



Vestal Senior Center

Site Supervisor- Jennifer Fontana
 Open: M-F, For Curbside To-Go Meal Pickup
 201 Main Street, Vestal, NY 13850
 Phone: (607) 754-9596
 Lunch Reservations by noon the day before



March, 2021

Broome County
Office for Aging

March is National Nutrition Month ®

During the month of March, everyone is invited to learn more about developing healthful eating and physical activity habits. Nutrition information and tips are included in this month's edition of the *Senior News*. Also, look for handouts when picking up senior center to-go meals.

FOR ALL CLASSES LISTED BELOW:

**Please sign up in advance
by calling Orvetta or Desirae
at 692-3405.**

Join with Zoom video or with a basic phone line for audio only.



Zoom Chair Exercises
Mondays-Thursdays, 10-10:30 am



Zoom Chair Yoga
Fridays, 10-10:30 am



Zoom Crafts
Thursdays, 12:30 pm

How to Schedule Your Covid-19 Vaccine Appointment: You must schedule in advance by phone or on the Internet.

Vaccines are available at pharmacies and state-run sites.

To schedule over the Internet:

- Visit the NY State Covid-19 website <https://ny.gov/vaccine>
- Click **Check Eligibility** or **Am I Eligible**
- You will be taken to a screen that lists available locations to schedule a vaccine. Scroll down to the bottom of the screen and click **Get Started**.

To schedule by phone if you do not have Internet:

- Call the Office for Aging at 778-2411, and if there are appointments available, someone will assist you with scheduling one.
- Or, call the NY State vaccination hotline to schedule an appointment at 1-833-697-4829.

Coffee Chat Calls: Fridays, 1:30-2 pm



These coffee chats will be a time for all of us to get together on the phone & catch up. If you are interested, call Laura at 785-1777 for information on how to join in the call.

Did You Know?

You can use your **SNAP benefits** for Senior Center To-Go Meals. Just contact a staff member at your local center for details on paying with your EBT card.



"Think Spring" Hot Dog Day To-Go! Thursday, April 1, pickup at 12:15

Includes choice of hot dog or tuna salad boat, plus sides and strawberry shortcake for dessert.
 Age 60+ suggested contribution is \$3.50 & \$4.50 charge all others.
 Reserve by 12 pm on March 31.

St. Patrick's Day To-Go Luncheon Wednesday, March 17 pickup around 12:15

To-go meal includes a choice of baked ham or pub style battered fish, with baby red potatoes, cabbage and carrots, and a festive cookie for dessert. Age 60+ suggested contribution is \$3.50 and \$4.50 charge all others. Reserve by 12 pm on March 16.

Just for Laughs:

Why shouldn't you iron a four-leaf clover?
 Because you might press your luck!



March's Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go.

Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of March.

During the Pandemic we are trying our best to avoid menu changes.

On occasion there may be a last-minute change to items like side dishes or desserts. We apologize for any inconvenience!

Ziti Parmesan Broccoli Florets Fruit Cocktail Sugar Cookie	1	Pub Burger OR Sausage Link w/Peppers & Onions Baked Potato Peas, Gelatin Cup	2	Swedish Meatballs Over Mashed Potatoes California Mixed Vegetables Chocolate Mousse	3	Stuffed Pepper Casserole Sliced Carrots Applesauce Cherry Crisp	4	Chicken Breast Marsala OR Broiled Fish w/Lemon Herb Roasted Potatoes Italian Green Beans Double Chocolate Cookie	5
Turkey Tetrazzini Hot Beets Fruited Yogurt Oatmeal Cranberry Cookie	8	Liver w/Onions OR Meatloaf Chantilly Potatoes Peas Gelatin Cup	9	Classic Meat Lasagna Italian Green Beans Bread Pudding	10	Halupki OR Chicken Breast Parmesan Mashed Potatoes Italian Blend Vegetables Honey Bran Muffin	11	Swiss Steak OR Spinach Parmesan Pollack Buttered Noodles Sliced Carrots Snickerdoodle Cookie	12
Beef Stew over a Biscuit Cauliflower w/Parsley Warm Spiced Peaches Chocolate Chip Cookie	15	Egg Salad OR Spiedie Marinated Chicken Breast Sandwich Baked Beans Ambrosia Chocolate Pudding	16	St. Patrick's To-Go Luncheon Baked Ham OR Pub Style Battered Fish Baby Red Potatoes Sautéed Cabbage & Carrots Sugar Cookie w/Sprinkles	17	Macaroni & Cheese Peas w/Pearl Onions Stewed Tomatoes Cinnamon Spiced Apples	18	Roast Turkey OR Herb Rubbed Pollack Mashed Potatoes Mixed Vegetables Orange Cranberry Bar	19
Beef Stroganoff Over Buttered Noodles Sliced Carrots Gelatin Cup	22	Rotisserie Chicken OR Salmon Patty w/Dill Sc. Couscous Brussels Sprouts Snickerdoodle Cookie	23	American Goulash Peas Fruit Cocktail Raspberry Ribbon Bar	24	Chicken Salad Croissant Pickled Beet Salad Applesauce Pineapple Upside Down Cake	25	Sweet & Sour Pork OR Citrus Rubbed Pollack Brown Rice Broccoli Florets Mandarin Oranges	26
Meatball Sub Wax Beans Fruit Cocktail Double Chocolate Cookie	29	Cranberry Orange Glazed Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Apple Cinnamon Muffin	30	Vestal's Chef Salad Day Lemon Pepper Pollack OR Chicken Breast Marengo Roasted Potatoes Peas and Carrots Diced Peaches	31	Think Spring! Hot Dog Day Hot Dog w/Diced Onions OR Tuna Salad Boat Macaroni Salad Baked Beans Strawberry Shortcake	4/1	Salisbury Steak OR Breaded Fish Brown Rice Pilaf California Blend Vegetables Carrot Raisin Bar	4/2

Nutrition Tip: Nonfat or low fat milk can be a good rehydrating beverage, even after exercise, as long as you don't have milk allergies. -Healthline.com

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