

Town Hall
1465 Orange Turnpike
Monroe, New York 10950
www.monroeny.org
Tel: 845-783-1900
Fax: 845-782-5597



Town Justices:
Steven Milligram
Audra Schwartz
845-783-1900 ext. 209

Town Clerk:
Mary Ellen Beams
845-783-1900 ext. 203

Supervisor
Tony Cardone
845-783-1900 ext. 104

Building Inspector:
Benigno Maldonado
845-783-1900 ext. 208

Highway Superintendent:
John Scherne
845-783-1900 ext. 211

Councilpersons:
Richard Colon
Michael McGinn
Mary Bingham
Salvatore Scancarello

Assessor:
April McDonald, IAO
845-783-1900 ext. 206

Attorney:
Brian Nugent
845-353-2000

SENIOR CENTER MONTHLY REPORT

To: Supervisor Cardone, Town Board

From: Ann Marie Morris

Re: August Activity Report

Date: August 1-31, 2018

On August 8, the Jolly Seniors group traveled to Stone Hill Catering in Bergenfield, N.J. Ace in the Hole productions performed a tribute to Barbara Streisand followed by a luncheon. 44 seniors were in attendance.

Blood Pressure Screening took place on August 9th during the Jolly Senior's meeting with 15 seniors participating. The topic discussed at the meeting was 'Sleep Disorders –How to recognize and what to do?' A representative from Orange Regional's Sleep Disorder's Clinical Education Specialist offered an interesting presentation.

The Young at Heart group met twice in August and finalized their trip to New York City in September to see "Beautiful –The Carol King Musical".

Wrapping up our health related topics for August, for the 2nd Jolly Seniors meeting on July 23, the speaker was a Physical Therapist. The discussion centered on techniques for improving balance.

On August 29 the casino trip was to Mohegan Sun in the Poconos. There were 51 seniors that traveled.

A Chinese luncheon was offered on August 30th. The seniors selected one of 6 individual meal combinations. The meals are pre-ordered and pre-paid and are delivered to the center.

I am looking for a new yoga instructor to fill the Monday at 9:30 slot. The instructor has left to return to college. Despite the stormy weather, the club meetings, BINGO & card days were nicely attended. Several exercise instructors had vacations this month and it was difficult to find coverage for those classes. However, we will be back on track in September.

Ann Marie