



Visit Our Website at www.broomecountyny.gov/senior



Happy
Holidays

from your team at the
Broome County Office for Aging!

We look forward to another year of serving our community!

Special Luncheons to Celebrate the Holidays

Andy Williams sang in 1963, “It’s the most wonderful time of the year!” So, mark your calendars and bring family and friends to one of the Broome County senior centers as part of your celebration this season. Listed below are details about upcoming festivities at participating senior centers.

Holiday Luncheon • Wednesday, December 10th • Thursday, December 11th in Deposit

Enjoy a festive luncheon of baked ham w/cranberry glaze or crab cake, sides and a decadent pie cup for dessert.

Guests age 60+ and spouse of any age may dine at the Holiday Luncheon for a suggested contribution of \$5.
All others may dine for a charge of \$6.

New Year’s Eve Luncheon • Wednesday, December 31st

Join us as we ring in the New Year! The luncheon menu includes rotisserie chicken, sides, and cookies and cream pie for dessert.

Guests age 60+ and spouse of any age may dine on New Year’s Eve for a voluntary, suggested contribution of \$4.
All others may dine for a charge of \$5.

In addition to the special lunches, centers will feature festivities throughout the day.
Contact the center you wish to attend for more information on how they are celebrating!

For both luncheons, be sure to make your lunch reservations by 12pm one day in advance. Phone numbers and center specifics can be found in the “Look What’s Happening at the Centers” section on the back pages of this issue.

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

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

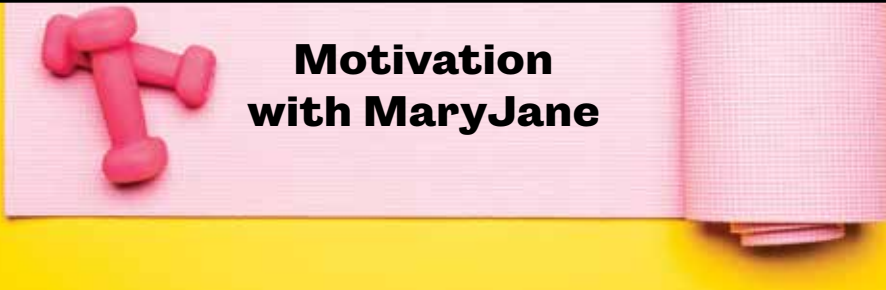
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Don’t miss out on any Office for Aging events & news!



Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/





Motivation with MaryJane

Eating Healthy Around the Holidays: Balance and Enjoyment

The holiday season is filled with delicious food, but it can also lead to overindulging. Here are some simple strategies to help you stay on track without missing out on the fun:

- Portion Control:** Instead of loading up your plate, try to fill it with a variety of small portions. This way, you can sample everything without going overboard. Focus on savoring each bite rather than rushing through the meal.
- Stay Active:** Keep up with your usual exercise routine or add a family walk after meals. Physical activity not only helps balance out extra calories but also boosts mood and digestion.
- Mindful Eating:** Slow down and pay attention to your hunger and fullness cues. If you're feeling satisfied, stop eating, even if there's more food on the table.
- Indulge Guilt-Free:** It's okay to enjoy your favorite holiday treats! If you do overeat, don't beat yourself up. Acknowledge it and get back on track the next meal or day—one indulgence doesn't derail your progress.

Vivo An Exciting New Virtual Strength Training Program

We are thrilled to announce a new exercise program aimed at improving your strength, balance, and overall well-being. Vivo will offer live and interactive, online, small group strength training program scientifically tailored for older adults.

Program Details:

- Exercise classes are virtual and led by a certified trainer.
- Exercise classes are capped at 15 participants.

Vivo Classes at the Vestal Senior Center
201 Main Street, Vestal



- Classes will start on December 5th at 10AM and we will meet every Friday for 45 minutes.
- Please call **607-754-9596** or stop at the center to sign up in advance.

Vivo Classes at the Northern Broome Senior Center
12 Strongs Place, Whitney Point

- Classes will start on December 2nd at 12:30PM and we will meet every Tuesday for 45 minutes.
- Please call **607-692-3405** or stop at the center to sign up in advance.

This is a fantastic opportunity to prioritize your health in a safe and supportive exercise environment. We encourage you to take advantage of this program to get stronger!

For more information on Vivo please visit <https://teamvivo.com/>

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)
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Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.

Monday	9:30AM	East. Broome Sr. Center (Harpursville)
Monday	9:30AM	Johnson City Senior Center (\$3 charge)
Friday	10:00AM	Johnson City Senior Center (\$3 charge)

Bonesaver Class

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

Mon, Wed & Fri	10:00AM	First Ward Senior Center (Binghamton)
Mon & Wed	1:00PM	Johnson City Senior Center
Tues & Thurs	10:00AM	Northern Broome Senior Center (Whitney Point)
Wednesday	10:00AM	Broome West Senior Center (Endwell)

Line Dancing

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

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

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

Thursday	1:00PM	Johnson City Senior Center (\$3 charge)
Weds & Fri	9:00AM	Chenango Bridge Senior Center (In Person or Zoom)
Friday	9:30AM	East Broome Sr. Center (Harpursville)

Chair Exercise

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

Tues & Thurs	10:30AM	Broome West Senior Center (Endwell)
Tues & Fri	12:30PM	Johnson City Senior Center

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

Virtual Zoom Classes



Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call **607-778-2411**.

ZOOM – Chair Yoga

Mondays 9:00AM

ZOOM – Chair Drumming Exercises

Mondays 2:00PM

ZOOM – Chair Dance and Yoga

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

ZOOM – Tai Chi

Wednesdays 9:00AM, Fridays 9:00AM

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:
Date: Monday, December 1st **Time:** 1 - 2:30PM
Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

The Broome West Caregiver Chat:
Date: Wednesday, December 10th **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. (Guest should be able to eat and toilet independently.)

Saturday, December 6th 11 – 2PM • First Saturday of the Month
St. Anthony’s Church Hall • 300 Odell Ave, Endicott

Saturday, December 13th 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, December 20th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, December 27th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

WEDNESDAY RESPITE

Wednesday, December 10th 11 – 1:30PM • Second Wednesday of the Month
India Cultural Center • Route 26, Vestal
For more information or to RSVP, please call 607-624-6587.

Bandera Family Delivers Christmas Day Meals



The Bandera Family and their dedicated volunteers have a long tradition of serving thousands of meals throughout the community on Christmas Day. Many Bandera Family Christmas Day meals are delivered to the doors of people who have difficulty leaving their homes. In 2025, the Bandera family is continuing their tradition.

If you are unable to leave your home, you can order a Bandera Family meal with all the trimmings to be delivered to you by volunteers on Christmas Day – Thursday, December 25. For those who participate in Meals on Wheels, note that while the Meals on Wheels program will be closed, the Bandera Family Meal is available.

The “2-1-1 / First Call for Help” call center will take reservations for the Bandera Family Christmas Day meals. To request a meal, call “First Call for Help” by dialing either **2-1-1** from a landline, or **1-800-901-2180** from a mobile phone, beginning Wednesday, December 3 at 8 am. Tell the operator that you would like a home-delivered Christmas Day meal. Reservations will be taken M – F, 8am – 5pm. Reservations must be made by 5 pm on Monday, December 22nd.

DO YOU...

Perform housework for someone?
Help them shop for food?
Help them bathe or get dressed?
... Feel Stressed?

**You are a caregiver.
Support is available.**

Call NY Connects 1-800-342-9871

HOLY FAMILY FUN & GAMES

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

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

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

Respite Options for Caregivers

Relax, Recharge, Revive

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

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

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

4th Saturday: St. Vincent de Paul Blessed Sacrament:
465 Clubhouse Rd Vestal • 607-778-2946

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

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

Events at the Centers

Broome West Senior Center

Wednesday, December 17th
Maine Endwell Jazz Band
11AM

Chenango Bridge Senior Center

Monday, December 15th
Ugly Sweater Day
10 – 2PM

Ugliest sweater wins a free lunch ticket to use later!

Deposit

Thursday, December 18th
Eric Beneke from the Delaware County Office for Aging
11:30AM

Eastern Broome

Tuesday, December 23rd
Holiday Breakfast
8 – 10AM

Blueberry Pancakes, Waffles or French Toast with Strawberries,
Bacon or Sausage, Omelets, and More!

First Ward

Wednesday, December 17th
Holiday Chorus Concert
1PM

Light refreshments to follow.

Johnson City

Friday, December 5th
JCSC Art Show
10 – 1PM

All welcome!

Northern Broome

Thursday, December 9th and 23rd
Chair Exercise
12:30PM

Vestal

Friday, December 19th
Pizza or Chef Salad Day
11AM

Bunko played after at 12PM

Senior Center Closings:

Thursday, December 25th in celebration of Christmas

Thursday, January 1st in celebration of New Years Day

Ask the Office:

“I’m over 60 and want to keep driving safely. Are there resources that can help me do that?”

Staying safe on the road is important for maintaining independence and confidence. As we age, small changes in vision, flexibility, and reaction time can affect driving. There are programs designed to help. Refresher courses like the AARP Smart Driver program offer tips for adjusting to new traffic laws, handling vehicle technology, and improving reaction time. These courses are offered in person and online. Many insurance companies offer a discount to anyone who has taken the course.

The CarFit program, developed with national safety organizations, helps drivers make sure their seats, mirrors, and controls are properly adjusted for comfort and visibility.

Taking part in a safety refresher or vehicle check-up can make driving safer and more enjoyable for years to come.

To learn more about local driver safety resources and upcoming programs, check the latest edition of the Senior News or call the Office for Aging at **607-778-2411**.



Downsize & Declutter Discussion with Joan

Acronyms can help us declutter.

OHIO is for Only Handle It Once
SPACE is for Sort Part with Assign Contain Evaluate
PATIO Pathological Attachment To Inanimate Objects

Discuss more on Tuesday, December 9th at 3PM at the Broome West Senior Center or on Zoom.

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

Important OFA Mini Bus Service Update

The OFA Mini Bus provides curb-to-curb transportation to those who are age 60 and over and have a valid OFA ID Card. The bus operates from 9:00 am to 4:00 pm Monday through Friday. You make a reservation for the bus to pick you up at your home or other point of origin and deliver you to your destination.

With an OFA ID card, you can ride the OFA Mini Bus at the voluntary contribution per each one-way trip. **In January 2026 the new contribution rate will be \$2.50 for each one-way trip.** Contributions are appreciated and help to ensure the continuation of this service. No one will be denied service due to an inability or unwillingness to contribute. Your reservation may include 1-2 guests. Guests under age 60 are charged \$3.00. Guests 60 or over who have a valid OFA ID card can ride the bus for the suggested contribution of \$2.50/ride.

To make a reservation you must have a valid OFA ID card. Those who need an OFA ID card can call **607-778-2411** for an application or print the application from OFA’s website: www.gobroomecounty.com/senior/idcard

After you apply for the OFA ID Card contact BC Transit to obtain your client ID and passcode to be used for the reservation system. The OFA Mini Bus serves older adults living in the urban areas of Broome County. This includes Binghamton, Johnson City, Vestal, Endicott, Endwell, Chenango Bridge and parts of Kirkwood and Conklin.

If you need travel training on how to utilize the OFA Mini Bus or further assistance exploring other transportation options, please contact the Getthere Call Center at **607-296-2509**. The Mobility and Transportation Advocates at the Getthere Call Center are available Monday through Friday from 7am until 5:30pm to help you determine what transportation option best meets your needs.

“If opportunity doesn’t knock, build a door.”

— Milton Berle



Mark Your Calendar! Upcoming Community Events

Broome County Festival of Lights

Otsiningo Park
1 Otsiningo Park, Binghamton
Now – January 4th 5 – 9PM
Price is \$27.50 per carload; \$64.60 season pass

Drive through Otsiningo Park and view the spectacular holiday light set up. Also offer fireworks, balloon glows, performances, and other events throughout the scheduled dates.

Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, December 5th 10 – 4PM
Saturday, December 13th 10 – 2PM
Friday, December 19th 10 – 4PM

Broome County Public Library

185 Court Street, Binghamton
Friday, December 12th 10 – 2PM
Saturday, December 13th 10 – 1PM

First Friday

Downtown Binghamton
Friday, December 5th 6 – 9PM
Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton, NY! First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community. Check out the website for events: <https://broomearts.org/in-the-community/first-friday/>

Christmas Holiday House Tour

Saturday, December 6th

Enjoy decorated holiday houses decked out in their very finest. Check back for more information on this extra-special event!
<https://www.pastny.org/tours-events>

Broome County Regional Farmers Market

840 Front Street, Binghamton
Saturday, December 6th 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!

Rafael Grigorian Ballet Theatre presents The Nutcracker

The Forum, 236 Washington Street, Binghamton
Sunday, December 7th 2 – 4PM

Bring the magic of the holidays to life this season with Tchaikovsky's unforgettable score and delightful story of the young princess Masha and her enchanted Prince, the victory over evil and triumph of beauty, friendship and love.

Tickets at the Mirabito Box Office. 65 or older: \$15; Adults: \$45, \$30 and \$20; Students: \$15

Volunteer with Meals on Wheels!

You, our wonderful Senior News readers, know the importance of connection and community, and we think you'd be perfect for a vital role with Broome County Meals on Wheels.

Volunteering here is truly more than just delivering a nutritious meal. It's about bringing a friendly face and a bit of companionship to our cherished senior neighbors. Imagine the joy you could bring to someone's day, ensuring they receive not only essential nutrition but also a warm smile and a quick check-in. It's a small act that makes a monumental difference, helping seniors maintain their independence and feel connected to our community.

As you've read in Senior News before, volunteering offers fantastic benefits for you too! Studies show it can help reduce symptoms of depression, improve longevity, and even benefit those with chronic health conditions. Meals on Wheels volunteers consistently report a strong sense of fulfillment and belonging to a close-knit, caring group. It's a wonderful way to connect with others and boost your own well-being.

Broome County Meals on Wheels currently needs compassionate volunteers for a variety of flexible roles, Monday through Friday, between 11:00 AM and 1:00 PM. Routes are available throughout Broome County, including Binghamton, Chenango Bridge, Conklin/Kirkwood, Harpursville, and Whitney Point, and volunteer drivers receive a mileage reimbursement. While a volunteer application and background check are required, the process is straightforward.

Ready to make a difference in our community and enrich your own life? To learn more about how you can become a cherished part of the Meals on Wheels family, please call **607-778-6206**. Your helping hands can truly make all the difference!

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 12.

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

METRO Interfaith Housing Management

The Key to Housing in Greater Binghamton Since 1968

62 or older and those with a disability over the age of 18.



607-772-6766

www.metrointerfaith.org

Licensed Enriched Housing Provider at

- Lincoln Court Apartments
Binghamton South Side
- Metro Plaza Apartments
Downtown Binghamton



HUD Housing Counseling Agency
607-723-0582





THE WINNER OF THE
HOLIDAY RECIPE
CONTEST IS....

**DENNIS'
TEXAS
BRAGGIN
CHILI**

Ingredients:

- 3 pounds ground beef
- 2 cloves of garlic
- 6 Tablespoons chili powder
- 1 large onion, chopped
- 2 small cans of tomato paste
- 1 can of kidney beans
- 1 bottle of tomato juice
- 4 bouillon beef cubes
- Pepper to taste (optional)

Directions:

1. Sauté beef, garlic and onion
2. Add chili powder, sauté for a few more minutes
3. Add tomato paste, mix well
4. Add tomato juice
5. Add beans and bouillon cubes
6. Simmer on low for several hours (the longer you cook it, the better it is!)

Thank you to everyone who submitted their favorite holiday recipes with us.



Kirkwood Senior Trips
Contact: Jeanie 607-655-2685

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

Johnson City Senior Center
Contact: Lucy 607-427-6143

April 18th – 22nd - Williamsburg, Virginia & the Military Tattoo



LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ social group meeting and Winterfest 2025 celebration will be Wednesday, December 17th from 3 – 4:30PM at the Johnson City Senior Center 30 Brocton Street, Johnson City



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!

December 11th 10AM - Brick Pond in Owego

- From Rt 17C in Owego, make a sharp R turn on 5th Avenue, over the railroad tracks to a parking area on the right. You're welcome to stay with us in Owego for lunch and then go to Tioga County Historical Museum to view all the Christmas trees decorated by local groups to be auctioned off as a fundraiser.

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



The holiday season is a time for joy, connection, and celebration — but it can also bring cold weather, packed schedules, and plenty of distractions. That's why it's so important to keep caring for your body and your mind as the year winds down.

We're continuing our **Holiday Hustle Challenge** through December with this simple goal:

Move or take self-care time for 10–15 minutes a day, 4 days a week, until New Year's Day!

Your activity can be anything that helps you feel good — a short walk, gentle stretching, chair yoga, or even a dance break while wrapping gifts. Or take that time for self-care: meditate, read, journal, breathe deeply, or do something that nourishes you.

The holidays can be a wonderful but hectic time. Remember to pause, take care of yourself, and give yourself grace when things get busy. Every small moment of care counts.

Track your progress on a calendar or share the challenge with a friend for extra motivation. And stay tuned in, a brand-new challenge will arrive in January 2026 to help you start the new year strong! Take care, keep moving, and be kind to yourself this season.

Keeping Older Drivers Safe Behind the Wheel



The holidays are a great time to bring up a loved one's driving safety. Waiting until an accident happens can leave the driver feeling as if they need to defend themselves. Planning ahead is the most successful way to safely maintain lifelong community mobility and independence.

"The thought of completely giving up the keys can trigger anxiety about dependence, loneliness, and isolation, so it's important for older drivers and their families to understand the many steps between noticing an issue and giving up driving completely," says Elin Schold Davis, OTR/L, CDRS, FAOTA, Coordinator of the American Occupational Therapy Association's (AOTA's) Older Driver Safety Initiative. "Planning ahead can prevent awkward conversations following an incident or accident and can be empowering. When families and older adults plan for community mobility, they have the most choices and the most power."

AOTA offers tips for families to begin a conversation with an older adult about driving:

- **Approach the conversation before an issue arises:** To reduce stress and feelings of dread, begin a conversation while an older adult is still a competent driver. This will keep the focus on preparing for future needs, just as one makes financial and housing plans. Discuss the reasons for your loved one's driving and how minor adjustments can be made when necessary, such as safer routes to destinations, not driving at night, and avoiding rush hour, without worrying about having to stop driving immediately.
- **Use everyday activities (occupations) as a catalyst:** A discussion about getting groceries into the home is less threatening than a conversation about driving. In this example, a careful look at options such as grocery delivery or moving to a place where the older adult can safely walk to the grocery store provides more options rather than focusing on taking independence away.
- **Discuss a current event:** Use a news story in your community to begin the conversation. Discuss how an accident could have been prevented and how your loved one feels about their own safety behind the wheel.
- **Focus on specific behaviors:** Instead of raising general concerns and saying, "I don't like the idea of you still driving," focus on a specific fact. For example, "I've noticed that you don't look when backing up," is a less threatening approach. Shifting the focus to a specific behavior will be received more as support to assist the driver.
- **Explore interventions and adjustments:** A discussion intended to support an older driver in continuing to drive safely may include suggestions about routines (avoid making left-hand turns or refraining from driving at night) or gadgets (a knob on the steering wheel to make grasping easier or a seat cushion to make the seat fit better and improve line of sight). Sharing options to make driving easier will help loved ones consider safe alternatives before stopping driving.
- **Consult with a professional:** CarFit is a free opportunity to have a professional evaluation of how the driver "fits" in the vehicle. (Find an event in your community by visiting www.car-fit.org.) Occupational therapy practitioners offer drivers an individualized evaluation to explore the range of solutions to stay on the road safely and confidently.

- **Stay positive about offering support:** If a loved one is no longer able to drive safely on their own, making supportive comments about the prospect of transporting them somewhere, such as "it's going to be nice to spend time with you" or "I'm glad you let me drive today," can help them feel like less of a burden and promote an engaged and active life without driving.
- **Practice driving alternatives together:** If driving is no longer a safe option, explore transportation options as a family. If your loved one is nervous about the prospect of public transit or ridesharing, practice it with them. Accompany them on their next outing as a practice run. Let them know you're in this together.

As baby boomers enter the over 65 age bracket at an alarming rate (10,000 each day), the concern for older drivers' safety and independence is greater now than at any time in our history. Adults 65 and older make up more than 16% of all licensed drivers nationwide. And the numbers are growing as baby boomers age. By 2040, it is estimated that 1 in 5 Americans will be 70 or older.

Refresher courses like the AARP Smart Driver program offer tips for adjusting to new traffic laws, handling vehicle technology, and improving reaction time. These courses are offered in person and online. Many insurance companies offer a discount to anyone who has taken the course.

To learn more about local driver safety resources and upcoming programs, check the latest edition of the Senior News or call the Office for Aging at 607-778-2411.

Source: The American Occupational Therapy Association
Please visit <https://caregiver.com/articles/conversation-thanksgiving-driving/> for more information and support.

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of December, we will be walking through the holidays in Paris, London, Strasbourg, Ljubljana, Prague and Krakow. These are free classes, and no reservations are required.



December 4th 12PM

Virtual walking tour through a Holiday in Paris, France (streamed to the Johnson City and Deposit Senior Center)



December 10th 10:30AM

Virtual walking tour through a Holiday in London, England (streamed to the Johnson City and Vestal Senior Center)



December 12th 10AM

Virtual walking tour through a Holiday in Strasbourg, France (streamed to the Broome West, Johnson City and Vestal Senior Center)



December 15th 1:30PM

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



December 17th 11AM

Virtual walking tour through a Holiday in Prague, Czech Republic (streamed to the Broome West, Johnson City and Northern Broome Senior Center)



December 22nd 1:30PM

Virtual walking tour through a Holiday in Krakow, Poland (streamed to the Broome West and Northern Broome Senior Center)



Banana Bread

This banana bread recipe packs in 3 large bananas per loaf! It's a terrific way to use over-ripe bananas.

Ingredients

- 3 large bananas (well-ripened)
- 1 egg
- 2 tablespoons vegetable oil (or cooking oil of choice)
- 1/3 cup skim milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour



Directions

1. Preheat the oven to 350 °F.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease a 8 x 4-inch to 10 x5-inch bread pan with a little oil or cooking spray. Or, line the pan with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

<https://www.myplate.gov/recipes/banana-bread>

Homemade Ranch Dressing

What's better than ranch dressing? Fresh, homemade ranch dressing! It's the perfect addition to your salad, veggies, or just about anything you can dip!



Ingredients

- 2 teaspoons dried, minced onions
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 cup Greek yogurt, plain, fat-free
- 1 cup buttermilk

Directions

1. Collect and measure all ingredients before starting to prepare the recipe
2. Add the dried onion, salt, garlic powder, and dried parsley to a bowl and stir gently to combine.
3. Add the Greek yogurt and buttermilk and stir until spices are evenly distributed
4. Chill before serving.
5. Keep leftovers refrigerated and eat within 1 week.

<https://www.myplate.gov/recipes/homemade-ranch-dressing>

Parmesan Chive Biscuits

Enjoy these savory biscuits with your favorite holiday meal.



Ingredients

- 2 cups biscuit mix
- 2/3 cup 2% reduced fat milk
- 4 tablespoons butter, melted (1/4 cup)
- 3/4 cup Parmesan cheese, freshly grated
- 1/2 tablespoon fresh chives, finely chopped

Directions

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400 degrees F oven for 12 to 15 minutes.

<https://www.myplate.gov/recipes/parmesan-chive-biscuits>

Roasted Pork Tacos with Pico de Gallo

Enjoy the bold flavors of roasted pork steak tacos, perfectly complemented by a fresh and zesty pico de gallo. This vibrant dish brings together tender meat and a medley of vibrant ingredients for a satisfying meal that's sure to impress.



Ingredients

Tacos:

- 1 pound pork tenderloin
- 2 tablespoons olive oil
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 12 corn tortilla (4" across)

Pico de Gallo:

- 3 tomatoes, cut into small cubes
- 1/2 cup fresh cilantro, chopped
- 1/2 cup red onion, cut into small cubes
- 2 serrano peppers, chopped
- 2 lemons, juiced
- Salt and pepper to taste

Directions

1. Pico de gallo: In a bowl, mix all the ingredients. Season to taste with salt and pepper.
2. Seasoning: In a small bowl, mix the paprika, onion powder, garlic powder, salt and pepper.
3. Remove the silver skin from the pork tenderloin, rub it with oil and coat the entire loin with the seasoning.
4. Place the pork tenderloin on the grill at medium/high heat (400°F), over indirect heat, for approximately 6 minutes on each side, 18 minutes total.
5. Cook until it reaches internal temperature of 145°F with a 3-minute rest. Then chop it into small pieces.
6. To make the tacos, heat the tortillas and place some pork tenderloin and pico de gallo on top.

<https://www.myplate.gov/recipes/roasted-pork-tacos-pico-de-gallo>



Holiday Gifts that Support OFA's Mission

The mission of the Broome County Office for Aging is to improve and enrich the quality of life for all older persons residing in Broome County. The Office for Aging:

- promotes the dignity and independence of the older person.
- ensures comprehensive and coordinated services are readily available.
- encourages age friendly county wide planning.
- fosters public awareness of the value and contribution of older persons to the community.

By using the below gift opportunities, you are not only gifting your loved ones a meal or a newspaper, but you are supporting OFA's mission to support older members of our community.

Senior Center Meal Tickets

If you have a loved one who would enjoy a meal and so much more, consider stopping at any of our eight senior centers and picking up some meal tickets. Meals are only a suggested contribution of \$4 for those 60 plus or \$5 for those under the age of 60. If you would like to see an example of the meals served at the Senior Centers and the opportunities that each center provides, please see the "Look What's Happening Section" and back page of this publication. You would be given physical tickets to give to your loved one.

Senior News Subscription

You can also gift your loved one a year long subscription to this newspaper. The Senior News comes out every month with special senior center activities, community events, health articles, puzzles, fun volunteer opportunities, advertisements applicable to seniors, and much more.

The suggested donation amount for full year of the Senior News is only \$12. You will be mailed a letter to give your loved one stating the donation was made for them and the paper will be mailed to their home every month.

Gift Shops at the centers

Two of our senior centers also have gift shops inside that contain an array of fun gifts. Many items are handmade. By shopping at the senior center gift shops, you support the center and can buy some unique gifts to give this holiday season.



Broome West Senior Center
2801 Wayne Street, Endwell, NY 13760
Gift Shop: Monday – Friday, 9 – 2PM

Eastern Broome Senior Center
27 Golden Lane, Harpursville, NY 13787
Crowe's Nest Gift Shop: Monday – Friday, 9 – 2PM



Northern Broome Senior Center
12 Strongs Place, Whitney Point 13862
Gift Shop: Monday – Friday, 9 – 3PM

For more information on any of these gifting opportunities, please call OFA at **607-778-2411**.

To:
From:





WE NEED YOUR HELP!

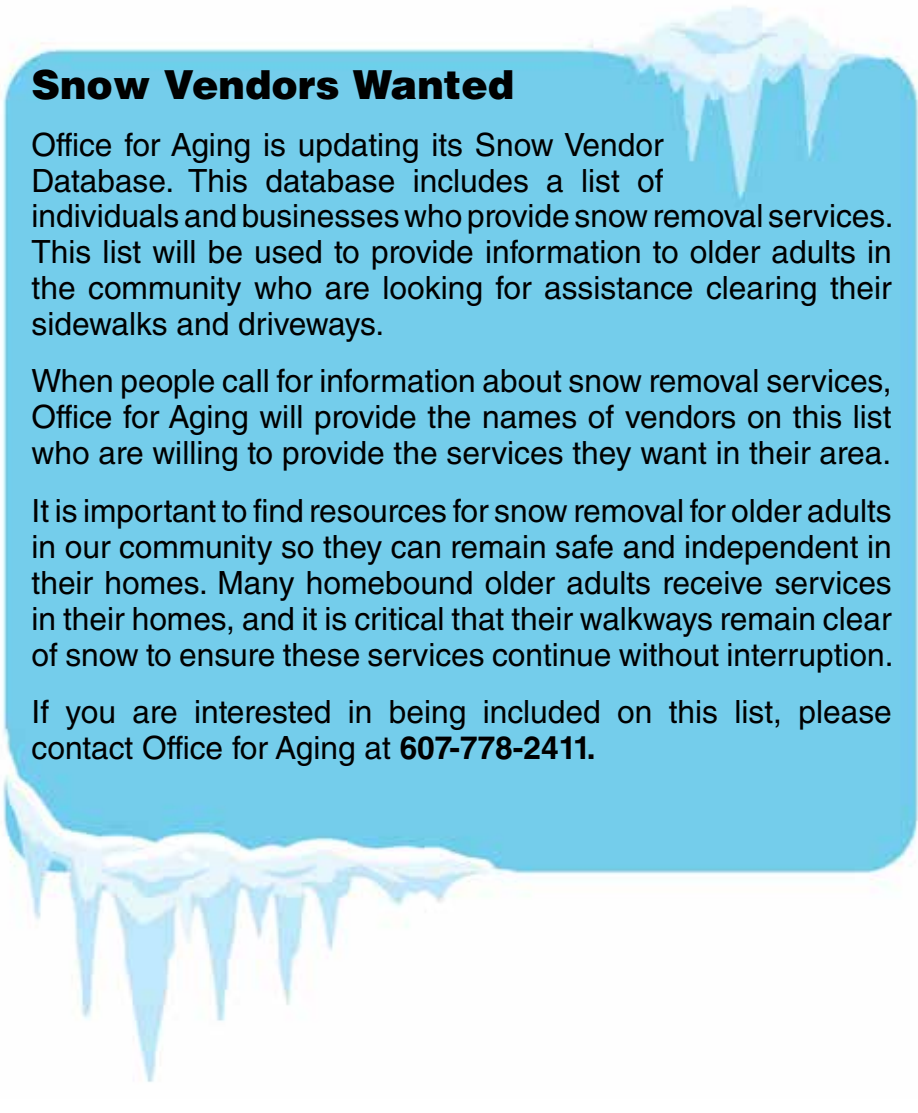
Why is it important to complete a yellow OFA ID card application at your local senior center?

The Office for Aging is asking all senior center participants to complete an Office for Aging ID card application. The OFA ID card application helps us meet a federal mandate requiring us to collect demographic information about older people who reside in Broome County. This information helps the aging network advocate for funding that is needed for services that help older adults remain independent in their homes for as long as possible.

The Office for Aging ID Card can be used for:

- Meals and activities at local senior centers
- Farmers Market Coupons
- OFA Minibus transportation service

Our data shows that only 50% of the people who come to the local senior centers have completed an OFA ID card application. This makes it difficult for us to justify funding because we do not have demographic data about older adults who utilize our service. We need your help keeping our senior centers and other services funded. Please complete an ID card application the next time you visit a senior center. All information you provide to us is confidential and does not get shared without your consent.



Snow Vendors Wanted

Office for Aging is updating its Snow Vendor Database. This database includes a list of individuals and businesses who provide snow removal services. This list will be used to provide information to older adults in the community who are looking for assistance clearing their sidewalks and driveways.

When people call for information about snow removal services, Office for Aging will provide the names of vendors on this list who are willing to provide the services they want in their area.

It is important to find resources for snow removal for older adults in our community so they can remain safe and independent in their homes. Many homebound older adults receive services in their homes, and it is critical that their walkways remain clear of snow to ensure these services continue without interruption.

If you are interested in being included on this list, please contact Office for Aging at **607-778-2411**.

Look What’s Happening at the Centers!

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

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760
Center Hours: Monday - Friday, 9 – 3PM
Gift Shop: Monday – Friday, 9 – 2PM
Lunch is served at 12PM | 607-785-1777

Weekly Activities

Monday: BoneSavers 10AM; Hand and Foot Card Game 12:30-2:45PM
Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM; Ping Pong 1 - 2:45PM; Yarn Group 1PM
Wednesday: BoneSavers 10AM; Canasta 1 - 2:45PM; Floor Shuffleboard 1 -2:30PM
Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM; Social Connections 1PM; Chair Yoga 1PM
Friday: Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

Special Activities

12/4 Legal Aid 9 – 12PM Call for an appointment.
12/4 Holiday Kick Off with Marian Tewksbury 11AM
12/5 Breakfast Pizza Day 10AM
12/5 Kickin’ Kolache Class with Renee 12PM Call to sign up.
12/8 Pool Room Closed for Remodel
12/9 DQ Dancers Performance led by Ms. Julie 11:15AM
12/9 Chop and Chat 1PM Call to reserve your spot.
12/9 Downsize and Declutter with Joan 3PM
12/10 Holiday Luncheon & Ugly Sweater Party with Entertainment by Gene Civic 11AM Meal Served at 12PM
12/10 George F. Johnson Library Tech Help 11AM
12/10 Broome West Caregiver Chat 1 – 2:30PM
12/11 Holiday Craft Class 9:30AM
12/11 “Science is Everywhere!” presentation live streamed by Kopernik Observatory & Science Center 1PM
12/12 Discover Live: Holiday in Strasbourg, France 10AM
12/12 Team Trivia with Deanna and Gene 1:15PM
12/15 Happy Birthday/Anniversary Celebration with Jim Lamb 11AM
12/15 Discover Live: Holiday in Ljubljana, Slovenia 1:30PM
12/17 Discover Live: Holiday in Prague, Czech Republic 11AM
12/17 Maine Endwell Jazz Band 11AM
12/22 Discover Live: Holiday in Krakow, Poland 1:30PM
12/23 Pajama Party and Snowball Fight with Entertainment by Johnny Only 11AM
12/30 Holidays Around the World 11AM
12/31 New Years Eve Celebration with Entertainment by Ralph Muro 11AM

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: In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or Zoom: Drumming 2PM; Walk with Friends 1PM
Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM
Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Hand & Foot Card Game 9:30AM
Thursday: ZOOM ONLY: Chair Dance Yoga 9AM
Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

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

Special Events:

12/1 & 15 Chop and Chat with Rick 10:30AM
12/5 & 12 Bingo with Sallie 10:30AM
12/8 & 22 Horse Racing Board Game 10:30AM
12/10 Holiday Luncheon 11:30AM
12/15 Ugly Sweater Day! 10 – 2PM
12/19 Mending with Sallie 10:30AM
12/19 Nutrition presentation by Kathleen Cook, CCE 12PM

12/19 Santa Day! Come get your picture with Santa. 1PM
12/22 Holiday Gathering – Lunch and Gift Exchange 11:30AM
12/31 NYE Celebration 10 – 2PM Meal served at 11:30AM

Deposit Senior Center

14 Monument Street, Deposit, NY 13754
Located in Christ Episcopal Church
Center Hours: Tuesday & Thursday, 10 – 2PM
Lunch served at 12:30PM | 607-467-3953

Weekly Activities

Tuesday: Balance/Strength for Seniors 11 – 11:30AM; BINGO 1 - 2PM ; Tai Chi 2 – 3PM
Thursday: Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

Special Activities

12/4 Discover Live: Holiday in Paris, France 12PM
12/11 Holiday Luncheon 12:30PM
12/18 Eric Beneke from the Delaware County Office for Aging 11:30AM

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; Canasta 10 AM
Tuesday: Breakfast to Order 8 - 9:30AM; Music JAM 10AM; Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)
Wednesday: Crafters Group & Wood Burning 9 - 11AM; Billiards 10AM
Thursday: Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM
Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30AM

Special Activities

12/1 December Birthday Celebrations! 10:30AM
12/1 Tree Decorating 12:30PM
12/3 Officers and Finance Meeting 9:30AM
Senior Center Site Council Meeting 10:45AM
12/4, 11 & 18 Greater Good Grocery Bus 11 – 12PM
12/5 Special Craft Class with Kathy Rullo - Soft Dough Ornaments 9 – 11AM Please sign up.
12/5 Burger Bar 11:30 – 12:30PM
12/10 Holiday Luncheon with Entertainment by Ed Travis 11AM Meal Served 12PM
12/12 Children’s Holiday Shopping Day 10AM
12/17 Grief, Loss, and Open Discussions Support Group by MHA (Mental Health Association of the Southern Tier) 10AM
12/18 Golden Griddle: Sandwich & Sides 11:30 – 12:30PM
12/19 Fun Friday – Movie & Popcorn 12:15PM
12/23 Holiday Breakfast 8 – 10AM
12/24 Caregiver Services presentation and Q&A by Megan Horton 10:30 – 12PM
12/29 Cows, Pigs, & Horses Board Game 10AM
12/31 Legal Aid 9 – 12PM Call for an appointment.
12/31 New Year’s Eve Luncheon 12PM with Entertainment by Mike’s Jukebox at 12:30PM

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: JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold’em 12:30PM
Tuesday: Shuffleboard 9AM; Knitting & Crocheting 9AM; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM

Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details); Open Shuffleboard 1PM
Thursday: Stitch and Stuff 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM
Special Activities
12/2 & 16 Holistic Healing-15 minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 Advanced registration and payment required.
12/2 Chop & Chat: Waldorf Salad 1PM Call to reserve your spot.
12/4 Executive Board Meeting 9:30AM
12/8 Legal Aid 9AM Appointment required, please call.
12/9 Lunchtime Trivia: Christmas 12PM
12/10 Holiday Luncheon w/ Musical Guest, Rick Pedro at 11:30AM
12/12 Film Friday: “Scrooged” 1PM Free popcorn, soda for sale.
12/16 Chop & Chat: Menu TBD 1PM Call to reserve your spot.
12/17 Holiday Chorus Concert 1PM
12/18 Philly Cheese w/ Musical Guest, Nino Samiani at 11:30AM
12/22 Breakfast for Lunch: Sausage, Biscuits & Gravy 10:45 - 12:15PM w/ Musical Guest, Mike’s Jukebox (No take-out available)
12/23 Craft Class: Mason Jar Snowman 10AM
12/25 through 01/01/26 Center Closed

Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790
Center Hours: Monday – Thursday, 9 – 4PM; Friday, 9 – 2PM
Lunch served at 11:45AM | 607-797-3145

Weekly Activities

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

Special Activities

12/1, 8, 15, 22 & 29 Greater Good Grocery Bus 11 – 12PM
12/1 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
12/3 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10– 12 PM
12/4 Discover Live: Holiday in Paris, France 12PM
12/5 JCSC Art Show 10 – 1PM
12/5 Mindfulness & Well-Being (BU’s American Red Cross Student Association) 10:30 – 11:30AM
12/5 & 26 Left-Right-Center Dice Game \$3 11 – 11:45AM
12/5, 12, 19 & 26 Poetry Group 12:30PM Size is limited, call to pre-register.
12/8 JCSC Line Dancing Holiday Show 11 – 11:30AM
12/9 & 23 Widow & Widowers Support Group 10 – 11AM
12/9 Chop & Chat (Faith in Action) 11– 12PM Signup by 12/2.
12/10 Discover Live: Holiday in London, England 10:30AM
12/10 Holiday Luncheon 11:45AM
12/11 Veterans Get Together 10 – 11AM
12/12 Discover Live: Holiday in Strasbourg, France 10AM
12/12 & 19 Art Workshop \$3 10 – 12PM
12/17 Discover Live: Holiday in Prague, Czech Republic 11AM
12/17 LGBTQ+ Senior Social Group Meeting & Winterfest 2025 3 – 4:30 PM
12/17 Alzheimer’s Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required; call ALZ at 315-472-4201 x227.
12/18 Legal Aid 9 – 12PM Call for an appointment.
12/24 Haircuts 10 – 11:30AM Call for an appointment.
12/31 New Year’s Eve Luncheon 11:45AM

Northern Broome Senior Center

12 Strong’s Place, Whitney Point, NY 13862
Center Hours: Monday - Friday, 9 – 3PM
Senior Center Store: Monday – Friday, 9 – 3PM
Lunch served at 12PM | 607-692-3405

Weekly Activities

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

Special Activities:

12/2, 9, 16, 23 & 30 Vivo! Fitness Class 12:30 - 1:15PM
Sign up in advance.
12/2 & 16 Golden Agers 12PM
12/4 Drumming 12:30PM
12/9 & 23 Chair Exercise 12:30PM
12/10 Holiday Lunch 11:30AM Saran wrap ball game to follow!
12/11 Breakfast 10AM (Teachers 9:30AM)
12/17 Discover Live: Holiday in Prague, Czech Republic 11AM
12/18 Drumming 12:30PM
12/19 Secret Santa 12:15PM
12/22 Holiday Jammie Party 11AM
12/22 Discover Live: Holiday in Krakow, Poland 1:30PM
12/31 New Years Eve Party 11AM

Vestal Senior Center

201 Main Street, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
Center Hours: Monday - Friday, 9 – 2PM
Lunch served at 11:45AM | 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 10AM; Ice Cream 12PM
Friday: Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities

12/1 King High Card Game 12PM
12/2, 4, 9, 11, 16, 18, 23 & 30 Bingocize 12 – 1PM
12/3 & 17 Vestal Library Tech Help 10:15AM
12/4 & 18 Genealogy Class 1PM
12/5, 12, 19 & 26 Vivo! Fitness Class 10 – 10:45AM
Sign up in advance.
12/8 Chop and Chat 10AM Call to reserve your spot.
12/10 Discover Live: Holiday in London, England 10:30AM
12/10 Holiday Luncheon 11AM Entertainment by Johnny Only 11:45AM
12/12 Discover Live: Holiday in Strasbourg, France 10AM
12/16 Vestal Senior Club Meeting Day 12:15PM
12/19 Pizza or Chef Salad Day 11AM Bunko 12PM
12/31 New Years Luncheon 11AM



Woodburn Court 1 Apartments

21-23 Exchange St
Binghamton. NY 13901
Call: 607-723-7875
TOD: 711 Relay

62 or older and those with a disability over the age of 18

Now accepting applications!

Owned and operated by C.S. American Management

• 148 One Bedroom Apartments

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• Elevators

• Secure Building

• Gated Parking lot

• 24- Hour Maintenance



If you have a disability and need assistance with the application process, please contact Cynthia at **607-723-7875**.

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Fall Prevention Tips

More than 1 in 4 older adults report falling each year—this results in about 37 million falls. Falls can cause serious injuries, such as broken bones or a head or brain injury. Falls are not a normal part of aging—they can be prevented.

There are simple steps you can take to keep yourself from falling and stay healthy and independent longer.

Speak up.

- Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.
- Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy or sleepy which can increase your risk of falling.
- Have an eye doctor check your eyes at least once a year and update your eyeglasses as needed.
- Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling.
- Ask your doctor about health conditions, like depression, osteoporosis, and hypotension, that can increase your risk for falling.

Stay active.

- Do exercises that make your legs stronger and improve your balance, like Tai Chi.

Make your home safer.

- Get rid of trip hazards, like throw rugs, and keep floors clutter free.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower.
- Install handrails on both sides of staircases.

Sourced from <https://www.cdc.gov/still-going-strong/older-adults/index.html>

Check your Senior News in 2026 for Balance Clinics being held at local Senior Centers.

Senior Center & Meals on Wheels Weather Related Information for Closings

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

A good rule to follow:

- When schools in your area are closed for snow or ice, Senior Centers will be closed, and no Meals on Wheels will be available. This applies to school closings but not delays or early dismissals.

If schools are closed for extreme cold or heat and there is not snow or ice, the centers and Meals on Wheels would remain open.

If the weather looks questionable or you are unsure:

- Check for closings on your local news stations or call the Office for Aging at **607-778-2411**. If you are signed up for Blooming Health notifications through Office for Aging, you will receive a notification to your phone regarding weather related closings of senior centers and Meals on Wheels. If you are not signed up with Blooming Health and wish to receive notifications from Office for Aging to your phone, please call our office at **607-778-2411** to sign up.

Meals on Wheels clients will receive emergency meals ahead of bad weather. These meals contain nonperishable canned and packaged foods that can be used when Meals on Wheels are unable to deliver due to inclement weather. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the food in this package.

Keeping Our Older Drivers Safe on the Road

Are you an older driver? If not, you probably know one — a parent, grandparent or neighbor down the street. Between 2014 and 2023, the U.S. population of people 65 and older increased by 28%, and in 2023 the number of people 65 and older killed in traffic crashes made up 19% of all traffic fatalities. During Older Driver Safety Awareness Week (December 1–5, 2025), we remind you that simply getting older doesn't mean it's time to hang up your keys, but you should evaluate how you — or loved ones — drive.

How Aging Can Affect Driving Medical Conditions

As people age, it's important to monitor changes in overall health as it relates to driving. While some drivers can safely drive into their nineties, for others medical conditions, problems with eyesight, sleep, tremors, or memory can make driving more difficult and dangerous.

Ask yourself, or the older driver in your life:

- Can you remember the routes you often drive?
- Do traffic signs and signals, or other drivers make you feel overwhelmed while driving?
- Have you recently received a ticket or citation for a driving violation, or been in a minor crash?

Medications

Many older people take multiple medications, whether prescribed or over the counter. Unfortunately, some of these drugs or a combination of drugs can impair judgment or affect reflexes or the alertness necessary for safe driving. An older driver's primary care provider or pharmacist can help determine if an older driver's medications can affect their driving.

Older Drivers and Vehicles

Adapted Vehicles

Many vehicles can be modified to accommodate an older driver's specific needs by adding adaptive equipment. This equipment can be as simple as a swivel seat for more convenient access, a hand control to make it easier to operate a vehicle, or a pedal extender. Make sure to ask a qualified mobility dealer for training on how to use the equipment.

Driver Assistance Technologies

Each year, vehicle manufacturers release new and improved driver assistance technologies to help keep road users safer. The technologies include everything from automatic emergency braking to blind spot intervention and lane keeping assistance. Driver assistance technologies aren't just about keeping drivers safe; they also keep pedestrians and other road users safe.

Sourced from <https://www.nhtsa.gov/older-drivers/keeping-our-older-drivers-safe-road>

Sudoku Answers

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

Exercising With Chronic Conditions

Almost anyone, at any age, can do some type of physical activity, even with a chronic condition. In fact, older adults with chronic conditions can benefit from physical activity.

For most, moderate-intensity activities (such as brisk walking, riding a bike, swimming, weightlifting, and gardening) are safe, especially if you build up slowly. Talk with a doctor about your health condition and create a physical activity plan that works for you. Below, you'll find physical activity guidance for people with certain chronic conditions.

Alzheimer's disease and related dementias

Physical activity reduces the risk of health conditions that can contribute to age-related cognitive decline and may help delay or slow it. In people with Alzheimer's disease and related dementias, physical activity may improve some aspects of cognition. It can also help them feel better, maintain a healthy weight, and have regular toilet and sleep habits.

Older adults with mild cognitive impairment (MCI) might be able to exercise the same way as someone without cognitive impairment, whereas people with dementia may need assistance from a caregiver. If you are a caregiver, try exercising together and adapting activities to make being active easier and more enjoyable. Be realistic about how much activity can be done at one time — several short "mini workouts" may be better than one long session. Talk with a doctor about what they would recommend for your situation.

Arthritis

Older adults with arthritis, the most common form being osteoarthritis, who are regularly physically active benefit from decreased pain and improved physical function and quality of life. Both aerobic and muscle-strengthening activities contribute to these benefits.

Try doing low-impact activities, such as swimming, walking, and tai chi, which put less stress on your joints. When done safely, being physically active with arthritis shouldn't make the disease or pain worse. Speak with a health care provider about what exercises may work for you.

Chronic pain

Most people living with chronic pain can exercise safely. Physical activity can also help with pain management, whereas being inactive can lead to a cycle of more pain and loss of function.

It's important to remember to listen to your body when exercising and participating in physical activities. Avoid overexercising on "good days." If you have pain, swelling, or inflammation in a specific area, you may need to focus on another area or rest for a day or two. Talk with a doctor about what exercises and activities might be right for you.

Obesity

If you are overweight or have obesity, don't let that stop you from being physically active. Anything that gets you moving — even if it's for only a few minutes a day in the beginning — is a healthy start. Slowly work up to more. If you have difficulty bending or moving easily, or feel self-conscious, try different activities, such as walking, water exercises, dancing, or weightlifting, to see what works best for you.

Osteoporosis

If you have osteoporosis, talk with your health care provider about physical activity that is safe for you and good for your bone health. A combination of exercise types can help build and maintain healthy bones and prevent falls and fractures. Weight-bearing exercises, such as walking, climbing stairs, or dancing, produce a force on bones that makes them work harder. Including muscle-strengthening and balance exercises is beneficial, too.

Type 2 diabetes

Physical activity can help older adults manage type 2 diabetes and stay healthy longer. It improves blood glucose levels, can prevent or slow risk factors that contribute to the disease getting worse, and

helps protect against the leading cause of death in people with type 2 diabetes — cardiovascular diseases such as heart disease and stroke. Aim for at least 150 minutes a week of moderate-intensity aerobic activity, plus two days a week of muscle-strengthening activity. Set a goal to be active most days of the week and create a plan that fits into your life. Your health care team can help.

People exercising with diabetes must be especially careful about monitoring their blood glucose, choosing appropriate footwear, and avoiding injury to their feet.

Source <https://www.nia.nih.gov/health/exercise-and-physical-activity/exercising-chronic-conditions>

How the Aging Brain Affects Thinking

The brain controls many aspects of thinking — remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- Be slower to find words and recall names
- Having problems with multitasking
- Experience mild decreases in the ability to pay attention

Aging may also bring positive cognitive changes. For example, many studies have shown that older adults have larger vocabulary and greater knowledge of the depth of meaning of words than younger adults. Older adults may also have learned from their many years of accumulated knowledge and experiences. Whether and how older adults apply this knowledge, and how the brain changes as a result, is an area that researchers are actively exploring.

The secrets of cognitive super agers

Some people in their 80s, 90s, and beyond defy the common assumption that cognitive decline goes hand in hand with aging. These people, called cognitive super agers, have memory performance comparable to people 20 to 30 years younger. NIA supports research to study cognitive super agers, including the "Resilience and Resistance to Alzheimer's Disease in Centenarians and Offspring" study at Boston University Medical Campus and the "Study to Uncover Pathways to Exceptional Cognitive Resilience in Aging" at Northwestern University. Research is ongoing to understand what sets these people apart to help others prevent (or even reverse) age-related cognitive decline.

Talk with your doctor if you're concerned about changes in your thinking and memory. They can help you determine whether those changes are normal or whether they could be something else.

Sourced from:

<https://www.nia.nih.gov/health/brain-health/how-aging-brain-affects-thinking>



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Local Technology Classes for You!

Discover the Tech Opportunities at Your Local Broome County Senior Center

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

Topic: How to Find Reliable Health Info Online
Wednesday, December 10th 11AM



Vestal Library comes to the Vestal Senior Center

Wednesday, December 3rd and 17th 10:15AM

Technology Assistance

More Technology Classes from Local Libraries

Basic Computer Classes through the Broome County Library

Every Wednesday 10 – 12PM

Broome County Public Library: 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** or tel.lvbtcc@gmail.com 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 now available! Call the Library for details at **607-693-1858**.



Mental Health Corner

The holiday season often feels like a time of universal joy, with festive music, bright lights, and calls for celebration. But for those who are grieving, this time can feel like a stark and painful reminder of a loss. The pressure to be "merry" when your heart is heavy can be overwhelming. This month let's talk about navigating grief during the holidays and give ourselves permission to feel what we feel.

First and foremost, it's essential to validate your emotions. There is no right or wrong way to grieve, and there is no timeline for healing. It is perfectly normal to feel sadness, anger, or emptiness, even as the world around you celebrate. Your feelings reflect the love you hold for the person you have lost, and they deserve to be honored.

As you approach the holidays, here are a few gentle suggestions for caring for yourself:

Change or Create Traditions

You do not have to hold on to old traditions that feel too painful. It's okay to do something completely different this year, or to create a new tradition that honors your loved one's memory, such as lighting a candle, visiting a special place, or preparing their favorite meal.

Set Boundaries

Be honest with yourself and others about what you can handle. It's okay to say no to invitations, to leave a gathering early, or to spend a quiet evening at home. Protect your energy and listen to what your body and mind need.

Talk About Them

Don't shy away from mentioning your loved one. Sharing stories and memories can be a powerful way to keep their spirit alive and can allow others to connect with you in your grief.

Plan

Anticipate which parts of the holidays might be the most difficult and plan. This might include bringing a trusted friend to a family dinner or having a quiet retreat to go to if you feel overwhelmed. An "exit strategy" is a powerful tool.

Give Yourself Grace

The holidays are a marathon, not a sprint. Take care of your basic needs: eat nourishing food, get enough sleep, and find a few moments each day for quiet reflection. Be gentle with yourself—you are doing the best you can.

Remember, you are not alone. If you find yourself struggling, reach out to a friend, family member, or a professional like your primary care provider. For immediate support, you can also call or text the 988 Suicide & Crisis Lifeline at any time.

The holidays can be a challenging time, but by acknowledging your grief and giving yourself compassion, you can navigate them with strength and authenticity.





Broome County

Office for Aging

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

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

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



- Call-In Driver for Sodexo
Part Time Hours

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

For specifics, call Sodexo HR at **607-763-4240** or apply online @ www.us.sodexo.com

Four Steps to Holiday Peace and Joy



When pausing to think about the holidays, what first comes to mind? Is it peace and joy? Or mostly worries and exhaustion?

Stress affects the holiday season, overshadowing positive experiences. The Mayo Clinic and Yale New Haven Health offer tips for self-care. This season, take these four steps to improve well-being:

1. **B-R-E-A-T-H-E.** Breathwork grounds in the present moment. Focus on the breath to acknowledge feelings and release overwhelm. This simple exercise promotes calm:
 - Count 1-2-3-4 and **breathe in peace**; pause.
 - Then, while counting 1-2-3-4, **breathe out love** onto yourself and those around you.
2. **Prioritize activities that bring satisfaction.** Write a to-do list and star each item that feels meaningful. Cross out any tasks that can be eliminated and ask for help with the remaining. Set realistic expectations, don't overschedule, and remember it is ok to say "no."
3. **Mindfully eat during the holidays.** Enjoy holiday meals by consuming high-protein foods with fresh vegetables to balance blood sugar and feel satisfied. Limit desserts and party foods to a few bites. **Briskly walk after meals** to burn extra calories and boost mood.
4. Shift from shopping to **creating heartfelt gifts and lasting memories.** There are many simple and inexpensive options: Gather a few plants in a basket with a ribbon, knit a scarf, or assemble an album. Plan a memorable outing or set aside time to talk with a loved one. Be creative!

Embrace these four simple steps this holiday season to fill your heart with peace and joy.

c. 2025 All rights reserved: Susan Wenzinger, MSN, RN
Susan is a nurse practitioner, health writer, wellness coach, and yoga teacher who practices in Broome County.

For more information, visit www.FullBloomHealthandYoga.com.

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

–William James



Older adults can be especially vulnerable during severe weather.
Stock your emergency kit with these essentials.



 Non-perishable food & water	 Flashlight & extra batteries	 First aid kit	 Sanitation & hygiene supplies	 Sleeping bags & warm blankets
 Communication devices	 Change of clothes & shoes	 Eyeglasses & hearing aids	 Medications & equipment	 Health information & documents

To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness. 



December Menu - Bon Appétit!

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.*

Ham & Swiss on Rye 1 Cream of Potato Soup Applesauce Ice Cream Cup	Beef Stew over a Biscuit 2 Cut Green Beans Warm Spiced Pears Oatmeal Raisin Cookie	Caesar Chicken Breast 3 OR Sausage Link Southwest Brown Rice & Bean Salad Pineapple Chocolate Chip Cookie	Liver w/Onions 4 OR Roasted Chicken Mashed Potatoes Peas & Carrots Harvest Pumpkin Coffeecake	Salisbury Steak 5 OR Fish Florentine Buttered Noodles Carrots Apple Crisp
Chicken N Biscuit 8 Cut Green Beans Vanilla Pudding	Grandma's Meatloaf 9 Roasted Potatoes California Blend Vegetables Pineapple	Holiday Luncheon Bkd Ham w/Cranberry 10 OR Crab Cake Cheesy Mashed Potatoes Country Blend Vegetables Tiramisu Pie Cups	Turkey & Provolone 11 On Marble Rye Stuffed Pepper Soup Applesauce Blueberry Coffeecake	Chicken Salad 12 OR Egg Salad Croissant Harvest Vegetable Soup Mandarin Oranges Cranberry Oatmeal Cookie
Four Cheese Macaroni & Cheese 15 Stewed Tomatoes Brussels Sprouts Mandarin Oranges	Lasagna Soup 16 Garden Salad Peaches Oatmeal Raisin Cookie	Roasted Chicken Thigh 17 OR Halupki w/Sauce Mashed Potatoes Carrots Pineapple Upside Down Cake	Beef Stroganoff 18 OR Chicken Marsala Over Noodles French Cut Green Beans Pumpkin Cake	Pub Burger 19 OR Crab Cake Baked Beans Corn Applesauce
Chicken Thigh 22 OR Kielbasa Pierogies w/Onions Broccoli Choc. Pudding	BBQ Pulled Chicken 23 Roasted Potatoes Wax Beans Banana	Roast Turkey 24 Bread Dressing Beets Carrot Cake	Senior Centers Closed 25 Happy Holidays!	Manicotti 26 Italian Green Beans Cauliflower w/Parsley Confetti Cookie
Meatball Parm Sub 29 Sausage Florentine Soup Pears Ice Cream Cup	Salisbury Steak 30 OR Shrimp Scampi Brown Rice Pilaf Winter Squash Applesauce	Happy New Year! Rotisserie Chicken 31 Baked Potato California Blend Vegetables Cookies & Cream Pie	Senior Centers Closed 1/1 Happy New Year 2026!	Caesar Chicken Breast 2 OR Beer Battered Fish Roasted Potatoes Carrots Macadamia Cookie

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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