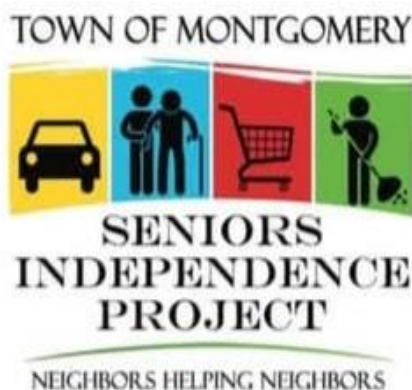


# YOU'RE INVITED TO ATTEND SENIOR RESOURCE DAY



OUR 2025 PROGRAM INCLUDES  
THE FOLLOWING TOPICS

- Healthy Living for the Brain and Body – Alzheimer's Association
- Preventing Scams, Hacks and Cyber Fraud – Sheila Brewer-Montero, M. Ed, Ed. S
- Yoga Exercises to Calm the Mind – Robin Muth

Refreshments, Door Prizes, Raffle  
Baskets & More

**May 14, 2025 1:00 – 3:00 PM**

Town of Montgomery Town Hall  
110 Bracken Rd  
Montgomery NY 12549

Need a Ride? Reserve a place on the Senior Bus at 845.457.2622  
Questions: Please call us at 845.457.4138

**Sponsored by:**  
**Town of Montgomery Senior Independence Project (TOMSIP)**  
**Office of the Aging NY**  
**Jewish Family Services – Orange County**  
**Alzheimer's Association**