



Visit Our Website at www.gobroomecounty.com/senior

Celebrate at the Seniors Running & Walking Festival!

If you are 55 years or older, join us at the Seniors Running and Walking Festival on August 15th where we will celebrate our senior community, our health and well-being! Whether you've been meaning to start a walking or running program or you are a competitive senior runner or race walker, and dream of being a top finisher, the Seniors Running and Walking Festival is your chance to start something new or to 'break the tape'!

Are you, or do you know someone, in a wheelchair, 55 years or older, who would like to be part of this awesome community event too? The Seniors Running and Walking Festival welcomes all wheelchair participants, manually pushed or pushed by a supporter (who can be any age).

For only \$10, anyone 55 years or older receives entry into running, walking or wheelchair race events, T-shirt, finisher medal and a chance to win one of many awards. It's an incredible bargain! Why not sign up for the Seniors Running and Walking Festival today?

We have two awesome sponsors -- Excellus BCBS and Good Shepherd Communities -- and we are supported by Broome County's Office for Aging, Action for Older Persons, Vestal Coal House, Town of Vestal, and Triple Cities Runners Club. We're proud of these groups in our community who have come together to create and support the Seniors Running and Walking Festival!

Find all the details and register today at www.gobroomecounty.com/senior/healthed

50th Anniversary of the Foster Grandparent Program

The Foster Grandparent Program started in 1965 so this year marked the 50th anniversary of the program. Fifty-five Foster Grandparents celebrated the 50th anniversary with great food, fun, and music from 1965 at the Foster Grandparent Program Recognition Dinner held June 9 at the Holiday Inn Arena.

Foster Grandparents are helpful, loving people who work one on one with children in schools, daycare centers and Head Start programs. Foster Grandparents are an integral part of the classrooms in which they serve, usually volunteering 20 hours each week. As teachers have said, "Grandpa is a positive role model and he can give the individual attention that I cannot always give" and "When you have 20 little children in need of a lot of attention, Grandma can spread the love so more kids get the attention they need." We are so fortunate to have such wonderful volunteers in Broome County.

More Foster Grandparent volunteers are needed. If you are 55 or over, a Broome County resident, and interested in volunteering in a classroom, please call the Foster Grandparent Program at 778-2089. Foster Grandparents are paid a small stipend that does not affect eligibility for other government programs. Income guidelines apply.



Foster Grandparents (L-R) Betty Davis, Helen Rhodes, Carol Tompkins, and Marilyn Roosa were honored for 10 years of volunteer service at the 50th Anniversary Foster Grandparent Program Recognition Dinner held June 9 at the Holiday Inn Arena.

Senior Games 2015

Broome County Senior Games is looking forward to hosting over 600 athletes ages 55 and up in this year's 17 events! The games help people stay active through fun, competitive, adventurous athletic events! Senior Games gives people the opportunity to stay fit by enjoying outdoor and indoor activities while meeting new people and just having fun!

The Senior Games this year run from August to November. The Games are open to anyone 55 years and older with no residency requirement.

Senior Games Events:

- Basketball – October 14
- Billiards – October 1
- Bocce – September 15
- Bowling: No Tap Doubles - October 15
- Bowling: No Tap Singles – October 27
- Disc Golf – September 17
- Golf – C&M at Ford Hill – September 22
- Golf – Ely Park – September 29
- Pickleball – October 7 & 8
- Ping Pong – October 22
- Floor Shuffleboard – October 14
- Softball 55+ – August 27
- Softball 65+ -- September 2
- Softball 70+ – August 25 & 26
- Tennis: Men's & Women's -- September 16
- Volleyball – Recreational – October 16
- Volleyball – Competitive – November 14

If you are interested in participating in the games or just being a spectator please call Rita at 778-2411. You can pick up an application at any of your local senior centers or you can download one at www.gobroomecounty.com/senior/games. If you have participated in the senior games in the past, an application will be mailed to you automatically.

Keep Summer Going...
STAY ACTIVE!!

Visit us on Facebook: Broome County Office for Aging



Vestal Roots @ The Vestal Museum

Celebrate Vestal's Farm History this summer with an exhibit of artifacts and photographs from our roots. On display through August 30th.

To complement the Summer Sundays Bluegrass Series homage to historical farm music, we will also have:

Children's Crafts

Saturday August 8th :
Flower press!
All crafts free and open all day!

Book Making

Thursday August 13th - 2:00pm
Please register at 748-1432

Amy Michelle

Local Country Music Singer/Songwriter
Friday August 21st - 1:00pm

Vestal Town Historian

Margaret Hadsell
Saturday August 29th - 1:00pm
Talk on Vestal Farm History!

Chess at the Museum!

Thursdays from 7:00pm - 8:00pm

Summer Museum Hours:

Wednesday 12:30pm - 4:30pm

Thursday 1:00pm - 8:00pm

Friday 12:30pm - 4:30pm

Saturday 10:00am - 2:00pm

Sunday 12:00pm - 3:00pm

(We will be here many Monday and Tuesday afternoons also, please check first!)

Vestal Museum

328 Vestal Parkway East
748-1432

vmuseum@vestalny.com

Check us out at our page on the
Town of Vestal website
and Facebook

Starting to Exercise Again after a Break

Vacation? Flu? Out-of-town guests? Many things can interrupt your physical activity routine, but you can start again and be successful. Here are a few ideas to help.

- Don't be too hard on yourself. Just try to get back to your activities as soon as possible. Think about the reasons you started exercising and how much you've already accomplished.
- Start again at a comfortable level, and gradually build back up.
- Try an activity you've never done before.
- Believe in yourself!

Sometimes the reason you stop exercising is temporary, and at other times it's permanent. Here are some ways to manage these breaks.

Temporary Interruptions:

- When you're on vacation, get out and see the sights on foot or visit the hotel fitness center.
- Caring for an ill spouse can understandably interrupt your exercise routine. Ask a friend to help out for a while so you can go for a walk.

Permanent Interruptions:

- If your exercise buddy moves away, sign up for an exercise class at a senior center. This is a great way to meet other active people.
- Hip surgery can affect the types of exercise that you do. Talk to your doctor about the best activities for you to do.

Quick Tip:

Be flexible and creative. If your grandchildren come for a visit, reschedule your exercise for their nap time, or better yet, take them with you on a walk.

source: www.nia.nih.gov/Go4Life

Summertime Means Bats Are Active

Each year, especially during the warm summer months when bats are active and feeding, there is a rise in the number of bat and human encounters reported to the Broome County Health Department. Although most bats do not have rabies, some do. Bat bites are difficult to see and may not be felt. As a result, some people may not realize they have been bitten by a bat that could be infected with the rabies virus.

If you have a bat in your house and there is any chance that it had contact with a human or a pet, you should make every attempt to catch the bat without damaging it so that it can be tested for rabies. If you have any uncertainty, say for instance, you woke up and found a bat in your room, or the bat was in a room with an unattended child, a mentally impaired or intoxicated person, the same precautions should be taken. **Catch the bat. Do not release it.** Testing will determine whether or not the bat had rabies and will minimize the need for unnecessary post-exposure treatment.

If you see a bat in your home and you are certain that there was no contact with a person or pet (for example, you saw the bat fly in the house and never lost sight of it), close the room and closet doors, open the windows and watch the bat until it leaves.

How to Capture a Bat

Confine the bat to one room by closing all windows and doors, turn on the lights, and wait for the bat to land. Wearing gloves approach the bat slowly, cover the bat with a coffee can or similar container and slide a piece of cardboard or lid under the can trapping the bat. Following this procedure will insure that bat's brain remains intact, which is necessary for testing. Tape the cardboard or lid to the container. Place the container in a cooler of ice and call the Environmental Health Division of the Broome County Health Department during normal business hours, Monday through Friday, 8:30 a.m. to 5:00 p.m., at 607-778-2887 to make arrangements for the bat to be tested for rabies. For emergency guidance during non-normal business hours, call Broome County Dispatch at 607-778-1911. A dispatcher will then contact Broome County Health Department staff for you. If you are unable or unwilling to capture the bat, see your local yellow pages for pest and wildlife handlers.

To view a video on how to catch a bat safely, please visit the New York State Department Health website at www.health.state.ny.us/diseases/communicable/zoonoses/rabies/. For additional rabies information, visit the Broome County Health Department's website at www.gobroomecounty.com/eh/rabies.

Why Take the Bus?

Savings - Bus riders can save more than \$9,000 annually by taking the bus instead of driving a vehicle.

Safety - The National Safety Council reports that riding the bus is 170 times safer than driving or riding in a car.

Less Stress - Read, listen to music, talk to a neighbor, or catch 40 more winks.

Healthier - The short walks to and from the bus can make a real difference in your health and our dependence on cars is a significant factor in weight gain.

Environmentally friendly - Buses produce 95% less carbon monoxide per passenger mile than driving alone in a single occupancy vehicle and there is a reduced need for parking spaces.

source: *Senior News*, Cortland County Area Agency on Aging, March/April 2015

Golden Days Adult Medical Day Program

Golden Days provides individuals with an opportunity for richer, active and more meaningful days, focusing on maintaining or maximizing an individual's level of mental and physical well-being through therapeutic and recreational activities. The program offers meals, hygiene and bathing care, as well as medication and wound care management by our professionally trained and caring staff.

Let us be your caregiver!

Call us for a complete description of our program and services.

An affiliate of Susquehanna Nursing and Rehabilitation Center
282 Riverside Drive
Johnson City, NY 13790

Door-to-Door
Transportation
Available

607 729 9206

7:00am - 5:30pm

Private insurance,
Private pay,
Medicaid, and
Veterans Benefits accepted

Country Fair Day

Wednesday, August 19
(Deposit will celebrate on 8/20)
At Participating Senior Centers

Come enjoy a variety of "Country Fair" themed activities and a fun summer lunch that will be served around noon.

Lunch is just \$3.25 for people age 60 and better;
\$4.25 for people under age 60.
Please call the senior center of your choice to make your meal reservations (phone numbers and menu listed on the back pages of this issue) and to ask what special activities they have planned.

Here are just a few of the day's specials:

Eastern Broome

Music by Bruce Huggins - 12:30 pm
First Ward

Music by Jim Lamb - 12:15 pm

Northern Broome

Music by Doc Weismore - 11:00 am



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(607) 772-8080
Family owned and operated.

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The "Big Bands" Visit - A Bit of Local History

The George F. Pavilion in Johnson City was built in 1926 and gave residents the opportunity to hear and dance to the "big bands." Two thousand people could fit into the pavilion at one time! Customers paid 25 cents to hear local bands, and when large orchestras played on Fridays, the cost went up to 50 cents. Benny Goodman, Glen Miller, the Dorseys and others appeared, but Guy Lombardo held the attendance record with more than 4,000 people at his concert.

How to Safely Dispose of Unused Medication

It's always a good idea to periodically review your medication bottles throughout the year to identify any that may have expired and dispose of them appropriately.

It is not only good to get rid of them for your own safety, but for those around you as well. It is not necessary to keep old medication about because as time goes by the potency of the drug decreases, making them less effective. There is also a chance that if you take old medication without consulting your doctor, there could be serious consequences. The old medication may not react well with the medications you are currently taking.

I recently spoke with Deputy Stapleton at the Broome County Sheriff's Office about the importance of getting rid of unused medications.

Q: What are some implications for not throwing away your unused medication?

A: "Implications could be severe; anyone including young children could get their hands on medications, and ingest them. On the other hand, unused medications could get into the hands of drug abusers who would be stealing the drugs and could potentially put someone in harm's way thinking the person may refill the prescription as well. Drug users have been known to commit burglaries of people who have just been to the hospital and/or the elderly who usually have prescriptions. Also, disposing of the medications into the toilet contaminates water systems if not properly treated."

Q: Where are the designated "Drop off Sites?"

A: "Currently at the Sheriff's Office (155 Lt. VanWinkle Drive, Binghamton, NY 13905) As well as the main entrance to the county office building. Many CVS pharmacies have drop offs as well."

Q: Who can the elderly get in contact with if they are physically unable to bring their unused medications to these designated "Drop off Sites?"

A: "It's the best bet to have a family member take the medications from the relative and transport it to the drop box. Many questions have arisen on the legality of such; but as long as the person has permission and is going directly to the drop off, there isn't a problem."

Q: What can, and can't you drop off in these drop boxes (i.e. can diabetics drop off used needles)?

A: "We accept anything, as long as they don't have needles in them. Needles should be disposed of at a hospital, physician's office or such."

If you are interested in learning more about the Broome County Office for Aging or our services, please visit our website at www.gobroomecounty.com/senior or call (607) 778-2411.

Mary Jane Cronin, Student Intern at Office for Aging

Summer Reading:

A Spool of Blue Thread by Anne Tyler

It's pretty clear that Anne Tyler is comfortable with the art of storytelling. From the first lines of *A Spool of Blue Thread*, there's an urge to sit back and settle into the cadence of her words. Or, rather, Abby Whitshank's words as she recounts the story of how she fell in love with Red Whitshank in 1959. But don't get too comfortable. Anne Tyler understands that, despite their best intentions, family members don't often let each other settle back for very long—and the Whitshanks, a Baltimore clan whose history is told through several generations in this sensitive and empathetic novel, is no different than most. As Abby and Red age, their children are drawn back to their sprawling house. When the second part of the novel moves back in time, the shift is jarring at first; but after a fifty year writing career (this is her 20th novel), Tyler has the end in sight. This is a book about the stories we tell each other and the little moments that make up our lives.

source: Amazon.com

An August "Summer Fun" Event

41st Southern Tier Antique Gas & Steam Engine Assoc. Show
August 21st, 22nd, 23rd
9 am to 6 pm Friday & Saturday/Sunday 9am to 2 pm
Maine Town Park, Rt. 26,
Maine, NY
592-6099 or 624-3834
www.southern-tier-antique-engine.webnode.com

Robocall Scam Targets Older New Yorkers

The New York State Office for Aging has been made aware of a new robocall scam that attempts to lure older New Yorkers into providing their personal information over the phone. The voice on the robocall identifies itself as the New York State Office for the Aging and asks the individual answering the phone to press a button if someone in the home is over 65 and would be interested in receiving a free Medic Alert pin and \$3000 in coupons for food or other items.

This is a SCAM. The New York State Office for the Aging does not give away items, money or coupons and will NEVER solicit personal information over the phone.

If you receive a similar call, you should HANG UP IMMEDIATELY. Reports of financial scams should be reported to the Consumer Protection Division of the NYS Attorney General's Office at 1-800-771-7755, the NYS Department of Financial Services at 1-800-697-1220 or the NYS Department of State (518) 474-8583.

Metro Interfaith

772-6766

Elderly/Handicapped Housing

Licensed Enriched Housing Provider

Metro Plaza Apartments
110 Chenango Place

Lincoln Court Apartments
21 New Street

www.metrointerfaith.com

HUD Housing
Counseling Agency
723-0582



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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Monday	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpurville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)
Friday	9:30 am	First Ward Senior Center (Binghamton)
Friday	11:00 am	Oak Street Senior Center (Binghamton)

Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Monday	10:00 am	First Ward Senior Center (Binghamton)
Monday	10:00 am	Broome West Senior Center (Endwell)
Tuesday	9:45 am	Oak Street Senior Center (Binghamton)
Tuesday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Wednesday	10:00 am	Broome West Senior Center (Endwell)
Thursday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Friday	9:45 am	Oak Street Senior Center (Binghamton)
Friday,	10:00 am	First Ward Senior Center (Binghamton)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	9:30 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. There is a \$5 charge for this class.

Tuesday	11:00 am	First Ward Senior Center (Binghamton)
Friday	1:00 pm	Vestal Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Senior Center (Harpurville)
Tuesday	10:30 - 11:00 am	North Shore Towers Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)

Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Wednesday	10:30 – 11:30 am	Vestal Senior Center
Thursday	10:00 – 10:30 am	First Ward Senior Center

Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

- Broome West Senior Center in Endwell Thursdays, July 16 – August 27 10:00 am – Noon
- Eastern Broome Senior Center in Harpurville Mondays, September 14 – October 26 9:30 – 11:30 am
- Nimmonsburg Methodist Church in Binghamton Tuesdays, September 15 – October 27 10:00 am – Noon
- Vestal Senior Center in Vestal Tuesdays, June 16th – July 28th 12:30 – 2:30 pm

Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Thursday	4:00 - 4:30 pm	West Middle School
Open Swim	Thursday	4:30 - 6:00 pm	West Middle School

**Complete addresses and phone numbers for all Senior Centers are located on pages 10 & 11*

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center	Northern Broome Senior Center
First Ward Senior Center	Johnson City Senior Center

EVENTS at the CENTERS

Increase Your Inner Peace and Joy of Living

Thursday Afternoons

Johnson City Senior Center
797-3145

Practice scientific relaxation and meditation in a group setting. Relaxation/Meditation Group Training: 3-4 pm; Fee: \$3; Advanced Meditation/Studies: 1:30- 2:30 pm; Fee: \$5; Qualified counseling available for \$5. All ages are welcome! To register, please call 797-3145.

Evening Dining w/Bingo

Thurs. August 13, 4 pm

Eastern Broome Senior Center
693-2069

Enjoy fellowship, evening dining (roast pork/lemon merengue pie) and a fun game of bingo! Please reserve by noon, Wed., 8/12.

Book Review w/Joan P

Thurs. August 20, 10:30 am

North Shore Towers Senior Center
772-6214

No reading required, just join us for a group discussion of *Appetite for Life* by Julia Child.

Continuing Education

Tues. & Thurs. (Sept. thru Dec.)

Broome West Senior Center
785-3427

Adults 60 years and older are encouraged to audit classes for free through the OWLS program at SUNY Broome (BCC). The two upcoming courses are "Communicating About Ideas" and "Childrens' Literature" and taught by Professor Michael Gee. Please call 785-3427 to register.



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Direct mail subscriptions are
available for \$10.00 per year by
calling 778-2411.
This contribution helps defray the
cost of printing and postage.



Eastern Broome Senior Center

September 17
Mount Airy Lodge

First Ward Senior Center

(Please call 203-1179 for more information.)

September 29
Sands Casino

November 17-19
Atlantic City, Tropicana

Johnson City Senior Center

August 6 & 7
Whale Watch, Massachusetts

August 13
Holyoke, MA: "Country Day"

September 10 & 11
"A Taste of Long Island"

September 24
Merry Go Round Playhouse: The Calamari Sisters' Big, Fat, Italian Wedding

Healthy Eating

After 50: Should I Cut Back on Salt?

The usual way people get sodium is by eating salt. The body needs sodium, but too much can make blood pressure go up in some people. Most fresh foods contain some sodium, especially those high in protein. Salt is added to many canned and prepared foods.

People tend to eat more salt than they need. If you are 51 or older, about 2/3 of a teaspoon of table salt—1,500 milligrams (mg) sodium—is all you need each day. That includes all the sodium in your food and drink, not just the salt you add. Try to avoid adding salt during cooking or at the table. Talk to your doctor before using salt substitutes. Some contain sodium. And most have potassium which some people also need to limit. Eat fewer salty snacks and processed foods. Look for the word sodium, not salt, on the Nutrition Facts panel. Choose foods labeled "low-sodium." Often, the amount of sodium in the can vary greatly between brands.

Here's a tip: Spices, herbs, and lemon juice can add flavor to your food, so you won't miss the salt.

source: www.nia.nih.gov

Grandparent's Day Celebration

Wednesday, August 5 around 11 am
(Deposit 08/06)

At participating Broome County Senior Centers

What a wonderful opportunity to honor the grandparents who strive to make a difference in our community and our lives!

Honor yourself or honor someone else. Bring your grandchildren to the center to show them off and enjoy a delicious lunch that all ages will enjoy.

The sites have a variety of fun activities to celebrate the day.

Call the center of your choice to make a lunch reservation.

The senior center telephone numbers, menu and Grandparent's Day activities are listed on the back pages of this paper.



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20th Century Dance Craze: The Stroll

A dance popular in the 1950s, the stroll was done with two lines of dancers, men on one side and women on the other, facing each other, and moving in place to the music. Each paired couple then stepped out and did a more elaborate dance up and down between the two rows. The stroll was first performed to "C. C. Rider" by Chuck Willis on American Bandstand. Link Wray's "Rumble" was also a popular tune for doing the stroll. But the big song for strolling was the 1957 hit "The Stroll" by The Diamonds:

Come, let's stroll
Stroll across the floor
Come, let's stroll
Stroll across the floor
Now turn around, baby
Let's stroll once more

"Take Out" for the Homebound

Cooking for one isn't easy. It's especially difficult if you're alone, over 60, and have an illness, injury or frailty that prevents you from eating the "right" foods. Fast food or traditional take out can lack variety. Sandwiches or cereal omit essentials like fruits, vegetables, whole grains, and protein. Too much drive-thru or takeout can lead to an array of health problems such as obesity, malnutrition and high cholesterol.

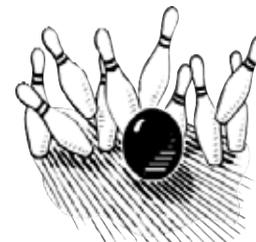
What's a senior to do? If you're 60 years or older and it's difficult to prepare your own meals, you (or someone you know) might be a good candidate for Meals on Wheels. We take special care to prepare nutritious, balanced meals for its participants. In any given month you'll enjoy 22 different entrees.

Menus for the home delivered meals program are carefully planned so that each meal meets 1/3 of the daily nutritional requirements according to the U.S. Dietary Guidelines. All meals are controlled to be low in fat and sodium. Meals on Wheels can also accommodate some specific, common dietary needs.

Many seniors who receive Meals on Wheels report greater independence and a better sense of well-being because of the program, an important service for many needing extra support in their own home. The meals are delivered Monday through Friday by caring, dedicated volunteers. These volunteers are an important part of the program. Their delivery serves as a quick check on the clients, who typically live alone.

If you think that Meals on Wheels may benefit you or someone you know and care about, please contact the Senior Resource Line, 607-778-2411, to discuss eligibility and the suggested contribution.

Ideal Bowling Center



Bowling, Billiards, Horse Shoes or Darts

Mon - Senior's Bowling – 55+ 1pm (4 on a team any combo)
\$7.00 wkly fee includes shoes, end of year banquet, 50/50 available -
Starts 9/14/15 – 4/4/16

Wed – Seniors – 50+ - 11am – \$11.95 Bowling with a Bite!!
Enjoy 3 games/shoes if needed, sandwich of the week, chips and a small soda/coffee, prize money and weekly drawings, 50/50 available.

Fall Session – 16 weeks – 9/9/15 – 12/23/15
Winter Session – 16 weeks – 1/6/16 – 4/20/16
Spring/Summer – 16 weeks – 5/4/16 – 8/17/16 (2wks off in July)

Friday Sr. 3 Man Bowling – 55+ 1pm (3 on a team) - \$8.00 wkly fee,
3 games, shoes, banquet, prize money and 50/50 available.

Don't want to bowl? Try our indoor Horse Shoes!
Wed Men's League \$5.00 – 11am. Come and play for fun,
start a league or join one, times available 9am- 5pm.
We also have open billiards and darts!!!

All are a good way to meet people or just stay active!!!

Ideal Bowling Center
119 Jennings St., Endicott, NY 13760
607-748-3546
(Across the street from Agway)

Happy 80th Birthday Social Security!!

President Franklin D. Roosevelt signed the Social Security Bill into law on August 14, 1935 in the White House Cabinet Room, only 14 months after sending a special message to Congress on June 8, 1934, that promised a plan for social insurance as a safeguard “against the hazards and vicissitudes of life” including old age, poverty, unemployment, and the burdens on widows and fatherless children. The 32-page Act was the culmination of work begun by the Committee on Economic Security, created by the President on June 29, 1934, and became, as he said at the signing ceremony, “a cornerstone in a structure which is being built but is by no means complete.” President Roosevelt was the first president to advocate federal assistance for the elderly.

The Act provided benefits to retirees and the unemployed, and a lump-sum benefit at death. Payments to current retirees are financed by a payroll tax on current workers’ wages, half directly as a payroll tax and half paid by the employer. The act also gave money to states to provide assistance to aged individuals, unemployment insurance, aid to families with dependent children, maternal and child welfare, public health services, and aid for needy blind individuals.

Visit the website, www.ssa.gov/80thanniversary, to learn more about the Social Security Administration, its history and plans for the future.

Join In On “Food & Fitness” Classes

Do you think of carbohydrates or “carbs” as something to be avoided? Most of us have heard many negative statements about the so-called forbidden carbohydrates. There is no doubt that carbohydrates can definitely put some added pounds on us; however, consuming carbohydrates prior to, and after a workout can be very beneficial for our muscles. Now this doesn’t mean ordering a deluxe pizza from Nirchi’s before going for a brisk walk. Instead, try and choose whole grain pasta, a sandwich on whole wheat bread or a small bowl of fruit to provide your muscles with energy...“good carbs!”

If you are interested in learning more about carbohydrates, protein and physical activity come join us at our “Food & Fitness” class and cooking demonstration throughout the month of July at the senior centers listed below. This class will focus on how to properly fuel your body with food before and after exercising. We will have a group discussion, a fun activity, and an easy recipe for all to try! For more information and site addresses please contact the Office for Aging at 778-2411.

Upcoming Classes:

- August 7th**
Northern Broome Sr. Ctr 10:00 am
- August 11th**
First Ward Sr. Ctr 12:15 pm
- August 13th**
North Shore Towers Sr. Ctr 10:30 am
- August 19th**
Broome West Sr. Ctr 11:00 am
- August 26th**
Eastern Broome Sr. Ctr 12:30 pm



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PAID ADVERTISEMENT

Ticks: Don’t Let Them Take a Bite Out of Your Summer!

With the arrival of spring and summer, it’s time to garden, camp, hike or just play outdoors. But first, take note. Every year thousands of adults, children and pets across the country are exposed to Lyme disease (now the most common tick-borne disease in the US) and other diseases carried by ticks. Simple precautions can help you avoid getting sick from these blood-feeding creatures.

- Avoid walking in woody and bushy areas with high grass.
- Stay on groomed trails when hiking.
- Wear long, light-colored pants, sleeves and socks. Tuck your pant legs into your socks.
- Spray exposed body areas and clothing with tick repellent.
- Search your entire body for ticks after being outdoors and immediately wash your clothing.
- Safely remove ticks. Gently grasp the tick with tweezers and slowly pull upward to allow the tick to release its bite.
- Wash the bite area with alcohol or soap and water, and contact a health care provider if you develop a fever, headache, fatigue or bull’s-eye rash.

source: newsinhealth.nih.gov



Thanks to the Broome County Council of Churches’ CHOW Program, individuals are able to enjoy fresh produce at farmers markets inside various local senior centers this summer.

Souperlicious Senior Center Sandwich Bars

Monday	Tuesday	Wednesday	Thursday	Friday
Northern Broome	Northern Broome	Broome West	Broome West	Broome West
Walk-ins Welcome 11am-12:30pm 		Eastern Broome	Eastern Broome (Golden Griddle)	Eastern Broome (Burger Bar)
		Johnson City	Johnson City	Northern Broome (Burger Bar)
		Northern Broome		Oak Street – 1 st Friday only
		Vestal		Vestal (Chef Salads)

Enjoy a bowl of homemade soup, a deli sandwich, beverage and dessert for just a \$3.25 contribution (ages 60+) and \$4.25 for all others.

Potato Bar! August 12, 13 & 14

Top your potato with cheese, bacon, broccoli, chives and sour cream. Your potato creation will also come with a bowl of homemade soup or chili, crispy tortilla chips, dessert and a beverage. Each center’s potato bar menu may vary so drop in and give your taste buds a pleasant surprise!

New NIF Deliberations from SUNY Broome This Fall

In the lead up to the 2016 Presidential Election there will be considerable discussion about the national budget, the burgeoning debt and entitlement programs such as social security and health care. The National Issues Forums Institute, a non-partisan organization committed to creating a more engaged citizenry, has developed two new public deliberation issue books entitled: "Health Care: How can we reduce costs and still get the care we want?" and "Social Security: How can we afford it?" Each issue book contains three options for addressing the question, and through a deliberative conversation lasting two hours, participants will evaluate the strengths/weaknesses and trade-off of each option. These forums are free and open to the public and will be run at Broome West and Johnson City Senior Centers as well as Good Shepherd Village on the following dates:

"Health Care: How can we reduce costs and still get the care we want?"

Good Shepherd Village, November 2, 9-11 am
Broome West Senior Center, October 19, 10-12 am
Johnson City Senior Center, October 14, 10-12 am

"Social Security: How can we afford it?"

Good Shepherd Village, September 21, 9-11 am
Broome West Senior Center, September 28, 10-12 am
Johnson City Senior Center, September 30, 10-12

A short synopsis of the issue will be available at least one week before each forum at each location. It is useful to look at it prior to the deliberation but not a requirement.

Any questions about these forums should be directed to Doug Garnar at 778-5094 or email garnardc@sunybroome.edu. Become part of community conversations that can help create a more civil, citizen based democracy. NIF forums are just the beginning of the public's involvement in wrestling with the great public policy issues of the day.

"With public sentiment, nothing can fail; without it nothing can succeed."
(Abraham Lincoln)

Have Fun! Be Active with Your Dog!

Being physically active can be more fun when you're with someone else, but that someone else doesn't have to be a person. Here are some tips to help you and your pooch have a great time being active together. It will help you both stay fit and healthy.

Set up a routine and have fun. Dogs, like people, are creatures of habit. Go for walks and play about the same time each day. Make a plan with a neighbor to walk the dogs together. Take a brisk walk to your local dog park.

Be imaginative. Walks are great, but consider other activities, too. A game of catch is a classic. For agility training, create a mini-obstacle course in your yard or at the park; together, move around, through, and even under the items.

Keep safety in mind. Stay hydrated. On long walks, bring water for both you and your dog.

In hot weather, go out in the morning or evening, when it's cooler. In cold and snowy weather, wear boots with good traction. Check your dog's paws and remove snow and ice from his/her footpads. Check yourself and your dog for ticks if you've been walking in the woods together.

Quick Tip: Make your walks with Fido count. Go at a brisk pace for 20 to 30 minutes, if you're able.

source: go4life.nia.nih.gov

Pasta Dinner Fundraiser to Support Senior Games

Thursday, August 6 from 5-7 pm
Broome West Senior Center
2801 Wayne Street, Endwell

Open to the public!

Enjoy delicious Rossi's sauce over pasta, meatballs, tossed salad, Jim Roma's Italian bread, beverage and dessert.

\$7 for adults
\$4 for children 12 and under
FREE for children 3 and under

Purchase tickets at the Office for Aging in Binghamton or the Broome West Senior Center in Endwell. For more information call 778-2411.

Falls Prevention Exercise Class: Six Steps to Better Balance

Six Steps to Better Balance is a program developed by Dr. Betty Perkins-Carpenter, Ph.D., a nationally renowned expert on falls prevention and a former Olympic Diving Coach. The class will teach you simple and fun exercises that will help to increase energy, flexibility, confidence, mobility and reduce your risk of falls.

Cost: \$12 for entire six week program which includes Dr. Betty's book, "How to Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps" and a "Stretching in Bed" brochure.

Make a difference and improve your life! To register and for more information contact Gina or Rita at 607-778-2411.

Class Schedule:
Johnson City Senior Center
Mondays, August 10 – September 21, 1–2 pm

Six Steps to Better Balance is brought to you by the Broome County Office for Aging's Better Balance for Broome Program and CDPHP.



Susquehanna Home Health Care

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Caregiver Corner

... ideas and information for people caring for others.

Events for Caregivers

Veteran's Benefits

Date: Wednesday, August 12th
Time: 11:00-12:30 PM
Place: Broome County
Public Library
Exhibit Room
185 Court St., Binghamton
Presenter: Leonard Sas,
Veteran's Counselor

Attend this presentation to find what benefits and services are available to Veterans in this area. Detailed information on services and programs will be covered.

Register by calling the Office for Aging at 778-2411

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center
(close to Sears)
Oakdale Mall, JC
Date: Monday, August 3rd
Time: 1:00-2:30 PM

Place: Broome West Senior Center
2801 Wayne St, Endwell
Phone: 785-3427
Date: Wednesday, August 19th
Time: 9:30-11:00 AM

Call Caregiver Services at 778-2411 with questions or for more information.



Senior Resource Line
778-2411
Information on Programs & Services
Broome County Office for Aging
www.gobroomecounty.com/senior

Is This Website Trustworthy?

Use this checklist to decide if the health information you're reading online can be trusted:

- **Who runs the website?**
Federal agencies, medical schools, and large professional or nonprofit organizations are often reliable sources of health information.
- **Who is sponsoring the website?**
Be wary if it's not easy to find the sponsor's contact information or if the website is trying to sell you something.
- **Is the information current?**
Sites should say when the information was posted or last reviewed.
- **Is your information protected?**
Be sure you understand the website's privacy policy. Be cautious about sharing personal information.
- **Does the site make claims that seem too good to be true?**
See if you can find other, reliable sites with the same information.

source: *NIH News in Health*, April 2015

Marci's Medicare Answers

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare.

Dear Marci,

I need to receive some dental work, but was told that Medicare does not cover this. Does Medicare ever cover any dental services? How might I be able to get dental care?

Beth

Dear Beth,
Medicare does not cover routine dental care such as dental checkups, cleanings or fillings. Medicare never pays for dentures even if you had to have teeth extracted to prepare for a medical procedure.

Medicare does cover some dental services under very limited circumstances. For example, Medicare will cover dental services that are a necessary part of a covered medical procedure, such as jaw reconstruction or for extractions done to prepare for radiation treatment of jaw diseases. Oral examinations - but not treatment—preceding a kidney transplant or heart valve replacement may be covered under certain circumstances. However, if you need regular dental services, Medicare will not cover it.

Know that some Medicare Advantage plans which are private health insurance plans that administer Medicare benefits may cover some dental services. If you have a Medicare Advantage plan, check with your plan to see if it covers any dental services.

Although Medicare does not cover routine dental services, Medicaid, the health insurance program for people with limited incomes, may cover dental services. Medicaid programs vary from state to state. You can see if you are eligible for Medicaid by calling your local Medicaid or Department of Social Services office. Free and reduced-cost dental clinics are also available in many states, and local hospitals may also offer dental clinics for routine dental work as well.

Marci

It's Back! Baked Potato Bar!

August 12 - 14
Starting around 11:15 am

Stop at a participating senior center and enjoy a fresh, delicious baked potato with all the fixings.

No reservations are needed for the Baked Potato Bar. Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and/or sour cream. The combinations are endless.

Your potato creation will also come with a bowl of homemade soup, crispy tortilla chips, dessert and a beverage.

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60.

Participating centers are:
Broome West (8/12-14),
Johnson City (8/12-13)
Eastern Broome (8/12 & 14),
Northern Broome (8/12)
Vestal (8/12 & 14).

Woodstock - 46 Years Ago in Upstate New York

The Woodstock Music & Art Fair—informally, the Woodstock Festival or simply Woodstock—was a music festival billed as “An Aquarian Exposition: 3 Days of Peace & Music.” It was held at Max Yasgur's 600-acre dairy farm in Bethel, New York, from August 15 to 18, 1969. During the sometimes rainy weekend, 32 acts performed outdoors before an audience of 400,000 young people. It is widely regarded as a pivotal moment in popular music history.

The event was captured in the 1970 documentary *Woodstock*, an accompanying soundtrack album, and Joni Mitchell's song “Woodstock,” which commemorated the event and became a major hit for Crosby, Stills, Nash & Young. In tune with the idealistic hopes of the 1960s, there was a sense of social harmony at Woodstock. With the remarkable quality of the music, and the overwhelming mass of people, many of whom sported bohemian dress, behavior, and attitudes, Woodstock became one of the enduring events of the century.

 <p>LEVENE GOULDIN & THOMPSON, LLP ATTORNEYS AT LAW</p> <p>Elder Law Estate Planning Long Term Care Planning Handicapped Access Free Parking</p> <p>450 Plaza Drive, Vestal, New York 607.763.9200 LGTLegal.com</p> <p><i>The Advantage of Experience</i></p>	<p><i>Certified Elder Friendly</i></p> <p>Greg S. Catarella * Heather M. Cornell Elizabeth K. Joggerst Albert B. Kukol Jamye L. Lindsey * Kathryn Grant Madigan Caroline A. Vadala John R. Normile, Jr. Karen J. McMullen Lana D. Sturdevant Sabrina R. Moldt Maria R. Motsavage, RN</p> <p>* Serving the AARP Legal Services Network</p>
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Help Wanted!!

We need volunteer help at our Broome County Senior Centers

Give as little as 2 hours a week to help serve and clean up after meals.

Just call the Senior Resource Line at 778-2411 to volunteer.

“A life without love is like a year without summer.”

Swedish Proverb



Remembering the Slide Rule: An Outdated Calculating Tool

The slide rule, used primarily for multiplication and division and other higher mathematical functions such as roots, logarithms and trigonometry, was similar in name and appearance to a standard ruler. Developed in the 17th century, it was the most commonly used calculation tool in science and engineering. In fact, it was the symbol of the engineer’s profession in the same way the stethoscope is of the medical profession. The use of slide rules continued through the 1950s and 1960s, but around 1974 the availability of cheap, hand-held, electronic calculators made it largely obsolete.

German rocket scientist Wernher von Braun brought his slide rules with him when he moved to the U.S. after World War II to work on the American space effort. Throughout his life he never used any other pocket calculating device, even while leading the NASA program that landed a man on the moon in 1969.

source: *Wikipedia.com*

Sudoku Answers

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

American Slang: How Many Do You Know?

1. Tube steak
 - a) hot dog
 - b) cheesesteak
 - c) flat tire
2. Thumbing
 - a) texting
 - b) hitchhiking
 - c) drumming
3. Gonzo
 - a) penniless
 - b) character on Sesame Street
 - c) insane; bizarre
4. Sockeroo
 - a) a great success
 - b) give a punch, hit
 - c) high-spirited, proud
5. Dustup
 - a) shake powdered sugar onto a cake
 - b) helicopter take-off
 - c) a fight

See answers below.

Should You Take Dietary Supplements?

More than half of all Americans take one or more dietary supplements daily or on occasion. Common supplements include vitamins, minerals, and herbal products, also known as botanicals. People take these supplements to maintain or improve their health. But not everyone needs to take supplements. “Learn about their potential benefits and any risks they may pose first,” says Dr. Paul M. Coates, director of NIH’s Office of Dietary Supplements. “Speak to your health care provider about products and decide together what might be best for you to take, if anything, for your overall health.”

source: *newsinhealth.nih.gov*

American Slang Answers:
1) a) 2) b) 3) c) 4) a) 5) c)

August Holidays... Just for Fun!

August 3rd National Watermelon Day

This big fruit deserves its own big day, so, we give pause to celebrate watermelons on National Watermelon Day. Sweet and tasty, watermelons are one of summer’s favorite fruit. It is standard fare at picnics. While watermelon is over 90% water, it sure tastes good, especially on a hot day! And what picnic would be complete without a seed spitting contest? And who hasn’t accidentally swallowed a watermelon seed and wondered about its fate?

August 10th National S’mores Day

S’mores are a favorite campsite treat for young and old kids. If you’re at a campfire, chances are there’re S’mores. Sticky, gooey and sweet, S’mores are nothing short of delicious! The origin of S’mores dates back to the 1920’s and it’s believed the recipe was created by the Campfire Girls. Girl Scouts soon discovered it, and before long, S’mores became a campfire staple for everyone. S’more folklore suggests that S’mores got its name right by the campfire. After eating one, young kids chanted “gimme, gimme some more, some more!”

S’mores Recipe:

Chocolate candy bar, Graham crackers and Marshmallows

Instructions:

Break off a square of graham cracker. Add a piece of chocolate. Toast a big marshmallow over the campfire. Add the hot marshmallow. Top it with another graham cracker, squeeze together, and you will want s’more!

Note: You can make S’mores in the microwave too...just put them together and pop them into the microwave on high for 15 to 20 seconds.

August 13th Left Handers’ Day

If you are a “leftie” or “southpaw” (from a baseball term to describe a left-handed pitcher), then “Left Handers Day” is just for you! Right-handers, take a minute to appreciate your left-handed friends and loved ones since the world is built for you! For example:

- Did you ever see a left-handed desk in school? They scarcely exist.
- Many left-handed items cost more.
- Novelty coffee mugs are made with the picture or text for a right-handed pick-up.
- Scissors are made for right handers. Only a lefty would understand this.
- The computer mouse is designed for right handers.

August 30th National Marshmallow Toasting Day

Summer would not be the same without a campfire and this great treat. Summer is short. Summer is good. Let’s enjoy it while it is still here. If you can, toast a marshmallow and forget about everything else for a while, and remember to make a few S’mores too!

source: *www.holidayinsights.com*

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

Leaky Faucets	Safety Devices	Railings
Locks Installed	Porch & Stair Repair	Wheelchair Ramps

...And More

Call 772-2850 For Details

Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon call 785-1777

Breakfast for Lunch: Mon 10:30am - 12:30pm

Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9 am, Guitar Group 9 am - 12 Noon, Quilting 9-3 pm;
Chorus Practice 12:45 pm

T: Ping Pong 1-3 pm

W: Bingo 9 am, Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm

Th: Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-10 pm

F: Bingo 9 am, Craft Class 9:30 am, Ping Pong 1-3 pm

Special Activities

Thursdays: "Stepping On" Class, 10 am-12 pm

8/5 Grandparents' Day, 11:30 am

8/6 Senior Games Pasta Dinner, 5-7 pm

8/10 Breakfast Special: Sausage & Hash Browns Casserole,
10:30 am-12:30 pm

8/11 Evening Meal (roast pork/lemon merengue)
w/Harpist, Ted Davenport, 5-7 pm

8/12,13,14 Potato Bar, 11:15 am- 12:30 pm

8/19 Country Fair Day
Food & Fitness Nutritional Cooking Class w/Cooking Demo, 11am

8/20 Philly Cheese Steak Day, 11 am-12:30 pm

8/24 Breakfast Special: Belgian Waffles w/Strawberries,
10:30 am-12:30 pm

8/25 Evening Meal (meatloaf/homemade dessert) w/Bob Sea Live!, 5-7 pm

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at Noon

Weekly Activities (call for info):

T & Th: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;
Piano Music 10:30 am; Wii

T: Crafts, 10 am; Chair Exercises, 11 am

Th: Chorus 11-12 pm, Wii

Special Activities

Tues. Bingo, 1 pm: 8/4 Nickel; 8/18 Quarter; 8/25 Nutrition

8/3(Mon.) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

8/4 Blood Pressures w/Sandy, 11am

8/6 Grandparents' Day, 12 pm
Site Council Meeting, 1pm

8/11 Trip to Scott's at Oquaga Lake

8/18 Southern Tier Food Bank, 11:30 am

8/13 No Lunch Today; Hawaiian Luau/ Evening Dining (roast pork/
lemon merengue) w/Bruce Huggins (Guitar/Comedy), 4:30pm

8/20 Country Fair Day, 12 pm

Bet Ya Didn't Know!

7Up was originally named "Bib-Label Lithiated Lemon-Lime Soda" and was launched two weeks before the Wall Street Crash of 1929. It contained lithium citrate, a mood-stabilizing drug, until 1950. It was one of a number of patent medicine products popular in the late-19th and early-20th centuries.

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Brunch: Thurs, 10:30 am – 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Shuffleboard, Billiards

W: Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Wii practice/play 12:30 - 1 pm

Special Activities

8/3 Computer Questions & Help w/Pat Dalpiaz, 9:30-10:30 am
How to Grow, Dry, Store and Use Herbs, 12:30 pm

8/5 Grandparents' Day Celebration, 11 am

8/6 & 20 Bingo for Prizes, 11:45 am

8/10 Preventive Services w/Medicare w/Courtney (AOP), 11 am

8/12 "Stepping On" Informational Seminar w/Donna G., 12:15 pm

8/12,14 Potato Bar, 11:30 am-12:30 pm

8/13 Evening Dining (roast pork/lemon merengue) w/Bingo, 4 pm

8/19 Country Fair Day, 10 am; Music by Bruce Huggins, 12:30 pm

8/26 "Food & Fitness" Nutritional Cooking Class w/Cooking Demo,
12:30 pm

8/27 Evening Dining (meatloaf/homemade dessert) w/Cellar Yellers,
4pm

8/31 "Horse Racing" w/Bonnie Hill, 10 am

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Holdem 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm;
Texas Holdem 12:45; Art 1 pm

W: Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm

Th: Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

Special Activities:

8/5 Social Club, 1 pm

Grandparents' Day Luncheon, 11:45 am

8/11 "Food & Fitness" Nutritional Cooking Class w/Cooking Demo,
12:15 pm

8/12 Legal Aid (by appointment only), 9 am
Blood Pressure Clinic, 10 am

8/13,20,27 Swim Exercise at West Middle, 9:30-11:30 am

8/14 Summer Fun Day w/Don Miller, 12:15 pm

8/19 Country Fair Day w/Jim Lamb, 12:15 pm

8/20 Philly Cheese Steak Day, 11:30 am-12:30 pm

The SEPP Group

Housing Management Development



www.seppinc.com

53 Front Street
Binghamton, NY 13905
Call: 607-723-8989
TDD: 607-723-0438
Email: Housing@seppinc.com

Senior Housing

Creamery Hills
Harry L. Apartments
Hamilton House
Kime Apartments
Marian Apartments
Nichols Notch
Wells Apartments
Whitney Point Apartments
Windsor Woods




JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Fri 9:00am - 4:00pm
Lunch served at 11:45 call 797-1149

Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:

Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Guitar 9 am; Water Color Painting 9 am; Bingo 12:30 pm
T: TOPS 9:30 am
W: Quilting 9 am; Pinochle 12:30 pm; Writers Workshop 1 pm; Bingo 5:30 pm
Th: Oil Painting 9 am; Shuffleboard 12:30 pm, Mediation 3:30 pm
F: Watercolor Painting 9 am; Ladies Singing Group 10 am

Special Activities:

Mondays, Aug 10-Sept 21, Six Steps to Better Balance, 1-2 pm
 8/5 Grandparents' Day Luncheon, 11:45 am
 8/10 Tech Assistance w/Rosa, 10 am
 8/12 Lawson's Hearing Evaluations (by appointment), 10 am- 12 pm
 8/12,13 Potato Bar, 11:45 am-12:30 pm
 8/14 Outdoor Chicken Barbeque Picnic (tickets on sale now), 12 pm
 8/18 Medicare Plans Made Easy by Mike, 10-12 pm
 Red Hat Society Meeting, 6:30 pm
 8/19 Country Fair Day, 11-1 pm
 8/22(Sat) AARP Smart Driver Course, 8:30 am-3 pm
 8/27 Fire Safety for Older Adults, 10:45 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon
Sandwich and Soup Bar: Mon-Fri 11-12:30 pm
Breakfast for Lunch: Thurs 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4
M: Quilt Classes 10:00 am (call first), Computer Class; Bingo 10:30 am; Pinochle 12:30 pm
T: Computer Classes 8:30 am; Osteo Exercise, 10 am
W: Shuffleboard 10 am, Bunko (dice game) 12:30 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) Quilting 10 am; Blood Pressure Testing (1st & 3rd) 11 am; Bridge Card Group 12 pm; Pinochle 12:30 pm
F: Bingo 10:30 am; Crafts w/Denise 12:30 pm; Pinochle 12:30 pm

Special Activities:

8/4 Hearing Screening/Cleaning w/Audibel (appointments appreciated), 10-11:30 am
 8/5 Grandparents' Day Celebration, 11 am
 8/7 "Food & Fitness" Nutritional Cooking Class w/Cooking Demo, 10 am
 8/11 Evening Meal (roast pork/lemon merengue) w/Orange Blossom Special, 4:30 pm
 8/12 Potato Bar, 11 am -12:20 pm
 8/13 Picnic at the Park, 9 am
 8/19 Country Fair Day w/Doc Weismore, 11 am
 8/24,25 AARP Smart Driver Course, 10 am-1:30 pm
 8/25 Evening Dining (meatloaf/homemade dessert) & Bingo,
 8/26 National Dog Day, 12:15 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:

M: Bingo 10-11 am
Tu: Fitness 10:30 - 11:00 am
Fr: Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am

Special Activities:

8/5 Grandparents' Day Fun, 10:30 am
 8/6 Chef Salad & Soup Lunch, 11 am-12:30 pm
 8/12 Breakfast for Lunch (BLT& fries), 10:30 am-12 pm
 8/13 "Food & Fitness" Nutritional Cooking Class w/Cooking Demo, 10:30 am
 Medicine Shoppe w/Joyce, 11am- 12 pm
 8/19 Team Trivia, 10:30 am
 8/20 Book Review w/Joan P: *Appetite for Life* by Julia Child, 10:30 am
 8/26 Cooking w/Jesse "Healthy and Quick Meals", 10:30 am

OAK STREET..... 724-1220

58 Oak Street, Binghamton, NY 13905 (located in St. Patrick's All Purpose Room)
Center Hours: Mon, Tues, Wed., Fri, 9:00 am - 1:30 pm
Lunch served at Noon

Weekly Activities: Exercise classes listed on page 4

M: Busy hands Group 10 am
M/W/F: Scat and Pinochle, Walking
W/F: Bingo 11 am, Walking

Special Activities:

8/3,4 AARP Smart Driver Course, 10 am-1:30 pm
 Soup & Sandwich Day, 12 pm
 8/7 Ice Cream Sundae Day (after lunch)
 8/11 Pizza for Lunch, 11 am
 8/18 Book Review w/Cheryl Ebert: *All the Light We Cannot See* by Anthony Doerr, 11 am
 8/19 Country Fair Day, 11 am
 8/21 Preventive Services w/Medicare w/Courtney (AOP), 10:45 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria
 201 Main St., Box #4, Vestal, NY 13850
Center Hours: Mon - Fri, 9:00am - 2:00pm

Lunch served at 11:45am
Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am; Wii Bowling 9:30 am; Ice Cream Cones 12:30 pm
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Oil Painting 1-3 pm
Th: Wii Bowling 9:30 am; Bingo (1st & 3rd) 10:15 am
F: Walking Group 8 am; Chair Yoga 1 pm

Special Activities:

8/5 Grandparents' Day Celebration, 10 am
 Blood Pressure Screening w/Kay Devine, 10:30 am
 8/12,13 AARP Smart Driver Course, 10 am-1:45 pm
 8/12,14 Potato Bar, 11am-12:30 pm
 8/15 Triple Cities Runners 5k Walk/Run Ceremonies, 1 pm
 8/18 Vestal Senior Citizens Club Meeting, 12:45 pm
 8/19 Country Fair Day Activities & Luncheon, 10:30 am
 8/20 Craft Day, 10:30 am
 8/21 Pizza for Lunch OR Chef Salad (please reserve), 11:45 am
 8/25 Breakfast for Lunch, 10:30 am-12 pm
 8/26 Alzheimer's Association Informational Lecture, 10:30-11:30 am
 8/27 VSCC Fall Foliage Train Ride in the Catskills Sign-Up, 10 am
 8/28 End of Summer BBQ, 11 am

PAID ADVERTISEMENT

CREMATION \$1,395
Endicott-Vestal-Binghamton
785-2841
DeMarco
 Cremation & Funerals

MEET, GREET & EAT

August Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY
Pierogies w/Onions 3 Baby Carrots Apricot Nectar Sugar Cookie	Chicken Salad 4 OR Breaded Fish Sand. Minestrone Soup Fruit Cocktail Sherbet	Grandparents Day! Chili Dog 5 Macaroni & Cheese Cut Green Beans Chocolate Chip Cookie	Roast Beef w/Gravy 6 Hot German Potato Salad Red Cabbage Supreme Gingerbread w/Lemon Sauce	Grandma's Meatloaf 7 OR Broiled Fish w/Lemon Mashed Potatoes County Mix Vegetables Pumpkin Cookie
Meatball Parmesan 10 Navy Bean Soup Italian Mix Vegetables Banana	Ham & Scalloped 11 Potatoes Broccoli Florets Pineapple Upside Down Cake	Roast Turkey w/Gravy 12 Apple Bread Dressing Brussels Sprouts Tapioca Pudding w/Mandarin Oranges	Chicken w/BBQ Sauce 13 Red Potato Salad Baked Beans Watermelon Slice	Chinese Pepper Steak 14 OR Beer Battered Fish Mashed Potatoes Monte Carlo Blend Veg. Apple Crisp
Macaroni & Cheese 17 Stewed Tomatoes Cauliflower w/Parsley Chocolate Drop Cookie	Vegetable Lasagna 18 Wax Beans Tossed Salad Lemon Fruited Gelatin	Country Fair Day Spiedie Marinated 19 Chicken Macaroni Salad Carrot-Raisin Salad Strawberry Shortcake	Beef Stroganoff 20 Over Noodles Broccoli Apricot Halves	Fish Florentine 21 OR Chicken w/Cranberry Brown Rice Pilaf Cut Green Beans Pineapples & Mandarin Oranges
Chicken ala King 24 Over Biscuit Carrot Coins Pumpkin Cookie	Liver w/Onions 25 OR Chicken Marengo Mashed Potatoes Sonoma Blend Veg. Pears	Roast Pork w/Gravy 26 Bread Dressing Hubbard Squash Tropical Fruit	Stuffed Pepper 27 Casserole Green Beans Tossed Salad Vanilla Pudding	Potato Crusted Pollack 28 OR Salisbury Steak Baked Potato French Cut Green Beans Strawberry Pudding
Cheesy Shell Casserole 31 Vegetarian Vegetable Soup Banana Oatmeal Cookie	Sweet & Sour Pork 9/1 Over Brown Rice Oriental Blend Vegetables Tossed Salad Chocolate Brownie	Roast Beef w/Gravy 2 Mashed Potatoes Spinach Cantaloupe Wedge	Grandma's Meatloaf 3 Chantilly Potatoes Monte Carlo Blend Veg. Peach Crisp	Chicken w/Orange Sc. 4 OR Lemon Pepper Pollack Baby Red Potatoes Coleslaw Cinnamon Applesauce

At all Broome County Senior Centers. Age 60+ – \$3.25; Under Age 60 – \$4.25. Reservations are needed by noon the day before. Menu subject to change. For more information or the telephone number of a senior center near you, call 778-2411.

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 9

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

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