



MARCH 2024 NEWSLETTER

The Monthly Hoot



SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701

TO:

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Voluntary Contributions

The Office for the Aging is pleased to provide you with our services. Our programs are funded by the Sullivan County Legislature, New York State, the Older Americans Act and your contributions. There are no mandatory fees for our services, however, the Older Americans Act requires us to allow voluntary, confidential contributions from the participants for the services they receive. No one will EVER be denied services because of their inability or unwillingness to contribute. All collected contributions are used to expand the service for which the contributions were given and may be made in the memory of a loved one.

If you would like to make a contribution, please make check payable to Sullivan County Treasurer and mail it to Office for the Aging, PO Box 5012, 100 North Street, Monticello, NY 12701. You may also put your cash donation in an envelope and drop off at our office..

Thank you



SULLIVAN COUNTY OFFICE FOR THE AGING

100 NORTH STREET PO BOX 5012
MONTICELLO, NY 12701
(845) 807-0241
MON - FRI: 8AM - 5PM

EMAIL US:

SULLIVANOFA@SULLIVANNY.US

VISIT OUR WEBPAGE:

SULLIVANNY.US/DEPARTMENTS/
AGING

LIKE & FOLLOW US ON
FACEBOOK:

WWW.FACEBOOK.COM/
SCNYAGING

****IF YOU WOULD LIKE TO BE ON OUR MAILING LIST, PLEASE CONTACT OUR OFFICE ****

EDITORS: TANA PRICE & TERESA BORTREE

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- TAVR (Percutaneous Aortic Valve Replacement)
- Heart Transplants
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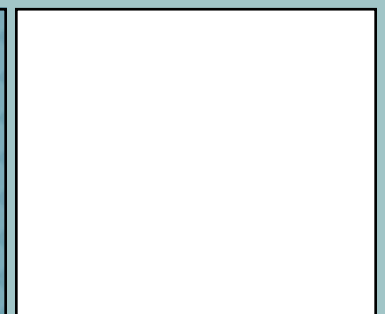
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Sullivan County DRAMATIC WORKSHOP

Holiday show: "A Christmas Carol" (Radio Show) & "Santa's Little Reindeer Rap" (SCDW Youth Theatre)
Dec. 8 & 9 at 7:00pm and Dec. 10 at 2:00pm.
Don't forget our lotto raffles as Stocking Stuffers. More info at www.scdw.net

Arthritis and Exercise



Public Health
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Sullivan County
Department of Public Health

Exercise can reduce arthritis symptoms by lessening pain and stiffness, strengthening joint-supporting muscles, and improving mobility. Examples of exercises are provided below, but consulting with a healthcare provider or doctor is recommended to ensure safety.

Aerobic Exercises:

- Walking, swimming, or bicycling



Strengthening Exercises:

- Chair stand: using a steady chair, control your body and slowly sit down and stand back up
- Modest weight lifting: you can use a resistance band for this, light hand weights, or even soup cans!

Range of Motion Exercises:

- Slow neck turns, shoulder raises, knee bends, ankle circles.



For more information on exercise for arthritis, go to the Arthritis Foundation website at www.arthritis.org



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Sullivan County Office for the Aging, Monticello, NY

06-5379

Sullivan County Alzheimer's Community Forum

Join us for a discussion on Alzheimer's disease, dementia and memory loss.

Wednesday, April 3rd | 2:00 p.m. - 3:30 p.m.

Cornell Cooperative Extension
64 Ferndale Loomis Rd. | Liberty, NY 12754

We want to hear from you, Sullivan County! Attend this Community Forum to share your experience with Alzheimer's disease and discuss how we can best serve your community. Together, we can help enhance care and support resources for those facing the disease. Registration is required by Friday, March 29th.

To register, please call 800.272.3900 or scan the QR code



Cornell Cooperative Extension | Sullivan County



10 WARNING SIGNS OF ALZHEIMER'S & DEMENTIA

March 18th, 10:30am-11:30am,

Ethelbert B. Crawford Public Library,
479 Broadway, Monticello

Registration info:

<http://tinyurl.com/3s4uhzc9>

Join us to learn 10 warning signs of Alzheimer's and Dementia. Learn the difference between Alzheimer's and Dementia and normal aging.

Repetitive Behavior and Dementia: How to Cope

If you are caring for a loved one with dementia, you've likely seen some repetitive behavior. This can be challenging for both the person with dementia and their caregivers, so we are here to share tips for responding in positive ways.

The main cause of behavioral symptoms in Alzheimer's and other progressive dementias is the deterioration of brain cells which decreases the individual's ability to make sense of the world. With repetition, the person may not remember that she or he has just asked a question or completed a task. Environmental influences also can cause symptoms or make them worse. People with dementia who ask questions repeatedly may be trying to express a specific concern, ask for help, or cope with frustration, anxiety or insecurity.

Here are some examples and how to respond to them, to give you some tools to add to your caregiving toolbox!

- Look for a reason behind the repetition. Does it occur around certain people or surroundings, or at a certain time of day? Moving items around the kitchen may be a sign that the person is hungry.
- Focus on the emotion, not the behavior. Rather than reacting to what the person is doing, think about how they are feeling. Saying something like "it looks like you're feeling nervous, I'm here for you" can calm someone's anxiety.

- Turn the action into an activity. If the person is rubbing their hand across the table, provide a cloth and ask for help with dusting.
- Stay calm, and be patient. Reassure the person with a calm voice and gentle touch. Don't argue or try to use logic; Alzheimer's affects memory, and the person may not remember they asked or said something before.
- Give the person the answer that they are looking for, even if you have to repeat it several times. If the person with dementia is able to read and comprehend, write it down and post it.
- Engage the person in an activity. The individual may be bored and need something to do. Go for a walk, sing a song, sort some towels, or make a list together.
- Use memory aids. If the person asks the same questions over and over again, offer reminders by using notes, clocks, calendars and don't worry about it. Find ways to work with it or photographs.
- Accept the behavior if it isn't harmful.

Please reach out to the Alzheimer's Association for free information and support... we are here for you 24/7 by calling our Helpline at 800-272-3900 or visiting our website at alz.org/hudsonvalley. We look forward to hearing from you!



MARCH MENU 2024



Two Congregate Sites are open! Lunch is served at 12:00 pm. Livingston Manor Site – Wednesdays. Mamakating Site -Mondays & Wednesdays. This menu is for homebound meals and congregate sites. Registration with the Office for the Aging is required. Please call 24 hours in advance for reservations at (845) 807-0254. Menu is subject to change.

MONDAY	WEDNESDAY	FRIDAY
		1) Cheese Tortellini w/Garlic Sauce, Peas, Side Salad, Whole Wheat Bread, Pears
4) Hot Dog on a Bun (2), Baked Beans, Diced Carrots, Fruit Cocktail	6) Breaded Chicken Breast, Oven Roasted Potatoes, Corn, Whole Wheat Bread, Fresh Apple	8) Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Dinner Roll, Peaches
11) Chicken & Broccoli, Brown Rice, Oriental Vegetables, Whole Wheat Bread, Mandarin Oranges	13) Beef Stroganoff, Egg Noodles, Cauliflower, Rye Bread, Fresh Orange	15) Ravioli Marinara, Tossed Salad, Broccoli, Italian Bread, Pears
18) Cheeseburger on a Bun, Roasted Potatoes, Green Beans, Pickles, Peaches	20) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Fresh Apple	22) Stuffed Shells, Side Salad, Mixed Vegetables, Italian Bread, Applesauce
25) Pork Chop, Sweet Potatoes, Corn, Dinner Rolls (2), Pears	27) Unstuffed Cabbage, Boiled Potatoes, Peas & Carrots, Rye Bread (2), Fruit Cocktail	29) Breaded Fish, Tartar Sauce, Baked Potato, Broccoli, Whole Wheat Bread (2), Peaches



SHOPPING BUS SCHEDULE



The shopping bus provides round-trip transportation from the senior's home to Monticello shopping (Shoprite, Walmart and Aldi's) one day per week. Registration with the Office for the Aging is required. Please call (845) 807-0244 by 11:00 am on the day before, to make a reservation.

MONDAYS: March 4th, 11th, 18th, 25th

Town of Bethel-Smallwood, Cohecton, Bethel Senior Housing and White Lake.

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: March 5th, 12th, 19th, 26th

Town of Fallsburg- Woodridge, Mountaindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: March 6th, 13th, 20th, 27th

Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: March 7th, 14th, 21st, 28th

Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included

Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS: March 1st, 8th, 15th, 22nd, 29th

Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.

Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.

Bereavement Groups for Adults and Children



Sponsored Content. Available online and in-person, Hospice of Orange & Sullivan Counties offers bereavement support groups for adults and children.

Do you know someone grieving the loss of a loved one?

[Hospice of Orange & Sullivan Counties](#)

Bereavement Support Groups meet regularly.

Adult Individual and Group Counseling

Hospice of Orange & Sullivan Counties offers Bereavement Support Groups led by Hospice clinical staff to help with the healing process. A progression of care is offered. Beginning with individual counseling, moving into an Acute Grief Support Group, followed by an ongoing Grief Support Group that helps blend the loss, with living.

Hospice Bereavement Support Groups combine grief counseling and education to promote healing following the death of a loved one. These groups provide emotional, psychological, and moral support. Individuals who are in Acute Grief are initially invited to attend the Healing Hearts Support Group. Healing Hearts offers eight consecutive weeks of intense support for those who had a loved one die within the last three months. Integrating Grief Support Groups are for individuals who are learning to navigate their lives while experiencing grief. Although many groups are open and ongoing, members are encouraged to participate for 12 consecutive sessions to benefit from the full impact of the supportive curriculum. Support Groups have enrollment capacities so pre-enrollment is required.

One-to-one counseling is offered virtually and in-person at the Newburgh and Middletown offices. Group Counseling is offered virtually and every Monday, in person, at the Middletown office. Services are available, free of charge, to anyone living in Orange or Sullivan County.

Individuals work with our Bereavement Counselor to determine what is best for them. For specific information on days, times, and appropriate group placement, please contact our Bereavement Counselor at (845) 561-6111 x 232.

Thriving Families Grief Support Group

Promotes healing by allowing children to express their thoughts, verbalize their feelings, and share their experiences of grief. The group includes art, music, books, discussions, and videos. Children are provided with structured, themed activities on various topics during the children's group.

The Thriving Families Grief Support Group consists of two groups. A children's group is offered on select Mondays, and an adult group is offered on select Tuesdays. All group sessions are 60 minutes. Multi-week sessions are offered virtually throughout the year.

Family involvement is important to support children in their grief. The adult group allows guardians to discuss the previous day's children's group and any concerns regarding their child. The adult group covers a variety of subjects, including the emotional and physical impact that grief and loss can have on both children and adults. It also provides an outlet for adults to process their grief.

The program is available, free of charge, to any child living in Orange or Sullivan County. The next Thriving Families Grief Support Group is scheduled to begin on February 26.

Please contact our Bereavement Counselor at (845) 561-6111 x 232 to register for the next session.



Sandwich Generation Caregivers

In 2019, the National Alliance for Caregiving (NAC) in partnership with Caring Across Generations released “Burning the Candle at Both Ends: Sandwich Generation Caregiving in the U.S.” The report highlights the challenges facing working parents who are providing intergenerational care. This report can be found here: <http://bit.ly/WorkCareSandwich>.

Highlights from the report estimated that over 11 million Americans (> 25% of all caregivers) were providing unpaid care for an adult family member due to health needs or disability, while also caring for children less than age 18 at home. That number is likely much higher now due to the needs of a growing aging population.

According to the report, “Four in ten [caregivers] report a high level of emotional stress and nearly half want more help or information about managing that stress (48 percent), one in four report a high level of financial strain due to caring for their parent (23 percent), and around half report working while also providing care to their parent” (*Sandwich generation caregiving in the U.S.* 2019).

Both in-person and virtual support groups are offered bimonthly to caregivers at no cost, as well as individual information, assistance & referrals to community resources through the Caregiver Resource Center at Cornell Cooperative Extension. Visit the CCE Events page to register sullivancece.org, or email sullivanccrc@cornell.edu, or call (845) 292-6180 x 122. This co-sponsored program is provided by grants through the NYS Department of Health, the Alzheimer’s Association, the Sullivan County Office for the Aging, and is supported by CCE Sullivan.

Source:

National Alliance for Caregiving. (2019, November 26). *Sandwich generation caregiving in the U.S.* Sandwich Caregiving. https://caringacross.org/wp-content/uploads/2019/11/NAC_SandwichCaregiving_Report_digital112019.pdf

Cornell Cooperative Extension

Sullivan County

Caregiver Café

2024 Series — Mondays

10:00 AM—11:00 AM

3/11/24, 3/25/24,

4/8/24, 4/22/24,

5/6/24, 5/20/24,

6/10/24, 6/24/24

—FREE—

Extension Education Center,
Liberty, NY 12754



Pre-registration is required in advance:

<https://tinyurl.com/3s4uhzcg>

sullivancece.org

sullivan@cornell.edu

845-292-6180

Attention Caregivers! Our In-person Caregiver Café is for you!

- Take a break, connect with others, enjoy light refreshments
- Share tips on managing the stress of Caregiving
- Learn about Dementia & Alzheimer’s
- Hear about different topics such as legal & financial concerns
- Connect to community resources

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Hudson Valley Chapter

5 Things You Should Know About Hospice

1. Hospice care is individualized, end-of-life care.
2. Hospice care is a basic human right.
3. Hospice care is available in a variety of settings.
4. Caregiving can be overwhelming.
5. Hospice benefits more than the patient.



hospiceoforange.com | 845-561-6111



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NY Connects
Your Link to Long Term
Services and Supports

of SULLIVAN COUNTY
(800) 342-9871 (845) 807-0257
(866) 715-4700

What is Sullivan NY Connects?

Sullivan NY Connects offers free information about long term services and supports (also known as long term care) for children and adults with disabilities and for the elderly. Finding the right long term services and supports can be very confusing. Sullivan NY Connects provides one stop access to complete and unbiased information and assistance. This makes it simple for people who are learning about long term care. By knowing what all of your options are, people can make informed decisions.

What are long term services and supports?

Long term services and supports are both medical and non-medical services that help to maintain or improve daily functioning and health so that people of all ages remain independent in their daily lives. Services and supports may be in the community, in the home or in a residential setting. Some examples might be:

- Home Care
- Health insurance information
- Housing options
- Personal Emergency Response Systems
- Homebound and congregate meals
- Nursing homes
- Transportation
- Senior Centers

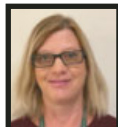
Who does NY Connects serve?

Sullivan NY Connects serves anyone who needs information on long term care services and supports: A child or an adult with a disability, an older adult, family members, caregivers, friends and neighbors and helping professionals.

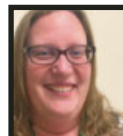
Meet the Sullivan NY Connects Team



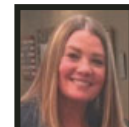
Kelly Soller



Debbie Barnes



Tana Price



Carrie Smith

***NY Connects is administered locally in partnership between the Sullivan County Office for the Aging and Westchester Independent Living Center.*

March 13th
March 27th
Via Zoom or Phone



Wednesdays | 4:00 PM - 5:00 PM

For all family caregivers of any age caring for an individual with any illness, chronic disease or disability (including seniors or someone with early-stage dementia).

Register: email sullivancerc@cornell.edu or at <http://tinyurl.com/ezt9kzn>.

ALZHEIMER'S ASSOCIATION

sullivancerc.org - sullivan@cornell.edu - 845-292-6180

Cornell Cooperative Extension | Sullivan County
2024 Caregiver Resource Center
Virtual Support Groups

This program is supported by a grant from the NYS Department of Health and is a partnership between Cornell Cooperative Extension, Sullivan County Office for the Aging, and the Alzheimer's Association.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			1			9		
	2			6	9	4		
4							7	5
			8					
							4	
9	6				2		5	
2	7				8			
1			4					8
5				7				1

ENIGMA™

CRYPTOGRAM

Z = T L = N B = I

"ZVT OATEZTJZ OWNAF BJ LNZ BL

LTQTA GEBWBLO, RXZ BL ABJBLO XM

TQTAF ZBST CT GEWW."

- PNLGXPBXJ

NUMBER PUZZLE



Which three pins must be knocked over to score exactly 100 points?



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

TRIVIA:

According to Irish lore, what animal did St. Patrick drive out of Ireland?

RIDDLES:

1. There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?
2. What is harder to catch the faster you run?
3. What is at the end of a rainbow?

BRAINTEASER:

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

BIRDS

BREEZY

CABBAGE

CLOVER

CORNED BEEF

CROCUS

DAFFODIL

EASTER

GREEN

IDES OF MARCH

IRISH

KITE

LAMB

LEPRECHAUN

LION

LUCK

MARCH

MARDI GRAS

PISCES

POT O' GOLD

ROBIN

SHAMROCK

SPRING

ST PATRICK



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Penny Pincher



SPRING FORWARD

Turn your clocks ahead one hour
DAYLIGHT SAVING TIME
 Begins Sunday, March 10th
 At 2:00 am.

AOH St. Patrick's Day Parade



March 16, 2024
 At 1:00 pm

Main Street, Jeffersonville, NY

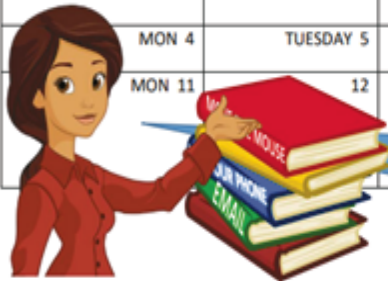
LOCAL LIBRARY ACTIVITIES

- March 13 @ 6:00 pm—"The Sun Will Darken April 8th"
Virtual via ZOOM, register online
- March 19 @3:00 pm—"Who am I? Self Portraits:
Virtual via ZOOM, register online
- March 22 @ 2:00 pm—Tai Chi for Seniors at Narrowsburg Library

SULLIVAN COUNTY POWERED BY SUNY UCAWD **FEB 12 – MARCH 14 2024**
 22 St. John St.
 Monticello, NY 12701
 845-794-5241

FREE SENIOR TRAINING !
MON to THURS 10:00 am to 12:00 pm

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	LAB CLOSED FRIDAY 16
LAB CLOSED MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
LAB CLOSED MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 1
MON 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
MON 11	12	13	14	LAB CLOSED FRIDAY 15



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 Part 2
INTERNET BASICS FOR BEGINNERS
 AT THE LIVINGSTON MANOR LIBRARY

SATURDAY, MARCH 30TH
10:30-11:00AM

THIS GUIDE WILL COVER EVERYTHING YOU'LL NEED TO KNOW TO FEEL CONFIDENT ON THE INTERNET:

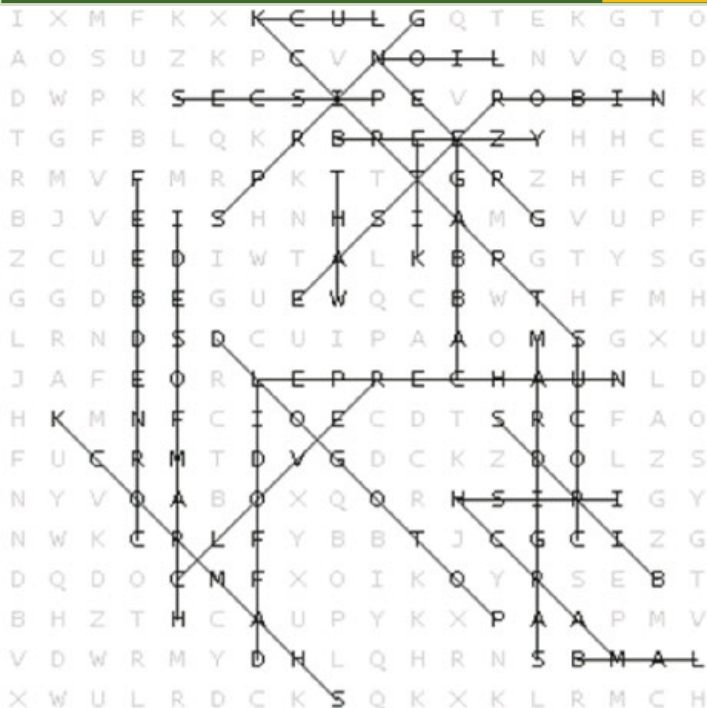
- GETTING CONNECTED
- NAVIGATING MENUS
- WEB BROWSERS
- INTRODUCTION TO BROWSER SETTINGS
- URLs
- COMMON ICONS
- SEARCH ENGINES

Q&A WILL FOLLOW THIS BITE-SIZED PRESENTATION.

livingstonmanorlibrary.org/programs/signup
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CRAFT FAIR/YARD SALE - March 2,
 10:00 am-3:00 pm, Liberty Elks Lodge
 #1545, 21 John St. Liberty, NY

ANSWER KEY



CRYPTOGRAM

"The greatest glory is not in never failing, but in rising up every time we fall." - Confucius

NUMBER PUZZLE: 13, 39, 48

Answer to Sudoku

6	3	7	1	5	4	9	8	2
8	2	5	7	6	9	4	1	3
4	1	9	8	2	3	6	7	5
7	5	4	6	8	1	2	3	9
3	8	2	5	9	7	1	4	6
9	6	1	3	4	2	8	5	7
2	7	3	9	1	8	5	6	4
1	9	6	4	3	5	7	2	8
5	4	8	2	7	6	3	9	1

TRIVIA: Snakes

RIDDLES:

1. Heroine
2. Your breath
3. The letter "W"

BRAINTEASER:

His son