

Cornell Cooperative Extension | Sullivan County **Senior Expo: Engage at Every Age**

May 23

10 am - 1 pm

— **FREE** —

Snacks & Giveaways!

Monticello Firehouse

23 Richardson Ave.
Monticello, NY



May is Older American's Month! Engage at Every Age emphasizes that you are never too old (or young) to take part in activities that enrich your physical, mental, and emotional well-being. It also celebrates the ways in which older adults make a difference in our communities.

Interactive Activities, Health Screenings, Demos, Speakers, Info Tables

EVENT SCHEDULE

10 a Event Begins: Activities and Informational Tables, Refreshments

11:30 a - 12:30 p Forum Moderated by **Amy Hines-Forshay**, The Alford Group

PANEL SPEAKERS

- **Lawrence Force**, Mount St. Mary U. Center on Aging & Policy
- **Sandi Rowland**, Sullivan 180 Executive Director
- **Caryn Mathews**, RSVP Project Director
- **Al Frangipane**, Retired NYS Supreme Court Criminal Div. Clerk
- **Lisa Lyons**, Morgan Outdoors Owner in Livingston Manor



Senior Expo is FREE! Walk-ins Welcome.

Visit sullivanccce.org • E-mail sullivan@cornell.edu • Call 845-292-6180



This co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County is supported by a grant from the NYS Office for the Aging's Caregiver Program.

Cornell Cooperative Extension in Sullivan County provides equal program and employment opportunities. Contact CCE if you have any special needs.