



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



## FLIP THE SCRIPT ON AGING

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of May, we will be visiting Venice, Buenos Aires, Ljubljana and 42nd Street. These are free classes, and no reservations are required.



May 15th 10AM  
Virtual walking tour through **Venice, Italy**  
(streamed to the Vestal Senior Center)



May 19th 1:30PM  
Virtual walking tour through **Buenos Aires, Argentina**  
(streamed to the Broome West Senior Center)



May 22nd 11AM  
Virtual walking tour through **Ljubljana, Slovenia**  
(streamed to the Vestal Senior Center)



May 27th 1:30PM  
Virtual walking tour through **42nd Street, NYC**  
(streamed to the Broome West Senior Center)

### ARTICLE HIGHLIGHT

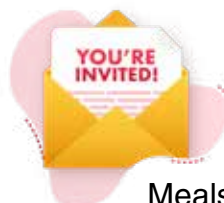
#### Older Americans Month 2025 Theme: Flip the Script on Aging

The 2025 theme focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

Learn more about Older Americans Month on page 9!

#### May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States.

Learn more on page 7.



#### Meals on Wheels Volunteer Open House May 12th – 16th 10:30 - 12PM

Meals on Wheels is looking for volunteer drivers and visitors! Routes are available throughout Broome County. Volunteers are needed weekdays, 11:15am – 1pm.

Without volunteers, Meals on Wheels would not be able to deliver nourishing meals to seniors who are unable to prepare their own food. Many participants are homebound, and the volunteers provide a check on each participant's well-being. Often volunteers are the only person a participant may see in a day.

So come and be a part of this vitally important service that helps to keep residents of Broome County healthy and in their homes. **With just about one hour of your time you can become a familiar, friendly face by delivering nutritious meals!**

If you'd like to learn more about this rewarding volunteer opportunity, stop by the open house at the Tabernacle United Methodist Church on Main Street in Binghamton (enter in parking lot on the corner of Main and Arthur Street), from 10:30am to noon the week of May 12-16 or for more information, call the Meals on Wheels office at **607-778-6205**.

Broome County Office for Aging  
County Office Building  
60 Hawley Street, PO Box 1766  
Binghamton, NY 13902

### Like Us! Follow Us!

Don't miss out on any Office for Aging events & news!

Like our Facebook page:  
[www.facebook.com/BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)



**Motivation  
with MaryJane**

**Are You Looking To “Spring” Back into a Fitness Routine?**

After the colder months, many of us have fallen into a sedentary routine. But now is a great time to get back outside and work on your fitness routine.

**Tips for Outdoor Fitness**

1. **Don't push yourself too hard at the start.** Begin with shorter walks and gradually increase your time and intensity. This way, you'll avoid injury and allow your body to adapt to the change in activity.
2. **Set small, achievable fitness goals to keep yourself motivated.** Having clear goals will help you stay on track and measure your progress.
3. **Mix up your outdoor routine to target different muscle groups and prevent boredom.** You can alternate between activities like walking, biking, or swimming.

Let's lace up those sneakers, step outside, and let the spring air refresh both your body and soul!

**Didn't Hit That New Year's Goal of Eating Healthier?**

Don't worry! Spring brings fresh produce, longer days, and a renewed sense of energy, making it easier to start making healthier choices.

**Focus on Small Changes**

Instead of overhauling everything at once, try focusing on one change at a time. Here are some ideas to get started:

1. **Start by adding an extra serving of vegetables to one meal each day.** A simple salad, roasted veggies, or a veggie-packed smoothie can do wonders.
2. **Spring is full of fresh fruits, nuts, and seeds that are a much healthier snack option than chips or candy.** Keep them handy for those midday cravings.
3. **Try swapping sugary drinks for water or tea.** Aim to drink at least eight glasses a day.

Making small, sustainable changes now will set you up for a healthier, happier season ahead. So, take a deep breath and give yourself permission to start fresh this spring!

**Flex & Fuel BINGO: Heart Health Module**



- Come participate in a FUN game of BINGO while obtaining more knowledge about how to sustain a Healthy Heart.
- Participate in moderate stretch and balance exercises that will get your heart rate pumping.
- Make lifestyle changes that will benefit your overall health.
- Have a chance at winning a special PRIZE!

**Northern Broome Senior Center:** Wednesday, May 7th 12:30PM

**Chenango Bridge Senior Center:** Monday, May 12th 12:30PM

**Deposit Senior Center:** Thursday, May 22nd at 11AM

**Vestal Senior Center:** Wednesday, May 28th at 10:30AM

**WEEKLY ACTIVITIES**

**Chair Yoga**

Postures and movements are very gentle, easy to maintain and adapted to each student's ability.

Monday 11:00AM 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.

Monday 9:30AM East. Broome Sr. Center (Harpursville)

Monday 9:30AM Johnson City Senior Center (\$3 charge)

Friday 10:00AM Johnson City Senior Center (\$3 charge)

**Bonesaver Class**

A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)

Mon & Wed 1:00PM Johnson City Senior Center

Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)

Wednesday 10:00AM Broome West Senior Center (Endwell)

**Line Dancing**

Choreographed dance with a sequence of steps done in lines or rows.

Monday 10:45 AM Johnson City Senior Center (\$3 charge)

**Zumba**

Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)

Tuesday 10:30AM Johnson City Senior Center (\$3)

**Low-Impact Aerobics**

Modified stretches, body movements and routines that improve and tone your body.

Thursday 10:00AM Johnson City Senior Center (\$3 charge)

**Tai Chi**

Relieve stress, improve balance, increase flexibility, and promote wellness.

Thursday 1:00PM Johnson City Senior Center (\$3 charge)

Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)

Friday 9:30AM East Broome Sr. Center (Harpursville)

**Chair Exercise**

Increase flexibility, range of motion and circulation. No fee for this class.

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)

Tues & Fri 12:30PM Johnson City Senior Center

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

**Virtual Zoom Classes**



Advanced registration is required for Zoom chair exercise.

To obtain more information and sign up, please call 607-778-2411.

**ZOOM – Chair Yoga**

Mondays 9:00AM

**ZOOM – Chair Drumming Exercises**

Mondays 2:00PM

**ZOOM – Chair Dance and Yoga**

Tuesdays 9:00AM, Wednesdays 11:00AM,

Thursdays 9:00AM, Fridays 11:00AM

**ZOOM – Tai Chi**

Wednesdays 9:00AM, Fridays 9:00AM

# Caregiver Corner

*Ideas and information for people caring for others.*

**The Johnson City Caregiver Chat:**

**Date:** Monday, May 5th, 2025 **Time:** 1:00 - 2:30 PM

**Location:** Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

**SOCIAL SATURDAYS**

**Below are no cost respite programs hosted by area church communities on Saturdays monthly. You do not need to be a member of the parish to participate in the caregiver respite program.**

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch or snack. (Guest should be able to eat and toilet independently.)

**Saturday, May 3rd 11 – 2PM • First Saturday of the Month  
St. Anthony’s Church Hall • 300 Odell Ave, Endicott • RSVP 607-754-4333**

**Saturday, May 10th 1 – 4PM • Second Saturday of the Month  
Grace’s Place • Grace Lutheran Church: 709 Main St, Vestal  
RSVP 607-748-0840**

Registration packets are available online at [www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, May 17th 11 – 2PM • Third Saturday of the Month  
St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086**

**Call for More Information  
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946**

**WEDNESDAY RESPITE**

The India Cultural Center hosts a social club for caregivers and their care recipients monthly. This experience includes discussions, exercises, games and lunch. Caregivers can attend with their loved one or use the time as respite. The group has been growing over the past 6 months. As we age, staying engaged in the community has many benefits. Programs like the one at the ICC make it easier to build social connections and reduce caregiver stress. Recently a caregiver took his wife to explore the ICC program. He said it was a welcoming environment and they were able to experience some Indian Cuisine and learn about the culture. He found it to be very enjoyable for him and his wife. Participants have commented that they enjoy the discussions in the relaxed environment.

**Wednesday, May 14th 11 – 1:30PM • Second Wednesday of the Month  
India Cultural Center • Route 26, Vestal  
For more information or to RSVP, please call 607-624-6587.**

**Naloxboxes**

At some Broome County Senior Centers and around Broome County, you may see a purple box that looks like a newspaper stand. This is called a Naloxbox! A Naloxbox is a distribution box that contains free Naloxone (name brand: Narcan), an opioid overdose reversal medication, along with other harm reduction materials and overdose prevention resources.

Naloxboxes are intended to serve as a community resource where anyone is encouraged to take as many kits as they would like, free of charge, judgment, or stigma. An opioid overdose can occur for a variety of reasons; whether it be intentional use of an opioid (such as fentanyl or heroin), accidentally taking too much of a prescribed opioid, taking a non-opioid substance that is unknowingly laced with an opioid, or even a child or pet accidentally accessing and ingesting an opioid.

**Naloxone is a safe, easy to use nasal spray. Administering Naloxone will not cause harm, even if the recipient is not experiencing an overdose.**

Through increasing the accessibility of Naloxone and other harm reduction materials throughout Broome County, we hope to reduce overdoses and promote safer use among those who use drugs.

For more information or to request a Naloxone training, contact the Overdose Prevention Program at **607-778-2805** or [OverdosePrevention@BroomeCountyny.gov](mailto:OverdosePrevention@BroomeCountyny.gov).



Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

**Join us every Friday 1 - 3PM  
Church of the Holy Family: 3600 Phyllis St., Endwell**

Get competitive with a round of “Golf” or “Hand and Foot” cards games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!



**Respite Options for Caregivers**

**Relax, Recharge, Revive**

**1st Saturday:** St. Anthony’s Church Hall  
300 Odell Ave Endicott • (607) 754-4333

**2nd Saturday:** Grace Lutheran Church  
709 Main St Vestal • (607) 748-0840

**3rd Saturday:** St. Mary’s Church of Kirkwood  
975 NY Rt 11 Kirkwood • (607)775-0086

**2nd Wednesday:** Indian Cultural Center  
1595 State Rt 26 Vestal • (607) 624-6587

Call Broome County Office for Aging for more information **(607) 778-2411**



**“A caregiver’s touch has the ability to bring solace, peace, and a sense of security to those they care for.”**

- Anonymous

## Events at the Centers

### **Broome West Senior Center**

Thursday, May 8th at 1PM  
Science is Everywhere!

Join us for a presentation by Drew Deskur from Kopernik Observatory & Science Center, who will share updates on current activities and preview this season's upcoming events.

### **Chenango Bridge Senior Center**

Wednesday, May 7th at 12:30PM  
Clover Chat

Come in for lunch at 12PM then stay for our monthly chat. Come see what's happening and what's new!

Please call 607-663-0406 to make a meal reservation by noon on 5/5.

### **Deposit**

Tuesday, May 20th at 11AM  
Review Basic First Aid and Fire Drill Procedures presentation by the Deposit Fire Department

### **Eastern Broome**

Fun Fridays  
May 16th: Kick off your weekend with games, socializing, contests, snacks and more! 10:30AM  
May 30th: Yankee Trade! Bring in an item; new, nearly new, goodie or a surprise. Leave items unwrapped. Let's trade away! All in the name of fun! 11AM

### **First Ward**

Friday, May 30th from 1 – 3PM  
Ladies of Charity "Dress for Less" Fashion Show

Join us for an afternoon of fashion that won't hurt your wallet! We will have clothing, jewelry and purses for sale. 50/50 raffle and door prizes.

Advanced tickets \$3  
Day of event \$4  
For more information, please call 607-797-2307.

### **Johnson City**

#### **Quilt Raffle**

Our JCSC Quilter's Dresden Plate Quilt fits a full or queen bed. It's displayed at our Center. Raffle tickets are \$3 or two for \$5. The raffle benefits the JCSC. Winner will be drawn at our Mother's Day Luncheon on Friday, May 9th. You don't need to be present to win.

To make a meal reservation for the Luncheon on May 9th, please call 607-797-3145 by noon on May 8th.

### **Northern Broome**

Friday, May 30th at 11:30AM  
Pub Burger Bar

Followed by cake to celebrate May birthdays!

For a meal reservation, please call 607-692-3405.

### **Vestal**

Wednesday, May 21st at 11AM (Take out 11:30AM)  
Loaded Burger Bar

Then stay for a "Scams, Identity Theft and Fraud Protection" presentation by Visions Federal Credit Union  
12PM

For a meal reservation, please call 607-754-9596.

### **Senior Center closings**

Monday, May 26th in observance of Memorial Day

## Ask the Office: Animatronic Pets



I have noticed that my dad has been missing his dog lately. I am concerned that he wouldn't be able to care for a puppy because of his dementia. Are there any options to help him?

Research has shown that older adults who live alone and have a pet enjoy positive benefits from this companionship. This reduces loneliness and stress, improves physical and mental health, and can provide a sense of purpose and routine. If they are not able to take care of a real pet, there are alternatives.

Broome County Office for Aging provides animatronic dogs and cats as an alternative qualified clients with dementia or those experiencing social isolation and loneliness. These companion pets can provide the benefits of a pet without the physical and financial demands of a real pet.

If you are interested in an animatronic pet, please call our office at **607-778-2411** to explore your eligibility.



**Office of the State  
Long Term Care  
Ombudsman**

### "Giving Nursing Home Residents a Voice"

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide information and assistance to long-term care residents and their families in an effort to attain quality care. They are specifically trained to investigate complaints and resolve problems. Under the Federal Older Americans Act, every state is required to have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system.

Action for Older Persons in Endicott, NY sponsors the regional Long-Term Care Ombudsman Program in this local area. This locally based program provides Ombudsman services to approximately 46 facilities and approximately 3773 residents who reside in these facilities in Broome, Chenango, Delaware, and Tioga Counties.

Ombudsmen provide a "regular presence" in facilities and because of this, can get to know residents, their needs, and those things that make a difference in their everyday lives. Ombudsmen are another set of eyes in facilities. For those residents without any family or loved ones, ombudsmen may be their only socialization from outside the facility and the only advocate they can truly count on. The Ombudsman becomes a "voice for the voiceless" and a lifeline for those who need assistance when they feel like they have nobody to turn to.

LTCOP Volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the "heart." If you are interested in becoming a "voice for the voiceless" contact Danielle LaBare at Action for Older Persons **607-722-1251** or [dlabare@actionforolderpersons.org](mailto:dlabare@actionforolderpersons.org) for more information.



## Mark Your Calendar! Upcoming Community Events

### Book Sales

George F. Johnson Library: 1001 Park Street, Endicott  
 Friday, May 2nd 10 – 4PM  
 Saturday, May 10th 10 – 2PM  
 Friday, May 16th 10 – 4PM

Your Home Public Library: 107 Main Street, Johnson City  
 Saturday, May 17th 10 – 12:30PM

### First Friday

Downtown Binghamton  
 Friday, May 2nd 6 – 9PM

Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton NY! First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community.

Check out the website for events:

<https://broomearts.org/in-the-community/first-friday/>

### Volunteer at the Pollinator Garden

All month

The Sierra Club Susquehanna Group maintains a pollinator garden in Confluence Park in Binghamton. The group works closely with the city of Binghamton Parks Department to keep the garden attractive and pollinator friendly. The park is at the confluence of the Susquehanna and Chenango Rivers, rich in history that pre-dates the arrival of Europeans in the area.

There is something that one can't put their finger on about digging in the soil, planting and tending new plants, and the many chores done by dedicated volunteers which makes the garden come to new life. No experience necessary! For more information, contact Sarah at [shaddow@stny.rr.com](mailto:shaddow@stny.rr.com)

### Watering Your Landscape

George F. Johnson Memorial Library: 1001 Park Street, Endicott  
 Monday, May 19th 6 – 8PM

How much water do your plants need? Learn to determine if you are watering enough and the best ways to deliver that water to your gardens with simple DIY irrigation methods.

## Sun Prints Spring Art Workshop



Join the Memory Maker Project to celebrate and reminisce about the spring with a nature inspired Art Workshop. Arrange pressed flowers, leaves, sticks, and other natural materials on special photo-sensitive cloth, then sit back and let sunlight imprint the images on the fabric in beautiful tones of blues and whites.

This process is just as magical as the springtime! No experience necessary. (Project is weather dependent. In case of extreme cloud coverage, we will create lovely nature collages instead.)

Vestal: Wednesday, May 14th 10 – 11:30AM

Broome West: Friday, May 16th 10:30 – 12PM

Johnson City: Tuesday, May 20th 12:30 – 2PM

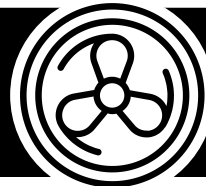


## Downsize & Declutter Discussion What is the value of our stuff?

If your clutter has a value of \$500 or more, keep it! Even a value of \$100 is considered keepable, especially if you can get these prices by selling it. But if you can replace any items in your house for \$20 or less, then get it out of the house. You can organize these items into three categories: donate, recycle, or give away.

Let's discuss at our Declutter Discussion on Zoom Tuesday, May 13th at 3PM (Zoom only this month)

To attend the meeting, contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net)



## You'll be So Cool with HEAP Cooling Assistance

The Home Energy Assistance Program (HEAP) Cooling Assistance opened this year on April 15th. If your household is eligible, you may receive assistance with the purchase and installation of one new air conditioner or fan to help your home stay cool. It is up to the recipient to maintain the air-conditioner and remove/reinstall it after initial installation is provided by a participating HEAP vendor. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

### You may be eligible for a HEAP Cooling Assistance benefit if:

- Your household's gross monthly income is at or below the current guidelines for household size (\$3,322 for a 1-person household, \$4,345 for a 2-person household, higher limits for larger households)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), and
- You and your household members are United States Citizens or qualified aliens, and
- Household includes an individual over age 60 or with a documented medical condition that is exacerbated by heat, and
- You received a Regular HEAP benefit greater than \$21 in the current program year, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older

If you did not receive HEAP Winter Heating Assistance, then you need to complete a Regular HEAP application and complete an interview for Cooling Assistance as well as provide required documentation.

If you received 2024-2025 HEAP Winter Heating Assistance or if you have ongoing TA or SNAP, then you only need to complete an interview for Cooling Assistance.

To apply, please call The Career & Community Services Center DSS office at **607-778-1100, option 6.**

### Trivia

What U.S. state was added as the 50th state in 1959?

Hawaii



## SENIOR PROM

Join in the fun for an Intergenerational Dinner Dance.  
Hosted by Broome County Office for Aging and  
the Union Endicott High School Students

**WEDNESDAY, MAY 21ST - 5:00PM – 7:00PM**  
**DOORS OPEN AT 4:30PM**

Dinner to include pizza, salad and dessert  
Dancing & Music, Photo Booth, Door Prizes

Broome West Senior Center  
2801 Wayne Street, Endwell, NY

Space is limited. Call the center to reserve your spot at  
607-785-1777 by May 14th.

This event is brought to you by:  
Broome County Office for Aging and the Union Endicott School District



### **Conklin Seniors**

Contact Kathy 607-775-0880

**July 10th** - Silver Birches for a Tribute to Dick Clark

### **Kirkwood Senior Trips**

Contact Jeanie 607-655-2685

**May 5th** - Tribute to Neil Diamond at Villa Roma

**September 19th** - West Point & Pride of the Hudson Cruise

**October 15th** - Resorts at Monticello for 4X4 Group (Beach Boys, Beatles, Bee Gees, and Motown cover band)

**December 2nd** - Elvis for Christmas at Penn's Peak

### **Johnson City Senior Center**

Contact: Lucy 607-427-6143

**June 26th** - 9/11 Walking Tour & Little Italy

**July 8th** - Thousand Islands & Singer Castle

**July 17th** - Cooperstown & Erie Canal

**July 29th** - Seneca Lake Dinner Cruise

### **North Fenton Seniors**

Contact: Ruth 607-648-8425

**July 16th** - Seneca Lake Captain Bills Boat Luncheon

**September 7th – 13th** - Pigeon Forge, Tennessee & Asheville, North Carolina (Payment due by 6/12)

### **Port Crane Seniors**

Contact: Donna 607-648-6071

**May 13th – 15th** - Sight & Sound of Lancaster, PA

**June 17th** - Merry Go Round Playhouse

**November 5th** - Hunterdon Hills Playhouse "Playhouse Christmas"

### **Vestal Senior Citizens Club**

Contact: Jean 607-754-4479

**June 6th** - Cortland Repertory for Hello Dolly show

(Sign up 5/15 at 12PM)

**June 25th** - Singer & Boldt Castle (Sign up 5/8 at 12PM)

**August 13th** - Resort World: Comedy Show (Sign up 6/26 at 12PM)

**November 12th** - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)



## **Lyceum "Armchair Travel" Classes at Senior Centers** **Explore the World Virtually & Become a Lifelong Learner**

The Lyceum class listed below will be broadcast from the Vestal Senior Center. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

Wednesday, May 7th 10 – 12PM

Red Panda Expedition (Vestal Senior Center only)

Lyceum is affiliated with Binghamton University and National Road Scholar. This institute for lifelong learning has 500+ local members. To learn more about Lyceum, visit the Lyceum website at <https://lyceum.binghamton.edu>

### **Try a Lyceum Class with a Friend!**

Lyceum is extending its Spring session with 12 special classes and events in May and June! This is a great chance to invite a friend to join in and experience what Lyceum has to offer. For just a \$5 registration fee (plus the cost of each class or event), you and a friend can learn something new together. Don't miss out on this fun opportunity!



## **LGBTQ+ SOCIAL HOUR:**

The next LGBTQ+ meeting will be Wednesday, May 21st from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

**"No rain, no flowers."**

– Haruki Murakami



### Asian American, Native Hawaiian and Pacific Islander Heritage Month

In 1992, Congress established May as Asian American and Pacific Islander Heritage Month to coincide with two key milestones: the arrival of the nation's first Japanese immigrants (May 7, 1843) and Chinese workers' pivotal role in building the transcontinental railroad (completed May 10, 1869). The move expanded what had been Asian/Pacific American Heritage Week since 1978. In 2021, a presidential proclamation expanded this to include Native Hawaiians.

More for information on the contributions of Asian American, Native Hawaiian and Pacific Islander people please visit <https://www.census.gov/newsroom/facts-for-features/2024/asian-american-pacific-islander.html>



### Mother's Day Celebration

Celebrate all mothers and special mentors on **Friday, May 9th**. What a wonderful opportunity to honor those who strive to make a difference in our community and our lives, whether it's our mothers, sisters or friends.

Enjoy a delicious lunch of chicken cordon bleu or broiled fish with lemon, sides and a refreshing slice of Lemon meringue pie for dessert. Lunch is served around Noon. All that for a voluntary suggested contribution of just \$4.00 if you are age 60+ and only \$5.00 for those who are not yet age 60.

See the LookWhat's Happening pages of this issue for participating senior centers. Call the center of your choice to make your meal reservations by 12 noon the day prior.

### Foster Grandparents Recognition



Foster Grandparent volunteers Laura Stisser and Pat Dudley were recognized by the Windsor School District's Board of Education in March. They were each presented with Certificates of Recognition for their dedication as classroom mentors. Congratulations to Pat and Laura!

We extend a heartfelt thank you to the Windsor Board of Education for recognizing our dedicated classroom volunteers.

Are you interested in becoming a Foster Grandparent? If so, please call **607-778-2411**.

### May Foster Grandparent Highlight



#### Soo Eng Khoo: A Legacy of Kindness and Dedication

For over 20 years, Soo Eng Khoo has been a beloved part of the Foster Grandparent Program, touching the lives of countless children at Horace Mann Elementary School in Binghamton. Before moving to the United States in the early 2000s, Mr. Khoo spent nearly three decades as a family lawyer in his home country of Malaysia. But after settling in New York with his family, he found a new calling—not in a courtroom, but in a classroom.

Mr. Khoo's presence in the school has been invaluable. Highly regarded by both teachers and students, he is often described as a calming influence, a dependable presence, and a patient mentor. The impact he has made is undeniable, and his dedication to education and mentorship has left a lasting impression on the children he has worked with throughout the years.

Over the past two decades, Mr. Khoo has worked with different grade levels—starting in 1st and 2nd grade, then spending four years in 4th grade, before returning to 2nd grade, where he has been a cherished presence for the past three years. What's truly remarkable is his consistency—he has worked with only three teachers throughout his time at the school, a testament to the deep relationships he's built.

For the last seven years, he has been a daily source of support in Beth Baldwin's 2nd-grade classroom. She shares heartfelt words about just how much his presence means to her and her students...

***"I enjoy having Grandpa in my classroom for many reasons. On a personal note, I love his smile and his brilliant mind. He is always reading and can engage in intelligent conversations about the world. When you spend all day with children, it's refreshing to have real adult conversations about the world."***

***He is a kind man and that shows with his interactions with me, other staff and the children. Kids love to pick up their work and take it to work at grandpa's desk with him. My favorite part of the year is when we read about Chinese New Year and the history of Chinese writing. Grandpa is always up for telling stories about his celebrations as a boy and teaching the kids some Chinese characters.***

***I have had the opportunity to know Grandpa for 20 years and consider him family."***

Each day, Mr. Khoo helps students with math and reading, providing them with individualized support and encouragement. One of the highlights of his volunteering experience is interacting with the children, especially when a few of them sit with him to have lunch. Once a year, he also teaches the students about Chinese New Year, sharing cultural traditions and enriching their learning experience.

For Mr. Khoo, the biggest benefits of the Foster Grandparent Program go beyond helping students academically—it keeps him active and engaged. He finds joy in talking with both students and staff, building meaningful connections that have lasted for years.

Mr. Khoo's dedication to the Foster Grandparent Program and the children of Horace Mann Elementary is nothing short of remarkable. His kindness, wisdom, and steadfast commitment to education have touched the lives of countless students. Horace Mann Elementary and the entire community are incredibly fortunate to have him.

Thank you, Soo Eng Khoo, for everything you do—you are truly one of a kind.



*Recipes*

We hope you enjoy this month's recipes from the Office For Aging.

**Blueberry Chicken Pasta Salad with Field Greens**

Lively mix of fresh blueberries, red pepper, whole-grain penne pasta and field greens tossed with a blueberry vinaigrette.



**Ingredients**

For the Blueberry Vinaigrette:

- 1/2 cup fresh blueberries
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 2 teaspoons honey
- 1/4 teaspoon salt

For the Salad:

- 1 1/2 cups fresh blueberries
- 3 cups cooked whole grain penne pasta (cooled)
- 12 ounces cooked chicken breast (sliced)
- 4 cups field greens
- 1/2 cup red onion (chopped)
- 1 medium red bell pepper (chopped)

**Directions**

1. Blend vinaigrette ingredients in a blender, set aside.
2. In a medium size bowl, toss all ingredients with dressing.

<https://www.myplate.gov/recipes/blueberry-chicken-pasta-salad-field-greens>

**Chicken Salad and Peach Sandwich**

Crunch into this chicken salad sandwich with crisp celery, apples, and red onion, rounded out by sweet peaches and soft, whole grain bread. Perfect for a picnic or packed lunch!



**Ingredients**

- 4 slices of whole grain bread
- 1/2 cup cooked chicken (diced)
- 1/2 cup canned peach slices (drained and diced)
- 1 celery stalk
- 1/2 cup apples (Fuji, Gala, or Braeburn)
- 1 small onion
- 1 1/2 tablespoons mayonnaise (nonfat)
- 1 tablespoon chopped walnut

**Directions**

1. Mix the chicken, apples, peaches, celery, onion, walnuts, and mayonnaise in a small bowl.
2. Spoon mixture onto 2 slices of the bread.

<https://www.myplate.gov/recipes/chicken-salad-and-peach-sandwich>

**"Keep your face always toward the sunshine,  
and shadows will fall behind you."  
— Walt Whitman**

**One Pan Taco Rice**

Try this quick one-pan meal may soon become a family favorite.



**Ingredients**

- 1 pound ground turkey, 85% lean (or ground beef)
- 1 cup chopped onion
- 1 taco seasoning packet
- 2 cans tomatoes and green chiles (10 ounce cans)
- 3 cups cooked rice (brown)
- 1/2 cup shredded cheese, low-fat

**Directions**

1. In a large skillet or pot, brown ground turkey and cook onion. When done, use paper towel to soak up any grease.
2. Add remaining ingredients except cheese and mix.
3. Heat until very hot.
4. Top with cheese before serving.

<https://www.myplate.gov/recipes/one-pan-taco-rice>

**Overnight Oatmeal with Berries**

A mixture of milk, yogurt, and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.



**Ingredients**

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen

**Directions**

1. Combine milk, Greek yogurt, sugar, cinnamon, and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

<https://www.myplate.gov/recipes/overnight-oatmeal-berries>

**Baked Potato Bar**

When: Wednesday, May 14th starting around 11:30AM

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

Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and sour cream. The combinations are endless. Your potato creation will also come with a garden salad, dessert and a beverage.

Participating senior centers are Eastern Broome (Harpursville), First Ward (Binghamton) and Northern Broome (Whitney Point).

All that for a voluntary suggested contribution of just \$4.00 if you are age 60+ (and your spouse) and only \$5.00 for those who are not yet age 60.





When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, particularly those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

#### Older Americans Month Themes

2024—Powered by Connection  
 2023—Aging Unbound  
 2022—Age My Way  
 2021—Communities of Strength  
 2020—Make Your Mark  
 2019—Connect, Create, Contribute

For more information, please visit <https://acl.gov/oam>

### Older New Yorkers' Day: Broome County Office for Aging Nominations for 2025



#### Carolyn Price

Inspired by a poem written by a 90-year-old friend at high school graduation, Carolyn Price has dedicated her life to a life of service to other people. The memorable line in the poem was, “Dedicate your life to a life of service from beginning to end.” As an educator for over 40 years, she touched the lives of many children and young people.

When Carolyn retired from working full-time in education, this gave her the opportunity to devote more time to volunteer service. She was guided by the question, “How can I help?” She became a poll worker for the Broome County Board of Elections, served on the Windsor Partners Board, and served on the Audit Committee in the Windsor Central School District. Most recently, Carolyn became a volunteer reporter for the Windsor Standard and became a member of the Susquehanna Valley Grange, serving as the Grange’s secretary. She has served many years and continues to serve on the Board of Directors of the Rod Serling Memorial Foundation, having helped this Board by serving as Secretary and Treasurer.

At age 70, Carolyn entered the political arena, running for supervisor in her town. She was elected and re-elected three times as Supervisor for the Town of Windsor. Demonstrating her belief in term limits, she did not run for a 5th term as town supervisor. While Carolyn was town supervisor, she was appointed to the Advisory Council for the Broome County Office of Aging. She served as Chair of the Advisory Council through December 2024. Also, while she was town supervisor, she was one of the founding members of the Upstate New York Towns Association. She served the Association as President and then Executive Director,

a position she currently holds. She does her work for this association as a volunteer, foregoing any salary. Carolyn has proudly served on the Federal Communication Commission’s (FCC) Task Force Working Group for Accelerating Broadband Deployment on Unserved Agricultural Lands and the FCC’s Task Force for Reviewing the Connectivity and Technology Needs of Precision Agriculture in the United States. Carolyn is a strong advocate for people who live in rural areas and do not have adequate internet access.

It is not surprising that Carolyn’s husband Daniel dedicated his life to a life of service to his family, country, students, and community. He worked hard and provided well for his family, served his country honorably as a United States Marine, taught social studies and history to hundreds of students, proctored New York State Civil Service examinations, and served community as Windsor Town Board member, Chair of the Windsor Town Planning Board, and Poll Worker for the Broome County Board of Elections. His community volunteerism was exemplary: Serving as Vice-President of the Susquehanna Valley Grange, President of the Welsh Society of the Southern Tier, President of the Price Reunion, helping people with their properties and gardens, driving people to medical appointments for the Deposit Foundation, working on the Susquehanna Valley Grange building, barbecuing chickens for the Kirkwood Historical Society, and taking time to visit with and care for people.

Daniel was Carolyn’s biggest cheerleader as she pursued her doctoral degree at Baylor University online. When he lost his life in a tragic fire at their main home this past December, Carolyn had to decide as to whether she would take time off from her studies or continue. She decided to continue in Daniel’s honor, believing this is what he would want her to do. Carolyn is scheduled to receive her EdD in Learning and Organizational Change on May 16th at Baylor University, Waco, Texas. Carolyn’s mentor at Baylor University has told her that she will be the oldest student, age 83, to receive a graduate degree from the University.

Carolyn and Daniel dedicated their lives to serving other people. However, the most important people in their lives were their family members: two children, three grandchildren, and two great grandchildren. They treasured all the time they spent together as family.



#### Lois Jean Root

Lois Jean Root of Whitney Point has dedicated her life to service. This commitment shines brightly even after the loss of her beloved husband, Richard Root. They shared 38 years together. Though she faced the profound sorrow of losing her daughter, Jean (Jeanie) Louise Green, Lois has found strength and purpose in her community. She is supported by her grandson, Cody, and great-granddaughter, Reese.

For an impressive 15 years, Lois has been a cornerstone of the Northern Broome Senior Center, embodying the spirit of volunteerism. Her contributions are vital. She ensures seniors can reach the center by providing crucial transportation. Within the center, she manages the store, staffs the desk, and serves lunch with a warm smile. Prior to her volunteer work, Lois spent 28 years at IBM, demonstrating her steadfast work ethic.

Lois also dedicated 10 years of her time to the clothing bank in Chenango Forks, showing her dedication to serving those in need.

When asked for her advice, Lois offers a simple yet profound truth: “She needed something to do because it helps your mental health, and it makes you feel good by doing so!” This philosophy underscores her commitment to staying active and engaged, not just for the benefit of others, but for her own well-being.

The Northern Broome Senior Center’s nomination of Lois for Older Nyer’s Day speaks volumes about her character. They highlight her unwavering willingness to go above and beyond, consistently helping seniors in any way she can. Her dedication, compassion, and tireless efforts make her an invaluable asset to the community. Lois Jean Root’s life is a testament to the power of service and the profound impact one person can have on the lives of others.

# Look What's Happening at the Centers!

## Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760

Center Hours: Monday - Friday, 9 – 3PM

Gift Shop: Monday – Friday, 9 – 2PM

**Lunch is served at 12PM | 607-785-1777**

### Weekly Activities

**Monday:** BoneSavers 10AM; Hand and Foot Card Game 12:30-2:45PM

**Tuesday:** Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM; Ping Pong 1 - 2:45PM; Yarn Group 1PM

**Wednesday:** BoneSavers 10AM; Canasta 1 - 2:45PM; Floor Shuffleboard 1 -2:30PM

**Thursday:** Wii Bowling 9:30AM; Chair Exercises 10:30AM;

Social Connections 1PM; Chair Yoga 1PM

**Friday:** Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

### Special Activities

5/1 & 2 AARP Safe Driving Class 9:30 – 12:30PM

Reservations required, please call.

5/5 Breakfast for Lunch 10:30 – 12:30PM Call to reserve.

5/5 “Variety is the Spice of Life and a Key to Being Healthy” presentation by Kathleen Cook, CCE 11:30AM

5/6 Greater Good Grocery Bus 11 – 12PM

5/6 & 20 Chop and Chat 1PM Call to reserve your spot.

5/8 Science is Everywhere! 1PM

5/9 Mother’s Day Luncheon with Entertainment by Friday at Fred’s 11AM Mother’s Day themed Trivia 1:15PM

5/12 Scams, Identity Theft and Fraud Protection presentation by Visions Federal Credit Union 11AM

5/14 GFJ Library Tech Center – Tech Assistance 11AM

5/16 Memory Maker Project with Christina: Sun Prints Spring Art Workshop 10:30 – 12PM

5/19 Discover Live: Buenos Aires, Argentina 1:30PM

5/21 Broome West Senior Prom 4PM

5/22 Fly Tying Group 12:30PM

5/23 Memorial Day Cookout with Entertainment by Johnny Only 11AM

5/27 Therapy Dogs 12:30PM

5/27 Discover Live: 42nd Street, NYC 1:30PM

5/30 Origami presentation by Susan Mencil 11AM

6/4 World Elder Abuse Awareness Day Expo 10 – 2PM

## Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM

**Lunch is served around 12PM | 607-663-0406**

### Weekly Activities:

**Monday:** In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10AM

**Tuesday:** ZOOM ONLY: Chair Dance Yoga 9AM

**Wednesday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Wii Wednesdays 10 – 2PM;

Hand & Foot Card Game 10AM

**Thursdays:** ZOOM ONLY: Chair Dance Yoga 9AM

**Friday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

**All Zoom Classes: Meeting ID: 706 942 1672 • Password: 123456**

### Special Events:

5/5 & 16 Horse Racing 10:30AM

5/7 Clover Chat 12:30PM

5/9 Mother’s Day Celebrations – Themed Bingo with Sallie 10:30AM Luncheon 12PM

5/12 Chop and Chat with Sallie 10:30AM Call to reserve your spot.

5/12 Flex and Fuel BINGO: Heart Health Module with Donna and Bridget, OFA 12:30PM

5/14 Bake Sale 10 – 2PM

5/19 Financial Wellness Seminar by Visions Federal Credit Union 12PM

5/21 Bingo with Sallie 10:30AM

5/23 May Celebration with Mike’s Jukebox 10 – 2PM Lunch 12PM

5/30 “Variety is the Spice of Life and a Key to Being Healthy” presentation by Kathleen Cook, CCE 12PM

## Deposit Senior Center

14 Monument Street, Deposit, NY 13754

Located in Christ Episcopal Church

Center Hours: Tuesday & Thursday, 10 – 2PM

**Lunch served at 12:30PM | 607-467-3953**

### Weekly Activities

**Tuesday:** Balance/Strength for Seniors 11 – 11:30AM;

BINGO 1 - 2PM ; Tai Chi 2 – 3PM

**Thursday:** Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

### Special Activities

5/8 Mother’s Day Celebrations – Center Opens at 1PM, Musical Entertainment 3:30PM Evening Meal 4:30PM Please call for a meal reservation by noon on 5/6.

5/13 Medicare Preventative Services presentation by LeAnn, AOP (Action for Older Persons) 11AM

5/15 Falls Annual Wellness Checkup by Binghamton University 10 – 2PM Registration required, please call 607-777-4700.

5/20 Deposit Fire Department: Review Basic First Aid and Fire Drill 11AM

5/22 Flex and Fuel BINGO: Heart Health Module with Donna and Bridget, OFA 11AM

6/3 & 5 AARP Driver Safety Course 9 – 12PM Registration required, call center.

## Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Center Hours: Monday – Friday, 9 – 2:30PM

**Lunch served at 12PM**

**Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM | 607-693-2069**

### Weekly Activities

**Monday:** Shuffleboard 9AM; Gentle Yoga 9:30AM; Canasta 10:30AM

**Tuesday:** Breakfast to Order 8 - 9:30AM; Music JAM 10AM, Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)

**Wednesday:** Crafters Group & Wood Burning 9 - 11AM; Billiards 10AM

**Thursday:** Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM;

**Friday:** Shuffleboard 9AM; Gentle Tai Chi 9:30AM

### Special Activities

5/1, 8, 15, 22 & 29 Greater Good Grocery Bus 11 – 12PM

5/2 Burger Bar 11:30 – 12:30PM

5/5 May birthday celebrations! 10:30AM

5/6 & 20 Chop and Chat 12:30PM Call to reserve by the prior Thursday.

5/9 Falls Annual Wellness Checkup by Binghamton University 10 – 2PM Registration required, please call 607-777-4700.

5/9 Mother’s Day Luncheon – Refreshments 9AM Meal served 12PM

5/14 Officers and Finance Meeting 9:15AM; Senior Center Site Council Meeting 10:45AM

5/14 Potato Bar 11:30 – 12:30PM Call for a reservation.

5/16 & 30 Fun Fridays 10:30AM

5/19 Cows, Pigs & Horses Race 10AM

5/22 Golden Griddle – Blueberry Pancakes, Bacon, Omelets, and More! 11:30 – 12:30PM

5/28 Legal Aid Society 9 – 12PM Call to make an appointment.

5/29 “Variety is the Spice of Life and a Key to Being Healthy” presentation by Kathleen Cook, CCE 12:15PM

## First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905

Center Hours: Mon- Fri 8:30 - 3:30PM

**Lunch served at 11:45AM | 607-797-2307**

**Meal reservations: 607-729-6214**

### Weekly Activities

**Monday:** JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM

**Tuesday:** Shuffleboard 9AM; Knitting & Crocheting 9AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM

**Wednesday:** Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details); Open Shuffleboard 1PM

**Thursday:** Stitch and Stuff 9AM; Cornhole 1PM

**Friday:** Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

**Special Activities**

- 5/1 Executive Board Meeting 9:30AM
- 5/6 & 20 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3  
(Advanced registration and payment required, please call.)
- 5/8 Philly Cheesesteak Day with Entertainment by Friday at Fred's 11:30 - 12:30PM Reservations required.
- 5/9 Mother's Day Luncheon with Entertainment by Mike's Jukebox 11:30 - 12:30PM Please call for a meal reservation by noon on 5/8.
- 5/9 Film Friday: "Secondhand Lion" 1PM (Free popcorn, soda for sale)
- 5/12 Legal Aid 9AM (Appointment required, please call.)
- 5/13 Chop & Chat: Veggie Pizza 1PM  
Reservation required by required by 5/6.
- 5/13 Neighborhood Watch Meeting 6PM
- 5/14 Potato Bar with Musical Guest, Dan & Lea 11:30 - 12:30PM
- 5/21 Spring Chorus Concert 1PM
- 5/22 Breakfast for Lunch: Potato Casserole w/ Ham 10:45 - 12:15PM  
(No take-out available)
- 5/22 & 23 AARP Driver Safety Course 9 - 12:15PM  
(Advanced registration required.)
- 5/23 Film Friday: "The Day the Earth Stood Still" 1PM  
(Free popcorn, soda for sale)
- 5/27 "Variety is the Spice of Life and a Key to Being Healthy" presentation by Kathleen Cook, CCE 12PM
- 5/30 Ladies of Charity "Dress for Less" Fashion Show 1 - 3PM

**Johnson City Senior Center**

30 Brocton Street, Johnson City, NY 13790

Center Hours: Monday - Thursday, 9 - 4PM; Friday, 9 - 2PM

**Lunch served at 11:45AM | 607-797-3145****Weekly Activities**

- Monday:** Bingo Board Sales 12:30 - 1:30PM; Games Played 1:30 - 4:30PM; Guitar Group 9 - 12PM (\$2); Watercolor Painting 9:30 - 11:30AM (\$3); Gentle Yoga 9:30 - 10:30AM (\$3); Line Dancing 10:45 - 11:45AM (\$3); Knitting and Crocheting 11:30 - 1:30PM (no fee); Stretch Band Exercises 12:30 - 1:00PM (no fee); Chair Exercises for Mobility 1 - 2PM (no fee)
- Tuesday:** Guitar Group 9 - 12PM (\$2); TOPS 9 - 11AM; Zumba 10:30 - 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 - 1:15PM (no fee); Table Shuffleboard 12:30 - 3:00PM (\$1)
- Wednesday:** Quilting 9 - 12PM; Ukulele Group 9:30 - 11AM (\$3); Bridge 10:30 - 2:30PM; Penny Bingo for Fun 12:30 - 3PM; Progressive Pinochle 12:30 - 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 - 1:00PM (no fee); Chair Exercises for Mobility 1 - 2PM (no fee)
- Thursday:** Guitar Group 9 - 12PM (\$2); Oil Painting & Drawing 10 - 1PM (\$3); Low-Impact Aerobics 10 - 11AM (\$3); Abs & Core Chair Exercises 11:30 - 12:30PM (no fee); Tai Chi 1 - 2PM (\$3)
- Friday:** Gentle Yoga 10 - 11AM (\$3); Line Dancing 11:15 - 12:15PM (\$3); Chair Exercises: Strength DVD 12:30 - 1:15PM (no fee)

**Special Activities**

- 5/2 First Ward Senior Chorus - Spring Program "Songs of 1925" 11 - 11:45AM
- 5/2, 9, 16, 23 & 30 Poetry Group 12:30PM Size is limited, call to pre-register.
- 5/5, 12 & 19 Greater Good Grocery Bus 10 - 11AM
- 5/5 Caregiver Chat by Broome County Office for Aging 1 - 2:30PM
- 5/6 Chop & Chat (Faith in Action) 11 - 12PM Signup by 4/29.
- 5/7 Ukulele Group Resumes (weekly on Wednesdays) 9:30 - 11AM
- 5/7 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 - 12PM
- 5/8 Hearing Screenings (Tri-City Hearing) 9 - 12PM  
Call to schedule a 15-minute screening.
- 5/9 Left-Right-Center Dice Game (\$3 to play) 11 - 11:45AM
- 5/9 Mother's Day Luncheon 11:45AM JCSC Quilt Drawing 12PM
- 5/15 Legal Aid 9 - 12PM Call for an appointment.
- 5/16 "Variety is the Spice of Life and a Key to Being Healthy" presentation by Kathleen Cook, CCE 10:30 - 11:30AM
- 5/16 Senior to Senior Dinner Dance 5 - 8PM Free event.  
Please register by calling Office for Aging at 607-778-2411.
- 5/20 Chop & Chat (Faith in Action) 11 - 12PM Signup by 5/13.
- 5/20 Memory Maker Project with Christina:  
Sun Prints Spring Art Workshop 12:30PM
- 5/21 LGBTQ+ Senior Social Group  
(NYS Senator Leah Webb visits) 3 - 4PM

- 5/21 Alzheimer's Association - Caregiver Support Group 4 - 5PM  
Registration and pre-screening required; call ALZ at 315-472-4201 x227.
- 5/28 Haircuts by Debbie Roberts \$20 10 - 11:30AM Call for an appt.
- 6/2 Guthrie/Lourdes Mammography Van; call Guthrie/Lourdes to register (607-798-5723) or access the van as a "walk-on" the same day. 9 - 3PM
- 6/4 Doug's Fish Fry Fundraiser 11 - 6PM
- 6/4 Book Club (*The Berry Pickers* by Amanda Peters) 3 - 4PM

**Northern Broome Senior Center**

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Monday - Friday, 9 - 3PM

Senior Center Store: Monday - Friday, 9 - 3PM

**Lunch served at 12PM | 607-692-3405****Weekly Activities**

- Monday:** Bingo 10:30 - 11:30 AM; Mobile DMV 9 - 1PM
- Tuesday:** Crochet & Knitting Class 9AM; Osteo Bonesavers Class 10 - 11AM; Wii Bowling 10AM
- Wednesday:** Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM
- Thursday:** Pitch 9AM; Osteo Bonesavers Class 10 - 11AM
- Friday:** Bingo 10:30 - 11:30AM; Mobile DMV 9 - 1PM

**Special Activities:**

- 5/1 May Day Celebration 10:30AM
- 5/5 Birdhouse Craft 12:30PM
- 5/7 Flex & Fuel BINGO with Donna and Bridget, OFA 12:30PM
- 5/8 Breakfast for Lunch 10am
- 5/9 Mother's Day Luncheon 12PM
- 5/12 - 16 Jewelry Sale 9 - 3PM
- 5/14 Potato Bar 11:30AM
- 5/30 Pub Burger Bar 11:30AM and May birthday celebrations after Lunch!

**Vestal Senior Center**

201 Main Street, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

Center Hours: Monday - Friday, 9 - 2PM

**Lunch served at 11:15AM | 607-754-9596****Weekly Activities**

- Monday:** Mahjong 12PM
- Tuesday:** Pinochle (new players welcome) 9AM
- Wednesday:** Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome), 12PM; Oil Painting 1PM
- Thursday:** Bingo 10AM; Ice Cream 12PM
- Friday:** Chef Salads 11:30AM (reservations required); Mexican Train 12PM

**Special Activities**

- 5/5 & 19 Chop and Chat 10AM Call to reserve your spot.
- 5/5 King High Card Game 12PM
- 5/7 & 21 Vestal Library - Tech Help (Phones, laptops, iPads) 10:15AM
- 5/7 Lyceum: Red Panda Expedition 10 - 12PM
- 5/8 Philly Cheesesteak Day - Eat in 11AM, Take out 11:30AM
- 5/8 Vestal Senior Club Trip Sign up for Bolt Castel 12PM
- 5/9 Mother's Day Luncheon 11:45AM
- 5/12 Breakfast for Lunch -  
Blueberry Pancakes and Scrambled Eggs 11AM Dine in only.
- 5/13 Craft Day: Greeting cards \$10/person 9:30AM Call to reserve your spot.
- 5/14 Memory Maker Project with Christina:  
Sun Prints Spring Art Workshop 10 - 11:30AM
- 5/15 Discover Live: Venice, Italy 10AM
- 5/21 Loaded Burger Bar - Dine in 11AM, Take out 11:30AM
- 5/21 Scams, Identity Theft and Fraud Protection presentation by Visions Federal Credit Union 12PM
- 5/22 Discover Live: Ljubljana, Slovenia 11AM
- 5/23 Pizza Day or Chef Salads 11AM Call to reserve.
- 5/23 Bunko 12PM
- 5/27 Vestal Senior Club Meeting Day 12PM
- 5/28 Flex and Fuel BINGO: Heart Health Module with Donna and Bridget, OFA 10:30AM
- 5/30 "Variety is the Spice of Life and a Key to Being Healthy" presentation by Kathleen Cook, CCE 10:30AM

**"To bring about change, you must not be afraid to take the first step. We will fail when we fail to try."**

— Rosa Parks



**Falls Annual Wellness Checkup  
at Participating Broome County Senior Centers**

- May 9: Eastern Broome, Harpursville
- May 15: Deposit

Did you know that more than one third of adults 65 and older fall each year in the United States? Among older adults, falls are also the leading cause of injuries and deaths. They are the most common cause of nonfatal injuries and hospital admissions for trauma. Over the past three years, investigators and students at Binghamton University have evaluated hundreds of Broome County adults for their balance and fall risk.

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy seeks new and returning participants for a study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, cognition, and fear of falling.

All activities will take place between 10am to 2pm (unless otherwise noted), with your personal involvement being approximately 45 minutes. To participate, you must be 55 years of age or older and be able to walk at least 10 feet with or without an assistive device. A \$20 gift card will be provided to all participants.

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board.

For more information and to register, call the Motion Analysis Research Laboratory at **607-777-4700** or book a time at: <http://motion-lab.org/home#events>

Registration is required. Walk-ins are not permitted.

**2025 Community Health Survey**

Representatives from the Broome County Health Assessment (CHA) Steering Committee announce the release of their 2025 Community Health Survey. The steering committee is a group of dozens of representatives from local hospitals, government organizations, and other community agencies.

The release of the survey marks the beginning of a year-long assessment process. Over the next several months, the steering committee will be collecting and analyzing data from various sources to get a better idea of where local resources and efforts should be focused from now through 2030.

Data from the survey will help the committee understand which issues are most important to the wellbeing of the people in Broome County and which changes respondents would like to see in the community to address their top concerns. The survey responses will be considered with county health statistics to inform the creation of Broome's Community Health Improvement Plan, which is a 5-year action plan used by many local health and human services organizations. This plan will be released to the public at the end of 2025.

The survey consists of questions about various topics that influence the health and wellbeing of Broome County residents, workforce, and students. It should take about ten minutes to complete, and those who participate will have the option to enter a raffle to win a \$50 Weis gift card. Winners will be announced on July 1 and survey results will be available to the public in late summer.

If you'd like to take the survey, look for their flyers around the county, visit [bit.ly/BroomeCHA2025](http://bit.ly/BroomeCHA2025), email [BCHealth@broomecountyny.gov](mailto:BCHealth@broomecountyny.gov), or call Broome County Health Department at **607-778-3930** to request a paper copy.

Your ideas are important and could impact decisions made in your community over the next few years. Please take the time to share your thoughts.



**Technology Classes to Help Older Adults  
Become Tech Savvy**

Basic Computer Classes through the Broome County Library

**Every Wednesday 10 – 12PM**

These classes are intended for people with little or no computer experience. Lessons are personalized for each group of students. Typical topics include:

- Basic computer equipment, vocabulary, and usage
- Windows desktop and files
- Internet usage
- Email accounts
- Microsoft Office and Google Docs
- Online tasks like signing up for accounts or submitting applications

Contact us at **607-778-6406** or [tel.lvbtc@gmail.com](mailto:tel.lvbtc@gmail.com) to preregister.

Broome County Public Library  
185 Court Street  
Binghamton, NY

**George F. Johnson Tech Center comes to the  
Broome West Senior Center**

Wednesday, May 14th 11AM  
Offering one on one tech assistance!

**Vestal Library comes to the Vestal Senior Center**

Wednesday, May 7th & 21st 10:15AM  
Technology Assistance

**One-on-One Technology Assistance**

**Broome County Library:** Assistance is available every Thursday from 1 – 3 PM. Call **(607) 778-6451** or email [bcplreference@gmail.com](mailto:bcplreference@gmail.com) to book a 20-minute session.

**Nineveh Public Library (Tech Talk for Seniors):** Technology assistance and answers to your questions are now available! Call the Library for details. **(607) 693-1858**

**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 14.

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

## Join Us in The Fight Against Elder Abuse!

Office for Aging is excited to promote "Joyful Aging," the theme of this year's World Elder Abuse Awareness Day (WEAAD.) Our mission is to improve and enrich the quality of life for all older persons in Broome County. This includes empowering older adults to fight against elder abuse and ageism. We also encourage older adults to seek out needed services and supports. Office for Aging wants all older adults to live happy, healthy, independent lives, and to find the "joy in aging."

Held annually on June 15, World Elder Abuse Awareness Day (WEAAD) was launched in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. This day was created as a way to provide communities an opportunity to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic factors which affect abuse and neglect. Many social factors, such as a lack of support services and community resources, can increase the risk for elder abuse. Biases against and stereotypes about older adults (ageism) that keep them from fully being a part of their community can also play a role in enabling elder abuse. By working to change these contributing factors, we can prevent elder abuse.

Elder abuse is hidden and thrives in silence. Elder abuse exists in every community and neighborhood. Abuse can be physical, emotional, sexual, financial, or neglect including self-neglect. Only one in twenty-four cases of elder abuse is ever reported. Survivors of abuse often do not tell anyone. Caring family members, friends and others may not recognize the problem or don't know who to tell. If you or an older adult you know is being harmed, break the silence. Suspected abuse can be reported to programs such as Adult Protective Services (APS) for those living in the community and the Long-Term Care Ombudsman for those residing in nursing homes.

Actions you can take now to combat elder abuse include:

- Create awareness. Become aware of the issue and educate others.
- Encourage community members to look out for vulnerable older adults.
- Set up and encourage participation in local support groups for caregivers.
- Check in on family and friends.
- Establish checks and balances on your financial transactions and on those of loved ones you are caring for.
- Seek out services, supports, and programs that will help keep you and your older friends and family healthy, independent, and engaged in the community. For information about long-term services, supports and programs available to you, call Office for Aging at 607-778-2411.

Broome County Office for Aging will host a World Elder Abuse Awareness Day Expo on Wednesday, June 4, 2025, from 10am-2pm at Broome West Senior Center, 2801 Wayne St. Endwell, to celebrate the joy in aging. The goals of this event are to provide information to older adults and other community members on ways to be empowered to prevent ageism and elder abuse. There will be fun activities, speakers from elected positions and community agencies. A delicious lunch will be available. You do not need to be a senior center participant to attend. Everyone is welcome! Call Office for Aging at **607-778-2411** for more information.

### Affordable Senior Independent Living



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Whitney Point NY (607) 692-2609
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Windsor, NY (607) 655-4191

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## Spring Season of the Nature Walking Club!

The Nature Walking Club invites you to join them for a season of outdoor exploration. Come join this fun group!

Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.

May 4th 1PM - SUNDAY SPECIAL EVENT! Pettus Hill in Windsor.

Celebrate Chuck Pettus who willed his property to be "forever wild." Property managed by Waterman Conservation and Education Center. Meet at the entrance on Abbey Road. Carpooling is strongly encouraged, as the parking lot is small.

May 8th 10AM - Apalachin Marsh. Take route 434 to about 1/2 mile past Hilton Road. Meet at pull-off parking on the right.

May 22nd 10AM - IBM Glen on Robinson Hill Road in Endicott. North from Harry L Drive in Johnson City to L on Robinson Hill, about 2 miles to entrance on L side of road. Meet in parking lot at entrance.

June 12th 10AM - Chenango Valley State Park Tween Lakes. I 88 east to Port Crane exit, L on Rt 369 to L at park entrance. Meet at Tween Lakes parking lot.

June 26th 10AM - Brick Pond in Owego. Take I 86 west to exit 65 in Owego, take 17C west to R at first light onto East Front Street over tracks. Meet at parking lot on R.

Reservations are **not required**.  
For more information on the walks,  
please call **Mary Lou at 607-343-4985**.



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# Mental Health Corner

## Box Breathing

While there are many different forms of deep breathing exercises, box breathing can be particularly helpful with relaxation. Box breathing is a breathing exercise to assist patients with stress management and can be implemented before, during, and/or after stressful experiences. Box breathing uses four simple steps. Its title is intended to help the patient visualize a box with four equal sides as they perform the exercise. This exercise can be implemented in a variety of circumstances and does not require a calm environment to be effective.

- Step One: Breathe in through the nose for a count of 4.
- Step Two: Hold breath for a count of 4.
- Step Three: Breath out for a count of 4.
- Step Four: Hold breath for a count of 4.
- Repeat



**Note:** The length of the steps can be adjusted to accommodate the individual (e.g., 2 seconds instead of 4 seconds for each step).

For more relation techniques, please visit <https://www.ncbi.nlm.nih.gov/books/NBK513238/>

## Sudoku Answers

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

### The Broome County Home Repair Service

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**Call (607) 772-2850 For Details**

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# Volunteers Needed

## Make a Difference: Volunteer with Faith in Action

Faith in Action Volunteers (FAIV) is looking for compassionate individuals to support seniors in Broome County. If you have a little time to give, you can make a big impact by helping older adults stay independent and connected to their community.

### Volunteer Opportunities:

1. **Grocery Shopper Program** – Assist homebound seniors by picking up their groceries. Volunteers collect a shopping list and payment, shop at a local store, and deliver the groceries back to the client. Flexible scheduling is available weekly or bi-weekly. Volunteers must have a valid driver's license and a vehicle.
2. **Companionship & Practical Assistance** – Volunteers are matched with seniors to provide friendly visits, encouragement, and assistance with daily tasks, helping them maintain their quality of life.

If you're interested in volunteering, contact Faith in Action Volunteers at **607-724-9130 X318** or visit <http://broomecouncil.net/faith-in-action>

Lend a helping hand and make a meaningful difference in someone's life today!

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Broome County  
Office for Aging 

# WE ARE HIRING!

JOIN OUR AMAZING TEAM

**Come Join the Team at Broome County Office for Aging!**  
We are now hiring for the below positions:

- Classroom Foster Grandparent  
Stipend and Mileage Reimbursement Provided  
Income Eligibility Required  
No Civil Service Exam Required  
Monday – Friday, Hours Vary

**To inquire about the above position, call Francie at OFA  
607-778-2411**

- Kitchen Supervisor  
First Ward Senior Center is looking for a full-time kitchen supervisor. The position will be vacant as of Monday, May 5th.  
  
Hours are Monday through Friday, 8 – 4PM with benefits and eligibility for NY State retirement.

**If interested, please call 607-797-2307 or stop  
by the center at 226 Clinton Street in Binghamton.**



- Call-In Driver for Sodexo  
Part Time Hours

**Great for Retirees!** Must have a clean driving record, pass a yearly physical, ability to drive a 23' box truck and cargo van, and pass a criminal background check. As needed on call driver. Up to 12.5 hours a week. Professional character and good work ethics.

- Full-Time Cook

Large scale food production experience preferred. Must have excellent attendance, ability to read, understand, and follow recipes. Must be able to stand for long periods. Ability to work with a team. Positive attitude. Prepare and pack meals for clients accurately and efficiently. 38 hours/week. Professional character and good work ethics.

For specifics, call Sodexo HR at **607-763-4240** or apply online @ [www.us.sodexo.com](http://www.us.sodexo.com)



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## Trivia

**What year did the Beatles make their debut on American television?**

**1964**

## Variety is the Spice of Life - and a Key to Being Healthy!

by Kathleen H Cook, SNAP-Ed Nutrition Educator,  
Cornell Cooperative Extension Broome County



If you've been in a rut lately or feeling bored, remember that you can change that! Purposefully decide to try something new. Even a small change can make a big difference- for example, the foods you eat. Fresh, frozen or canned fruits and vegetables are likely to add a boost of energy to your day, just by including them as part of your meals and snacks. Whole grains also give you energy because they are a type of carbohydrate that takes longer to digest so you aren't hungry soon after eating them.

Sometimes a new combination can spark your creativity. Fruit in your salad? Vegetables in your breakfast? Adding vanilla extract and cinnamon to plain yogurt? Maybe try chopped veggies on cottage cheese with dill instead of fruit, or tuna fish on whole wheat crackers for a snack.

When you eat a variety of food you help to provide the nutrients that different parts of your body need. Just as a car needs not just gas, but also oil, transmission fluid, washer fluid, air for the tires, and so on to keep it running smoothly, our bodies need many types of food. Our bodies need fluids too, and even water can be jazzed up. Try cucumber slices and mint leaves, frozen strawberries and lemon, or ginger and lime juice! Make an energy bar with oats, nut butter & honey, pureed pumpkin and dried fruit. If you have a glass of milk with it you'll have all five food groups!

So go on, make the choice to give yourself a boost with a change of try some new and interesting foods and food combinations!

## Sick and Tired of Varicose Veins? But You're Scared of Surgery?



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- Julie S., Binghamton

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# May Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.

A suggested voluntary contribution of \$4.00 is requested for people age 60+ and spouse of any age.

Those under age 60 are charged \$5.00 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

When asked about the most positive events in their lives, people almost always respond with a social situation (such as making a friend) versus an individual achievement. – the science of happiness by Happily. <i>Come to a senior center and enjoy lunch with others!</i>		<b>Chicken</b> 1 <b>OR Egg Salad Croissant</b> Vegetable Beef Soup Fruit Cup Pumpkin Cake	<b>Roasted Chicken Thigh</b> 2 <b>OR Beer Battered Fish</b> Cheesy Mashed Potatoes French Cut Green Beans Chocolate Chip Cookie
<b>Manicotti</b> 5 Sausage Florentine Soup Italian Green Beans Lorna Doones	<b>Turkey &amp; Provolone On Marble Rye</b> 6 Chicken Noodle Soup Peaches Peanut Butter Cookie	<b>Liver w/Onions</b> 7 <b>OR Chicken Breast</b> Mashed Potatoes Spinach Pineapples & Oranges	<b>Pub Burger</b> 8 <b>OR Fish Sandwich</b> Red Potato Salad Three Bean Salad Blueberry Coffeecake
<b>Breaded Chicken Cutlet</b> 12 <b>Sandwich</b> Canadian Cheese Soup Banana Ice Cream Cup	<b>Pulled Pork</b> 13 <b>OR Citrus Broiled Fish</b> Cheesy Mashed Potatoes California Blend Vegetables Chocolate Pudding	<b>Halupki</b> 14 <b>OR Salisbury Steak</b> Mashed Potatoes French Cut Green Beans Peaches	<b>BBQ Chicken Breast</b> 15 Macaroni Salad Garden Salad Chocolate Cake
<b>Pierogies w/Kielbasa</b> 19 Diced Beets Lemon Pudding	<b>Grandma's Meatloaf</b> 20 Baked Potato Peas Double Chocolate Cookie	<b>Teriyaki Chicken</b> 21 Brown Rice Pilaf Asian Blend Vegetables Pears	<b>Ham &amp; Swiss on Rye</b> 22 Pasta Fagioli Soup Applesauce Ice Cream Cup
<b>Centers Closed In Observation of Memorial Day</b> 26	<b>Beef Stew over a Biscuit</b> 27 Brussels Sprouts Snickerdoodle Cookie	<b>Chicken Salad Croissant</b> 28 Stuffed Pepper Soup Pineapple Oatmeal Raisin Cookie	<b>Marinated Chicken</b> 29 <b>OR Italian Sausage</b> Cheesy Mashed Potatoes Peas & Carrots Peach Crisp
			<b>Hot Dog</b> 23 <b>OR Beer Battered Fish</b> Baked Beans Corn Strawberry Shortcake
			<b>Pub Burger</b> 30 <b>OR Tuna Salad</b> Roasted Potatoes French Cut Green Beans Carrot Raisin Bar

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging



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Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.



**Language interpretation** for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior).

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

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