

# Monroe County Seniors' Express Times

Monroe County PA Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

(570) 420-3735

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**The Monroe County Area Agency on Aging office and all Senior Centers will be closed on 11/11 for Veterans Day and 11/26-27 for Thanksgiving.**

Visit our website:



[www.monroecountypa.gov/departments/area-agency-on-aging](http://www.monroecountypa.gov/departments/area-agency-on-aging)

Follow us on Facebook:



[www.facebook.com/MCPAAAA](https://www.facebook.com/MCPAAAA)

## LIHEAP Season Opens on November 2nd

The Low Income Home Energy Assistance Program (LIHEAP) helps income-eligible families pay their heating bills by issuing a one-time grant that does not need to be repaid. The payment is sent directly to the utility company or fuel provider, and it is credited on the bill (in some cases, the check is mailed to the applicant directly).

Cash grants range from \$200 to \$1,000 and are based on household size, income, and fuel type. **To apply, visit [www.compass.dhs.pa.gov](http://www.compass.dhs.pa.gov), or request an application by calling the Monroe County Assistance Office's LIHEAP number: (570) 424-3517.** You will need the names of everyone in your household, all dates of birth and SSNs, proof of income for all household members, and a recent heating bill. Applications are also available at the Aging Office.

In addition to these cash grants, LIHEAP provides crisis benefits for emergency situations such as broken heating equipment, lack of fuel, shut-off notice, or if you are in danger of being without fuel. Applicants can receive more than one crisis grant, as necessary, each season until the maximum benefit of \$1,000 is reached. **Those experiencing any of the above listed emergency situations should call LIHEAP Crisis at (866) 410-2093.**

The 2026-2027 LIHEAP season is open through April 23, 2027. Applicants must meet income requirements, which include the cumulative yearly earnings of all household members.

Those who meet these requirements may also be eligible for **emergency heating system repairs (see Page 5 for more information).**

### 2026-2027 LIHEAP Income Requirements

| Household Size | Maximum Annual Income |
|----------------|-----------------------|
| 1              | \$23,940              |
| 2              | \$32,460              |
| 3              | \$40,980              |
| 4              | \$49,500              |

Write to the editor at:

Monroe County Area Agency on Aging, Attn: Alexandra  
724 Phillips Street, Suite 102  
Stroudsburg, PA 18360

**OR** [abender@monroecountypa.gov](mailto:abender@monroecountypa.gov)

# Thank you for your service!

**Veterans Day is Wednesday, November 11, 2026**

## ● Veterans Day Celebration ●

American Legion Evans-Blitz Post #922 and the High Acres Park Committee invite the community to come together to honor and remember the brave men and women who have served our country. Refreshments will be served after the ceremony.

**When:** Sunday, Nov. 8th, 1pm-2pm

**Where:** High Acres Park Memorial Garden  
(110 High Acres Drive in Canadensis)

## ● Wills for Heroes ●

The Monroe County Bar Association and the Pennsylvania Bar Association will provide basic estate planning (wills, living wills, and healthcare/financial POA paperwork) for PA residents who are first responders or military veterans, and their spouses, for free.

**When:** Saturday, November 14th, 11am-4pm

**Where:** American Legion Post 346  
(126 E. 5th Street in East Stroudsburg)

## ● Veterans Appreciation & Informational Luncheon ●

Senator Rosemary Brown's office will have a Veterans Appreciation & Informational Luncheon to honor and support veterans, and their families, of the 40th Senate District.

**When:** Sunday, Nov. 15th, 11:30am- 1:30pm

**Where:** Trout Lake Retreats  
(1100 Twin Lake Road in Stroudsburg)

Veterans and their spouses (or a guest) are invited to attend.

Please RSVP by calling (570) 620-4326 or online: [www.senatorbrown40.com](http://www.senatorbrown40.com).

## ● Veterans Expo ●

State Representative Maureen Madden will be hosting her 4th Annual Veterans Expo.

**When:** Saturday, Nov. 21st, 10am-1pm

**Where:** Northampton Community College's Pocono Campus (2411 Route 715 in Tannersville) in Keystone Hall (2nd floor)

General parking is available in Lots A & B, and accessible parking is in Lot C.

This free event will feature various vendors offering support and resources for veterans.

**For questions, please contact Rep. Madden's district office at (570) 894-7905.**

## ● County Benefits Available for Veterans ●

Our local Veterans Affairs office offers many benefits for Monroe County veterans. Most of these benefits require a particular period of service and an honorable discharge. The Veterans Pension Program provides monthly payments to wartime veterans. Veterans Discount Cards are available for use at select Monroe County businesses. These are just some of the benefits offered through the county.

**The Monroe County Veterans Affairs Office is at 1 Quaker Plaza, Room 101, in Stroudsburg, and their phone number is (570) 517-3187.**



## Community Meals

Several churches and organizations in Monroe County will be offering **free Thanksgiving meals**. At the time of publishing (mid-October 2026), dates, times, and locations have not been announced yet. The Pocono Mountains United Way publishes a list of these each year, and it should be available soon. Visit their website ([www.poconounitedway.org](http://www.poconounitedway.org)), call (570) 517-3954, or email [info@poconounitedway.org](mailto:info@poconounitedway.org).

There are many churches in Monroe County offering free community dinners year-round:

### **Holy Cross Greek Orthodox Church of Stroudsburg** (135 Stokes Avenue)

3rd Friday of the month, 5pm-6pm

For more information, call (570) 647-5807.

### **Zion United Lutheran Church**

(1919 Route 209 in Brodheadsville)

3rd Wednesday of the month, 5pm-6pm

For more information, call (570) 992-6988.

### **Stroudsburg Wesleyan Church**

(915 N. Fifth Street in Stroudsburg)

1st Thursday of the month, 6pm-7pm

For more information, call (570) 421-0750.

### **St. Paul's Lutheran Church**

(158 Fish Hill Road in Tannersville)

3rd Wednesday of the month, 4:30pm-6pm

For more information, call (570) 629-1992.

### **St. Matthew's Catholic Church**

(78 Ridgeway Street in East Stroudsburg)

Saturdays at 5pm

For more information, call (570) 421-2342.

### **Queen of Peace Church**

(1402 Route 209 in Gilbert)

2nd & 4th Sundays of the month at 2:30pm

For more information, call (610) 681-6137.

A complete list of community meals can be found on the Pocono Mountains United Way's [website](http://www.poconounitedway.org).

## Food Assistance in Monroe County

The Pocono Mountains United Way recently updated their **list of food assistance programs**, which has more than 40 resources available in our area. To obtain a copy of their list, visit their website and scroll down: [www.poconounitedway.org/get-help](http://www.poconounitedway.org/get-help); call their office at (570) 517-3953; or email [info@poconounitedway.org](mailto:info@poconounitedway.org). We also have copies available at the Aging Office.

The Monroe Senior Volunteer Program (MSVP) has **volunteers who can grocery shop** and deliver food to your residence. If you are in need of this service, call (570) 420-3735 for a required referral.

**A meal is available at our senior centers each day** for only \$2.50. Please refer to Page 9 for their schedules.

The East Stroudsburg Salvation Army distributes **monthly boxes of healthy, nonperishable foods** to individuals 60+ who meet certain financial eligibility guidelines. For more information, call (570) 421-3050.

## Redeem Your Vouchers by 11/30!

We finished giving out vouchers for the Senior Farmers Market Nutrition Program (SFMNP) on September 30th. **For us to offer the program in future years, it is important that those who have received vouchers redeem them at farmers markets before November 30th.** Last year, 85% of the vouchers distributed were redeemed, which was nearly a 25% increase from 2024's redemption! This year, please help us keep that up by redeeming your vouchers on time.

**Transportation is available by utilizing the Shared Ride Program through the Monroe County Transit Authority: (570) 839-8210.**

Please note that this service is only available on weekdays. There are farmers markets in our area that are open on weekdays. For a list, please call the Aging Office.

## Medicare Considerations for November

*by Laura Pride, Health and Wellness and PA MEDI Coordinator*

Though the Medicare Open Enrollment Period continues through December 7th, you may have called the Aging Office for an appointment with us, only to find out that the appointments are full or that you will be put on a waiting list. For those who are unable to get an appointment with a PA MEDI counselor to review Medicare coverage options for 2027, there are other opportunities.

First, you may call 1-800-MEDICARE. A trained representative from the Centers for Medicare & Medicaid Services (CMS) can assist you over the phone. (Note: They will not be assisting Medicare beneficiaries with Open Enrollment until November 15th.)

You may also review and make changes to your plans by visiting Medicare's website ([www.medicare.gov](http://www.medicare.gov)). The process is step-by-step and very doable for those who can navigate the internet.

Our office recognizes the stress and anxiety Medicare beneficiaries go through, both when they first sign up for Medicare and again each year during the Open Enrollment Periods. I would like to review some important points regarding the enrollment periods. Please read the next few paragraphs carefully, as you might find that you do still have time to make changes to your Medicare and can make an appointment with us to do so!

1. The Medicare Annual Open Enrollment Period runs from October 15th through December 7th each year. This is the time when Medicare beneficiaries can:
  - a. Review and change Medicare Part D (prescription) plans
  - b. Review and change Medicare Part C (Medicare Advantage) plans
  - c. Pick a Medicare Advantage (Part C) Plan if they are not currently on one (Note: You do NOT need to have a Medicare Advantage Plan, especially if you have a supplement, or Medigap, plan.)
  - d. Reminder for next year! Call to make your appointment for a Medicare review on September 15th. We begin filling our schedule in advance, and it fills up fast!
2. There is a Medicare Advantage Open Enrollment Period! From January 1st through March 31st each year, Medicare beneficiaries who have Medicare Part C (a Medicare Advantage Plan) will be able to review their plan and make a change back to Original Medicare OR change to a new Medicare Advantage Plan. The catch to this is that you must already be in a Medicare Advantage Plan in January to participate in this Open Enrollment Period.
3. If you receive assistance like Medicaid, a Medicare Savings Plan (when the state pays for your Medicare Part B premium), Extra Help (federal assistance paying for medications), or PACE/PACENET (PA's state pharmaceutical assistance program), you may be able to change your plans more than once a year. Consequently, if you find out that you are losing one of these programs due to a change in your income, you will also be given another opportunity to change your Medicare plan.

*Continued on Page 5*

***'Medicare Considerations for November' continued from Page 4***

4. If you are new to Medicare, you have seven months in which to enroll. This seven-month period includes the three months before your birthday month, your birthday month, and the three months after your birthday month.

In closing, I would like to remind everyone that PA MEDI (Pennsylvania Medicare Education Decision and Insight) is a free service provided through the Pennsylvania Department of Aging through our local Aging Office. If you are looking for assistance with your Medicare needs, please contact the Monroe County Aging Office at (570) 420-3735 and ask for a PA MEDI referral.

### **Emergency Heating System Repairs**

If you are eligible to receive fuel assistance through LIHEAP, you are also eligible for the **Emergency Services Heating Repair Program** through the Redevelopment Authority of Monroe County. This program runs November through early April each year and will repair or, if necessary, replace a home's primary heating system once the household has been determined eligible for LIHEAP (see Page 1 for income guidelines). The Redevelopment Authority coordinates the repairs, but you need to call LIHEAP for the assistance: **1-866-410-2093**.



**TIMING IS EVERYTHING!**

**ISN'T IT ABOUT TIME YOU FOUND OUT WHAT  
THE PA LINK CAN DO FOR YOU?**

**ARE YOU OVER 60 OR HAVE A DISABILITY OR  
BOTH?**

**CONTACT THE PA LINK TO GET CONNECTED TO  
RESOURCES IN YOUR COMMUNITY.**

**1-800-753-8827**

**DON'T WASTE ANOTHER MINUTE! CALL TODAY!**



### **2025 Property Tax/Rent Rebate**

Homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate on their paid taxes or rent.

Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. The amount issued is based on the applicant's annual income, which must have been \$48,110 or less in 2025:

| <b>Income</b>       | <b>Maximum Rebate</b> |
|---------------------|-----------------------|
| \$0 - \$8,550       | \$1,000               |
| \$8,551 - \$16,040  | \$770                 |
| \$16,041 - \$19,240 | \$460                 |
| \$19,241 - \$48,110 | \$380                 |

**NOTE: Only half of your Social Security income is included in calculations.**

**The application deadline has been  
extended to December 31, 2026.**

You can apply online on [pa.gov](http://pa.gov), or you can request an application to be sent to you by calling or emailing the Aging Office:

(570) 420-3735

[monroeaging@monroecountypa.gov](mailto:monroeaging@monroecountypa.gov)

### **Do you have a special talent or skill?**

We are looking for crafty people and entertainers (any age) willing to share their time and talent with our senior center attendees! Contact Mara at (570) 420-3743 or [mcruz@monroecountypa.gov](mailto:mcruz@monroecountypa.gov). You may be compensated for your time!

# 2026 Elder Justice Day



*On 9/16, attendees enjoyed vendor exhibits, educational presentations, lunch, entertainment, and a door prize raffle!*



**SHARE Housing** is an affordable housing choice that brings together home hosts who want to share their home with home seekers who are looking for housing in exchange for assistance with living expenses, help around the house, or a combination of both. Participants must be at least 18 years of age, and one of the individuals in the match must be over 60. Contact Kelly Foley at (570) 832-0538.

## Available SHARE Hosts in Monroe County (as of October 2026)

**East Stroudsburg/Marshalls Creek** – Home host is looking for an older adult sharer. No smoking, no drinking. Homeowner has animals and cannot accept any more pets, but sharer must love animals. Bedroom and shared bath. Contribution to household expenses required.

**Long Pond** – Home host is looking for an older adult sharer. No smoking, no drinking, and must have a vehicle. Open to a small pet. Bedroom and shared bath. Contribution to household expenses and companionship.

**East Stroudsburg** – Home host is looking for an older adult sharer. No smoking, no drinking. Bedroom and own bathroom. Must be religious. Contribution to household expenses required.

## HEALTH & WELLNESS CALENDAR FOR NOVEMBER 2026

*All programs are open to the public. For further information on any programs and to make necessary reservations, call (570) 420-3746.*

### **Blood Pressure Screenings**

**Loder Senior Center:** Mon., 11/2, at 9:30am

**Chestnuthill Senior Center:** Wed., 11/4, at 10:30am

**Barrett Senior Center:** Mon., 11/9, at 9:30am

**Mountain Senior Center:** Fri., 11/13, at 9:30am

*(Screenings will be provided by Rachel Wydra.)*

### **Arthritis Foundation Exercise Class**

**Instructor:** Debbie Lang, Pocono Family YMCA

Strengthen your muscles and increase your range of motion and flexibility. An ideal class for the first-time exerciser and those with arthritis.

**Mountain Senior Center:** Tuesdays, 10am-11am

**Barrett Senior Center:** Wednesdays, 10am-11am

**Loder Senior Center:** Thursdays, 10am-11am

### **Zumba® Gold - Seated**

**Instructor:** Lisa D'Arrigo, Pocono Family YMCA

Ideal for individuals with mobility or balance issues, this class features easy-to-follow Zumba® choreography adapted for chair exercise.

**Loder Senior Center:** Mondays at 10:30am; also Wednesdays, 11/4 & 11/18, at 12pm

**Barrett Senior Center:** Friday, 11/6, at 10am

**Mountain Senior Center:** Friday, 11/20, at 10am

### **Pennsylvania Medicare Education and Decision Insight (PA MEDI)**

PA MEDI is a State Health Insurance Assistance Program that provides free, unbiased Medicare counseling. If you would like an appointment with PA MEDI for your Medicare concerns, please call the Aging Office at (570) 420-3735. Appointments are available at the Loder Senior Center, by telephone, or virtually.



*Our center attendees enjoyed a beautiful day at Tobyhanna State Park for an end-of-summer picnic filled with good food, great company, and live music by Roy Ramos!*

## Free Offerings at the Friendly Community Center

1200 Route 390, Room 30, in Cresco (570) 481-4330

### Mind, Body, & Movement – Tuesdays at 2pm

*A fun, all-seated fitness class designed to engage your brain and body through movement! Using a variety of seated exercises, participants will work on strength, flexibility, coordination, mobility, and brain-body connection.*

Instructor: Natalie M. Schultz-Kahwaty, PhD

Please register: (570) 481-4330 or [info@thefriendlycommunitycenter.org](mailto:info@thefriendlycommunitycenter.org).

### Mah Jongg – Thursdays from 1pm to 4pm

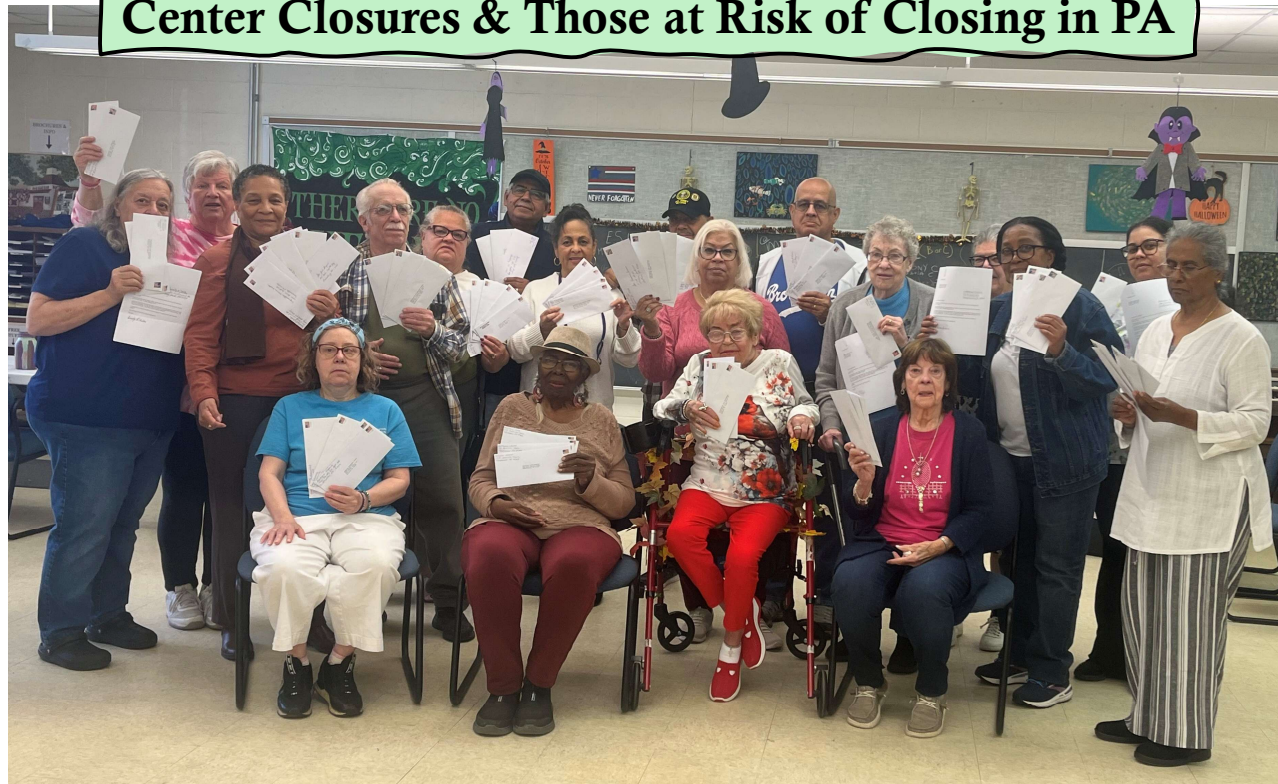
*Beginners and experienced players are welcome.*

*Please register to ensure enough players.*

### Barrett Bird Club – 2nd Tuesday of the month at 7pm (online in winter months)

*Meetings include informational programs, discussion of birds, walks, and other birding activities throughout the year.*

## Mountain Center Seniors Respond to Senior Center Closures & Those at Risk of Closing in PA



Mountain Center seniors raised their voices regarding the article that was printed in the September 2026 issue of the *Monroe County Seniors' Express Times*. The seniors sent letters to their elected officials (Governor Josh Shapiro, State Senator Rosemary Brown, Congressman Rob Bresnahan, and State Representative Maureen Madden) requesting their support to provide funding to keep our senior centers open.

**We encourage the public to contact elected officials regarding these critical funding matters affecting seniors in Monroe County and across Pennsylvania.**

**[See Page 13 for a list of local government officials and their contact information.](#)**

# MONROE COUNTY SENIOR CENTERS

## Loder Senior Center

62 Analomink Street  
East Stroudsburg, PA 18301  
(570) 420-3745  
Mon.-Fri. 9am-2pm  
Manager: Mara Cruz  
Aide: Michele Auster

## Mountain Senior Center

354 Memorial Boulevard  
Tobyhanna, PA 18466  
(570) 894-3272 x134  
Tues. Thurs. Fri. 9am-2pm  
Manager: Barbara Schlegel

## Barrett Senior Center

1200 Route 390, Room 17  
Cresco, PA 18326  
(570) 420-3735  
Mon. Wed. Fri. 9am-2pm  
Manager: Patricia Davis

## Chestnuthill Senior Center

1919 Route 209  
Brodheadsville, PA 18322  
(570) 242-6770  
Wed. & Fri. 9am-2pm  
Manager: Donna Riedel

## Jewish Resource Center

1210 North 5th Street  
Stroudsburg, PA 18360  
(570) 517-0815  
Thursdays 10am-3pm  
Manager: Maggie Augugliaro

Our senior centers have a midday meal and offer fun activities. There are opportunities to socialize, health-related classes, exercise programs, crafts, games, and trips!

In November, we have some interesting presentations scheduled.

Jamie Chase from Lehigh Valley Health Network will present 'Healthy Aging Through Emergency Preparedness':

**Barrett Senior Center** – Monday, November 2nd, at 10:30am

**Loder Senior Center** – Tuesday, November 3rd, at 10:30am

**Mountain Senior Center** – Thursday, November 12th, at 10:30am

**Chestnuthill Senior Center** – Friday, November 13th, at 10:30am

Meghan Conrad from St. Luke's will present 'Staying Active in Winter':

**Loder Senior Center** – Thursday, November 5th, at 10:30am

**Mountain Senior Center** – Friday, November 6th, at 10:30am

**Barrett Senior Center** – Monday, November 16th, at 10:30am

**Chestnuthill Senior Center** – Wednesday, November 18th, at 10:30am

**To attend center events, participants must be registered members; to sign up, call Mara at (570) 420-3743 at least one day before. Additionally, registration is required two weeks in advance for special events and activities.**

Visit our [Facebook page](#) or [website](#) for the complete activity calendars (links on Page 1).

## **WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS:**

Board Games, Blank Greeting Cards, Acrylic Paints,

Blank Canvases, Holiday Decorations, Paperware, & Party Goods

**Please note: These are the ONLY donations we are accepting at this time. Thank you!**

## Community Events in November

### Holiday Workshop

Hosted by Friends of Quiet Valley

**When:** Saturday, November 7th, 9am-3pm

**Where:** 347 Quiet Valley Rd. in Stroudsburg

**Cost:** \$45

Get in the holiday spirit by making a holiday craft and enjoying a homemade lunch! Check-in/refreshments at 9; classes begin at 9:30.

To register, visit [quietvalley.org/calendar](http://quietvalley.org/calendar) or call (570) 992-6161.

### Wills & Estate Planning Made Simple

Hosted by the Community Foundation of Monroe County and the Monroe County Bar Association

**When:** Tuesday, November 10th, 6pm-7pm

**Where:** 913 Main Street in Stroudsburg

Elder Law Attorney Lori J. Cerato and Certified Financial Planner Jeffrey T. Weekes will speak and answer questions.

This event is free and open to the public.

Registration is required: [cfmcpa.org/events](http://cfmcpa.org/events)

### Holiday Craft Fair

Hosted by Barrett Township Supervisors

**When:** Saturday, November 14th, 10am-3pm

**Where:** B.A.R.C. (1200 PA-390 in Cresco)

Browse a wonderful variety of local vendors offering unique, handmade treasures!

### Shawnee Playhouse Holiday Music

Hosted by The Shawnee Inn and Golf Resort

**When:** Tuesday, November 24th, at 7pm

**Where:** Main Inn (100 Shawnee Inn Drive in Shawnee-On-Delaware)

This is a free indoor community concert. For questions, call (570) 424-4000.

### Weaving Warmth Wednesdays

Hosted by Clymer Library

**When:** Wednesday, Nov. 25th, 9:30am-4:30pm

**Where:** 115 Firehouse Road in Pocono Pines  
Help craft fleece blankets for those in need.

No materials necessary. Drop in anytime.

For questions, call (570) 646-0826.

## We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social, and emotional wellbeing of older adults by providing services that empower them to attain or maintain independence and self care.

Your tax-deductible gift provides life-changing help for those among us who are most in need. The names of all contributors are acknowledged in the Seniors' Express Times unless anonymity is requested.

*Thank you to  
Patricia Rodgers  
(in honor of the  
Besecker family)  
and all donors for  
your generous  
contributions!*

### Donation Coupon

Make your donation payable to: **Support Services for Seniors**

Mail to: Monroe County Area Agency on Aging  
724 Phillips Street, Suite 102, Stroudsburg, PA 18360

**Name:** \_\_\_\_\_

**Amount of Donation:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**May we print your name as a donor:** Yes    No

**Thank you!**

In ☐ Honor or ☐ Memory of: \_\_\_\_\_

# Staying Safe in 2026

## Safety Programs Offered by Local Police Departments

Some police departments in Monroe County offer programs designed to assist seniors who live alone. **Please note:** You must reside within the area served by the respective police department to qualify for their program.

### "We Care" Program

Offered by **Pocono Township Police Department** (serving Tannersville, Scotrun, and parts of Bartonsville, Henryville, and Swiftwater within Pocono Township)

and **Pocono Mountain Regional Police Department** (serving Barrett, Coolbaugh, Tobyhanna, and Tunkhannock Townships and Mount Pocono Borough)

Each police department maintains a list of individuals who live alone, their emergency numbers, contact persons, key holders, and other information. Every day (***Pocono Township: between 9am and 11am; Pocono Mountain Regional: between 8am and 12pm***), the participant must call the police department and check-in so that the police know everything is fine. If no call is received (***Pocono Township Police: by 11am; Pocono Mountain Regional Police: by 12pm***), the police will call the participant. If no response is obtained, an officer will be dispatched to the residence for a welfare check.

**You must be a senior who lives alone in the area served by the department. To register, call:**

Pocono Township Police (570) 629-7200

Pocono Mtn. Regional Police (570) 895-2400

### Handle with Care Registry

Offered by **Stroud Area Regional Police Department**

This program allows community members to submit information which can be used to assist law enforcement in identifying or engaging with someone who has special communication, cognitive, or physical needs. The goal is to identify people who may have Alzheimer's or dementia, be visually or hearing impaired, or use life support systems or a pacemaker.

**To register, visit [www.sarpd.com](http://www.sarpd.com), click on Forms, and select 'Handle with Care Registry'.**



*The Silver Tappers entertained us at the Loder Center at the end of September!*

## Support Groups

### Dementia Caregiver Groups

**When:** Sat., Nov. 21st, 10am-11:30am  
**Where:** Eastern Monroe Public Library  
 (1002 N. 9th St., 2nd Fl., Stroudsburg)  
**Call Barbara:** (570) 236-3380

**When:** Sat., Nov. 21st, 1:15pm-2:45pm  
**Where:** B.A.R.C.  
 (1200 Route 390, Room 29, in Cresco)  
**Call Barbara:** (570) 236-3380

**When:** 2nd Monday of month, 5:30pm  
**Where:** Shawnee Ridge Comm. Center  
 (200 Jersey Lane in E. Stroudsburg)  
**Call Jennifer:** (570) 517-9292

### Blindness & Visual Impairment

**When:** 1st Monday of the month, 10am  
**Where:** Burnley Workshop  
 (4219 Manor Drive in Stroudsburg)  
**Call Sights for Hope:** (570) 992-7787

### Bereavement & Loss Groups

**When:** Tues., Nov. 3rd, 10:30am-12:30pm  
**Where:** Hughes Library  
 (1002 N. 9th Street in Stroudsburg)  
**Text or call Ruth:** (570) 242-3536

**When:** Varies; call first  
**Where:** Mount Eaton Church  
 (7277 Mount Eaton Rd. in Saylorsburg)  
**Call the church:** (570) 992-7050

**When:** Varies; call first  
**Where:** The Church of St. Luke  
 (818 Main Street in Stroudsburg)  
**Call the church:** (570) 421-9097

**When:** Thursdays, 5:30pm-6pm  
**Where:** Stroudsburg Wesleyan Church  
 (915 N. 5th Street in Stroudsburg)  
**Call the church:** (570) 421-0750

**When:** 2nd & 4th Mondays at 3pm  
**Where:** Friendly Community Center  
 (1200 Route 390, Room 30, in Cresco)  
**Call Marilyn:** (570) 420-7164 (landline)

### Parkinson's Support Group

**When:** Varies; email first  
**Where:** ESU, Monroe Hall, Room 119  
**Email Elliott:** [ecolon5@live.esu.edu](mailto:ecolon5@live.esu.edu)

**A complete list of support groups is available at the Aging Office.**

## Memory Cafés

Memory cafés are welcoming social gatherings for people living with memory impairments and their caregivers.

### Conni's Cafe

**When:** Thursday, November 19th  
**Where:** Wilson Fellowship Hall at Faith United Methodist Church (1160 Clause Dr. in Stroudsburg)  
**RSVP:** (570) 424-0712

### Faith Friends Cafe

**When:** Every other Weds. (11/4 & 11/18), 11am-1pm  
**Where:** Wilson Fellowship Hall at Faith United Methodist Church (1160 Clause Dr. in Stroudsburg)  
**RSVP:** (570) 424-0712

### The Friendly Memory Café

**When:** Last Tuesday of the month, 11:30am-1pm  
**Where:** Friendly Community Center (1200 Route 390, Room 30, in Cresco)  
**RSVP:** Nicole, (570) 481-4330 or  
[info@thefriendlycommunitycenter.org](mailto:info@thefriendlycommunitycenter.org)

## Weekly Programs Offered by the Jewish Resource Center of the Poconos

The Jewish Resource Center of the Poconos is a community center located at 1210 N. 5th Street in Stroudsburg, and they are currently offering the following programs:

### Mondays

Nostalgic Recipes, 10am-12pm

### Wednesdays

Board Games, 10am-11am  
 Chair Zumba, 11am-12pm  
 Loom Knitting by Merle, 12pm

### Thursdays

Chair Yoga, 10:45am-11:45am  
 The Lunch Club, 12pm-1pm  
 Mahjong, 1pm-3pm

*Please reserve with Maggie by calling (570) 517-0815 or by emailing [maggie@poconoajrc.org](mailto:maggie@poconoajrc.org).*

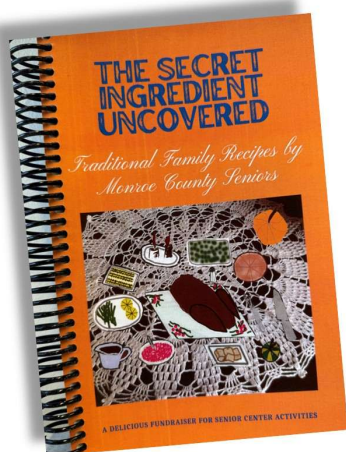
## Local Government Officials

### Monroe County Commissioners:

John D. Christy, David C. Parker, and Sharon S. Laverdure

|                                                                                                                                                                                |                                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Maureen Madden (D)<br/> <b>State Representative, District 115</b><br/> 2959 Route 611, Suite 105<br/> Tannersville, PA 18372<br/> TEL (570) 894-7905 FAX (570) 894-7906</p> | <p>Serving Barrett Township, Coolbaugh Township, Middle Smithfield Township (part, District West), Mount Pocono Borough, Paradise Township, Pocono Township, Price Township, and Stroud Township (part, Districts 02, 04, &amp; 05)</p> |
| <p>Jack Rader, Jr. (R)<br/> <b>State Representative, District 176</b><br/> 2785 Route 115, Suite 103, Effort, PA 18330<br/> TEL (570) 620-4341 FAX (570) 620-4349</p>          | <p>Serving Chestnuthill Township, Eldred Township, Hamilton Township, Jackson Township, Polk Township, Ross Township, Tobyhanna Township, and Tunkhannock Township</p>                                                                  |
| <p>Tarah Probst (D)<br/> <b>State Representative, District 189</b><br/> 18 South Ninth Street, Stroudsburg, PA 18360<br/> TEL (570) 420-2850 FAX (570) 420-2854</p>            | <p>Serving Delaware Water Gap Borough, East Stroudsburg Borough, Lehman Township, Middle Smithfield Township, Smithfield Township, and Stroud Township (part, Districts 01, 03, 06, &amp; 07)</p>                                       |
| <p>Rosemary M. Brown (R)<br/> <b>State Senator, District 40</b><br/> 2398 Route 611, Suite 201, Scotrun, PA 18355<br/> TEL (570) 620-4326</p>                                  | <p>Serving Monroe County, Wayne County (part), and Lackawanna County (part)</p>                                                                                                                                                         |
| <p>Rob Bresnahan, Jr. (R)<br/> <b>U.S. Congressman, 8th District</b><br/> 2398 Route 611, Suite 101, Scotrun, PA 18355<br/> TEL (570) 534-6220</p>                             | <p>Ryan Mackenzie (R)<br/> <b>U.S. Congressman, 7th District</b><br/> 1125 S. Cedar Crest Blvd., Suite 109,<br/> Allentown, PA 18103<br/> TEL (484) 781-6000</p>                                                                        |

*Thanks to our local representatives for their regular contributions of information to this newsletter!*



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### Chapter 633 Poconos

Join us for speakers,  
dancing, trips, and events!

Meets every 3rd Monday at 1pm at  
the American Legion Post 346  
(126 E. 5th Street in East Stroudsburg).

**For more information, contact  
Carol Patterson at (862) 432-1453.**

**SUPPORT SERVICES FOR SENIORS**

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**THE MONROE COUNTY SENIORS' EXPRESS TIMES** is published monthly by Support Services for Seniors and the Monroe County Area Agency on Aging. **Support Services for Seniors** is a 501(c)(3) charitable organization governed by an all-volunteer Board of Directors whose vision is a community where every older adult has an opportunity to pursue a life of independence, safety, and good health. Their mission is to promote the physical, mental, social, and emotional wellbeing of older adults by providing services that empower older adults to attain or maintain independence and self-care. The organization works closely with the **Monroe County Area Agency on Aging** to: investigate and identify the long-range needs of older adults in the Pocono area; develop outreach activities which will inform the Pocono area older adults of available services, benefits, and opportunities; publish and fund the distribution of the Seniors' Express Times, a monthly newsletter with an emphasis on Aging issues; and to raise funds to support the objectives of the organization.

All editorial comments, requests, questions, or articles for submission should be addressed to: **Monroe County Area Agency on Aging, Attn: Alexandra Bender, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360**, or emailed to: [abender@monroecountypa.gov](mailto:abender@monroecountypa.gov).

If you are receiving this publication in error, changing your address, or if you would like to receive this publication electronically via email, please call the **Monroe County Area Agency on Aging** at (570) 420-3735 or email [abender@monroecountypa.gov](mailto:abender@monroecountypa.gov).