



Visit Our Website at www.gobroomecounty.com/senior

BE OUR GUEST

You Are Cordially Invited

WHO: Anyone Not a Current “Regular” at a Sr. Center Age 60+ and Spouses of Any Age

WHAT: Senior Center Tour and Complimentary Lunch

WHERE: Any of the Eight Broome County Sr. Centers

WHEN: Weekdays in April and May

RSVP: Call One of the Numbers Below Before Noon on the Day Before You Plan to Visit

GOODIE BAG: Two Meal Tickets to Use on Another Day

Michelle at Broome West Senior Center
(Endwell): 785-3427

Susan at Deposit Senior Center: 467-3953

Marcie at Eastern Broome Senior Center
(Harpursville): 693-2069

Jessica or Liz at First Ward Senior Center
(Binghamton): 729-6214

Kim at Johnson City Senior Center: 797-3145

Barbara at North Shore Towers Community Center
(Binghamton): 772-6214

Desirae at Northern Broome Senior Center
(Whitney Point): 692-3405

Jennifer at Vestal Senior Center: 754-9596

Volunteer Opportunity

R... E... S... P... I... T... E...

I'll tell you what it means to me...

- I am taking better care of myself, I get to exercise outside and socialize
- I wouldn't be able to sleep well as I work nights
- Without it I don't think my mom would still be living at home
- Helped me maintain my sanity
- Saved my marriage
- I feel more relaxed, I have more patience
- Comfortable leaving my loved one with others



Companion care volunteers improve the lives of the families they serve. As the population ages, the need for respite companion services is greatly increasing. The REST Companion Training Course will provide you with the knowledge, confidence and the tools to become a companion for community members needing assistance and families needing respite.

Volunteers who complete this course are eligible to assist at the Yesteryears Social Adult Day Program or The Grace Lutheran Saturday Respite Program. These valuable respite programs provide area caregivers with the break they need to recharge and maintain their role as caregivers.

REST Companion Volunteers have said:

“I enjoy talking with the clients, hearing their stories and making their day brighter.”

“The staff and clients are so friendly. It makes me feel good.”

“I enjoy everything about the program. I was surprised at the variety of activities that are done with the group.”

REST Companions ...the spark that lights up their life

Join us for the REST Companion Training Course and.... Give a little RESPITE

Please Contact Shellie for Class Information at 607-778-2946.

Meals on Wheels Open House

Meals on Wheels is looking for volunteers, 18 years and older, to deliver meals at least once a week from 11:15 am to 1:00 pm. Volunteers are needed Monday through Friday. Routes are available in various locations throughout Broome County. Both drivers and visitors are needed to make deliveries together.

Volunteering at Meals on Wheels brings a sense of fulfillment to volunteers. New volunteers quickly become part of a close-knit, caring group of people. The dedication of the volunteers toward the clients they serve is truly inspirational.

Anyone interested in learning more can drop by the Meals on Wheels Open House from 10:30 am to Noon, April 29 – May 3. See current volunteers in action and find out more about this rewarding and fun experience. Meals on Wheels is located in the red brick carriage house at 85 Walnut Street in Binghamton. For more information, call 778-6205.



Growing a Strong Community

National Volunteer Week is April 7-13

Thank you to all our volunteers!

Volunteering Benefits You!

As a volunteer, it is natural to focus on what you are doing that will make a difference – and growing a strong community is a major part of why people volunteer. An equally important aspect of volunteering is that it is good for you! Research shows that volunteering is good for the health and well-being of volunteers. A recent study about the Senior Corps volunteer program found that volunteers reported much higher self-rated health scores compared to older adults in similar circumstances who do not volunteer. Self-rated health has been determined to be a valid marker of actual health.

Below are some of the numerous benefits of volunteering.
Call 607-778-2411 to start receiving the benefits of volunteering today!

<https://www.nationalservice.gov/programs/senior-corps/senior-corps-and-health-benefits>



Financial Benefits Spring Check-up



What benefits are you eligible to receive? Find out which financial benefits can help you stay on track with your budget!

SNAP (formerly Food Stamps): To qualify for SNAP if you are 60+ or collecting Social Security Disability, as a single individual you must make less than \$2,023/month or if you live in a household of two, your combined income must be less than \$2,743/month (income increases as household size increases). If you have questions or would like to apply, call the Office for Aging at 778-2411 for an application.

Medicare Savings Program (MSP): MSP pays Medicare part B premiums monthly if you are eligible for Medicare and a single individual who makes less than \$1,386/month or if you are a married couple and your combined income is less than \$1,872/month. You can apply for MSP at any time during the year. If you believe that you qualify and would like application assistance, contact Action for Older Persons at 722-1251.

Medicaid: Comprehensive health care benefits, including coverage for prescription drugs, physician services, hospitals, nursing homes and home care. If you are eligible for Medicare and a single individual with income under \$879/month and assets under \$15,450 or if you are a married couple with income under \$1,267/month and assets under \$22,800 (those not eligible for Medicare can also qualify with different requirements). If you have questions or would like to apply, call the Office for Aging at 778-2411 for an application.

HEAP: Provides a direct, once-per-season payment to a fuel vendor for homeowners or renters paying directly for fuel or other heating source. If heat is included in rent, you may be eligible for a “renter’s benefit.” Those receiving SNAP/Food Stamps should check with their SNAP/Food Stamps worker about automatically receiving HEAP. If you pay for your own heat (NYSEG, or fuel) and are a single individual who makes less than \$2,391/month or if you are a household of two and your combined income is less than \$3,127/month you would qualify for HEAP and should apply during the HEAP season (late Fall-Winter). Please note that this program is scheduled to end on March 15 or when funds are exhausted. If you have questions or would like to apply, call the Office for Aging at 778-2411 for an application.

To speak with someone about these and other financial benefits, please call the Office for Aging at 778-2411.

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Caregiver Corner

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

Caregiver Event

The TRAIID Center and Loan Closet:

Greater Independence Through Technology-What Caregivers and Seniors Need to Know

Date: Thursday, April 25
 Time: 2:00 PM – 3:00 PM
 Place: UHS Stay Healthy Center
 Oakdale Mall, Johnson City
 Presenter: Decker Ayers, Assistive Technology Specialist with the Southern Tier Independence Center

The TRAIID Center (Technology Related Assistance for Individuals with Disabilities) and Loan Closet makes it possible to try a piece of assistive technology equipment to decide if it's right for you or your loved one. This program is available to people of all ages with a disability, their family members, service providers and others who are interested in assistive technology. Come and learn what TRAIID has to offer with the goal of keeping a person as independent as possible.

Pre-registration is requested; please call (607) 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

Call Caregiver Services at 778-2411 with any questions.

Place: **UHS Stay Healthy Center**
 Oakdale Mall, Johnson City
 Date: Monday, April 1
 Time: 1:00 – 2:30 PM

Place: **Broome West Senior Ctr**
 2801 Wayne Street, Endwell
 Date: Wednesday, April 17
 Time: 9:30 – 11:00 AM

Scam of the Month

Medical Device Scam

Office for Aging staff have been getting some calls about TV commercials advertising free medical equipment. Scammers also may call to offer free medical equipment to seniors over the phone. These calls and commercials lead Medicare beneficiaries to believe that they are not receiving everything that they are entitled to. They often offer to provide medical equipment, most frequently a knee brace.

Scammers want to collect your personal information to bill Medicare for the needed or unneeded item. In addition to protecting your personal information in these situations, you also should protect your Medicare benefits. If you obtain unnecessary or ill-fitting medical equipment now, you may be unable to obtain it in the future when you really need it. If you need medical equipment, it is best to start by speaking with your primary care physician.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

Tai Chi for Arthritis

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Tai Chi for Arthritis Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Tai Chi will help individuals reduce stress, increase balance and flexibility, feel relaxed and improve their overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life. The Tai Chi class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements. These one-hour classes meet two times per week for eight weeks and are designed to be relaxing and enjoyable.



Find more program information at the web site www.taichiforhealthinstitute.org.

Upcoming Classes taught by Lourdes:

Classes starting April 8
 At the Lourdes Building on Shippers Road in Vestal
 To register or for information/questions contact:
 607-698-6081

Upcoming Class taught by the RSVP program:

Tuesdays and Fridays
 April 30, 2019 – June 21, 2019
 1:30PM – 2:30PM
 Tai Chi for Arthritis at Our Lady of Good Counsel Church in Endicott
 To register or for information/questions contact:
 Email: frye.donna@rocketmail.com or call Donna at 607-785-4747



Port Crane Seniors Club

Contact: Ruth, 648-8425

May 7
 Penn's Peak, Jim Thorpe, PA

May 13-16
 Niagara Falls
 Ontario, Canada

Vestal Seniors Club

Contact: Mary Ann, 625-3571

June 10-12
 "Pittsburgh Express"
 See the sites of Pittsburgh!

Johnson City Senior Center

Contact: Kim, 797-3145

May 8
 "JESUS" Show, Lancaster, PA

May 22
 "Over the River and Through the Woods" Show
 Clinton, NJ

Eastern Broome Senior Center

Contact: Arlene, 759-6306

April 3
 Yellow Brick Road Casino
 Chittenango, NY

May 13-16
 Ohio Amish Country

June 24
 "Grease" Show
 Auburn, NY

Kattelville Senior Association

Contact: Ellen, 722-9195

May 2 – 11
 Cruise to Bermuda & Bahamas

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- Maria R. Motsavage, RN, LNHA
 Elder Care Coordinator

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.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

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

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

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.

Tues & Thurs	10:30 am	Johnson City Senior Center - \$3 charge
Thursday	9:30 am	Broome West Senior Center - \$3 charge
Thursday	10:30 am	Johnson City Senior Center - \$3 charge
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center - \$3 charge

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	10:00 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	9:15 am	Vestal Senior Center
Wednesday	9:30 am	Johnson City Senior Center
Thursday	1:00 pm	Broome West Senior Center - \$3 charge

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Strength and Balance Class

Tuesday	1:30 pm	Johnson City Senior Center - \$5 charge
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**Complete addresses and phone numbers for all Senior Centers located on pages 14 & 15*

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

"What My Family Needs to Know"

Even if you're comfortable with your clutter, do your family a favor and keep track of important documents, medical and financial information, and an inventory of your most valuable possessions. Think this sounds good, but not sure where to begin?

Learn more on Tuesday, April 9 at 3 pm at the monthly Downsize and Declutter Discussion held at Broome West Senior Center, 2801 Wayne Street in Endwell. Registration is not required. Call Michelle at 785-3427 with any questions.

"I have chosen to be happy because it is good for my health."
Voltaire

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EVENTS at the CENTERS

Annual Northern Broome Senior Center Auction

Saturday, April 6,
10 am Preview & 11 am Auction
Northern Broome Senior Center
Find a treasure at the auction, and stay for a variety of lunch selections including homemade macaroni & cheese, sausage & peppers, hot dogs and pie.

Pizza or Chef Salad for Lunch w/Bunko

Friday, April 19, 11:30 am
Vestal Senior Center
To make a lunch reservation or inquire about playing Bunko, call the center at 754-9596.

Evening Dining w/Music by Greg Neff

Wednesday, April 10, 5 pm
First Ward Senior Center
Enjoy baked ziti w/choice of Italian roasted chicken or meatballs, green beans & "Poke Cake"!

Breakfast for Lunch

Thursday, April 18, 11am-12:30pm
North Shore Towers Center
This savory special includes scrambled eggs, hash browns, bacon, fruit and beverage.

The Aging Veteran and Eldercare: What Every Family Should Know

Monday, April 8, 12:30-1:30 pm
Broome West Senior Center
Join Len Sas from the NY State Division of Veterans Affairs for this discussion on VA benefits.

Gem Show

Saturday, April 6, 10 am-6 pm
Sunday, April 7, 10 am-4 pm
Johnson City Senior Center
Browse for precious gem stones, jewelry and lucky keepsakes.

Chicken & Biscuit Fundraiser (Eat-In or Take-Out)

Saturday, April 27, 11 am-2 pm
Eastern Broome Senior Center
Just \$6/person. Kids under 5 eat free. Includes mashed potatoes, corn and homemade dessert. Orange Blossom Special will play live music from 12 pm -1:30 pm.

Evening Dining & Volunteer Recognition

Thursday, April 11, 4:30 pm
Deposit Senior Center
Join us for the first evening meal of the season with musical entertainment by Sizzle!

HEAP – 2018-2019

There is still time to sign up for the Home Energy Assistance Program (HEAP).

The HEAP season is scheduled to close **April 26th, 2019.**

There are several ways you can apply for HEAP. You can apply online at www.mybenefits.ny.gov.

If applying on paper the following agencies can help:

Broome County Office for Aging (OFA) accepts applications for **regular HEAP** for homeowners and renters who are 60 or over and for those who are disabled receiving Supplemental Security Income (SSI) or Social Security Disability (SSD). If you received a HEAP benefit last season you should have received an “early outreach” application in the mail at the end of August. Please return your completed application to the Office for Aging. If you are new to HEAP and need an application call OFA HEAP line at 778-2063. Families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply at OFA. Call OFA at (607) 778-2411 if you have any questions about HEAP or other financial benefits.

Department of Social Services (DSS) accepts applications for **regular HEAP** for homeowners and renters under age 60 and not disabled. You can call DSS HEAP at (607) 778-1100, option 8 to request an application. DSS also accepts applications for **Emergency HEAP and the Heating Equipment Repair and Replacement program.**

2018-2019 HEAP Income Eligibility Guidelines (subject to change):

Household Size	Monthly Income Limit
1	\$2,391
2	\$3,127
3	\$3,863
4	\$4,598

"A society grows great when old men plant trees whose shade they know they shall never sit in."

Greek Proverb

Tired of Varicose Veins?

"I had my veins done with Dr. Dohner recently. It was so easy, no down time. I am a waitress and I took the next day off of work, but honestly I didn't even need to. The staff at New York Skin and Vein Center are incredible! I highly recommend going to see them."

Julie S. Binghamton



Actual Patient of Dr. Dohner



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- + Ulcers or Clots

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Volunteers at Broome West Senior Center



Broome West Senior Center has many wonderful volunteers. This month, we are recognizing our receptionists Judy Bell, Peg VanFleet, Pat Striley, Ruthanne Parrott, and Ana Antezana. They are amazing greeters, dedicated to helping people with their meal reservations and making calls to participants to make sure they receive their meal choice. These reception volunteers also assist with registration for safe driver classes and Tax Aide appointments.

Here are some quotes from our wonderful volunteer receptionists:

“I enjoy the conversations with people.”

“Makes me feel happy sharing the smiles, others’ experiences that I hear about. Being around people means the world to me.”

“Everyone is very nice here. I love helping, and this center is always a very happy place for me.”



Fran Bromley from Eastern Broome Senior Center started volunteering as a Meals on Wheels driver when the center was still at the American Legion. When the new center was built in 2000, Fran started volunteering as an acrylic painting instructor. She loves volunteering. People in her painting class have grown into great friends, and her class is the only one that has continued throughout the years!



Joan has been a long-serving volunteer at local senior centers (the former East Side and Greenman centers, and First Ward) as well as volunteering for her church. Joan serves on the Executive Board of First Ward Senior Center and helps to serve lunch weekly. Thank you, Joan!



George is a retired short-order cook from New York City. Johnson City Senior Center is very glad to have him volunteering with kitchen prep and serving lunches. He is scheduled to help out two days a week, however George has often pitched in on short notice when needed and is willing to help with any job. In his spare time, George loves fishing. Beyond being so helpful, George has infectious laughter and his wit is fun for everyone around him!

From the Editor

By Danielle Clemens

In recent months, there has been much more content than space available in the *Senior News*, so I have not contributed a column in a while. This month, I could not resist speaking out as volunteers and volunteering are so important to me and to the world. My volunteer journey started as a high school student at a skilled nursing facility, has included months of living abroad doing public health work, has led to several nonprofit board positions, and now is more occasional than I would wish. In whatever form, I find that volunteering has enriched my life at least as much as I have helped others or contributed to an organization. As much as any paid work, volunteering has provided me with a sense of accomplishment and the comradery of working with others to make the world a better place. It is my pleasure to honor some amazing volunteers in this month’s issue.

Thank you, volunteers, for growing a stronger Broome County!

Finding Joy in Sharing Meals with Neighbors

Are you tired of eating the same foods all the time?
Do you feel guilty throwing away leftovers?
Is it hard to find the time to cook dinner?
Do you want to get to know people in your community better?

Meal sharing is an answer to all those questions. A new trend around the country aims to reduce food waste while increasing the variety of meals we consume at home. Sharing meals with your neighbors is a trend which comes from both San Francisco, California, where a service called Josephine lets you order homemade meals online and pick them up from a neighborhood cook, and from Raleigh, North Carolina, where a group of local families created a ‘dinner club’ where they alternate making group meals four nights a week. Each person is assigned one night a week to cook for everyone and the other families stop by to pick up their portions of the evening’s meal.

This April, we encourage you to connect with people in your neighborhood and create your own meal sharing group. Start with one friend and expand from there. Not only will it reduce the time you spend in the kitchen, it will also increase the variety of meals and nutrition that you and your family have for dinner. Advocates of these programs say that it strengthens bonds between members in the community; neighbors may soon become like family.

Another way to share meals is to eat together! Consider bringing friends to lunch at any of the Broome County Senior Centers. Lunch is served Monday to Friday. See the April menu on the back cover to check out the variety of meals served.

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Friends Volunteering Together

These long-time friends use volunteering to stay in touch and keep their friendship going strong. It all started when Marjorie Sedor (center) asked her neighbor and friend of thirty years, Edward Mullins (right), to join her in volunteering for Meals on Wheels. Shortly after, they recruited their other neighbor and friend, Alan Hulbert (left). Thirteen years later, they still meet once a week to catch up and visit, all while providing a much-needed service to seniors in our community.



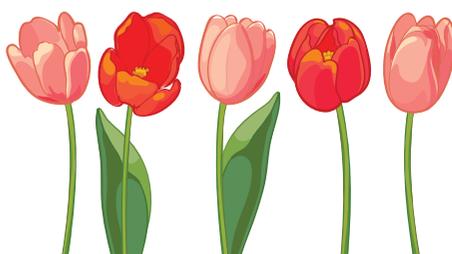
These ladies are a few of the many volunteers here at Vestal Senior Center who are willing to step in and lend a helping hand. Whether it's baking for our bake sales, pie auctions, helping serve, carrying trays, or anything else, they are always willing to help out. The center would not be the same without them, and Vestal Senior Center is grateful to have them!

Spring Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 9



- Cleaning
- Flowers
- Rain
- Bunnies
- Green
- Bloom
- Breezy
- Buds
- Bright
- Rainbow
- Nest
- Hope



Bill Arnold from North Shore Towers is the kind of volunteer who does more than people realize and never looks for recognition. He is a behind-the-scenes volunteer who comes in early to make coffee for the Breakfast Club every day. He also takes care of the afternoon coffee service and often brings goodies for others to enjoy. Bill does all of the grocery shopping for the Breakfast Club. If you can't find Bill in the kitchen at North Shore Towers, then he is probably giving someone a ride to the hospital or a doctor's appointment or helping someone to get their groceries. Bill says that volunteering makes him feel good and he enjoys helping his friends at North Shore Towers.

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Tom and Marylou Neubauer have been volunteering for the Meals on Wheels program for 5 years and serving special event and evening meals at Northern Broome Senior Center for 15 years. At times, they bring in family members to volunteer with them as well.

Tom and Marylou see many benefits of volunteering and serving the community. They love interacting with a great group of people, each one of whom has a story to tell, and helping people who may be unable to help themselves. Everyone enjoys Tom and Marylou and having them volunteer at the senior center. They are always happy and ready to work when they show up.

Thank you for your service, Tom and Marylou!



Welcome to our New Foster Grandparents!

We are very happy to introduce our newest Foster Grandparents! All four have grandchildren of their own, and now that they have completed Foster Grandparent Program orientation, they are looking forward to helping children in classrooms throughout Broome County. Our new "grandparents" have diverse backgrounds and have much to share with the children.

- Ann Foard grew up in Pulaski, New York so she is well-accustomed to the winter weather! She was a college, high school, and middle school English teacher.
- Maria Stanton was born in Puerto Rico and lived in Brooklyn before moving to Binghamton in 1970. She has worked at IBM, Endicott-Johnson, and has also been a Spanish translator.
- Lynne Green was born in Binghamton, went to college in Alabama, worked as a teacher in Tennessee, and then moved back to the Binghamton area. She has taught in private schools including Hillel Academy.
- Jesse VanOven is a Binghamton native, has coached youth sports, and managed laundry services at Greater Binghamton Health Care before he retired.

Welcome to Ann, Maria, Lynne and Jesse! We have additional openings for "grandmas" and "grandpas" who will work 1-on-1 with children in elementary schools, Head Start programs and daycare centers. They are making a difference by sharing love and encouragement to children with exceptional needs. Call 778-2089 to find out more or to enroll!

"No act of kindness, no matter how small, is ever wasted."

Aesop

Pharmacy Students to Provide Medication Disposal Tips at Senior Centers

Is your medicine cabinet in need of some spring cleaning? Pharmacy students from Binghamton University can help! Visit a local senior center in the month of April for a presentation on proper disposal of expired or unused medications. You can even chat one-on-one with a pharmacy student if you have additional questions following the presentation. Bring along any drugs in need of proper disposal.

The schedule for upcoming presentations at senior centers will be:

- Broome West Sr Center, Endwell: Friday, April 5, 11:30 am – 1:30 pm
- First Ward SrCenter, Binghamton: Friday, April 12, 11:30 am – 1:30 pm
- Northern Broome Sr Center, Whitney Point: Friday, April 19, 11:30 am – 1:30 pm
- Johnson City Sr Center, Johnson City: Friday, April 26, 11:30 am – 1:30 pm

Advance registration is requested. To sign up or get more information on this event, please contact Sofia at the Office for Aging at 778-2411.

Join Mission Meltaway this May!

Join the Broome County Office for Aging for Mission Meltaway, a free 5-week weight loss challenge intended to help you maintain a healthy lifestyle and skip the dieting! For more information or to register, contact Tara at 607-778-2411.

Mission Meltaway will take place at the following locations:

Eastern Broome Senior Center: Every Wednesday in May beginning May 1st from 12:30-1:30pm.

First Ward Senior Center: Every Thursday in May beginning May 2nd from 1:00-2:00pm.

"Wrinkles should merely indicate where smiles have been"
Mark Twain

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18-2435

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Action for Older Persons

Thanking Our Volunteers During National Volunteer Appreciation Week.

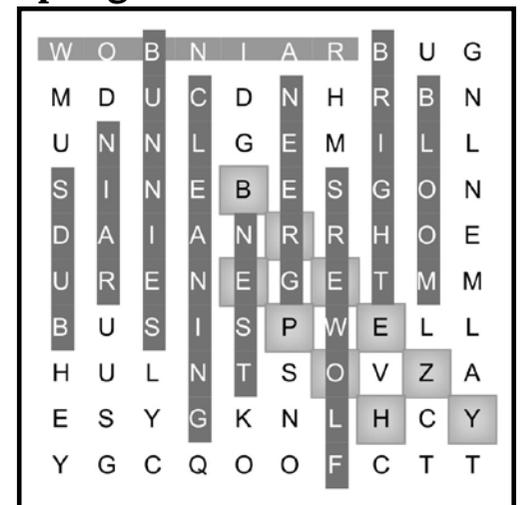
Many residents in long-term care (LTC) facilities have family and friends who visit and can assist the resident with adjusting to living in their new home. What does a resident do when no one is available to help? Who is there to explain their rights?

Through AOP's Long-Term Care Ombudsman Program in Chenango, Broome, Delaware, and Tioga counties, residents of LTC have certified volunteers to advocate on their behalf. Our volunteers have been the voice of residents who may not feel they have anyone to turn to. They have empowered residents by educating them about their rights. Staff and family members are assured that there is a resource for information and someone to assist their loved one.

Coordinators Morgan White and Jessica Palmer of the Ombudsman Program would like to thank our amazing certified volunteers for all their hard work, determination, and support of these residents. Their assistance provides a valuable support to the aging population.

For those looking to volunteer alongside these amazing people, there will be a free 36-hour Certification Training with the potential dates of May 22nd, 23rd, 29th, 30th. To sign up or to learn more, contact Morgan White or Jessica Palmer at Action for Older Persons at 607-722-1251.

Spring Word Search Answers



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- Family-Style Living in Private Homes
- Elder Counseling

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PAID ADVERTISEMENT

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 9:30 am, Quilting 9 am-12 pm;

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

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

Th: Social Connections 1-2:30 pm

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

Special Activities

4/1 Lourdes Mobile Mammography Screenings, 10 am-2 pm

4/4 Hot Dog Day (please reserve), 12 pm

4/5 Medication Disposal Presentation w/BU Pharmacy Students, 11:30 am

4/8 Special Breakfast: Cinnamon Applesauce Coffee Cake,
10:30 am-12:30 pm

VA Benefits Presentation by NY State Division of Veterans Affairs,
12:30 pm

4/9 Downsize & Declutter Discussion, 3-5 pm

Evening Meal & Volunteer Recognition (*porkchop/lemon pie*)
w/Greg Neff, 5 pm

4/11 Saving Money w/Medicare Presentation by AOP, 12 pm

4/12 Grill it Groovy Lunch Special w/Trivia:

Grilled Sandwiches & Sides, 12 pm

4/15 Exploring Tokyo Presentation by Bruce Ressler, 1 pm

4/18 Philly Cheese Steak Day w/Marian Tewksbury & Guests,
11 am-12:30 pm

4/22 Special Breakfast: Blueberry Pancakes, 10:30 am-12:30 pm

4/23 AARP Tax Counselors' Luncheon, 12 pm

Visit w/County Executive Jason Garnar, 12 pm
Evening Meal (*cranberry dijon chicken/chocolate cream pie*)
w/New Appalachia, 5 pm

4/24 Alzheimer's & Dementia Presentation by Alzheimer's Association,
11:30 am

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 12:30 pm

Weekly Activities (call for info):

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

T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

Tuesdays: Bingo, 1 pm: 4/2 Nickel; 4/9 Bag; 4/16 Quarter;

4/23 Nutrition; 4/30 Special Prizes.

Craft Making, 10 am

Thursdays: Chair Exercises, 11–11:30 am

4/11 Evening Meal (*pork chop/lemon pie*) & Volunteer Appreciation
w/Sizzle, 4:30 pm

4/16 Presentation on Delaware County Office for Aging Services, 10:45 am
Blood Pressures w/Sandy, 11:30 am

Southern Tier Food Bank at the Fire Station, 11:30 am

4/25 Saving Money w/Medicare Presentation by AOP, 12 pm

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

Golden Griddle 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, Billiards

M: Wii Practice/Play 9-11 am, Shuffleboard 10 am

W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Shuffleboard 9:15 am

Special Activities

Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)

Thursdays: Golden Griddle Special: *Grilled Hot Dog w/ Baked Beans*

4/3 Alzheimer's & Dementia Presentation by Alzheimer's
Association, 12:15 pm

4/4 Hot Dog Day, 10:30 am-12 pm

4/4,18 Bingo for Prizes, 11:45 am-1 pm

4/10 SNAP Benefit Information by Family Enrichment Network, 12:15 pm

4/11 Evening Dining (*pork chop/lemon pie*) w/The Dunnemans, 4 pm

4/24 Legal Aid (appointment needed), 9 am–12 pm

Baked Potato Bar, 11:30 am–12:30 pm

Saving Money w/Medicare Presentation by AOP, 12:15 pm

4/25 Evening Dining (*cranberry dijon chicken/chocolate cream pie*)
w/Photographer Rick Marsi, 4 pm

4/27 Sat., Chicken & Biscuit Fundraiser

w/Orange Blossom Special (\$6/person), 11 am-2 pm

4/29 Horse Racing Game, 10 am

FIRST WARD..... **797-2307**

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm

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 Hold'em 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30

W: Ceramics 9:00 am; Chorus 9:30 am

Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

Mondays: Mondays: Roberson International Folk Dancers (all welcome/
no partner needed), 7:30 – 9:45 pm (If you have a group that would like to
use the center, please call 797-2307)

Tuesdays: CHOW Mobile Market (please call for updates/time changes),
10:30 am

4/3 Social Club, 1 pm

4/4 Executive Board Meeting, 9 am

Hot Dog Day (please reserve), 11:45 am

4/8 Chop & Chat (please reserve), 1 pm

4/10 Legal Aid (by appointment only/please call for information), 9 am
Evening Meal (*baked pasta w/chicken or meatballs & poke cake*)
w/Greg Neff, 5 pm

4/12 Medication Disposal Presentation by BU Pharmacy Students, 11:30 am

4/15 Breakfast for Lunch Special: Belgian Waffle w/Cherries,
10:30 am-12:30 pm

4/16 Saving Money w/Medicare Presentation by AOP, 12:15 pm

4/18 Philly Cheese Steak Day w/Orange Blossom Special, 11:45 am

4/19 Center Closed in Observance of Good Friday

4/22 Chop & Chat (please reserve), 1 pm

4/30 Volunteer Recognition Dinner, 5 pm

**"I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel." Maya Angelou**

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm

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: Watercolor Painting 9 am; Poetry 11 am; Bingo 12:30 sales/1:30 play; Knit/Crochet 1 pm; Pitch (cards) 1 pm

T: Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm

W: Quilting 9 am; Bridge (cards) 10:30 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm

Th: Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:45 am; Meditation 3 pm

F: Watercolor Painting 9 am; Ladies Singing 10 am; Chair exercises 12:30pm

Special Activities:

4/3 Book Club, 3 pm

4/4 Hot Dog Day (*please reserve*), 11:45 am

4/6 *Sat.*, Gem Show, 10 am- 6 pm

4/7 *Sun.*, Gem Show, 10 am-4pm

4/9 SNAP Nutrition Class w/Cornell Coop. Extension, 11:30 am

4/10 Musical Entertainment by Wayne Beddoe, 12 pm

4/16 Chop & Chat (*please reserve*), 11 am

Red Hat Society Meeting, 3:30 pm

4/17 Blood Pressure & Glucose Checks, 10:30 am-12 pm

Annual Board Meeting & Dinner, 5:30 pm

4/18 Legal Aid (*by appointment only/please call for information*), 9 am

Laughing Yoga, 12:30 pm

4/23 Recycling Tips Presentation, 12:30 pm

4/24 Haircuts by Debbie Roberts, 10:30 am

4/25 VA Benefits Presentation by NY State Division of Veterans Affairs, 1 pm

4/26 Medication Disposal Presentation w/BU Pharmacy Students, 11:30 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 & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm

Breakfast for Lunch: Thurs 10-12:30 pm

Pub Burger: Fri 11:30 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4

M: Tai Chi 9:15 am; Pinochle 10 am; Horse Racing (1st/3rd) 10:30 am; Bingo 10:30 am; Adult Coloring Class 12-2pm

T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm; Bridge Card Group 12 pm

W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm, Sunrise Yoga 12:30 pm; Knitting 1 pm

Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am

F: Tai Chi 9:15 am; Bingo, 10:30 am; Crafts w/Denise, 10:30 am

Special Activities:

4/1 Horse Racing Game, 10:30 am
Alzheimer's & Dementia Presentation by Alzheimer's Association, 12 pm

4/4 Hot Dog Day (*please reserve*), 12 pm

4/6 *Sat.*, Annual Auction Fundraiser, 10 am Preview & 11 am Auction

4/9 Evening Meal (*porkchop/lemon pie*) w/Rich Wilson, 4:30 pm

4/10 Legal Presentation by Levene, Gouldin & Thompson LLP, 12 pm

4/12 Healing Gardens Presentation w/Cornell Coop. Extension, 11:45 am

4/15 Wheel of Fortune Game, 12:15 pm

4/17 Saving Money w/Medicare Presentation by AOP, 11:45 am

4/19 Medication Disposal Presentation by BU Pharmacy Students, 11:30 am

4/22 Bus Trip to Schaefer's Gardens, 12:30 pm

4/23 Evening Meal (*cranberry dijon chicken/chocolate cream pie*) w/Bingo

4/27 *Sat.*, Annual Friendship Tea, 1-3 pm

4/30 Binghamton University Nursing Students Visit, 9:30 am

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm

Lunch served at Noon

Weekly Activities:

Daily: Coffee 8-11 am, Games and Cards

M: Bingo 10-11:30 am

T: Wii Bowling 10-11:30 am

W: Dice & Cards Games 10-11:30 am

Th: Dice & Card Games 10-11:30 am

F: Wii Bowling 10-11:30 am

Special Activities:

Wednesdays: Binghamton University Technology Students Visit, 10:30 am

Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on 10th Floor, 9-11 am

4/1 Visit the Center for April Fool's Day & Joke Sharing

4/3 Seed Planting for the Center's Garden, 10:30 am

4/4 Hot Dog Day (*please reserve*), 12 pm

4/10 Crafts for Spring: Washcloth Bunnies, 10:15 am

4/11 Evening Meal & Volunteer Appreciation (*pork chop/lemon pie*) w/Mark & Ronnie, 4 pm

4/16 Resident Assoc. Meeting, 10 am

4/17 Seed Planting for the Center's Garden, 10:15 am

4/18 Breakfast for Lunch: Scrambled Eggs w/Bacon & Hash Browns, 11 am-12:30 pm

4/19 Easter Games, 10:30 am

4/22 Clean Center Grounds for Earth Day, 10:15 am

Saving Money w/Medicare Presentation by AOP, 11 am

4/24 Crafts, Knitting & Crocheting, 10:15 am

4/25 Alzheimer's & Dementia Presentation by Alzheimer's Assoc., (*call 772-6214 for info.*)

4/26 Pretzel Snacks for National Pretzel Day, 10:30 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

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

T: Pinochle 9:30 am

W: Walking Group 8 am; Crochet/Knitting 9:30 am; Bridge Group 9:30 am; Computer Instruction 10 am;

Chair Exercises 10:30; Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;

Bridge Group 12:30 pm

F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:

4/1 King High Card Game, 12 pm

4/4 Hot Dog Day (*please reserve*), 11:30 am-12 pm

4/8,22 Chop & Chat (*please reserve*), 10:30 am

4/8 Breakfast for Lunch: Veggie Omelets, 11:30 am-12 pm

4/10 Saving Money w/Medicare Presentation by AOP, 10:30 am

Lunch Special: Chicken Bacon Ranch Panini, 11:30 am-12 pm

4/15 Vestal Senior Club Trip Sign Up: Fly Creek Cider Mill &

Erie Canal Cruise, 9:30 am

4/16 LCR Dice Game, 12 pm

Vestal Senior Center Birthday Celebration

(*rotiss. chicken or halupki*) w/Greg Neff, 5 pm

4/17 Lunch Special: Tuna Melt Panini, 11:30 am-12 pm

4/18 Philly Cheese Steak Day, 11:30 am-12 pm

4/19 Pizza or Chef Salad w/Bunko, 11:30 am

4/22 Breakfast for Lunch: Belgian Waffles, 11:30 am-12 pm

4/23 Bake Sale, 9:30 am

Vestal Senior Club Meeting, 12:30 pm

4/24 The History of Beer Presentation by Bill Tomic, 10:15 am

MEET, GREET & EAT

April Menu - Bon Appétit!

At all 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.

Need to Reduce Sugar and Calorie Intake?				
We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.				
Cheese Lasagna 1 Zucchini Banana Sugar Cookie	Cranberry Dijon Chicken Breast 2 Mashed Sweet Potatoes Brussels Sprouts Cinnamon Apple Slices	Herb Crusted Pork Loin 3 OR Citrus Herb Pollack Couscous Pilaf Peas w/Sauteed Mushrooms Fruited Gelatin w/Topping	Hot Dog Day! 4 Hot Dog w/Onions Baked Beans Red Potato Salad Root Beer Float	Salmon Patty w/Dill OR 5 Basil Chicken Breast Brown Rice Pilaf Capri Blend Vegetables Banana Cake, Vanilla Icing
Macaroni & Cheese w/Stewed Tomatoes 8 Carrots Chocolate Chip Cookie	Honey Ginger Chicken Thigh w/Gravy 9 Dijon Roasted Potatoes Asian Slaw Pineapple Upside Down Cake	Beef Stroganoff OR 10 Vegetarian Chili Over Buttered Noodles Garden Salad w/Tomatoes & Cucumbers Vanilla Pudding w/Oranges	Roast Turkey w/Gravy 11 Mashed Potatoes w/Gravy Corn Fruit Cocktail	Meatloaf w/Gravy OR 12 Spinach Parmesan Pollack Baked Potato Summer Squash & Carrot Medley Raspberry Blackout Bar
Ham Steak w/Honey Mustard Sauce 15 Au Gratin Potatoes Peas Oatmeal Raisin Cookie	Pub Burger OR 16 Egg Salad Sandwich w/Lettuce & Tomato Sausage Florentine Soup Cottage Cheese, Peaches	Liver w/Onions OR 17 Chicken Cacciatore Mashed Potatoes Wax Beans w/Parsley Gingerbread Cake w/Icing	Pierogies w/ Kielbasa & Onions 18 Carrots Ice Cream Cup	Broiled Fish w/Lemon 19 OR Roast Beef Macaroni & Cheese Green Beans Fresh Apple
Meatball Parm Sub 22 Minestrone Soup Fresh Orange M&M Cookie	Sweet & Sour Pork 23 Brown Rice Pilaf Corn Broccoli Raspberry Blackout Bar	Chicken Salad w/Lettuce & Tomato on Croissant 24 Macaroni Salad Baked Beans Peach Cobbler w/Topping	Beef Stew over Biscuit 25 Cauliflower w/Parsley Warm Spiced Peaches Applesauce Bar	Parmesan Crusted Broiled Fish OR 26 Italian Chicken Breast Quinoa Pickled Beet Salad w/Onion Strawberry Gelatin
Chicken Alfredo over Pasta 29 Spinach Carrots Banana	Halupki 30 OR Breaded Pollack Mashed Potatoes w/Gravy Caesar Salad PB&J Cookie	Save the Date! Senior Picnic at SUNY Broome on June 19 th from 10 am – 2 pm. Here are a few of the day's activities: Live Music by Rich Wilson & Orange Blossom Special, Cooking Demos, Raffles, Bingo, Information Fair, Presentations and much more! Meal tickets can be picked up at any senior center starting in May. See the June issue of the Senior News for the entire activities schedule.		
<i>Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging</i>				

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



Celebrate Spring with Hot Dogs, Root Beer Floats and Local Baseball!

Warm weather, baseball and hot dogs go together like milk and cookies and are as American as apple pie. Mmm!

On Thursday, April 4th you can enjoy a delicious hot dog with all the toppings and wash it down with a root beer float! The centers will have a variety of special events happening on this day, including a chance to win Rumble Ponies tickets!!

Look for the center and activity of your choice on the back pages of this publication.
The deadline for lunch reservations is noon on Wednesday, April 3.

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.

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

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