

Monroe County Seniors' Express Times



Monroe County PA Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

(570) 420-3735

monroeaging@monroecountypa.gov



Volume XVII Issue X

November 2025

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2025 Senior Center Fundraiser Success

Thank you to everyone who came out to support Monroe County's senior centers at the 2025 Senior Center Basket Raffle & Bingo Fundraiser! It was a HUGE success!

The event took place on Sunday, September 28th in Saylorsburg. Those in attendance included residents of the community, Aging Office staff members and their families, and MSVP volunteers. Attendees played fifteen games of bingo and bid on more than seventy baskets!

We were fortunate to have sold out of all 150 bingo tickets in the days leading up to the event. We are also grateful to the many donors and sponsors without whom our event would not have been possible. We would like to especially thank **Blue Ridge Estate Vineyard & Winery** for generously allowing us to use their beautiful space at no cost.

Pictures from this wonderful day can be found on Pages 4 & 5!

The Monroe County Area Agency on Aging office and all Senior Centers will be closed on 11/11 for Veterans Day & 11/27-28 for Thanksgiving.

Visit our website:



www.monroecountypa.gov/departments/area-agency-on-aging

Follow us on Facebook:



www.facebook.com/MCPAAAA

Medicare Annual Open Enrollment

The Medicare Annual Open Enrollment Period will be from **October 15th to December 7th**. During this period each year, Medicare beneficiaries can join, switch, or drop their Medicare Part D or Medicare Advantage coverage.

The coverage and costs for Medicare Part D and Medicare Advantage plans change each year, so it is important to review your plan and compare it to others on the market that are available to Monroe County residents.

(Continued on Page 2)



pennsylvania

Medicare Education and Decision Insight



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

Medicare Annual Open Enrollment *(continued from Page 1)*

Pennsylvania Medicare Education and Decision Insight (PA MEDI), a health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following locations in the community: **Loder Senior Center** in East Stroudsburg, **Mountain Senior Center** in Tobyhanna, **Barrett Senior Center** in Cresco, **Chestnuthill Senior Center** in Brodheadsville, and **Middle Smithfield Township building** in East Stroudsburg.

Our PA MEDI counselors are volunteers from the Monroe Senior Volunteer Program (MSVP). They work hard to learn everything they can to provide the best assistance.

This counseling is free. To schedule an appointment, please call the Monroe County Area Agency on Aging at (570) 420-3735.

Local Church Offers Community Meal

Holy Cross Greek Orthodox Church of Stroudsburg (135 Stokes Avenue) is now offering dinner **every third Friday of the month from 5pm to 6pm**. The church invites those in need to enjoy a hearty meal in a safe and friendly space. This is the third year the church has offered this program. For more information, call Carol at (570) 647-5807.

Senior Prom

The Pocono Family YMCA is hosting their 24th Annual Senior Prom on **Sunday, November 9th from 1pm to 4pm**. This year's theme is Timeless Glamour in the Golden Age of Cinema! The event will be held at the **Elks Lodge (260 Washington St. in East Stroudsburg)**. Tickets are \$20 for singles and \$30 for couples.

For more information, contact the YMCA's Older Adult Coordinator, Deborah Lang, at (570) 421-2525 ext. 0124, or by emailing dlang@poconoymca.org.

Veterans Appreciation & Informational Luncheon

Senator Rosemary Brown's office will have a **Veterans Appreciation & Informational Luncheon** to honor and support veterans and families of the 40th Senate District on **Sunday, November 16th at 11:30am at 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.**

Property Tax / Rent Rebate Deadline Extended

Homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate of up to \$1,000 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 money issued is based on the applicant's annual income, which must have been \$46,520 or less in 2024:

Income	Maximum Rebate
\$0 - \$8,270	\$1,000
\$8,271 - \$15,510	\$770
\$15,511 - \$18,610	\$460
\$18,611 - \$46,520	\$380

The deadline has been extended to December 31st. Apply online on pa.gov, or request an application by calling or emailing the Aging Office at (570) 420-3735 or monroeaging@monroecountypa.gov.

Free Tech Education & Support

Having trouble navigating your devices (cell phones, laptops, printers, etc.)? East Stroudsburg Area School District's Community Technology Outreach Program is made up of a dedicated group of tech-savvy students who are willing to work with community members to answer any technology-related questions. Once a month during the school year, students teach participants about common technologies and additionally offer one-on-one sessions for individualized assistance, encouraging attendees to bring their personal devices, moving them toward a better understanding of the tools they own and use.

The dates of the next sessions are November 3rd and December 8th. To register, visit their webpage (esasd.net/cto), or email tech2.coaches@esasd.net for more information. Those interested can also call Diana or Joe at (570) 424-8500, ext. 10615 or ext. 10616.



A big thank-you to Mark, Chad, & Lisa from Shirley Futch Plaza for washing the windows at the Loder Center!



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.

Weekly Programs Offered by the JRC

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

Mondays: Nostalgic Recipes with Sally, 10am-12pm

Tuesdays: Movement & Creative Writing with Megan
OR Garden Tours with Ellen, 10am-12pm

Wednesdays: Wellness Circle with Alla, 10am-11am
Zumba Gold with Amanda, 11am-12pm
Yiddish with Bernie, 12pm-12:30pm

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

Please reserve with Maggie by calling (570) 517-0815 or by emailing maggie@poconojrc.org.



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!





Some of our big BINGO winners!





Laura & Michele hard at work!



We are thankful for all of our volunteers!



Event selfie with Bingo Caller Daniel, who was a big hit!



Event organizers Brittany, Denise, & Alexandra



Helpers Arlene, Ashley, Barbara, & Mara

Health & Wellness Calendar for November 2025

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

Chestnuthill Senior Center: Wed., 11/5 at 10am

Loder Senior Center: Mon., 11/17 at 10am

Barrett Senior Center: Fri., 11/21 at 9:30am

Mountain Senior Center: Fri., 11/21 at 10:30am

(Screenings will be provided by Brookmont

Healthcare Center.)

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 or those who have arthritis.

Mountain Senior Center: Tuesdays, 10am-11am

Barrett Senior Center: Wednesdays, 10am-11am

Loder Senior Center: Thursdays, 10am-11am

Pennsylvania Medicare Education and Decision Insight (PA MEDI)

PA MEDI is the State Health Insurance Assistance Program. 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. **Please see additional information about Open Enrollment on Page 1.**

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

Mountain Senior Center: Fridays; see activity calendar on Facebook for time

Barrett Senior Center & Chestnuthill Senior Center: every other Friday; see activity calendars on Facebook for time

Exercise with YouTube!

Loder Senior Center and Chestnuthill Senior Center both offer varied classes in which participants watch and follow online exercise videos in a group setting. Examples of classes offered include Zumba and Walking in Place. Call the Loder Senior Center at (570) 420-3745 or the Chestnuthill Senior Center at (570) 242-6770 to find out what days/times/classes will be offered that week!

Left—Linda & Barbara at Rep. Madden's Veterans Expo



Right—Our seniors enjoyed seeing NOAH live-streamed from Sight & Sound Theater at the Stroud Mall Cinemark!

Monroe County Senior Centers

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

On **November 7th**, we will be offering a Veterans Day program at 10:30am at the Loder Center. On **November 21st**, we will meet at the Loder Center again for a Thanksgiving meal. All center attendees are invited to both gatherings!

To attend these events, participants must be registered members of our centers; to sign up, call Mara at (570) 420-3743.

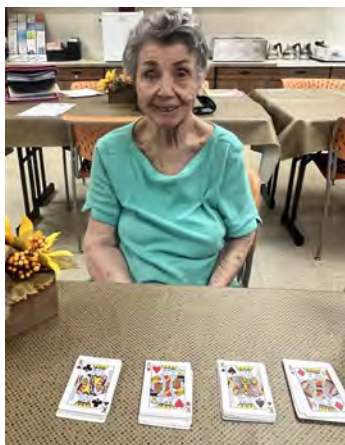
All centers will be closed on 11/11, 11/27, & 11/28.

To see a more detailed activities calendar, visit our Facebook page. For meal reservations, call one day in advance by 10am (for JRC only, reserve by Sunday for Thursday). Lunch donation: \$1.50.

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: Joan Marie Hess-Tyminski
Chestnuthill Senior Center 1919 Route 209 Brodheadsville, PA 18322 (570) 242-6770 Wed. & Fri. 9am-2pm Manager: Donna Riedel	The Bookmobile visits the Loder Senior Center every other Thursday at noon! (11/13 is the only date in November)	Jewish Resource Center 1210 North 5th Street Stroudsburg, PA 18360 (570) 517-0815 Thursdays 10am-3pm Manager: Maggie Augugliaro

WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS: Acrylic Paints, Adult Coloring Books, Blank Canvases, Glue Guns & Glue Sticks, Holiday Decorations, Paperware & Party Goods

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



Gerri (left) just learned how to play solitaire and won her first game!
 Eunice (right) is the Puzzle Queen at Barrett Senior Center!



Senior Center Menu for November 2025

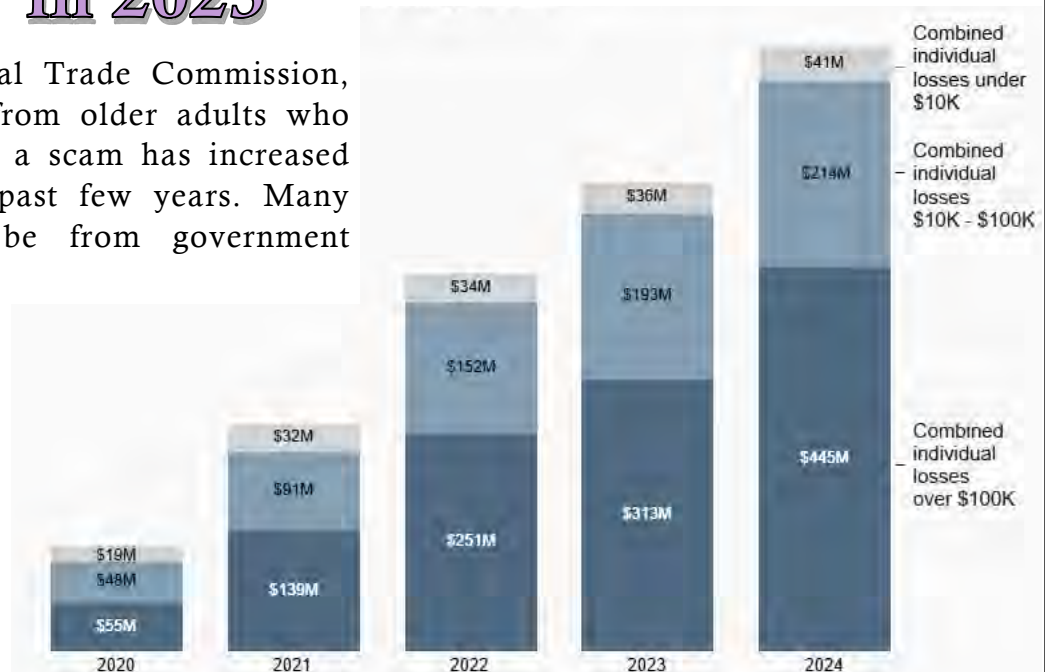
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/3/25	11/4/25	11/5/25	11/6/25	11/7/25
Pork & Sauerkraut	Penne w/ Chicken in Vodka Sauce	Beef Stew	Pesto Basil Chicken	Garlic Broccoli & Shells
Turkey & Cheese	Roast Beef & Cheddar	Chicken Breast BLT	Ham & Pickle Salad	Egg Salad
11/10/25	11/11/25	11/12/25	11/13/25	11/14/25
Chicken & Dumplings	Closed for Veterans Day	Chicken Piccata	Pork Milanese	Baked Fish Caponata over Brown Rice
Italian Pasta Salad		Chef Salad	Cran-Apple Chicken Salad	Spinach Salad
11/17/25	11/18/25	11/19/25	11/20/25	11/21/25
Chicken Marsala	Creamy Dill Pork Loin	Cheesy Chicken, Broccoli, & Rice Casserole	Pot Roast	Spinach & Swiss Scrambled Eggs
Ham & Swiss Sandwich	Turkey & Cheese	Salami & Mozzarella	Chicken Salad	Tuna Salad
11/24/25	11/25/25	11/26/25	11/27/25	11/28/25
Shepherd's Pie	BBQ Chicken Thigh	Haluski w/ Kielbasa	Closed for Thanksgiving	
Dilled Turkey Salad	Pork & Relish	Taco Salad		

Staying Safe in 2025

According to the Federal Trade Commission, the number of reports from older adults who have lost money due to a scam has increased exponentially over the past few years. Many scammers pretend to be from government agencies and businesses.

Never transfer/send money to anyone in response to an unexpected call or message. When in doubt, hang up and call back utilizing the phone number on your card/statement or from a credible web source.

Financial Exploitation is on the Rise



Source: FTC Consumer Sentinel Network

Support Groups

Dementia Caregiver

When: Sat., Nov. 22nd, 10am-11:30am

Where: Hughes Library Boardroom
(1002 N. 9th Street in Stroudsburg)

When: Sat., Nov. 22nd, 1:15pm-2:45pm

Where: B.A.R.C.

(1200 Route 390 in Cresco)

Call Barbara: (570) 236-3380

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 for Adults

When: Misc. Tuesdays, 10:30am-12pm

Where: Hughes Library

(1002 N. 9th Street in Stroudsburg)

Text Ruth: (570) 242-3536

Loss Support Group

When: 2nd & 4th Monday, 3pm-4pm

Where: Friendly Community Center
(1200 Route 390 in Cresco)

Call Marilyn: (570) 420-7164 (landline)

Grief Share

When: Sundays, 2pm-4pm

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

Alzheimer's Support Group

When: 2nd Monday of month, 5:30pm

Where: Shawnee Ridge Comm. Center

(200 Jersey Lane in E. Stroudsburg)

Call Jennifer: (570) 517-9292

Parkinson's Support Group

When: Wed., Nov. 12th at 1pm

Where: ESU, Monroe Hall, Room 119

Email Elliott: ecolon5@live.esu.edu



Our picnic at High Acres Park was fun and included guest speakers David Parker and Maureen Madden!



Meet Your Local Area Agency on Aging Team *Michelle C.*

Michelle Clement St. Louis started at the Aging Office as an intern in the spring of 2016. When a position opened up in September of that year, Michelle applied and was hired as a Care Manager II, a position she has held ever since. She initially worked in the Waiver unit until the program was taken over by managed care organizations. In the following years, she has worked in the Care Management Unit and served as a back-up worker for the Protective Services Unit.

Michelle's favorite part of her job is helping the consumers assigned to her in-person. She loves meeting with them, getting to know them, and finding resources for them. She is often asked by her consumers for assistance with things unrelated to her job, and she does her best to help.

Michelle enjoys spending time with her family and her dog, Shaggy. She loves to read books, especially mysteries, dining out at restaurants, and gardening.

Fun Things to Do

Craft & Vendor Fair

When: Sat., 11/1, 10am-3pm

Where: Jackson Twp. Fire Co. (2167 Rte. 715 in Stroudsburg)

Poconos Mac & Cheese Festival

When: Sun., 11/2, 12pm-3pm

Where: Camelback Mountain (301 Resort Dr. in Tannersville)

Veterans Day Parade

When: Sun., 11/2 at 1pm

Where: Main St. in Stroudsburg (High School to Dansbury Park)

Holiday Craft Fair

When: Sat., 11/15, 10am-3pm

Where: BARC (1200 Rte. 390 in Cresco)

Fall Craft Fair

When: Sun., 11/16, 9am-3pm

Where: Blue Ridge Hook & Ladder Fire Company (797 Rte. 115 in Saylorsburg)

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 Rita DeConza, Paula Gordon, Mildred Burke, & Marilyn Rienzi for your generous donations!

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: _____

September 26th was a beautiful fall day that started with lunch at the Mountain Center followed by a trip to the Steamtown National Historic Site!



The trip included a museum tour and a train ride!
Our seniors enjoyed the outing and the nice weather.



Thanksgiving Word Search

P P L C T P H N D X Y K M X A Y T Y K C
 L I R H J V D T O N U O A H O M U S Y T
 O J P E J E J E U I N Q W J E T R C C K
 B L E S S I N G S O T P E M L R K Y I A
 E R R S F O I U Z J M I U J U T E L D I
 J G E E B X T I V Z L Y D R H H Y A E P
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 N T L L I N V O H B A G H H A U V Z C P
 F G E B G D D T S E V R A H P H O N Y A
 H C Q B B F A M I L Y I H O G T N S V P
 A Q I B S O M Y X S J M N I K P M U P M
 R E N N I D G F H Q T S D N E I R F P V
 L E F T O V E R S Q I S V T T V D H V P

AUTUMN	FRIENDS	PLYMOUTH
BLESSINGS	GOBBLE	PUMPKIN
CELEBRATE	GRATITUDE	PURITANS
CIDER	HARVEST	STUFFING
CORNUCOPIA	HOLIDAY	THANKSGIVING
DESSERT	LEFTOVERS	THURSDAY
DINNER	MAYFLOWER	TRADITION
FAMILY	NOVEMBER	TURKEY
FEAST	PARADE	WISHBONE
FOOTBALL	PILGRIMS	

Local Government Officials

Monroe County Commissioners:

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

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

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



We attended the Pink Light Walk to raise breast cancer awareness on October 2nd! We're thrilled with our partnership with ESU and Jefferson Health.



SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

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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.

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.