



THE CENTER

Celebrating Life's Dimensions



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

We are working to expand our activity offerings while maintaining social distancing. Reservations are required due to limited seating. Some notable items:

Creative Writing with Sharon - Tuesday, May 11 at 10:00 am

Veteran's History Project with Bob - Tuesday, May 25 at 10:00 am information and details on page 5.

BINGO - Wednesdays at 10:00 am, new game, new rules. Fourteen game play, paper cards and specials. Dabbers for sale or bring your own. All paper cards are disposed of immediately following. Monies must be exact change. \$3.00 to play package of fourteen. Money to be given out at the end of the program.

Movie - returning to Thursday afternoons at 12:30 pm on the big screen in the main room

Social Club will begin again on Friday's at 1:00 pm - so if you are tired of being alone or feeling cooped up, join Pat Sacatos as she leads the group through various topics and discussions to get to know each other, have some laughs, reminisce and so much more.

HOLIDAY CLOSING

In observance of Memorial Day the center will be closed with no transportation on Monday, May 31



Memorial Day ~ a day to remember those who made the ultimate sacrifice that we might live in peace. To us is passed the sacred trust that their going was not in vain. Our heritage of liberty, justice and freedom will forever be cherished as their perpetual memorial. Written by a grateful American.



May Drive thru ~ let's "relish" the warm days heading our way as we "roll" into summer with a **hot dog drive thru** event Tuesday, May 18th. Registration is a must to ensure we have all the items needed for you. We will be serving hotdogs off the grill between 11:30 and 12:30. Included with your hotdog will be a bag of chips, bag of cookies, packets of condiments, a napkin and a bottle of water.



MONROE FARMERS' MARKET



**Fridays 3-6PM
Jun. 18 - Oct. 22**



www.monroefarmersmarket.org

Looking for fresh fruits, vegetables and more at the Farmers' Market. You can text the word MARKET to (844) 446-6437 to receive a text reminder every Friday of the season. You can subscribe to the market newsletter by going to <https://www.monroefarmersmarket.org/about-the-market.html> and at the very bottom choose 'Subscribe to our newsletter' which will send you an email newsletter every Sunday with reminders, recipes, events and more.

From the Assessors' Office

The Renter's Rebate program runs from April 1 to October 1. Applicants must be 65 years old or totally disabled, a Connecticut resident 1 year or longer, maximum income single \$37,600, married couple \$45,800.

Items needed to apply: proof of income for 2020 required (2020 Federal Income tax return), rent and utility receipts for the calendar year (phone and cable aren't included).

Information can be found on the Town website www.monroect.org under the Assessor tab or reach out to Ruthann Caiola at 203-452-2803 or rcaiola@monroect.org.

Dog Licensing begins June 1 and the Town Clerk once again will be running the Top Dog fundraiser for Project Warmth during the month. If you want the #1, 2 or 3 dog tag you can enter into the drawing by writing a separate check for \$5.00 to the Town of Monroe when you pay your dog license.



In Memory



Martin Vallent
Mary Roumanos
Karl Decker

Richard Orr
Josephine Guastella

Center Staff

Henna Ali - Director, *ext. 4*
Kim Cassia - Administrative Assistant, *ext. 1*
Veronica Jensen - Elderly Services Coordinator, *ext. 3*
John Williams - Transportation Coordinator, *ext. 2*
Kerri Swift - Office Assistant, *ext. 0*
Rose Marie Syarto - Driver
John Delfino - Driver
Bob Scopoletti - Custodian
Helma Chartier - Chairperson, Commission on Aging



has practical resources, news, activities and events as well as provides opportunities to connect and build a strong Connecticut for all ages to live, work and play. *Registration is free, visit www.aarp.org/ct to see the variety of items and sign up.*

Kerri's Korner on Exercise, Health & Wellness . . .

There's something about exercising and spending time in fresh air that makes us feel better physically and mentally, which can improve memory, fight depression, get you to move, allows for fun and in some cases a bit of friendly competition and conversation. *It is never too late to try something new* and it's even better when you are sharing the experience with another person.

A few examples of **yard games** include:

- **Bocce** ~ this easy-to-play game can be enjoyed between two or more players or teams. Balls are tossed and points scored for the one who gets closest to the bocce ball.
- **Horseshoes** ~ similar to bocce in using hand / eye coordination for teams or individual players.
- **Croquet** ~ a backyard game that can involve a lot of players who use mallets to hit balls through a series of wickets.
- **Badminton** ~ similar to tennis, involving a net, lightweight rackets and passing back and forth an object called a shuttlecock.
- **Cornhole** ~ a lawn game in which players take turns throwing bags of corn kernels at a raised platform (board) with a hole in the far end.

Some examples of **sports activities** are: golf, tennis, pickleball, softball, Frisbee golf to name a few. Check out the Monroe Parks & Recreation website for more adult/senior activities.

Lastly some other outdoor activities include fishing & bird watching.

TRIP UPDATES

Queen Esther live on stage ~ a 3 day round trip motor-coach by Tours of Distinction ~ September 14-16, 2021 ~ Travel to the Pennsylvania Dutch Country stopping at the Appalachian Brewing Co., Lancaster County to Kitchen Kettle Village & on to the Sight & Sound Theatre. The last day journey to the Mount Hope Estate and Winery for a light lunch. Cost: \$565 per person double / \$515 per person triple / \$715 single. Forms available at the Center. For more information or to register call Elizabeth Craig at 800-426-4324 ext. 121 or email her at elizabeth@toursofdistinction.net

Iceland's Magical Northern Lights ~ November 1 - 7 each year, during the winter months, travelers journey to Iceland and venture out into the dark to see the magical but elusive northern lights (aurora borealis). This 7 day adventure will bring you to Reykjavik, Iceland. To begin your tour, you will see turf-built homes, artifacts, waterfalls, floating icebergs, lava fields and so much more. Ten meals are included ~ 5 breakfasts and 5 dinners. All of the information can be found in the brochure at the center or on line with this link <https://gateway.gocollette.com/link/1034729>. Collette is giving us an extension for early booking discount of \$250 till June 3. Cost per person—double \$2999, triple \$2969 and single \$3499. Included in price are all transportation fees, round trip airfare, taxes, surcharges and hotel transfers. Not included is cancellation waiver and insurance which is available for \$329 per person and highly recommended.

May Programs

Day of Week	Morning Programs	Afternoon Programs
Mondays	10:00 am ~ Quilting	
Tuesdays	10:00 am ~ Anything Goes (see items below)	
Wednesdays	10:00 am ~ BINGO	
Thursdays		12:30 pm ~ Movie
Fridays	10:00 am ~ Knit & Crochet	1:00 pm ~ Social Club

ANYTHING GOES ACTIVITIES ~ Tuesdays at 10:00 am

- 4 Word Games, Trivia and More**
- 11 Creative Writing with Sharon**
- 18 Hot Dog Drive Thru ~ details on page 1**
- 25 Veteran's History Project ~ details on page 5**

*Registration for all programs is a must due to limited seating.
Call 203-452-2815 ext. 0 to register.*

Movies

May 6 - "The War with Grandpa" | 2020 | PG | Comedy, Family | 2 hrs 21 min

Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two.



May 13 - "Poms" | 2019 | PG-13 | Comedy, Dance | 1 hr 31 min

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.



May 20 - "Going in Style" | PG-13 | Comedy, Crime | 1 hr 36 min

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.



May 27 - "And So it Goes" | PG-13 | Romance, Drama | 1 hr 34 min

Nobody likes real-estate agent Oren Little and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah but he learns how to open his heart eventually.



Preserving Stories of Service for Future Generations



The Library of Congress American Folklife Center invites veterans and their family members to join in an important national project — the Veterans History Project. The mission of the Veterans History Project is to collect the memories, accounts and documents of war veterans from World War I, World War II, the Korean, Vietnam, and Persian Gulf Wars and to preserve these stories of experience and service for future generations. This project honors our nation's war veterans and those who served in support of them by creating a legacy of recorded interviews and other documents

chronicling veterans' and other citizens' wartime experiences and how those experiences affected their lives and America itself.

Veterans United 203, a local veteran's support program, is partnering with the Monroe Senior Center to do our part to preserve these memories by inviting veterans and their families to join the Veterans History Project.



A representative for Veterans United 203 will be at the Senior Center on the second Wednesday of each month from 10:00 – 12:00. We encourage you to call to make an appointment as time is needed to go over the requirements and items needed to take part in the project. Call Kerri at (203) 452-2815 x0 for more information and to make your appointment.

Additional veteran programs, opportunities and information can be found on the Veterans United 203 website.

Detailed information on the overall project can be found by visiting, [Veteran's History Project website](https://www.loc.gov/vets/). (<https://www.loc.gov/vets/>)

Ronnie's Recipe for May ~ Patriotic Parfait

Ingredients

- (1) 6 ounce package of Red Jell-O
 - (2) 3 ounce packages of Blue Jell-O
 - (1) 8 ounce container of Cool Whip
- Clear plastic cups



Instructions

Make the Blue Jell-O according to the package instructions. Fill your cups 1/3 full with the Blue Jell-O Place in fridge for 1 hour (or 10 minutes in the freezer if you're in a hurry).

Fill cups another 1/3 full with Cool Whip, smoothing out the top.

Place in freezer.

Make Red Jell-O immediately. Let cool in fridge for 20 minutes. You don't want the Jell-O to solidify at all, you just need it to cool down so you can pour it on top of your Cool Whip without melting it. Remove cups from freezer and Jell-O from fridge. Fill the remainder of your cup with red Jell-O (leave a little bit of room at the top).

Refrigerate for another 20 minutes or just until Jell-O starts to set slightly.

Early Stage Social Engagement Groups - the Alzheimer's Association virtual early-stage social engagement programs offer a comfortable way to get connected to others who are living in the beginning stage of Alzheimer's or other dementia. Connecting with people who understand what you are going through may provide you with the support, encouragement and inspiration necessary to move beyond your diagnosis.

The [Alzheimer's Association](https://www.alz.org/)® is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.



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