

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior

SEPTEMBER IS
NATIONAL SENIOR
CENTER MONTH

We're
Saving You
a Seat!



If you've ever wondered what goes on at your local senior center, or if you've been waiting for the perfect moment to walk through our doors, this is your official invitation! September is National Senior Center Month, and it is the absolute perfect opportunity to pop in, look around, and check out your neighborhood center. Senior Centers are open to all people over 60 years regardless of where you live.

We've lined up incredibly warm, welcoming events all month long designed to showcase the very best of what each unique location has to offer – so, we're saving you a seat!

We know that taking the first step into a new place can feel a little daunting, but we promise you'll find nothing but friendly faces here. All month long, our centers are rolling out the welcome mat with special events designed to showcase the very best of what we have to offer. From lively social hours and creative workshops to fitness classes and delicious meals, these events are the perfect, low-pressure opportunity to come check us out.

No matter who you are, what your interests are, or where you're from—there is a spot at the table waiting just for you.

Flip to pages 3 and 4, pick a center, pick an activity you'd like to try and come join us! We're saving you a seat.

Meet Your Hosts!

Want to get to know us a little better before you visit? Flip to page 12 to read our special feature interviews with our wonderful senior center staff! They share the unique personalities of each center, what they love most about their jobs, and why they can't wait to welcome you in person.

Office for Aging Public Hearing

Please join us at the Vestal Senior Center on Thursday, September 10th for a discussion on Office for Aging services. Your ideas can help OFA create a plan for all older adults in Broome County. All who attend will be entered in a raffle for prizes. Additional raffle tickets will be given to those who participate in the discussion.

Senior Center address: 201 Main Street, Vestal
Start time: Dinner at 4PM Public Hearing at 5PM
Dinner and contribution information: Dinner will be chicken stuffed with broccoli and cheese, sides and peanut butter pie cups for dessert. A suggested voluntary contribution of \$4.00 is requested for people age 60+ and their spouse of any age. Those under age 60 pay \$5.
Reservations: If you would like to stay for dinner, please call 607-754-9596 by September 9th at noon. No reservation is needed for the Public Hearing.

Please call 607-778-2411 if you need special accommodations to attend, or to share your comments if you are unable to attend. Comments can also be emailed to ofa@broomecountyny.gov

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



Join us on Facebook

[facebook.com/
BroomeCountyOfficeForAging/](https://facebook.com/BroomeCountyOfficeForAging/)

Health and Wellness



Motivation with MaryJane

Social connection plays a vital role in maintaining overall health and well-being as we age. Spending time with others can help reduce feelings of loneliness, improve mood, keep the mind active, and even support better physical health. Whether you're looking to make new friends, rediscover an old hobby, or simply enjoy a conversation over lunch, Broome County Office for Aging's eight Senior Centers offer welcoming spaces where older adults can connect, laugh, and build meaningful relationships. From games and educational programs to fitness classes, special events, and a delicious hot lunch, there's something for everyone. Be sure to check out the **"What's Happening"** section of this month's Senior News to see all the exciting opportunities available and find an activity that inspires you to get out, get involved, and stay connected!

Tai Chi for Beginners



Tai Chi is going to be offered at Broome West Senior Center located at 2801 Wayne Street in Endwell starting September 11th. The class will be held on Wednesdays and Fridays from 11 – 12PM.

It is an 8-week evidence-based program that features Sun-Style Tai Chi movements. These movements have been proven to prevent falls and are particularly beneficial to those with arthritis.

If you are interested in participating, please call the number below.

Pre-registration is required as space is limited.

To register: Call OFA at 607-778-2411.

Tai Chi 2

Tai Chi 2 is going to be offered at Broome West Senior Center located at 2801 Wayne Street in Endwell starting September 11th. The class will be held on Fridays from 10:30 – 11AM.

For more information, please call 607-778-2298.

WEEKLY ACTIVITIES

Chair Yoga
Postures and movements are very gentle, easy to maintain and adapted to each students' 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 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 10:45AM 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)
Friday 9:30AM Eastern 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 3 & 4.**

Virtual Zoom Classes

"How beautifully leaves grow old. How full of light and color are their last days."

– John Burroughs

LOOK WHAT’S HAPPENING AT THE CENTERS!

****Meal reservations are needed by noon the business day prior for all Senior Centers****

Senior Center Closings:
Monday, September 7th in celebration of Labor Day

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

- 9/1 Senior Safety Day – Safety Presentation 10 – 11AM
CarFit Event 11 – 1PM
- 9/1 Center Closing at 2PM
- 9/4 Baking Class with Renee and Volunteers – Ahhh–mazing Apple Crisp 12PM
- 9/4 Senior Center Cooking Day – Shepperd’s Pie 12PM
- 9/8 Downsize and Declutter with Joan 3PM
- 9/9 Breakfast for Lunch – Omelets 10:30 – 12PM
- 9/9 GFJ Library Tech Class – YouTube Basics 11AM
- 9/9 Broome West Caregiver Chat 1 – 2:30PM
- 9/10 Science is Everywhere! Livestream from Kopernik Observatory 1PM
- 9/11 Intergeneration Event –Musical Playdate with Johnny Only and Preschool Friends 11AM
- 9/11 Team Trivia with Gene and Deanna 1:15PM
- 9/15 Chop and Chat 1PM
- 9/15 Retirement Planning Seminar by OFA and Evening Meal 4PM
- 9/16 Birthday & Anniversary Celebration with Jim Lamb 11AM (July, August, & September)
- 9/16 Discover Live: Heidelberg, Germany 11AM
- 9/17 Discover Live: Ljubljana, Slovenia 11AM
- 9/18 Baking Class with Renee & Volunteers – Breakfast Pizza
Call for time and to reserve your spot.
- 9/22 Discover Live: Buenos Aires, Argentina 1:30PM
- 9/24 & 25 AARP Safe Driver Class 9:30 – 12:30PM Must sign up.
- 9/24 Discover Live: Bananal, Sao Paulo, Brazil 11AM
- 9/29 Bright and Beautiful Therapy Dogs 12:30PM
- 10/2 Senior Center Cooking Day – Chicken ‘n’ Biscuits 12PM

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 11:30AM | 607-663-0406

Weekly Activities

Monday: Walk with Friends 1PM
Wednesday: Hand & Foot Card Game 9:30AM
Friday: Mahjongg 10AM

Special Activities

- 9/2 Rich Wilson Returns! Lunch at 11:30AM Entertainment starts at 12PM
- 9/11 & 25 Bingo 10:30AM
- 9/14 & 30 Horse Racing Game 10:30AM
- 9/21 Chop and Chat 10:30AM Call to reserve your spot.

Lunch reservations can be made by calling the center Monday, Wednesday or Friday during center hours. Reservations are due at least one day in advance by 1PM.

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
Thursday: Wii Games 10:30 – 12:30PM

Special Activities

- 9/24 Discover Live: Bananal, Sao Paulo, Brazil 11AM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787
Center Hours: Monday – Friday, 9 – 2:30PM
Crowe’s Nest Gift Shop: Monday – Friday, 9 – 2PM
Lunch served at 12PM
Breakfast Made-To-Order: Tuesdays, 8 – 9:30AM | 607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; Pinochle 9:30AM
Tuesday: Breakfast to Order 8 – 9:30AM; Mobile DMV 9 – 1PM (Closed 11:30 – 12PM), Music JAM 10AM
Wednesday: Crafters Group 9 – 11AM; Billiards 10 – 12PM
Thursday: Acrylic Painting Group 9 – 11AM; Bingo for Prizes 10 – 11:30AM
Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30 – 10:30AM
Monday–Friday: We offer cards, dominoes, a variety of boardgames, and the Wii.

Special Activities

- 9/4 Burger Bar 11:30 – 12:30PM
- 9/9 Officers and Finance Meeting 9:30AM
Site Council Meeting 10:45AM All are welcome to attend.
- 9/10 Golden Griddle – Soup and Sandwiches 11:30 – 12:30PM
- 9/14 September Birthday Celebration 10:30AM
- 9/16 Discovery Live: Heidelberg, Germany 11AM
- 9/17 Senior Safety Day – Safety Presentation 12:30 – 1:30PM
CarFit 1:30 – 3:30PM
- 9/18 Senior Center Closed for Renovations
- 9/23 Chop and Chat 9:30AM Call to reserve your spot.
- 9/23 Evening Meal 4PM
- 9/28 Farm Races Game 10AM
- 9/30 Line Dancing by Binghamton University Nursing Students 10AM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905
Center Hours: Mon– Fri 8:30 – 3:30PM
Lunch served at 11:45AM | Center: 607-797-2307
Meal reservations: 607-729-6214

Weekly Activities

Monday: Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold’em 12:30PM
Tuesday: Knitting & Crocheting 9AM; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramic 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)
Thursday: Stitch and Stuff 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

- 9/1 & 15 Holistic Healing – 15–minute Reiki, Chakra, Card Readings or Foot Reflexology 10 – 11:30AM \$3 (advanced registration and payment required)
- 9/1 Chop & Chat: Creamy Kale & Mushroom Penne 1PM
Call to reserve your spot.
- 9/3 Executive Board Meeting 9:30AM
- 9/8 Neighborhood Watch Meeting 6PM
- 9/10 Grill Day – Grilled Ham & Cheese w/Broccoli & Cheese Soup w/ Musical Guest, Gene Cvik 11:30AM

9/11 Film Friday: "Patriot Day" 1PM Free popcorn, soda for sale
9/14, 21, & 28 Beginners Line Dancing 1 & 2PM
9/15 Craft Day – Coffee Filter Flowers 10AM
9/17 Caregiver Consults with OFA’s Megan Horton 9:30 – 11:30AM
Call 607-778-2411 to schedule.
9/21 Breakfast for Lunch – Western Omelet 10:45 – 12:15PM
No take-out available.
9/21 JFF Pool League 9AM
9/22 Shuffleboard 9AM
9/22 Lunchtime Trivia: Slogans 12PM
9/22 Chop & Chat: Potatoes Romanoff 1PM
Call to reserve your spot.
9/24 & 25 AARP Defensive Driving Course 9 – 12:15PM
Advanced registration required.
9/25 Film Friday: "Invincible" 1PM Free popcorn, soda for sale

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); Abs & Core Chair Exercises 1:15 – 1:45PM (no fee)
Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1 – 3PM; 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); Euchre (card game) 1 – 3:30PM; Canasta 1 – 3PM
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
9/1, 15 & 29 Widow & Widowers Support Group 10 – 11:30AM
9/3 Binghamton University Nursing Students visit 9 – 1PM
9/4, 11, 18, & 25 Poetry Group 12:30 – 2PM
9/8 Discover Live: NYC (9/11 Tour) 2:30 – 3:30PM
9/9 Book Club (These Tangled Threads by Sarah Loudin Thomas) 3 – 4PM
9/14, 21 & 28 Greater Good Grocery Bus 11 – 12PM
9/15 Chop & Chat (Faith in Action) – Potatoes Romanoff 11 – 12PM
Signup by 9/8.
9/16 Discover Live: Heidelberg, Germany 11 – 12PM
9/16 Greeting Card Class 2 – 3:30PM Signup in advance.
9/16 LGBTQ+ Senior Social Group 3 – 4PM
9/16 Alzheimer’s Association – Caregiver Support Group 4 – 5:30PM
Registration and pre-screening required;
call ALZ at 315-472-4201 x227.
9/17 & 18 AARP Driver Safety 1 – 4PM Fee applies, registration required.
9/20 Southern Tier Orchid Society – Social Time 1:30 – 2PM
Meeting 2 – 4PM
9/24 Discover Live: Bananal, Sao Paulo, Brazil 11 – 12PM
9/25 Art Workshop (\$3 instructor fee) 10 – 12PM
9/29 Chop & Chat (Faith in Action) – Recipe TBD 11 – 12PM
Signup by 9/18.

Trivia

Some of our favorite collective nouns for animals include a congregation of alligators, a business of ferrets, an ostentation of peacocks and a gaggle of what other fowl?

Answer: Geese

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: Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM
Wednesday: Sewing 9:30AM; Shuffleboard 10AM
Thursday: Pitch 9AM; Cornhole 10AM; Osteo Bonesavers Class 10 – 11AM
Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:
9/1 & 15 Golden Agers 12:30PM
9/2 Chef Salads for Lunch 11:30AM
9/4 & 9 Binghamton University Nursing Students visit 9AM
9/9 Discover Live: Tbilisi, Georgia 10:30AM
9/10 Breakfast for Lunch 10:30AM
9/14 Craft Day – Fall Vase 12:30PM
9/15 Soup and Sandwich Bar 11:30AM
9/16 Discover Live: Heidelberg, Germany & Travel and Treat with OFA Director, Mary Turbush 11AM
9/25 Pub Burger Bar 11:30AM
9/23 Penny Social 9AM Drawing after Lunch.
9/29 Evening Meal 4:30PM Bingo 5:15PM

Vestal Senior Center
201 Main Street, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
Center Hours: Monday – Friday, 9 – 1:45PM
Lunch served at 11:45AM | 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 9:45AM
Friday: Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities
9/9 & 23 Vestal Library Tech Assistance 10:15AM
9/9 Discover Live: Tbilisi, Georgia 10:30AM
9/9 Texas Toast BLT Day 11AM
9/10 Office for Aging Public Hearing – Dinner 4PM
Public Hearing 5PM
9/14 Chop and Chat: Potatoes Romanoff 10AM
Call to reserve your spot.
9/14 King High Card Game 12PM
9/15 Card Making with Mercia 9:30AM Call or stop in to sign up.
9/17 Philly Cheesesteak Day 11AM Take out available.
9/21 Discover Live: Valcea County, Romania 10AM
9/21 Breakfast for Lunch – Blueberry Pancakes, Scrambled Eggs, Sausage, and Potatoes 11AM
9/21 & 22 AARP Drivers Safety Class 2 – 5:30PM Call to sign up.
9/22 Vestal Senior Club Meeting Day 12:15PM
9/24 Trip Sign Up – Golden Horseshoe Ranch for "Duets through the Years" on 10/15 12PM
9/25 Pizza or Chef Salads Day 11AM
9/25 Bunko Dice Game 12PM
9/28 Chop and Chat: Menu TBD 10AM
9/30 September Birthday Celebration 12PM
10/1 Vestal Senior Club – AAA presentation for Vestal’s 2027 New England's Cruise 11:30 – 1:30PM



Downsize & Declutter Discussion with Joan

"I don't need to accept something just because it's free."

It is a simple sentence but adopting it as a personal rule can transform your home.

It is completely okay to say "no thank you" to:

- Free gifts with purchases you won't actually use
- Event swag bags and promotional items
- Free samples and giveaway trinkets

Learn more on Tuesday, September 8th at 3PM at the Broome West Senior Center or on Zoom.

To attend the meeting via Zoom, contact Joan Sprague at spraguejm@verizon.net

Retirement Planning Seminar

Thinking about retirement or already enjoying it?

Join us for our Retirement Planning Seminar on Tuesday, September 15th, to learn about the important decisions that can help you prepare for a secure and fulfilling retirement. Local professionals will present on topics including legal planning, retirement accounts, Social Security, and Medicare.

Those who wish are invited to enjoy a meal before the seminar at the Broome West Senior Center beginning at 4PM. Presentations to follow.

For a dinner reservation, please call the center at **607-785-1777** by noon on Monday, the 14th. For the meal, a suggested voluntary contribution of \$4.00 is requested for those 60+ and their spouse of any age. Those under age 60 pay \$5.00.

No reservations are required for the presentation.

Whether you're preparing for retirement or simply looking for helpful resources to help you navigate this stage of life, this seminar offers valuable information, and the opportunity to have your questions answered.

Please call our office with any questions at **607-778-2411**.

Medicare Open Enrollment Fall 2026

Action for Older Persons (AOP) offers no-cost, unbiased Medicare insurance counseling and financial assistance program application help. Medicare's Open Enrollment runs from October 15th - December 7th and is the one time each year that all Medicare beneficiaries can change their health care selection.

We highly recommend a yearly review of your Medicare plan as they can change significantly. For example:

- Plans make changes to their drug formulary
- Plans make changes to their premium (monthly cost)
- Plans make changes to their co-pays at the pharmacy, the doctor/hospital or other covered services
- Plans make changes to their network of doctors and hospitals
- Plans end their contract with specific pharmacies
- Plans cancel their contract with Medicare - canceling your plan completely
- Other plans next year may be more cost effective than your current plan

You will find this information in the "Notice of Change" you get in the mail in September. If you need help, we are holding virtual seminars to teach you how to evaluate your options and enroll in a plan. Seminar details are on our website. We also have state certified, highly trained Medicare counselors and we offer both in person and phone appointments. AOP members can call for an Open Enrollment appointment on Monday, September 21st at 8:30 am. All other clients can call on Monday, September 28th at 8:30 am. We ask for your patience as we answer the influx of calls on those days. AOP's website is actionforolderpersons.org and our phone number is **607-722-1251**.

Special Events at the Centers

Broome West Senior Center

Friday, September 11th at 11AM
Musical Playdate with Johnny Only!

We've invited Johnny Only and his preschool friends to spend the morning with us.

Chenango Bridge Senior Center

Wednesday, September 2nd Rich Wilson returns!

Meal served at 11:30AM Entertainment starts at 12PM

Come celebrate Labor Day with us!

Deposit

Every Tuesday from 1 - 2PM
Bingo!

Eastern Broome

Wednesday, September 23rd at 4PM
Evening Meal

Entertainment by Bits & Pieces

Rotisserie Chicken, Baked Potato, Green Beans, and Apple Pie

First Ward

Friday Movie & Popcorn Days in September! 1PM
September 11th - "Patriot Day"
September 25th - "Invincible"

Free popcorn, Soda for sale \$1

Johnson City

Wednesday, September 16th from 2 - 3:30PM
NEW! Greeting Card Class

Registration required, class size is limited. \$8 fee covers materials for two unique cards and instructor fee. Please call 607-797-3145 to register.

Northern Broome

Tuesday, September 29th
Evening Meal & Bingo!
Meal 4:30PM
Bingo 5:15PM

Vestal

Wednesday, September 9th at 11AM
Texas Toast BLT Day

Come enjoy a delicious BLT on Texas Toast with chips, a pickle, mac salad, and an ice cream cup!

Trivia

In the insurance business, what is the name of a person whose job it is to analyze statistics to calculate risks and price premiums accordingly?

Answer: Actuary

Hair @ Home

for men and women

A licensed hairdresser will come to you and do your hair in the convenience of your own home!



- Shampoo/Cuts
- Shampoo/Sets
- Perms
- Highlights
- Color



Call Barb for an appointment
607-862-3450



Mark Your Calendar! Upcoming Community Events

Local Library Book Sales

George F. Johnson Memorial Library
1001 Park Street, Endicott
Friday, September 4th 10 – 4PM
Saturday, September 12th 10 – 2PM
Friday, September 18th 10 – 4PM
Cash only. For more information, please visit
<https://www.gfjlibrary.org/friends/>

Broome County Public Library
185 Court Street, Binghamton
Friday, September 18th 10 – 2PM
Saturday, September 19th 10 – 1PM
For more information, please visit
<https://www.thebcpl.org/events/upcoming>

First Friday

Downtown Binghamton
Friday, September 4th 6 – 9PM
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. Check out the website for events:
<https://broomearts.org/in-the-community/first-friday/>

Broome County Regional Farmers Market

840 Front Street, Binghamton
Saturdays, 9 – 1PM

All our vendors are local to Broome or surrounding counties and produce the best products around. Our market accepts SNAP/EBT, Farmers Market Nutrition Program, FreshConnect, Produce Prescription, and Broome County Veterans coupons. Come visit the market to meet your local farmers/artisans, buy fresh produce and delicious prepared food. Help your community thrive. Buy local, buy fresh!

9–11 25 Years Later

Vestal Public Library
320 Vestal Parkway East, Vestal
Friday, September 11th 6 – 7:30PM

A presentation by Mr. Brian McKinley, high school social studies teacher, sponsored by the Vestal Museum. Brian was live on the radio during the 9/11 Terror Attacks and has dedicated part of his teaching practice to sharing his story with his students and community.

LUMA – America's Premier Projection Festival

Downtown Binghamton, Binghamton
September 11th & 12th, 8:30PM – 12:15AM

LUMA uses projectors and 3D animation to create illusions and transform structures into different and exciting architecture. For more information, please visit
<https://lumafestival.com/>

India Cultural Day

India Cultural Center
1595 State Route 26, Vestal
Saturday, September 12th 12 – 5PM

Each year, India Day brings together thousands of people from all backgrounds to enjoy vibrant cultural performances, authentic Indian cuisine, educational exhibits, family-friendly activities, and local vendors in a celebration of unity and inclusion.

Doctors with a Heart – Free Dental Care for those in Need

Progressive Dental 565 Hooper Road, Endwell
Saturday, September 19th 8 – 12PM

Join us for the 31st Annual Doctors With a Heart Day, a first-come, first-served event offering free services to anyone in our community who is facing financial hardship or does not have access to dental care. All ages are welcome. For more information, please call
607-754-2273.

Endicott Applefest

Washington Street, Endicott
Saturday, September 19th 10 – 5PM

Come out and enjoy great food, entertainment, vendors and everything apples!

Broome Arts Festival

State Street, Binghamton
Saturday, September 19th 8 – 12PM
(Rain date September 20th)

Join in on the first-ever Broome Arts Festival! Visit a transformed State Street, featuring an artists' market filled with arts partners, organizations, performances, food, and fun for everyone to enjoy. For more information, please visit
<https://broomearts.org/broome-arts-festival/>

GFJ Library Health Fair

George F. Johnson Memorial Library
1001 Park Street, Endicott
Tuesday, September 22nd 1 – 3PM

In recognition of National Fall Prevention Month, we're bringing together local healthcare providers, community organizations, and wellness experts for an afternoon of information, resources, and conversation. This free event is open to all ages. No registration is required.

Gallery Art Show by BCSAFE (Broome County Suicide Awareness for Everyone)

Broome County Public Library, 185 Court Street Binghamton
Tuesday, September 29th 6 – 7PM

Come view all the artwork created during the Chalk the Walk, Have the Talk campaign. To close out National Suicide Prevention Month, the Broome County Public Library will continue to display the Artwork after the event throughout the end of September. For more information, please visit
<https://broomecountyny.gov/mh/BCSAFE>

GOT A TECH QUESTION?
WE HAVE ANSWERS!

Is your “smart” phone acting up? Having trouble video chatting with family? Curious about how to stay safe online and on your phone, or trying to figure out how to use a new app? You’re not alone—and we’re here to help.

We’re creating a special “TECH Q&A” section for our upcoming senior newsletter, and we want to hear from you! Whether it is a question about smartphones, tablets, smart home devices, or anything in between, send us your questions!

- Email us: OFA@broomecountyny.gov
- Call us: 607-778-2411

Let us help you stay connected and in control of your digital world!

TECHNOLOGY CLASSES THAT COME
TO YOUR LOCAL SENIOR CENTER:

Vestal Public Library comes to the
Vestal Senior Center
Wednesday, September 9th & 23rd 10:15AM

George F. Johnson Tech Center comes to the
Broome West Senior Center
Wednesday, September 9th 11AM
Topic: Youtube Basics

CLASSES AT LOCAL LIBRARIES:

Personalized Tech Assistance from the George F.
Johnson Memorial Library
Every Tuesday and Thursday 2 – 4PM
1001 Park Street, Endicott, NY

Receive one-on-one technology support tailored to your needs. Whether you want to learn how to use a smartphone, tablet, computer, or navigate the internet, our knowledgeable staff is here to help. Drop in during scheduled hours for friendly, patient guidance in a welcoming environment. Call the library at 607-757-5350 to register.

Basic Computer Classes through the Broome
County Library
Every Wednesday 10 – 12PM
185 Court Street, Binghamton, NY

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
Email accounts
Internet usage
Microsoft Office and Google Docs
Online tasks like signing up for accounts or submitting applications
Windows desktop and files

Contact us at **607-778-6406** to preregister. Walk-ins may register but will be scheduled to start at a later date.

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 to book a 20-minute session.

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

Senior Safety Day Event



The Broome County Traffic Safety Program and United Health Services will host a Senior Safety Day that includes a Safety Presentation inside followed by a CarFit Event in the parking lot.

The presentation will include information about how to be safe inside and outside your home. Participants will learn about preventing falls, basic medical information as well as how to stay safe on the road.

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? **CarFit** is an educational program designed to help you explore the safety components of your vehicle with a trained technician to ensure the safest and most comfortable “fit.” It’s free, it’s easy and it only takes 20 minutes!

Registration is encouraged but walk-ins are welcomed!

Where: Broome West Senior Center
2801 Wayne Street, Endwell

When: Tuesday, September 1st
10 – 11AM Safety Presentation
11 – 1PM CarFit Event

Contact: Christine Marion, Broome County Health Department
607-778-2807
Christine.Marion@broomecountyny.gov

Where: Eastern Broome Senior Center
27 Golden Lane, Harpursville

When: Thursday, September 17th
12:30 – 1:30PM Safety Presentation
1:30 – 3:30PM CarFit Event

Contact: Christine Marion, Broome County Health Department
607-778-2807
Christine.Marion@broomecountyny.gov

LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Senior Social Group will be Wednesday, September 16th from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City



Johnson City Senior Center

Contact Dorothy 607-743-1747

November 17th – Branson Christmas Show & Veterans’ Show
December 3rd – Turning Stone Casino & Dick Clark’s
Countdown to Christmas
December 6th – 10th New Hampshire

North Fenton Seniors

Contact Ruth 607-648-8425

September 16th – Turning Stone Casino
October 19th – 21st Sight & Sound Theater in Lancaster, PA
for “Joshua”

Port Crane Seniors

Contact: Donna 607-648-6071

November 19th – Pines Dinner Theater “Up on the Housetop”

Vestal Senior Citizens Club

Contact Jean 607-754-4479

October 15th – Golden Horseshoe Ranch for “Duets through
the Years” (Sign up 9/24 at 12PM)
November 3rd – 4th Lancaster for American Music Theater
for Holiday Show and Sight & Sound for “Joshua”
(Sign up on 9/17 at 12PM)
September 18th – 25th 2027 New England Cruise to Nova
Scotia (Sign up 10/1 11:30 – 1:30PM)



Nature Walking Club

The Nature Walking Club invites you to join them for a
season of outdoor exploration.

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. Come join this fun group!

September 10th 10AM – Walk and Lunch at Waterman
Conservation Education Center in Apalachin. Meet in
parking lot. Bring your lunch and beverage to socialize after
the walk!

September 24th 10AM – Greenwood Park. Meet at the left
side of the parking lot.

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

**Travel the World Virtually
with Discover Live**

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. These
are free classes, and no reservations are required.

September 8th 2:30PM



Virtual walking tour through **New York City (9/11 Tour)**
(streamed to the Johnson City Senior Center)

September 9th 10:30AM



Virtual walking tour through **Tbilisi, Georgia**
(streamed to the Northern Broome and Vestal Senior Center)

September 16th 11AM



Travel and Treat with OFA Director, Mary Turbush
Virtual walking tour through **Heidelberg, Germany** (streamed to
the Broome West, Eastern Broome, Johnson City and Northern
Broome Senior Center)

September 17th 11AM



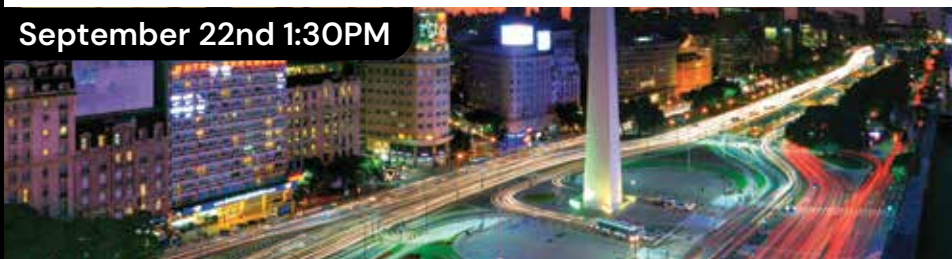
Virtual walking tour through **Ljubljana, Slovenia**
(streamed to the Broome West Senior Center)

September 21st 10AM



Virtual walking tour through **Valcea County, Romania**
(streamed to the Vestal Senior Center)

September 22nd 1:30PM



Virtual walking tour through **Buenos Aires, Argentina**
(streamed to the Broome West Senior Center)

September 24th 11AM



Virtual walking tour through **Bananal, Sao Paulo, Brazil** (streamed
to the Broome West, Deposit, and Johnson City Senior Center)



Where care is a career, and home is a community.

At Willow Point Rehabilitation & Nursing Center, we believe that exceptional care starts with exceptional people. We built a community where dedicated professionals love what they do, so our residents love where they live.

NOW HIRING!

607-763-4400
<https://willowpointrehab.com/careers/>

 **Willow Point**
Broome County Rehabilitation & Nursing Center

“To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent that is to triumph over old age.”

— Thomas B. Aldrich

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 P. 15

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

Preventing Falls at Home: Room by Room

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety.

Floors, stairways, and hallways

- Ensure there are handrails on both sides of any stairs, and make sure they are secure. Hold the handrails when you go up or down stairs, even when you are carrying something. Don't let anything you're carrying block your view of the steps.
- Ensure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Consider using motion-activated lights that plug into electrical outlets and automatically turn on when you walk by them to help illuminate stairwells and pathways.
- Keep areas where you walk tidy. Don't leave books, papers, clothes, or shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor, so they won't slip. Put no-slip strips, which you can buy at any hardware store, on tile and wooden floors.
- Don't use throw rugs or small area rugs.
- Don't walk on slippery, newly washed floors.

Bathrooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place nonskid mats, strips, or carpet on all surfaces that may get wet.
- Remember to leave a light on in the bathroom at night or use a night light that turns on automatically in the dark.

Bedrooms

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power goes out and you need to get up.
- Place a landline or well-charged phone near your bed.

Kitchen

- Keep frequently used pots, pans, and kitchen utensils in a place where they are easy to reach.
- Clean up spills immediately.
- Prepare food while seated to prevent fatigue or loss of balance.

Outdoor spaces

- If you have steps leading to your front door, make sure they are not broken or uneven.
- Add non-slip material to outdoor stairways.
- Keep the lawn, deck, or porch areas clear of debris, such as fallen branches.
- Consider installing a grab bar near the front door to provide balance while you are locking or unlocking the door.
- Turn on your porch light at night and if you leave during the day but plan on returning home after dark.
- In the winter, treat outdoor walkways with an ice melt product or sand to make them less slippery.

Other living areas

- Keep electrical cords near walls and away from walking paths.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of easily.
- Keep items you use often at waist level or within easy reach.
- Don't stand on a chair or table to reach something that's too high — use a "reach stick" instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it's steady and has a handrail on top. Have someone stand next to you.
- Keep a list of emergency numbers in large print near each landline phone and save them under "favorites" on your mobile phone.

Sourced from: <https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room>



CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:
Date: Wednesday, September 9th Time: 1 – 2:30PM
Location: Broome West Senior Center, 2801 Wayne Street, Endwell, NY

Group Respite will be available to provide care for your loved one during the session. If you will be needing care for your loved one, please RSVP by calling **607-785-0494**.

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. (Guests should be able to eat and toilet independently.)

Saturday, September 5th 11 – 2PM • First Saturday of the Month
St. Anthony’s Church Hall • 300 Odell Ave, Endicott • 607-754-4333

Saturday, September 12th 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

Saturday, September 19th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood • 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, September 26th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament • 465 Clubhouse Rd, Vestal • 607-778-2946

Caregiver Consults

Caregiving can be difficult. Caregivers benefit from the opportunity to meet privately with a Caregiver Specialist. BCOFA is making consults more accessible.

To learn about local support services and respite options schedule a one-on-one consult at First Ward Senior Center on September 17th from 9:30 – 11:30AM. In a private space, Megan can connect you to support and share strategies that other families have used to be able to keep their loved one home as long as possible. Schedule your appointment today. Up to 20 minutes is available for each caregiver.

To schedule, please call Megan at 607-778-2411.

Broome County
Office for Aging





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” card games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!

Success Story: Building Trust Through Group Respite

Group respite often begins with participants attending one or two days each week. For individuals experiencing cognitive impairment, regular attendance helps establish a routine and provides valuable opportunities for socialization. Many participants develop meaningful friendships, which can improve their overall quality of life.

Introducing respite services, however, can sometimes be challenging. Caregivers may say, "My mom would never do that," while the person receiving care may feel anxious about joining a group.

One caregiver brought her mother to visit the respite program. The first visit was difficult. Her mother became upset and said, "I don't know why she's bringing me here. I run my own life."

Rather than giving up, staff worked with the family to build trust through the in-home Friendly Visiting program. A staff member met with the family in their home, where the participant felt comfortable. They spent time talking around the kitchen table and developed a positive relationship through weekly visits.

After several months, the staff member invited her to visit the center again to meet other participants. This time, the experience was very different. She enjoyed spending time with the staff and other participants and now attends the program several times each week. She has become a valued member of the group.

Today, both mother and daughter benefit from the program. The caregiver has time to participate in social activities that are important to her, while her mother enjoys companionship, routine, and meaningful engagement. Their quality of life has improved significantly.



APPLE BARS

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup brown sugar
- 1 cup old fashioned rolled oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 pinch ground cloves (optional)
- 1/2 cup butter or margarine
- 3 cups apples, peeled, cored and sliced (about 2 medium apples)
- 2/3 cup raisins
- 1/4 cup sugar



Directions

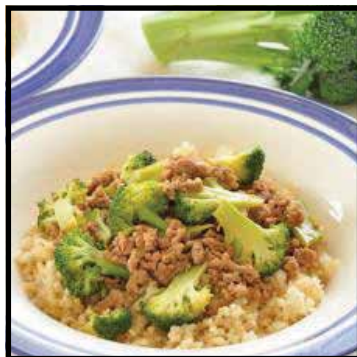
1. Preheat oven to 350 °F.
Lightly grease a 9 x 13 baking pan.
2. Mix flour, salt and baking soda together in a large bowl. Add brown sugar, oats, cinnamon, nutmeg and ground cloves.
3. Cut in butter or margarine with a pastry blender or 2 knives until mixture is crumbly.
4. Spread half of the crumb mixture in the baking pan. Top with apple slices and raisins and sprinkle with sugar. Spread remaining crumb mixture evenly over apples.
5. Bake at 350 °F for 40-50 minutes.
Cool and cut into 12 bars.

<https://medlineplus.gov/recipes/apple-bars/>

BEEF AND BROCCOLI

Ingredients

- 3/4 pound lean ground beef
- 1/4 teaspoon ground ginger
- 3/4 teaspoon garlic powder
- 2 Tablespoons packed brown sugar
- 1/4 cup low-sodium soy sauce
- 2 teaspoons cornstarch
- 1 Tablespoon sesame oil
- 1/4 teaspoon red pepper flakes
- 1/2 cup water
- 4 cups chopped broccoli (fresh or frozen)
- 3 cups cooked rice



Directions

1. Cook beef, ginger and garlic powder in a skillet over medium-high heat (325 °F in an electric skillet) until meat is browned.
2. In a medium bowl, mix sugar, soy sauce, cornstarch, sesame oil, pepper flakes and water.

3. Add sauce to beef and cook for 5 minutes. Add broccoli and cook until tender.
4. Serve over cooked rice.
5. Refrigerate leftovers within 2 hours.

<https://medlineplus.gov/recipes/beef-and-broccoli/>

CHEESY POTATO SOUP

Ingredients

- 1 medium onion, chopped (about 1 cup)
- 1/4 cup chopped celery
- 1 teaspoon vegetable oil
- 2 cups bite-sized diced potatoes
- 2 cups low-sodium broth (any type)
- 1/4 teaspoon pepper
- 3 Tablespoons cornstarch
- 1 1/2 cups 1% or nonfat milk
- 3/4 cup (3 ounces) cheddar cheese, shredded
- 1 Tablespoon bacon bits or 1 slice bacon, cooked and crumbled



Directions

1. In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear.
2. Add the potatoes, broth and pepper. Bring to a boil and stir, then reduce heat to low. Cover and simmer until the potatoes are tender, 15 to 25 minutes.
3. In a small bowl, stir together cornstarch and 1/4 cup of milk until smooth. Add remaining milk (1 1/4 cups). Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

<https://medlineplus.gov/recipes/cheesy-potato-soup/>

FRUIT PIZZA

Ingredients

- 1 English muffin (try whole grain!)
- 2 Tablespoons reduced-fat cream cheese (No cream cheese? Try peanut butter or sunflower seed butter.)
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple



Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served immediately. Refrigerate leftovers within 2 hours.

<https://medlineplus.gov/recipes/fruit-pizza/>

Continued from Cover...

Meet Deanna and Renee from the Broome West Senior Center

If we had to describe our center in one word, it would be hospitable. We are so lucky to have an incredibly warm, welcoming group of participants and volunteers who make this place feel like home.

I (Deanna) often find myself telling our volunteers, "Just hear me out!"—and the level of unity and creativity they bring to my big ideas is amazing. For example, when I (Deanna) tasked the center with throwing a Willy Wonka and the Chocolate Factory themed party, our team spent weeks making vibrant candy decorations and display tables. We even had Willy Wonka and an Oompa Loompa show up! That creative, friendly vibe is truly what makes us unique.

Our favorite part of working here is experiencing the world through everyone's stories and life experiences. We know trying somewhere new can feel a little intimidating, but the biggest hope is that first-time visitors feel instantly comfortable, find activities they love, and want to keep coming back.

We really do have something for everyone—from Chair Yoga, BoneSavers, shuffleboard, and ping pong to cards, bingo, Mahjong, team trivia, and Discover Live virtual tours.

Meet Vet from the Chenango Bridge Senior Center

One of the best parts of my job is creating an environment of friendly socialization and community. Watching participants find new friends and all the joy that comes from that really makes coming to work worthwhile.

I love hearing stories of how participants found the center and why they keep coming. First-time visitors should feel welcomed from the second they walk through our doors. Everyone here is happy to say hello and discuss all that we can offer.

Our most popular activities are Bingo, Tai Chi, and Mahjongg.

Meet Mary from the Deposit Senior Center

My favorite part of running the center is watching all the happiness that comes from the participants as they socialize with each other and build lasting friendships. We are a small center, but we know how to have fun!

First-time visitors should feel right at home, as we have many friendly faces here that would love to show you around. Our most popular activities include virtual tours through Discover Live, Bingo, and of course, Wii Games like bowling!

Meet Penny, Kathy, and Tyra from the Eastern Broome Senior Center

One of the best parts of our job is seeing the diverse faces coming through our doors and watching that initial curiosity turn into comfort as folks look around.

What we enjoy most is knowing that both our long-time regulars and new visitors genuinely love what we have to offer. Hearing a simple "thank you" for the work we do always brightens our day and means the world to us!

To help first-time guests feel right at home, we hand out a welcome folder packed with information on our meals, live music, and activities both at the center and in the broader community. We also share all the ways you can volunteer—or simply drop in to chat and visit with us. Above all, we want you to feel welcomed into a friendly, family-like atmosphere where you can share a meal or join in on a fun project.

We offer a great mix of activities like bingo, shuffleboard, cards, painting, and craft groups like Chop-N-Chat.

Meet Jessica and Heather from the First Ward Senior Center

We operate out of a charming brick building that is anything but boring on the inside.

Spread across three full floors, we have a ton to offer! You'll find card games, four regulation-size pool tables, two standing shuffleboards, and even our own ceramics kiln for classes twice a week. We host big-screen movie days with free popcorn twice a month, do on-site cooking, and have full accessibility with an elevator so everyone can get around easily.

When you walk through our doors into our bright, open dining hall, you'll be met with a warm and inviting atmosphere. We decorate for all the holidays, keep the free coffee and tea brewing, and someone almost always has a sweet treat to share!

What we love most about working here is hands-down the relationships we've built with our members and staff. I (Jessica) can honestly say I (Jessica) look forward to coming to work every single day. We know new places can feel daunting, but our morning regulars will greet you right at the front door.

Whether you want to relax or drop into our super popular fitness classes like Zumba, Osteo Exercise, or Chair Yoga, we'd love to see you soon!

Meet Kim, Jack, Karen, and Rose from the Johnson City Senior Center

While we offer a lot of fantastic programs, what truly makes our center unique is our incredible volunteers. Their generosity, compassion, and countless hours of service make so much of what we do possible.

If you ask us what we enjoy most about working here, the answer is easy: the people!

We always strive for our center's atmosphere to be warm and welcoming. We know walking into a new place can take a little courage, but our biggest hope is that first-time visitors feel a strong, immediate sense of community from the exact moment they step through our doors.

We stay quite busy here, so there is always something fun to join in on! Some of our most popular activities include our day trips, BINGO, and our TOPS (Take Off Pounds Sensibly) program. We also offer a huge variety of exercise classes like Chair Exercises, Gentle Yoga, Line Dancing, and Zumba. If you prefer getting creative or sitting down for a game, we have Watercolor and Oil Painting, Art Workshops, and plenty of table games including Pinochle, Bridge, Euchre, Canasta, and Mahjong.

Meet Heather and Kathy from the Northern Broome Senior Center

What makes our center so special is that we offer far more than just scheduled activities—we make sure everyone who walks through our doors feels like they're coming home. In our close-knit community, our staff and volunteers take the time to truly get to know each person, build lasting friendships, and create a real sense of family.

What we enjoy most about the job is knowing that what we do makes a genuine difference in people's lives. I (Heather) love sitting down to hear everyone's unique life stories and seeing the smiles on their faces every day.

If you've never visited us before, you can expect a warm, welcoming atmosphere. On any given day, the building is filled with the comforting sounds of laughter and lively conversation, and we hope first-time visitors feel that welcoming energy the second they walk in.

Continued from page 12

We also have a ton of fun together! Bingo is our most popular weekly activity, and our special auctions and penny socials are always huge hits with the crowd.

Meet Jennifer and Pixie from the Vestal Senior Center

Our center is housed in the Vestal School District’s administrative building—which actually used to be the local elementary and junior high school! Many of our members walked these same hallways as young students, and we even have a couple who first met here in junior high and later attended as husband and wife. The memories embedded in these walls make our center truly unique.

If you ask me what I (Jennifer) enjoy most, it’s hands-down the people. Our members essentially become family. We share in all of life’s ups and downs together, and seeing the joy they get from being here lets me know we’re doing a great job. We’d describe our atmosphere as warm and family-like—everyone genuinely cares and looks out for one another.

Our members are fantastic about greeting new faces, and if you’re joining us for lunch, we’ll always make sure you have a spot at a table to meet new friends.

As for what we do? Games are king here! We have card games running every day, along with our super popular Pizza & Bunco days. We’ve also launched a live, interactive Zoom exercise class called Vivo on Fridays, which lets you go at your own pace.

Phone numbers and addresses for each center are listed on pages 3 and 4.

Flu Shots by Broome County Health Department

It’s time to start thinking about your yearly flu vaccine. The flu vaccine is recommended for everyone six months and older, because it remains our best defense against hospital stays and deaths due to flu.

It is especially important for older adults to receive the flu vaccine as our immune systems become weaker as we get older. An immune system that shrugged off the flu at 40, will not mount the same defense at 75 years of age. Adults over 65 make up most of the hospital stays and deaths due to flu each year. If you manage chronic conditions like heart disease, diabetes, or COPD, you have greater risk of flu and/or flu complications. The flu vaccine is the best protection we have against serious illness, hospitalization, and death from the flu.

Talk to your primary care provider or pharmacist about making an appointment for a flu vaccine. Ask which shot is best for you. New York State and CDC both recommend high-dose, recombinant, or adjuvanted flu shots for adults 65 and older. Weaker immune systems respond better to these shots than to traditional flu vaccines. Try to get your flu vaccine by the end of October, before flu season picks up and before the holidays. Protection takes about two weeks to build.

Medicare Part B covers the vaccine at no cost for any provider or pharmacy that accepts Medicare. Part C plans, or Medicare Advantage, cover it too, but you may need to stay in the plan’s network. Call your plan if you are unsure and bring your insurance card either way. If you do not have insurance or a regular provider, call Broome County Health Department at 607-778-2839. A few minutes now buys you a safer, healthier, and happier winter.



Scam Protection

Protect Your Home from Deed Fraud

Imagine opening your mail to find that someone else claims to own your home. Known as **deed fraud** (or home title theft), this growing scam occurs when a fraudster files a forged or fake deed with the County Clerk’s Office, transferring your property’s public ownership record into their name.

How It Works

Scammers typically acquire property titles in one of two ways:

- **Forgery:** The criminal fakes the owner’s signature on a fraudulent deed.
- **Fraudulent Inducement:** The owner is tricked into signing documents they don’t fully understand, often under the guise of financial help or refinancing assistance.

Once recorded, the fraudster can take out mortgages against the house, list it for rent, or even sell it to an unsuspecting buyer—all without the real owner knowing. Scammers frequently target elderly homeowners, vacant properties, inherited homes, or houses without an active mortgage.

How to Protect Yourself

Broome County Clerk Aaron Martin offers free tools to help keep your home safe:

- **Sign Up for Free Alerts:** Register for the free Fraud Alert system at searchiqs.com/fraudalert to receive an immediate notification whenever a legal document is recorded under your name.
- **Watch Your Mail:** The County Clerk’s Office mails hard-copy fraud verification letters whenever a property transfer is recorded in Broome County.

Stay vigilant! If you receive an unexpected notification about your home’s title, contact the Broome County Clerk’s Office immediately at broomecountyny.gov/clerk.

Ask the Office

I have an important appointment coming up and I have my OFA ID Card, but I am not sure what to do now. How do I use the OFA Mini Bus?

Now that you have your OFA ID Card, you should also have information from BC Transit to show you are registered for the OFA Mini Bus. This information is very important and will include your unique ID and passcode. Both are needed to make your OFA Mini Bus reservations.

Once you have the ID number and passcode, you can call the reservation line for the OFA Mini Bus at 607-275-5164 and follow the prompts to make your reservation. You can also check already scheduled trips and cancel any unneeded rides through this phone system. If you have any troubles you can reach out to BC Transit at 607-763-4464 or call Office for Aging at 607-778-2411.

If the OFA Mini Bus cannot provide transportation consider contacting Getthere Mobility Management. Staff at Getthere can help older adults explore all the transportation options and connect them with those that meet their needs. They can also provide travel training to people who need help navigating the different transportation options. If you have any questions about using the OFA Mini Bus or other transportation options you can call Getthere at 607-296-2509 between Monday and Friday (7am-5:30pm).

NOW HIRING

Broome County Office for Aging

Come Join the Team at Broome County Office for Aging! We are now hiring for the following positions. If interested, please submit an application online at the following address! <https://broomecountyny.gov/personnel/vacancy>

- **Classroom Foster Grandparent**
Stipend and Mileage Reimbursement Provided
To be eligible your income must fall below \$2,660/month after allowable deductions.
No Civil Service Exam Required
Monday – Friday, Hours Vary
Call Lucia for more information at **607-778-2411**.
- **Broome County Meals on Wheels** is currently in need of volunteers in the Binghamton, Conklin, Chenango Bridge, Harpursville and Whitney Point areas. Volunteer drivers and visitors are needed; volunteering only takes about an hour of your time. Mileage reimbursement is available. Call **607-778-6206** for more information.

Broome Age-Friendly Project Survey of Adults Age 55+

The Broome Age-Friendly Project has been working to improve the livability of Broome County for older adults and people of all ages. If you're age 55 or older, please take a few minutes to complete our Age-Friendly Survey.

By completing this survey, you will help us define priority areas for the 2027-2030 action plan and ensure our efforts continue to reflect the needs and ideas of older adults in our community.

Simply scan the QR code to get started or call for a paper survey.

Thank you for your participation!
Questions or comments can also be directed to **607-778-2411**

Broome Age-Friendly Project
Survey of Adults Age 55+



Navigating Mental Health & Chronic Illness

Living with a long-term condition—such as diabetes, heart disease, autoimmune disorders, or chronic pain—demands daily effort, patience, and adaptability. While much of the focus naturally goes toward physical symptoms, caring for your mental health is just as crucial to your overall quality of life.

Research shows that physical and mental health are deeply connected:

- **Chronic illness can increase the risk of depression:** The ongoing stress, daily physical limitations, medication side effects, or brain chemistry changes caused by a long-term condition can trigger depression or anxiety.
- **Depression can impact physical health:** Persistent low mood or fatigue can make it harder to manage self-care—such as keeping up with prescriptions, attending medical appointments, eating balanced meals, or staying active. It can also increase inflammation and stress hormones in the body.

It is completely normal to feel sadness, grief, or frustration after a chronic diagnosis or during a flare-up. However, if these feelings persist for more than two weeks, it may be a sign of clinical depression.

Steps Toward Whole-Person Care

Depression is treatable—even alongside a chronic condition. Studies show that treating depression (through therapy, medication, or both) often leads to better management of physical illness symptoms as well.

Be transparent with your primary care doctor and specialists about how you are feeling emotionally. Always share a complete list of your medications and supplements so your doctors can avoid unwanted drug interactions.

Maintain regular contact with trusted friends, family, or support groups to combat isolation.

Focus on small, daily goals and prioritize sleep, balanced nutrition, and gentle physical movement (as permitted by your doctor).

If you or someone you know is struggling, reaching out is a sign of strength.

- Talk to your doctor for a referral to a qualified mental health professional.
- If you are in crisis or need immediate support, call or text the **988 Suicide & Crisis Lifeline at 988** (available 24/7, free, and confidential).

Sourced from: <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health>

Foster Grandparent Program

Support children as a classroom mentor in local elementary schools, daycare centers and Head Start.

To be eligible, your income must fall below \$2,660/month after allowable deductions. Higher income levels apply for larger households. Foster Grandparents receive a paid hourly stipend, mileage, ongoing paid training, paid time off, and meals at their sites.

We need new Foster Grandparents for the following sites:

- Susquehanna Valley Elementary Schools
- Head Start in Endicott
- HCA Preschool in Johnson City
- Union Endicott Elementary Schools

Call **607-778-2089** for more information. You can also learn more about the program by visiting: www.broomecountyny.gov/senior



AmeriCorps
Seniors

Broome County

Office for Aging



World Elder Abuse Awareness Day Recap



On Monday, June 15, Office for Aging came together with local community agencies at the Chenango Bridge Senior Center to acknowledge the World Elder Abuse Awareness Day. The goal of this event was to “shine a light” on elder abuse and encourage everyone in the community to help fight against elder abuse and neglect. Participants enjoyed a delicious lunch, speeches from local elected officials, music from Ryan Wilson and a cake for dessert which was donated by Weis (Robinson Street). Attendees received information about resources available to them to help protect themselves and others from abuse. Attending agencies included the Family Violence Prevention Council, the District Attorney’s Office, the Broome County Sheriff’s Department, the Attorney General’s Office, Adult Protective Services, Action for Older Persons, Crime Victims Assistance Center, and Visions. Speakers including Broome County Executive Jason Garnar, Broome County Sheriff Fred Akshar, Broome County District Attorney Paul Battisti, Broome County Clerk Aaron Martin, Christine Fuller representing Assemblywoman Donna Luparto, and Korin Kirk representing Senator Lea Webb encouraged older adults who are being abused to come forward, report suspected elder abuse and discussed ways that people can protect themselves from scams. For more information about elder abuse prevention services call the Office for Aging at 607-778-2411 and ask to speak to a case worker.

GET AHEAD
OF SEPSIS

September is Sepsis Awareness Month

What is sepsis?
Sepsis is the body’s extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

What causes sepsis?
Infections put you and your family at risk for sepsis. When germs get into a person’s body, they can cause an infection. If you don’t stop that infection, it can cause sepsis. Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections.

What are the signs and symptoms of sepsis?

- High heart rate or weak pulse
- Confusion or disorientation
- Extreme pain or discomfort
- Fever, shivering, or feeling very cold
- Shortness of breath
- Clammy or sweaty skin

Anyone can get an infection, and almost any infection can lead to sepsis.

Healthcare professionals should immediately evaluate and treat people who might have sepsis.

Learn more at cdc.gov/sepsis

Are you or someone you know having trouble reading mail, recognizing faces, or getting around?



Your World Without Limits
AVRE provides vision rehabilitation services, including training in daily tasks like cooking, using technology, and traveling safely **free of charge**.

Contact Us Today
607.724.2428 | avreus.org

SUDOKU
• ANSWERS •

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

September 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.*

	Honey Ginger Chicken 9/1 Roasted Potatoes Carrots Applesauce	Baked Ham 2 OR Broiled Fish w/Lemon Scalloped Potatoes Peas w/Pearl Onions Carrot Cake	Halupki 3 OR Grandma's Meatloaf Mashed Potatoes Cut Green Beans Sherbet Cup	Pulled Chicken 4 OR Beer Battered Fish Baked Beans Coleslaw Cantaloupe
Senior Centers Closed in Observance of Labor Day 7	Chicken Carbonara Over Pasta 8 Wax Beans w/Pimento Strawberry Ice Cream Cup	Turkey & Provolone On Marble Rye 9 Sausage Florentine Soup Cottage Cheese Pineapple	Teriyaki Chicken 10 Seasoned Brown Rice Oriental Blend Vegetables Mandarin Oranges	Pub Burger 11 OR Beer Battered Fish Roasted Potatoes Peas & Carrots Blueberry Crisp
Tuna Noodle Casserole 14 Stewed Tomatoes Brussels Sprouts Chocolate Chip Cookie	Grandma's Meatloaf 15 Cheesy Mashed Potatoes French Cut Green Beans Fresh Orange	Halupki 16 OR Marinated Chicken Mashed Potatoes Carrots Marble Ice Cream Cup	Sausage Link 17 OR Broiled Fish Baked Potato Pea Salad Chocolate Pudding	Kielbasa 18 OR Broiled Fish (2) Pierogies w/Onions Broccoli Florets Pineapple Cake
Manicotti 21 Cauliflower Sherbet Cup	Pub Burger 22 Baked Beans Red Potato Salad Apricot Halves	Chicken Salad 23 Croissant Stuffed Pepper Soup Pineapple Double Chocolate Cookie	Liver w/Onions 24 OR Roast Chicken Thigh Mashed Potatoes Peas & Carrots Apple Cobbler	Swedish Meatballs 25 OR Citrus Broiled Fish Buttered Noodles California Blend Vegetables Chocolate Pudding
Chicken Cacciatore Over Noodles 28 Spinach Cranberry Oatmeal Cookie	Beef Burgundy Over Noodles 29 French Cut Green Beans Peaches	Breaded Chicken Cutlet 30 OR Sloppy Joe Sandwich Vegetable Soup Mandarin Oranges Oatmeal Cookie	Halupki 10/1 OR Marinated Chicken Mashed Potatoes Carrots Pumpkin Pie	Pulled Pork 2 OR Beer Battered Fish Four Cheese Mac n Cheese Coleslaw Pears

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



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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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