



THE CENTER

Celebrating Life's Dimensions

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

February 2018



Love Canal

Arthur Gottlieb will lecture on the Love Canal, **Tuesday, February 20th**, at 1:00 pm. A name now synonymous with toxic commercial pollution, this environmental disaster gained national and worldwide attention in the mid 1970's after it was necessary to relocate the residents of an entire residential district called Love Canal, an area built directly upon a site containing 22,000 tons of toxic waste previously buried by the Hooker Chemical Company from 1947-1954.

Free Tai Chi Class

Celebrate the Chinese New Year with a free class and refreshments on **Monday, February 12th** at 9:30 am. Tai Chi can reduce stress and depression, but also relieve pain, build strength and improve cognitive function. Tai Chi's biggest benefit is in its capacity to improve balance and prevent falls.

Trip Presentations

Tours of Distinction will present "Journey to the Ark" at 10:00 am on **Wednesday, February 21st**. An exciting new trip.

Join *Collette* for two special travel presentations about "Treasures of Northern California" and the "Albuquerque Balloon Fiesta" on **Wednesday, February 28th** at 10:00 am.

AARP Tax-Aide

The AARP Tax-Aide program will be held in two locations in Monroe, the Center and the Edith Wheeler Memorial Library. Tax-Aide will be available on Mondays, beginning **February 5th** and continue through April 16th. There will be no appointments this year, walk-ins only from 9:00 am to 12:00 noon. The schedule is as follows:

Center:

February 5th
February 12th
February 26th
March 5th
March 12th



Library:

March 19th
March 26th
April 2nd
April 9th
April 16th

Please call the Center at (203) 452-2815 x1 or the Library at (203) 452-2850 for more information.



Monroe Triad

The term "TRIAD" is derived from the affiliation of Law Enforcement, Community and Seniors. Representatives from these groups agreed to a community-based partnership working together to reduce crimes against seniors by increasing awareness, information sharing and enhancing law enforcement services to seniors.

The Monroe TRIAD meets the 2nd Monday of each month at 10:00 am. The group has planned various events through the year. Our "Coffee & ..." series features professionals who, after a short presentation, will answer questions, concerns and just chat during an informal session.

Watch your newsletters and flyers for information on upcoming events.

March Coffee with an Officer
April Uniform Fashion Show
May Coffee with an Attorney
June TRIAD program at MasoniCare picnic
July Coffee with EMS
August TRIAD Fair
September Coffee with the Health Department

For information regarding TRIAD, contact Kim Cassia at (203) 452-2815 x3.

Luncheon Policy

Lunch reservations must be paid in **cash**. The Center will not give out receipts, but you will be required to initial the sign-up sheet as your confirmation.



Mardi Gras Luncheon

Tuesday, February 13th @ 11:45 am

Reservation Deadline: Friday, February 9th @ 12 noon

\$4.00

Salad, Pasta with Meatballs, Italian Bread
& Ice Cream Cake

AARP Driving Course

The AARP Refresher Driving Course can help you learn about the effects of aging on driving. The fee is \$15.00 for AARP members and \$20.00 for non-members, (checks only, payable to AARP). Payment is due at time of registration. The class is scheduled for **Tuesday, March 13th** from 9:00 am to 1:00 pm. Upon completion of the class, you will receive a certificate to submit for a possible deduction in your auto insurance.



Saturday Movie Classics

Enjoy the 1936 movie classic "*San Francisco*", starring Clark Gable, Spencer Tracy and Jeanette MacDonald, on **Saturday, February 24th** at 10:00 am. A gambler with a big heart vies for the attention of the beautiful Mary.

Monroe TRIAD Meeting

The Monroe TRIAD meeting will be on **Monday, February 12th** at 10:00. New TRIAD members are always welcome.

Health Screenings

Tuesday, February 20th

9:00 am - 12:00 pm

Free Blood Pressure & Blood Glucose Testing
Fasting Cholesterol Screenings - \$15.00
St. Vincent's Medical Center - Women at Heart

Registration is required for these programs.

Shopping Trips - \$4.00 Fee

Please call (203) 452-2815 x2. Shopping trips will be cancelled without a minimum of 5 passengers.

Monday, February 26th CT Post Mall

iPad Technical Help

Bring your iPad questions on Wednesday evenings for answers from a proficient High School Student who can help. Join our Volunteer Expert on **Wednesday, February 7th** and **21st** beginning at 5:30 pm. Registration is required.

Apple Workshops

Jane Mahoney's Apple Workshops on **Saturday February 3rd** and **Saturday, February 17th** will be open instruction for questions and assistance with iPhones or iPads. Workshops begin at 10:00 am. Workshops are limited to 8 students and pre-registration is required by phoning the Center: (203) 452-2815 x1. Students must bring their own iPhone 5 or newer, Apple ID, Password and software updated to iOS 10.



Saturday Bingo

Come join the Bingo fun on **Saturday, February 10th** and **24th** at 10:00 am. Bingo cards are \$.50 each. Cash winnings.

February Birthday Social

All February birthdays are invited to celebrate on **Wednesday, February 28th** at 2:00 pm. Each birthday guest will receive a gift card. *Albert Song*, Center member, will be our DJ. We encourage all Center members to join their friends at these free celebrations of joy and friendship.

Exercise with Becky

Becky Elmo, Program Director for Middlebrook Farms in Trumbull, will lead a free monthly exercise program on **Thursday, February 8th** at 9:45 am.

Energy Assistance

The Community Services Department is taking appointments for heating assistance. Appointments may be made with Kim Cassia at the Center - (203) 452-2815, ext. 3 or Mary Ann Kalm at the Town Hall - (203) 452-2813.

February 2018

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
9:00 Poker 9:30 Hairdresser 9:30 Tai Chi - Beginner 9:30 Quilting 10:30 Pickleball 12:30 Mah Jongg 1:00 Bingo	8:30 Yoga - Intermediate 9:30 Trip Registration 10:00 Yoga - Beginner 10:00 Mexican Train 1:30 Bridge	9:00 TRIAD Walkers 9:00 Pinochle 9:30 Voice Lessons 9:15 Tai Chi - Intermediate 11:00 Stretch & Strengthen 11:00 Canasta 1:00 Quilting 1:30 Bridge 6:00 Ballroom Basics	9:00 Poker 9:00 Bridge 9:30 Chess 9:30 Mah Jongg 10:00 Ceramics 11:00 Yoga - Gentle 12:30 Movie 12:30 Duplicate Bridge 1:30 Bridge	9:15 Easy Does It 9:30 Trip Registration 10:00 Knit & Crochet 12:30 Mah Jongg 1:00 Pickleball 1:30 Chorus	
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials	Saturday Specials
			1	2	3
			12:30 Movie: "Home Again"	10:00 Archaeology	10:00 Apple Workshop
5	6	7	8	9	10
9:00 TAX-Aide	1:30 German Lessons	1:30 Creative Writing 2:00 Book Club 5:30 iPad Help 6:00 Class Choice	9:45 Exercise with Becky 12:30 Movie: "Victoria & Abdul"	10:00 Archaeology	10:00 Bingo
12	13	14	15	16	17
9:00 TAX-Aide 9:30 Free Tai Chi 10:00 TRIAD	11:45 Mardi Gras Luncheon 1:30 German Lessons	6:00 Class Choice	10:00 Creative Cards 12:30 Movie: "The Book of Henry"	10:00 Archaeology	10:00 Apple Workshop
19	20	21	22	23	24
Center is closed for Presidents' Day No Programs or Transportation.	9:00 Cholesterol Screening 1:00 Love Canal 1:30 German Lessons	10:00 Trip Presentation 1:30 Creative Writing 5:30 iPad Help 6:00 Class Choice	12:30 Movie: "Battle of the Sexes"	10:00 Archaeology	10:00 Bingo 10:00 Movie Classics "San Francisco"
26	27	28			
9:00 TAX-Aide 10:00 CT Post Mall	1:30 German Lessons	10:00 Trip Presentation 11:00 Current Events 2:00 Birthday Social 6:00 Class Choice			

2018 Trips - Open to the Public

Trip Registration Policy

Trip reservations are accepted from 9:30 am to 11:30 am, in person, on Tuesdays and Fridays. Registration forms (accompanied by check only) can also be mailed to the Senior Center or left with Staff. Trip Coordinator will call to verify your reservation. There is a **No Refund & No Transfer** policy.

CASINO TRIPS - Cost: \$26.00 per person

Tuesday, March 27, 2018	Mohegan Sun
Monday, May 21, 2018	Foxwoods
Thursday, July 12, 2018	Mohegan Sun
Wednesday, September 12, 2018	Foxwoods
Monday, November 5, 2018	Mohegan Sun

March 6 - 20, 2018

South Pacific Wonders

Fifteen days to explore Australia, New Zealand and an optional trip to Fiji. Highlights include Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Christchurch, Mount Cook National Park, Queenstown, Milford Sound and Arrowtown.

Cost: \$5,999 per person, double

Wednesday, March 21, 2018

Aqua Turf - St. Patrick's Day Celebration

The Maclean Avenue Band performs old Irish Celtic folklore and rock pop Celtic music of today. Family Style Dinner.

Cost: \$47.00 per person, transportation included (CASH)

Thursday, April 12, 2018

Culinary Institute of America

Enjoy a tour of the pre-eminent culinary arts school, lunch at the CIA's Caterina de Medici. After lunch a tour & tastings at the Millbrook Winery.

Cost: \$132.00 per person

April 12 - April 21, 2018

Switzerland, Austria & Bavaria

The tour begins in Bern Switzerland before Lake Geneva, Chateau de Chillon, Montreux, Golden Pass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria and Oberammergau.

Cost: \$3,799 per person, double

Friday - Friday, April 20 - 27, 2018

Bermuda Cruise

An eight day cruise aboard the Norwegian Dawn with three days in Bermuda. All meals, beverages are included onboard.

Cost: \$1,299 per person, double

Sunday - Sunday, May 6 - 13, 2018

Journey to the Ark

Highlights of the eight day trip include tour of Falling Waters, dinner with an Amish family, the Ark Encounter, Churchill Downs, Natural Bridge and a day in Lexington. *Cost: \$1,705 per person, double*

Presentation: Wednesday, February 21st @ 10:00 am

Thursday, May 24, 2018

Corsets & Top Hats - Gilded Age Driving Tour of Newport

Mrs. Caroline Astor will be our guide as we tour Newport. Lunch will be at La Forge Casino Restaurant on the grounds of the International Tennis Hall of Fame.

Cost: \$99.00 per person

Tuesday, June 12, 2018

NY Botanical Gardens

The day begins with time in "Little Italy" and Arthur Avenue, lunch at Ann & Tony's and the exhibits at the Botanical Gardens.

Cost: \$107.00 per person

Thursday, June 28, 2018

Canal Street Antiques

Seek treasures at Canal Street Antique Mall in Lawrence, MA. Lunch is at Salvatore's on the Merrimack River with a stop at Hebert Candies.

Cost: \$90.00 per person

Thursday, July 19, 2018

Gloucester Lobster Cruise

Cruise historic Gloucester Harbor while enjoying a lobster buffet. There will be time to visit Rockport, MA and explore the shops.

Cost: \$120.00 per person

Tuesday, August 14, 2018

Aqua Turf - Little Bit Country & Rock-n-Roll

Jimmy Mazz takes you back to classic country and then crosses over to rock-n-roll. Family Style Dinner.

Cost: \$47.00 per person, transportation included (CASH)

Thursday, August 16, 2018

Vermont, Fit for A King

Tour King Arthur Flour Company, the Simon Pearce Company, master glassblowers & potters and lunch at the Castle Hill Resort & Spa. The final visit will be at the Vermont Country Store.

Cost: \$95.00 per person

September 9 - 17, 2018

Treasures of Northern California

Nine days begin in San Francisco with a Bay Cruise or City Tour, followed by visits to Yosemite National Park, Sacramento, Lake Tahoe, Sonoma Wine Country and a ride on the Napa Valley Wine Train.

Cost: \$3,799 per person, double

Tuesday, September 11, 2018

Aqua Turf - Broadway Comes to Connecticut

Theater performers present an afternoon of Broadway show tunes from classic to current. Family Style Dinner.

Cost: \$49.00 per person, transportation included (CASH)

September 19 - 21, 2018

Taste of Lancaster & Sight and Sound - "Jesus"

The trip begins with a taste of Lancaster at the Appalachian Brewing Company and Wilbur Chocolates. A day at Kitchen Kettle Village and Zole Art Factory before the Sight & Sound production of "Jesus". On the way home a stop at Mount Hope Estate and Winery.

Cost: \$599 per person, double

Tuesday, October 9, 2018

Choctoberfest

Oktoberfest with a twist. Spend the day in CT visiting Fascia's Chocolates, East Side Restaurant and the Still Hill Brewery.

Cost: \$131.00 per person

October 11 - 16, 2018

Albuquerque Balloon Fiesta

Join in the excitement of the hot air ballooning extravaganza. Highlights include, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe and the Santa Fe School of Cooking.

Cost: \$2,679 per person, double

Presentation: Wednesday, February 28th @ 10:00 am

November 1 - 5, 2018

Washington, DC

Visit the Smithsonian, a guided tour of Washington, including the Capitol. A tram tour of Arlington National Cemetery, Mount Vernon, Cruise on the Potomac and follow the African-American Heritage Trail

Cost: \$995 per person, double



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**Pizza is \$1.50 per slice & served at 12 noon.
Movie begins at 12:30 pm**

**Thursday, February 1st
"Home Again"**

*A single mom takes in 3 male boarders
and creates an unconventional family.*

Romantic Comedy - 1 hour & 37 minutes - PG-13

**Thursday, February 8th
"Victoria & Abdul"**

*Based on the true story of a deep friendship
between Queen Victoria and a clerk from India.*

Drama - 1 hour & 51 minutes - PG-13

**Thursday, February 15th
"The Book of Henry"**

*An 11 year old genius helps his family
and attempts to help a neighbor in trouble.*

Drama - 1 hour & 45 minutes - PG-13

**Thursday, February 22nd
"Battle of the Sexes"**

*The story of the 1973 tennis match between
Billie Jean King and Bobby Riggs.*

Sports Drama - 2 hours & 1 minute - PG-13

Gentle Yoga

The Gentle Yoga class is intended to be supportive, accessible to even the most inflexible bodies and no experience is necessary. The classes are on **Thursdays** at 11:00 am. The class fee is \$4.00 and limited to 12 members. There are still openings. Please call the Center to register. (203) 452-2815 x1.

Voice Lessons

Join *Matthew Johnson* on the path to a happier and healthier singing voice. Lessons are available on **Wednesday** mornings at 9:30 am and 11:50 am. Each 1/2 hour lesson is \$15.00 and payable to the Instructor. Please call the Center to book a session.

Winter's Closing

Watch WFSB Channel 3 or WTNH Channel 8 after 9:00 am for cancellations. You may also call the Center after 8:00 am and a recorded message will indicate closings or cancellations. **We do not follow school closings.** The staff may report to the Center, but the Center will be closed for members' safety.

Class Fees

Ballroom Basics - Wednesdays / 6:00 pm
\$4.00 per class

Bingo - Mondays / 1:00 pm
Saturday, February 10th & 24th /10:00 am.
Cards - \$.50 each.

Ceramics - Thursdays / 10:00 am. **Fee for supplies.**

Cholesterol Screenings, Blood Pressure & Glucose Testing
9:00 am - 12 noon / Tuesday, February 20th.
\$15.00 fee for Cholesterol Screening

Creative Cards - Thursday, February 15th / 10:00 am
\$3.00 fee for supplies.

Easy Does It - Fridays / 9:15 am, chair stretching endorsed by the Arthritis Foundation.
\$4.00 fee per class.

Exercise with Becky - Thursday, February 8th / 9:45 am
Certified by Arthritis & Aging Right Foundations
No fee.

Hairdresser - Cut & blow dry / Mondays / **\$15.00** - men & **\$20.00** - women. Appointment: (203) 452-2815 x1
Home Services available: (203) 556-4639

Stretch, Strengthen & Sustain - Wednesdays / 11:00 am
\$4.00 per class

Tai Chi - Beginners: Mondays / 9:30 am

Tai Chi - Intermediate: Wednesdays / 9:15 am
\$4.00 per class

Voice Lessons - Wednesdays
1/2 hour sessions, by Appointment only
\$15.00 per lesson

Yoga - Gentle: Thursdays: 11:00 am - 12:00 pm

Yoga - Beginner: Tuesdays /10:00 am - 11:15 am

Yoga - Intermediate: Tuesdays / 8:30 am - 9:45 am

\$4.00 per class, paid quarterly in advance
Classes are limited to 12 participants
No Drop In

In Memory

Buckley Carpenter

Richard Kraus

Ellen Melfi

Dolores Rauser

MaryAnn Wuchek



Monroe Senior & Disabled Transportation

The Town of Monroe, through the Senior Center, provides transportation to residents who are age 60 and over and/or disabled. Transportation options include fixed routes and a Dial-a-Ride program.

Our service is curb to curb. Our drivers can escort, but cannot assist, our riders. Caregivers ride free. Medical appointments have priority over social or personal care destinations. Every Friday, the Senior Center Bus does local shopping within Monroe.

To schedule transportation, call **(203) 452-2815 x2**. The Transportation Coordinator is available Monday through Friday from 9:00 am to 1:00 pm. When leaving a message, please include the

destination, address, phone number, date and time of the appointment, in addition to your name and number. If you need to cancel a ride, please call as soon as possible.

Appointments should be made at least 48 hours in advance. Rides within Monroe are \$2.00 one-way or round trip and \$4.00 one-way or round trip to Trumbull, Stratford and Bridgeport.

We do not carry over standing appointments. You must call at the end of each month to request dates for the next month.

Further information is located on our website: www.monroect.org or by calling **(203) 452-2815**.

Barbara D. Yeager - Director
Pat Martin - Administrative Assistant
Kim Cassia - Elderly Services Coordinator
Betsy Kraushaar - Transportation Coordinator
Sandy Gross - Office Assistant
Rose Marie Syarto, John Delfino & John Williams - Drivers
Bob Scopoletti - Maintenance **Darrin Snihur** - Building Attendant
Helma Chartier - Chairperson, Commission on Aging

Member Policy

Membership is required to attend and participate in activities scheduled at the Monroe Senior Center. **Guests are allowed with a Member's Guest Card.** Membership is not restricted by residency, but you must be 55+ years.

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Monroe, CT

Monroe Senior Center
235 Cutlers Farm Road
Monroe, CT 06468