For more information, visit them at www.ewml.org or call 203-452-2850.

FLU CLINIC ~ Thursday, October 28 from 9:00 - 12:00. **Shots are free with most insurances.** No insurance, no problem, shots are \$43 for the standard dose and \$85 for the high dose that is recommended for those 65 and over.

On the day of the vaccination, bring your ID and insurance card. Pre-registration requested.



Join Historian Art Gottlieb on Tuesday October 26 at 1:30 pm for a presentation on the "Golden Age of Air Travel"

From the legendary DC-3 of the 1930's to the sleek Jet Age of the 1950's the evolution of commercial aviation redefined the nature of travel for both recreational and business passengers. Firmly a part of popular culture by the 1960's, modern air travel continues to play a key role in making the entire world accessible to anyone with a plane ticket.

Join Danielle Cheeseman for a **FREE ZUMBA CLASS** on Wednesday, October 13 at 11:00 am. Registration is required for our COVID friendly program.

We are in discussion with an instructor for a **balance and strength class** who can accommodate all skill levels. Let us know of your interest by calling ext. 0 or letting us know when you're in the building.

HOLIDAY CLOSING

In observance of Columbus Day the Center will be closed with no transportation on Monday, October 11

In Memory Jeannette Spiett



Center Staffing News

I am excited to announce that on **October 25** **Barbara Agee** will be joining our Senior Center team as the Administrative Assistant. Barb has worked for the Town in various capacities since 2011. She brings with her knowledge and skills necessary for the job as well as an understanding of Town services and programs. Barbara is also a Notary Public and can assist our members who need this service.

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
- Office Assistant, ext. 0

Rose Marie Syarto - Driver

John Delfino - Driver

Bob Scopoletti - Custodian

Helma Chartier - Chairperson, Commission on Aging

Energy Assistance

The Monroe Community & Social Services Department is taking applications for heating assistance for the 2021-2022 season. Apply now before the weather gets colder. Oil & propane cannot be scheduled for delivery prior to November 15. For eligibility requirements and appointments, call Ronnie Jensen at the Center at 203-452-2815 ext. 3 or Mary Ann Kalm 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 so we can update our program!

Our **Knit & Crochet** group is hard at work creating handmade items for infants to adults.



Not only great gift ideas but items to keep you or your loved ones warm as the weather changes.



The **Commission on Aging** meets at the Center the 1st Wednesday of the month at 2:00 pm. Their job is to develop and coordinate programs for Monroe seniors regarding health, housing, economic, employment, recreational and other matters affecting our seniors and to make recommendations to the Town Council. If you have ideas or information that might help our seniors in Town, please come to their meeting. On their agenda, they have a public participation section for you to speak, better yet, there are three open seats on the commission one could be yours! If you are interested let Kim know and she will help you make the connection to fill the seat.

Canasta and Mexican Train players wanted!

Never played-no problem, beginners are welcome.

Mexican Train is Tuesdays at 10:00 am

Canasta is Wednesdays at 11:00 am.

October is known as Fire Safety month.

Join us on **Tuesday, October 19 at 1:30 pm** for "Coffee with the Fire Marshal." William Davin will discuss fire safety ~ including, but not limited to: carbon monoxide (the silent killer), generators, the importance of working smoke detectors, along with placement and various types of smoke detectors.

Registration requested so we have enough snacks on hand for attendees.



Program Updates



Due to the lack of **cribbage** players, the program is being removed from the calendar. If there is more interest we can add it back on.

Farkle will now be held weekly at 1:00 pm on Tuesdays.



TRANSPORTATION REMINDERS

Call John Williams, our Transportation Coordinator, at ext. 2 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 and 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.

October Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 9:30 Bocce 1:00 Bingo 12:30 Mah-Jongg	10:00 Mexican Train & Triominos 1:00 Farkle	9:30 Pinochle 11:00 Canasta 1:30 Yoga	9:00 Bridge 9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 12:30 Movie 1:30 Bridge	Big Y Shopping 10:00 Cornhole 10:00 Knit & Crochet 12:30 Mah-Jongg
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
Birthstone: Tourmaline & Opal Flowers: Cosmos & Calendula Libra (September 23 ~ October 22) Scorpio (October 23 ~ November 21)				1
4	5	6	7	8
	1:30 Digital Education Program 	2:00 Commission on Aging meeting	12:30 Movie ~ "You've Got Mail"  2:00 Members' Advisory Council	
11	12	13	14	15
Columbus Day Center Closed No transportation		11:00 Free Zumba with Danielle 2:00 Book Club ~ <u>The Giver of Stars</u>	12:30 Movie "Clue" 	
18	19	20	21	22
	1:30 Coffee with the Fire Marshal - Fire Safety		12:30 Movie "Mystic Pizza" 	9:00 Book Sale at the Edith Wheeler Memorial Library
25	26	27	28	29
	1:00 Health Screen  1:30 The Golden Age of Air Travel 		9:00 Flu Shots 12:30 Movie "The Haunted Mansion" 	12:00 Halloween Party 

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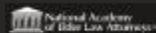
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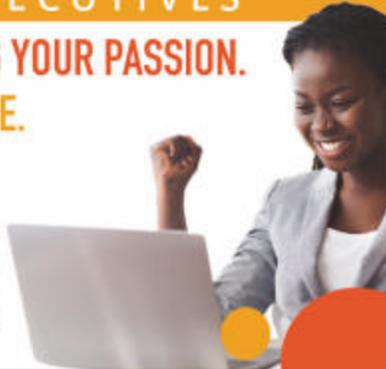
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Movies

October 7 ~ “You’ve Got Mail” | PG | Comedy, Drama, Romance | 1 hr. 59 min.
 Book superstore magnate, Joe Fox and independent book shop owner, Kathleen Kelly fall in love in the anonymity of the Internet both blissfully unaware that he's trying to put her out of business.



October 14 ~ “Clue the Movie” | PG | Comedy, Crime, Mystery | 1 hr. 34 min.
 Six guests are anonymously invited to a strange mansion for dinner, but after their host is killed, they must cooperate with the staff to identify the murderer as the bodies pile up.

October 21 ~ “Mystic Pizza” |R | Comedy, Drama, Romance | 1 hr. 44 min.
 Three teenage girls come of age while working at a pizza parlor in the Connecticut town of Mystic.



October 28 ~ “The Haunted Mansion” | PG | Comedy, Family, Fantasy | 1 hr. 28 min.

A realtor and his wife and children are summoned to a mansion, which they soon discover is haunted and while they attempt to escape, he learns an important lesson about the family he has neglected.

BUS TRIPS 2021 and Beyond

MOHEGAN SUN CASINO ~ Wednesday, October 13 ~ \$28.00 per person, no comps, eat on your own.
Registration form with payment secure your seat. Bus departs the center at 9:30 am and returns around 7:00 pm.

Winter Wonderland Daytrip to Newport ~ Tuesday, December 7 ~ \$140 per person

Bus departs the center at 7:00 am and returns around 8:00 pm.

See the Breakers in all of it's **Christmas Glory** on a self guided tour, following is lunch at Johnny's at the Atlantic Resort for a choice of an eclectic menu featuring fresh seafood and local fare. After lunch, enjoy a tour and tasting at Newport Vineyards and Winery.

For those who didn't know, Pat Martin has been helping with administrative tasks until our new hire joins the team. One item she excels at is trip planning. Here are some of the adventures she is working on for 2022. If you have any ideas, please contact Pat at ext. 1 or pmartin@monroect.org. More trips to follow.

DAYTRIPS

- * Bronx Zoo
- * Gloucester Lobster Cruise
- * Harvard Museum Of Natural History
- * Newport Speakeasy
- * Mystic Boat Parade
- * A Rockwell Christmas
- * Gillette Castle & Essex Steam Train
- * Bushnell Theatre in New Haven

OVERNIGHTER'S

- * David at Sight and Sound ~ April 18 ~ 20
- * Magical Mackinac ~ August 14 ~ 21
- * Mississippi River Cruise
- * Backroads of Vermont
- * Canada
- * A White Mountains Christmas
- * Providence Italian Style

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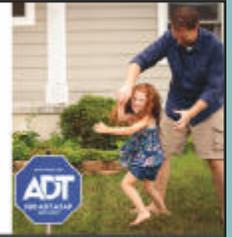
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