



THE CENTER

Celebrating Life's Dimensions



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

Director's Corner

Please keep the suggestions coming! We have added a fun food event this month and are revising our sign up sheets and processes.

We have added a column to the sign up sheets for paid events. We will print your name, have you initial the form and have the volunteer or staff person initial.

For those who want to be seated with your friends, please sign up together and let us know so we can ensure you sit together.
Kim

Chocolate Explosion - Tuesday, February 15 at 2:00 pm ~ February is known as National Chocolate Lovers' Month. What better way to celebrate than to host a hot chocolate bar serving the delicious drink with several items you can add. Sign up required to ensure we have enough of the delectable drink and fixings.



February Food Fare Tuesday, February 22 at 2:00 pm

This is an event to socialize, eat and test your knowledge of Monroe trivia. It is our rescheduled New Year's Eve Celebration, but with a twist!!! Brush up on your trivia to win a prize. If you are on the New Year's list your name was carried forward, if not you can sign up for \$3.00 at the front desk.

AARP Tax-Aide

Monday's February 7 to April 18
by APPOINTMENT ONLY
at the Edith Wheeler Memorial Library
call 203-452-2850 for an appointment.



Want to **learn to knit or crochet**, join LaVerne on **Tuesdays at 9:30 am**. Sign up sheet in the lobby!

HOLIDAY CLOSING

In observance of Presidents' Day we will be closed with no transportation on **Monday, February 21**

KOKO FIT CLUB of Monroe is a unique semi-private gym that offers **UNLIMITED, Smart Personal Training** for an individualized experience found only at this gym. Members work out any time of the day, any day of the week, all year long with any time access to the gym via a **personalized entrance key-fob**.



An intro work out session will access individual BMI, and fitness goals; which is recorded on a USB key that will track member progress every time you work out.

Whether you are new to fitness, or are starting over, the tech-driven systems are designed to individualize the experience especially for each member. **Each time-efficient KOKO workout lasts 15-45 minutes.** *To learn more about the KOKO experience, their facility and workouts join General Manager Angelo Mendez on Wednesday, February 9 at 10:45 am.*

In honor of **Black History Month** **Historian Art Gottlieb** will present Dr. Martin Luther King Jr's "I Have a Dream" speech on **Friday, February 11 at 1:30 pm.**



This speech delivered on the steps of the Lincoln Memorial on August 28, 1963 remains one of the most famous orations in modern history, calling for America to live up to its founding ideals of equality for all, and the end of racial discrimination.

"MY FAIR LADY" at the Bushnell in Hartford Saturday, March 12



Enjoy your day starting with lunch at the USS Chowder Pot IV. There are 3 entrée choices with all of the fixings, plus desert, coffee or tea. After lunch your reserved orchestra seats are waiting for you for the wonderful stage production.
Depart 10:00 a.m. ~ Return 6:00 p.m.
\$199.00 per person



In Memory

Tehmi Mulla
James Sandor



Patsy Dadabo


Energy / Heating Assistance

Applications for the 2021-2022 heating assistance will be taken until May. For eligibility requirements or to schedule your appointment, call Ronnie 203-452-2815 ext. 3 or Mary 203-452-2813.

WINTER CLOSING NOTICES

Closings or delays will be announced on WFSB Channel 3 or WTNH Channel 8 after 9:00 am. A recorded message will be on the Center phones after 8:00 am regarding our status.

Note: We do not follow the school closings.

 Medical checks (blood pressure & more) by Maggie Sessa, RN, **Tuesday, February 22 from 1:30 to 3:00 pm.** Sign up for your time slot on the sheet in the lobby.

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
Sue Carter - Office Assistant, ext. 0
Rose Marie Syarto - Driver
John Delfino - Driver
Bob Scopoletti - Custodian

Commission on Aging Commissioners

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Do you have **chronic pain** or do you know someone who does? There will be a **FREE** 6 week workshop 1 day a week on Wednesdays at 10:00 am via phone. This program is being offered by SWCAA can help to manage your ongoing health condition.

For more information or to register contact Cathy at cgrosshart@swcaa.org or call 203-814-3693.

Movies

February 3 ~ "Cruella" | PG 13 | Adventure, Comedy, Crime | 2 hr. 14 min.

CRUELLA follows the early days of one of cinema's most notorious and notoriously fashionable villains. During the 1970s London punk rock revolution, a young grifter (Emma Stone), transforms herself into the raucous, revenge-bent Cruella de Vil.



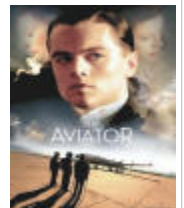
February 10 ~ "A Walk to Remember" | PG | Drama, Romance | 1 hr. 41 min

Two North Carolina teens, Landon Carter and Jamie Sullivan, are thrown together after Landon gets into trouble and is sentenced to perform community service. When a heart-breaking secret becomes known that puts their relationship to the test, it is then that Landon and Jamie realize the true meaning of love and fate.



February 17 ~ "The Aviator" | PG-13 | Biography, Drama | 2 hr. 50 min.

A biopic depicting the early years of legendary director and aviator Howard Hughes' career from the late 1920s to the mid 1940s. Hughes also had many women in his life including a long relationship with Katherine Hepburn. From an early age, however, Hughes was also germophobic and would have severe bouts of mental illness.



February 24 ~ "The Girl Who Believes in Miracles" | PG | Drama, Family | 1 hr. 40 min

When young Sara hears a preacher say faith can move mountains, she starts praying. Suddenly, people in her town are mysteriously healed - but fame soon takes its toll. Will her family be able to save their miracle girl before it's too late?



February Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 9:30 Tai-Chi 1:00 Bingo 12:30 Mah-Jongg	9:30 Knit / Crochet Instruction 10:00 Mexican Train & Triominos 10:30 Bridge 1:00 Farkle	9:30 Fit & Fabulous 9:30 Pinochle 1:30 Yoga	9:00 Poker 9:00 Quilting 9:30 Chess 9:30 Mah-Jongg 10:00 Scrabble 10:15 Zumba 10:30 Bridge 12:30 Movie 1:30 Computer Tutor	Big Y Shopping 9:30 Pinochle 10:00 Cornhole 10:00 Knit & Crochet 12:30 Mah-Jongg
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
	1	2	3	4
	Lunar New Year Chinese New Year Year of the Tiger	Groundhog Day 2:00 Commission on Aging meeting	12:30 Movie ~ "Cruella" 	
7	8	9	10	11
		10:30 KOKO Fit Club Presentation	12:30 Movie ~ "A Walk to Remember" 	1:30 Art Gottlieb on Martin Luther King 
14	15	16	17	18
Valentines Day	2:00 Chocolate Explosion 	Full Moon known as the Snow Moon 	12:30 Movie ~ "The Aviator" 	
21	22	23	24	25
Presidents' Day Center closed No transportation	1:30 Medical Check with Maggie 2:00 February Food Fare		12:30 Movie ~ "The Girl Who Believes in Miracles" 	
28	Class Fees: Pay in advance for the month is \$4.00 per class. Drop-in is \$5.00 per class.			Birthstone: Amethyst Flowers: Violet & Primrose Aquarius (January 19 ~ February 19) Pisces (February 20 ~ March 20) BLACK HISTORY MONTH
				

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BUS TRIPS 2022



“My Fair Lady” @ The Bushnell ~ Saturday, March 12, 2022 ~ \$199 per person

Lunch @ Chowder Pot followed by reserved Orchestra seats @ the Theatre.

“David” @ Sight & Sound ~ Monday, April 18 ~ Wednesday, April 20, 2022 ~ \$635 per person double

Included are lunch @ Lititz Springs Inn & Spa upon arrival, accommodations at the Cork Factory Hotel, Kitchen Kettle Village, orchestra seats at Sight & Sound Theatre, light lunch on day of departure followed by a trip to Mount Hope Estate and Winery.

“Gloucester Lobster Cruise” ~ Wednesday, August 3, 2022 ~ \$162 per person

Enjoy your lobster buffet lunch on the elegant Beauport Princess while cruising historic Gloucester Harbor. Enjoy time to walk and shop in Rockport, one of the country’s oldest artisan colonies to conclude your day.

“Magical Mackinac” ~ Sunday, August 14 ~ Sunday, August 21, 2022 ~ \$1,725 per person double

Tour includes 7 nights hotel accommodations, 13 meals, Henry Ford Museum, Edsel & Eleanor Ford House, Carriage Tour of Mackinac, the Grand Hotel, Rock & Roll Hall of Fame, Frankenmuth Bavarian and Niagara Falls.

“Newport Speakeasy” ~ Thursday, September 8, 2022 ~ \$188 per person

“Montana: Exploring Big Sky Country ~ Thursday, September 8 ~ Sunday, September 18, 2022

Highlights include Bozeman, Yellowstone, Old Faithful, Yellowstone Grand Canyon, Mammoth Hot Springs, Paradise Valley, Helena, Gates of the Mountains, Great Falls and many tour excursions.

Presentation: Wednesday, January 26 @ 10:00 a.m.

“Sunny Portugal ~ Tuesday, October 11 ~ Thursday, October 20, 2022

Visit the Portuguese Riviera, Lisbon, where you will enjoy the narrow cobblestone streets, seaside cafes or shop for ceramics, lace and hand-woven works, Belem, Obidos and Sintra. Choose from many additional excursions.

Presentation: Wednesday, March 23 @ 10:00 a.m.

“Christmas in the Berkshires” ~ Thursday, December 1, 2022 ~ \$143 per person



CASINO TRIPS



March 9 ~ Mohegan
April 21 ~ Foxwoods
May 17 ~ Mohegan

June 8 ~ Mohegan
July 11 ~ Foxwoods
August 11 ~ Mohegan

September 14 ~ Mohegan
October 11 ~ Foxwoods
November 14 ~ Mohegan

ADDITIONAL 2022 TRIPS

Harvard Museum of Natural History ~ April

Providence Italian Style

Mississippi River Cruise ~ May



A White Mountains Christmas



Bronx Zoo ~ May

Canada

Gillette Castle & Essex Steam Train ~ June

Mystic Boat Parade

Backroads of Vermont ~ October



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