

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior



Older Americans Month

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

Join us in highlighting the importance of evidence-based approaches, self-management, and community partnerships that empower individuals to lead their healthiest lives.

For more information, please visit <https://acl.gov/oam/older-americans-month>

Please visit the Health and Wellness Page of this publication for classes and wellness information.

Older New Yorkers' Day 2026

Each year, on Older New Yorkers' Day, the New York State Office for the Aging (NYSOFA) honors older adults from around the state for their volunteerism. The event celebrates healthy aging and the power of community engagement. The program is also one way that NYSOFA works to overcome stereotypes about aging – by showcasing the many older adults who are healthy, active, and giving back to their communities.

How Are Awardees Selected?

Awardees are nominated by New York's 59 county Area Agencies on Aging (AAAs) and their partners. The AAAs and partners nominate older adults who are making substantial contributions in their communities through volunteering and civic engagement. These individuals are among the 892,000 older adults in New York State who contribute 474 million hours of community service at an economic value of \$13.2 billion.

NYSOFA receives nearly 100 nominations per year, all of whom are individuals carefully selected by our local partners. Awardees are recognized for their support of charitable causes, their work with local health care and human services organizations, grassroots civic contributions, volunteer work with emergency management corps, local fundraising activities, and so much more.

Flip to page 15 to see who Broome County Office for Aging nominated!

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

Celebrating National Senior Health & Fitness Day

National Senior Health and Fitness Day, celebrated on May 27th, is a wonderful reminder of the many ways older adults can support their overall well-being. While staying active plays an important role in maintaining strength, balance, and independence, it's just one piece of a healthy lifestyle. Finding enjoyable ways to move—whether it's walking, stretching, or participating in group activities—can also boost mood, increase energy, and create meaningful social connections.

Senior centers are a fantastic place to explore fitness at any stage of your journey. Whether you're just getting started or have been active for years, there are options for everyone. Many centers offer instructor-led classes that can accommodate different ability levels, as well as access to equipment for those who prefer to work out at their own pace. Beyond exercise, these spaces provide a welcoming environment to stay engaged, meet new people, and build a routine that supports both physical and social wellness. Come check out all that we have to offer!

Challenge Your Hydration

Join Office for Aging staff to discuss the importance of hydration!

- Complete a brief self-reflective assessment to take home.
- Learn tips on how to properly hydrate your body to avoid dehydration.
- Refresh with a glass of infused H2O

Upcoming sessions:

Vestal – Wednesday, May 6th at 10:30AM

Chenango Bridge – Monday, May 18th at 12:30PM

First Ward – Wednesday, May 20th at 11:15AM

Broome County
Office for Aging 

Tai Chi for Beginners

Tai Chi is going to be offered at Broome West Senior Center located at 2801 Wayne Street in Endwell starting May 27th. The class will be held on Wednesdays and Fridays 11AM.

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.

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)

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 3 & 4.

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

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, May 25th in celebration of Memorial 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

5/1 Caribbean Fair by OFA and BU's Caribbean Student Association – Educational event 10AM Music and dance demonstration 11 – 2PM

5/4 Rock Steady Boxing presentation on Parkinson's Disease 11AM

5/5 Cinco de Mayo Luncheon 12PM

5/7 Legal Aid 9 – 12PM Call for an appointment.

5/7 Caregiver Services Consults with Megan Horton 10 – 1PM Call 607-778-2411 to schedule.

5/8 Mother's Day Celebration – Team Trivia with Gene and Deanna 1:30PM

5/11 Breakfast for Lunch – Waffles with fruit, cottage cheese and bacon. 10:30 – 12PM

5/12 Saving Money with Medicare by LeAnn, Action for Older Persons 11:30AM

5/12 Downsize & Declutter with Joan 3PM

5/13 GFJ Library Tech Assistance & presentation on Cool Things Your Phone Can Do 11AM

5/13 OFA Caregiver Chat 1 – 2:30PM

5/14 "Science is Everywhere! Deepfakes AI, and the Future of Trust" presentation live streamed by Kopernik Observatory & Science Center 1PM

5/19 Chop and Chat 1PM Call to sign up.

5/20 Discover Live: Budapest, Hungary 11AM

5/21 Discover Live: Accra, Ghana 10AM

5/22 Memorial Day Cookout with Entertainment by Mike's Jukebox 11AM

Hot dogs from the grill, potato salad, coleslaw, and fruit salad served at 12PM

5/26 Breakfast for Lunch – Build your own breakfast sandwich! 10:30 – 12PM

5/26 Bright and Beautiful Therapy Dogs 12:30PM

5/26 Discover Live: 42nd Street, NYC 1:30PM

5/27 Tai Chi starts! 11AM Call to sign up.

5/28 & 29 AARP Safe Driving Course 9:30 – 12:30PM Call to sign up.

5/28 Broome West and Union Endicott High School's Senior to Senior Prom 4:30PM

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 Activities

5/1 May Trivia Day 10 – 2PM

5/1 Saving Money with Medicare by LeAnn, Action for Older Persons 12PM

5/4 & 29 Horse Racing Board Game 10:30AM

5/8 Mother's Day Celebration 11:30AM

5/11 Chop and Chat with Rich 10:30AM

5/13 & 27 Drawing Class with Vet 1PM

5/15 Bingo with Sallie 10:30AM

5/15 Nutrition presentation by Kathleen Cook, CCE 12PM

5/18 Hydration presentation by OFA's Nutrition Department 12:30PM

5/22 Spring Celebration with Entertainment by Johnny Only 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

5/7 Mother's Day Evening Meal – Entertainment 4PM Meal served 4:30PM

5/12 Falls Annual Wellness Checkup 10:30 – 1:30PM Call 607-777-4770 to register.

5/14 Rocky Steady Boxing presentation by John Capello 11AM

5/21 Delaware County Office for Aging Q&A with Susan 11:30AM

5/26 Saving Money with Medicare presentation by LeAnn 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; Gentle Yoga 9:30AM; Canasta 10:30 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

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

5/1 Burger Bar 11:30 – 12:30PM

5/4 Falls Annual Wellness Checkup 10 – 2PM Call 607-777-4770 to register.

5/4 May Birthday Celebrations 10:30AM

5/5 Find Your Way with OFA Q&A with OFA's Public Health Nurse and a Caseworker 8:30 – 11:30AM

5/5 Cinco de Mayo Luncheon

5/6 "Diamond Dot" Craft Class with Kathy Rullo 10AM

5/8 Mother's Day Celebration – Lunch 12PM Live Music 12:30PM

5/13 Officers and Finance Meeting 9:30AM

Senior Center Site Council Meeting 10:45AM

5/13 Alzheimer's & Dementia Awareness presentation by Alzheimer's Association 12:30PM

- 5/18 Cows, Pigs, and Horses Board Game 10AM
 5/19, 20 & 21 Eastern Broome's Annual Plant Sale 9:30 – 2PM
 5/20 Grief and Loss Support Group at MHA
 (Mental Health Association of the Southern Tier) 10AM
 5/20 Saving Money with Medicare presentation
 by Action for Older Persons 12:15PM
 5/21 Golden Griddle – Hot Dog Bar! 11:30 – 12:30PM
 5/22 Fun Friday – Wii Bowling 10 – 2PM
 5/27 Legal Aid Society 9 – 12PM Call for an appointment.
 5/27 Chop and Chat 9:30 – 11:30AM Call to sign up.

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

- 5/1 Film Friday: "Seabiscuit" 1PM Free popcorn, soda for sale.
 5/5 & 19 Holistic Healing: 15-minute Reiki, Chakra, Card Readings
 or Foot Reflexology 10 – 11:30AM \$3
 Advanced registration and payment required.
 5/5 Cinco de Mayo Luncheon w/ Trivia at 12PM
 5/7 Executive Board Meeting 9:30AM
 5/8 Mother's Day Luncheon w/ musical guest, Nino Samiani
 from Friday at Fred's 11:30AM
 5/11 Breakfast for Lunch – Breakfast Sandwich on a Biscuit
 10:45 – 12:15PM (no take-out available)
 5/12 Craft Class – Crushed Can Craft \$5 10AM
 5/12 Chop & Chat 1PM Call to sign up.
 5/12 Neighborhood Watch Meeting 6PM
 5/13 Saving Money with Medicare presentation
 by Action for Older Persons 12PM
 5/14 Legal Aid 9AM Appointment required.
 5/14 Fire Prevention Presentation 12PM
 5/15 Film Friday: "Steele Magnolias" 1PM Free popcorn, soda for sale.
 5/19 "Taste of Broadway" performance
 by Binghamton High School 12PM
 5/20 Hydration presentation by OFA's Nutrition Department 11:15AM
 5/21 On-site Cooking – Turkey club sandwich w/ tater tots
 and musical guest Michael Burrell 11:30AM
 5/21 & 22 AARP Defensive Drivers Course 9 – 12:15PM
 Advanced registration required.
 5/29 Ladies of Charity – Affordable Style Fashion Show 1 – 3PM

Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790

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

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

Weekly Activities

- Monday:** Bingo Board Sales 12:30 – 1:30PM; Games Played 1:30 – 4:30PM;
 Guitar Group 9 – 12PM (\$2); Watercolor Painting 9:30 – 11:30AM (\$3);
 Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3);
 Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises
 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
Tuesday: Guitar Group 9 – 12PM (\$2); TOPS 9 – 11AM;
 Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM
 (no fee); 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
Friday: Gentle Yoga 10 – 11AM (\$3); Line Dancing 11:15 – 12:15PM (\$3); Chair
 Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

- 5/1, 8, 15, 22 & 29
 Poetry Group 12:30PM Size is limited; call to pre-register.
 5/2 (11 – 6PM) & 5/3 (10 – 4:30PM) Southern Tier Orchid Society's
 Spring Orchid Show \$5 admission
 5/4, 11 & 18 Greater Good Grocery Bus 11 – 12PM
 5/4 Broome County Suicide Awareness
 for Everyone (BCSAFE) tabling 11 – 1PM
 5/5 Cinco de Mayo Celebration 11:45AM
 5/5 Discover Live: Puebla, Mexico 2:30 – 3:30PM
 5/8 JCSC Quilt Drawing – \$3 to enter or 2 entries for \$5 12PM
 5/8 Mother's Day Celebration 11:45AM
 5/11 Saving Money with Medicare presentation
 by Action for Older Persons 11:30AM
 5/12 & 26 Widow & Widowers Support Group 10 – 11AM
 5/13 Discover Live: Uganda, East Africa 10:30 – 11:30AM
 5/13 Book Club: The Time in Between by Maria Duenas 3 – 4PM
 5/15 Art Workshop 10 – 12PM \$3
 5/15 Senior to Senior Dance: Intergenerational Dinner Dance 5 – 8PM
 Call OFA at 607-778-2411 to register.
 5/19 Chop & Chat (Faith in Action) 11 – 12PM Signup by 5/12.
 5/20 Discover Live: Budapest, Hungary 11 – 12PM
 5/20 LGBTQ+ Senior Social Group 3 – 4PM
 5/20 Alzheimer's Association – Caregiver Support Group 4 – 5PM
 Registration and pre-screening required;
 call ALZ at 315-472-4201 x227.
 5/25 Memorial Day Pancake Breakfast – for Veterans
 and their families. 8 – 10AM Memorial Ceremony 9AM
 5/21 Legal Aid 9 – 12PM Call for an appointment.
 5/22 Doug's Fish Fry Fundraiser 11 – 6PM
 5/27 Haircuts by Debbie Roberts \$20 10 – 11:30AM
 Call for an appointment.
 5/28 Discover Live: Ljubljana, Slovenia 11 – 12PM
 6/2 Chop & Chat (Faith in Action) 11 – 12PM Signup by 5/26.

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:

- 5/1 Discover Live: Rio De Janeiro, Brazil 12PM
 5/5 & 19 Golden Agers 12:30PM
 5/5 Cinco de Mayo Luncheon 12PM
 5/8 Mother's Day Luncheon 12PM
 5/12 & 26 Groove to the Beat Chair Dance
 with OFA's Nutrition Department 12:30PM
 5/13 Discover Live: Uganda, East Africa 10:30AM
 5/14 Breakfast 10AM
 5/15 Saving Money with Medicare presentation
 by Action for Older Persons 11:15AM
 5/19 Evening Meal 4:30PM Bingo to follow!
 5/28 Legal Aid 9 – 11:30AM Signups required.
 5/29 Spaghetti and Meatballs for Lunch 11:30AM
 5/5, 12, 19, & 26 Vivo Exercise Class 12:30PM

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

5/1, 8, 15, 22 & 29 Vivo Exercise Class 10AM
 5/4 King High Card Game 12PM
 5/5 Cinco de Mayo Luncheon 11AM
 5/6 & 20 Vestal Library Tech Help 10:15AM
 5/6 Hydration presentation by OFA's Nutrition Department 10:30AM
 5/7 Philly Cheesesteak Day 11AM Takeout is available.
 5/8 Mother's Day Celebration 12PM Free ice cream for all ladies!
 5/11 Breakfast for Lunch - Blueberry pancakes, eggs, sausage and potatoes 12PM
 5/13 Saving Money with Medicare presentation by Action for Older Persons 10:30AM
 5/13 Discover Live: Uganda, East Africa 10:30AM
 5/18 Chop and Chat 10AM Call to sign up.
 5/20 Discover Live: Budapest, Hungary 11AM
 5/22 Pizza or Chef Salad Day 11AM
 5/22 Bunko Dice Game 12PM
 5/26 Vestal Club Meeting Day 12:15PM
 5/27 May Birthday Celebration Day 12PM
 5/28 Discover Live: Ljubljana, Slovenia 11AM
 5/28 Vestal Club Trip Sign Up for Forestburg Playhouse for "Murder for Two" 12PM
 6/5 Decade Dance - Dinner 4:30PM Dance 5 - 7PM

Special Events at the Centers

Broome West Senior Center

Thursday, May 28th at 4:30PM
 Senior to Senior Prom with Union Endicott High School

Pizza, Garden Salad, and a special dessert will be served at 5PM. The party continues with DJ Johnny Only immediately after dinner! Call 607-785-1777 to reserve your meal.

Chenango Bridge Senior Center

Friday, May 22nd at 11:30AM
 Lunch and Entertainment by Johnny Only

Come celebrate the sunshine with us!

Deposit

Thursday, May 14th at 11AM
 Rocky Steady Boxing with John Capello

Come see how boxing can help with Parkinson's Disease!

Eastern Broome

Thursday, May 21st from 11:30 - 12:30PM
 Golden Griddle - Hot Dog Bar

Grilled hot dogs, baked beans, mac salad, dessert and a beverage!

First Ward

Wednesday, May 20th at 1PM
 Annual Spring Chorus Concert

Followed by light refreshments.

Johnson City

Friday, May 22nd from 11 - 6PM
 Doug's Fish Fry Fundraiser

There's also raffles, cookie sale and a table of free books and puzzles.

Northern Broome

Tuesday, May 12th & 19th at 12:30PM
 Chair Dancing

Vestal

Friday, June 5th
 Decade Dance!

Dinner is served at 4:30PM
 Dance 5 - 7PM

More information to follow!



Falls Annual Wellness Checkup at Broome County Senior Centers

- May 4: Eastern Broome, Harpursville
- May 12: Deposit (10:30 - 1:30PM)

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

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

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

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board. For more information and to register, call the Motion Analysis Research Laboratory at 607-777-4700 or book a time at: <http://motion-lab.org/home#events>

Registration is required. Walk-ins are not permitted.



Downsize & Declutter Discussion with Joan

Declutter tips:

- When in doubt, throw it out.
- Don't get hung up on the prices that you initially paid.

Discuss more on Tuesday, May 12th at 3PM at the Broome West Senior Center or on Zoom.

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



Local Library Book Sales

George F. Johnson Library
 1001 Park Street, Endicott
 Friday, May 1st 10 – 4PM
 Saturday, May 9th 10 – 2PM
 Friday, May 15th 10 – 4PM
 Cash only. For more information, please visit
<https://www.gfjlibrary.org/friends/>

Broome County Public Library

185 Court Street, Binghamton
 Friday, May 15th 10 – 2PM
 Saturday, May 16th 10 – 1PM
 For more information, please visit
<https://www.thebcpl.org/events/upcoming>

Your Home Public Library

107 Main Street, Johnson City
 Saturday, May 16th 10 – 12:30PM
 For more information, please visit
<https://www.yhpl.org/friends-of-the-library/>

First Friday

Downtown Binghamton
 Friday, May 1st 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/>

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!

40th Anniversary Spring Orchid Show

Johnson City Senior Center
 30 Brocton Street, Johnson City
 Saturday, May 2nd 11 – 5PM
 Admission: \$5

This year we feature at least two new vendors, educational presentations, 100s of blooming orchids, club merchandise, and opportunities to join the club!

Makers Market

Roberson Museum
 30 Front Street, Binghamton
 Saturday, May 9th 12 – 4PM
 Arts, crafts, and more from local makers! Tickets will be \$5 at the door and include general admission to Roberson Museum.
<https://roberson.org/event/makers-market/>

**Binghamton Community Orchestra:
 Gems of the Romantic**

East Middle School
 44 Main Street, Binghamton
 Saturday, May 9th 7 – 9PM
 Admission: \$12

The Binghamton Community Orchestra presents the final concert of the 2025-2026 season with "Gems of the Romantic", featuring the music of Louise Farrenc, Georges Bizet, and Samuel Coleridge-Taylor.

Theater Unspeakable: The American Revolution

Schorr Family Firehouse Stage
 48 Willow St, Johnson City
 Friday, May 15th 7PM

Experience history in just 50 minutes! Seven actors recreate the entire American fight for independence—from Lexington to Yorktown—all while standing on a tiny 21-square-foot platform. It is imaginative, fast-paced physical theater. The venue is located on the ground floor and is fully wheelchair accessible with companion seating available. You can purchase tickets online at firehousetage.org or by calling the Box Office at 607-772-2110.

Seasons of Love Spring Concert

Endwell United Methodist Church
 3301 Watson Blvd, Endwell
 Saturday, May 16th 7:30PM

Endwell Community Chorus presents Seasons Of Love Spring Concert. Come and enjoy our wonderful harmonies.

Gardening IS for the Birds – CCE Gardening Series

George F Johnson Memorial Library
 1001 Park Street, Endwell
 Monday, May 18th 6 – 7PM
<https://gfjlibrary.libcal.com/>

Explore the importance of using native plants and providing the basic needs for birds. This program provides information on how to garden for birds along with examples of specific flowers, shrubs, and trees that work well in our area and are helpful for our indigenous bird species. Pre-registration is required.



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
- Project-Based Section 8
- 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**.

TECHNOLOGY CORNER

TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

- George F. Johnson Tech Center comes to the Broome West Senior Center Wednesday, May 13th 11AM
- Vestal Library comes to the Vestal Senior Center Wednesday, May 6th & 20th 10:15AM George F. Johnson Tech Center comes to the Broome West Senior Center

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** 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**



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!

NOTE: May walks are on the first and third Thursdays of the month. May 7th 10AM – Apalachin Marsh West on 434, half mile past Hilton Road, parking lot on the right.

May 21st 10AM – Chenango Valley State Park in Chenango Forks Meet at the beach parking area.

June 11th 10AM – Waterman Conservation Education Center in Apalachin Meet in parking lot.

June 25th 10AM – Brick Pond in Owego From Rt 17C in Owego, make a sharp right turn on 5th Avenue, over the railroad tracks to a parking area. Meet in parking lot.

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



LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Senior Social Group will be Wednesday, May 20th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City

Find Your Way with OFA!

Do you feel unsure about what programs and services exist in the community? Do you feel lost trying to figure out how to access the help you need? Office for Aging (OFA) can help you find your way!

On Tuesday, May 5th, from 8:30am-11:30am at Eastern Broome Senior Center, located at 27 Golden Lane, Harpursville, NY, our OFA Public Health Nurse and an OFA Caseworker will be available to speak with you and answer questions.

OFA can provide you with information on long term services and supports that can help you to remain independent. We can help you understand care options, learn about resources for caregivers, and help you to access a range of services including financial benefits, in-home services, transportation options, health & wellness opportunities, opportunities for socialization, and more. Please note that our Public Health Nurse does not provide hands on care.

If you are unable to attend the event but would still like to speak to a representative from Office for Aging, please call **607-778-2411**.

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 are currently enrolling new Foster Grandparents.

Call **607-778-2089** for more information.

You can also learn more about the program by visiting: www.gobroomecounty.com/senior





Johnson City Senior Center
 Contact Lucy 607-427-6143

- June 10th – Letchworth State Park
- July 1st – Mac-Haydn Theatre: 9 to 5 the Musical
- July 8th – Lancaster and Sight & Sound Day Trip
- July 18th – Skaneateles Dinner Cruise
- July 20th – Merry-Go-Round Playhouse – Tarzan
- August 6th – Bronx Zoo – Parents’ & Grandparents’ Day

Northern Broome Golden Agers
 Contact Dixie 607-242-3934

- May 12th – Rochester for George Eastman Museum & Rochester Lilac Festival
- June 23rd – Corning Museum of Glass with Pumpkin Glassmaking

North Fenton Seniors
 Contact Ruth 607-648-8425

- June 17th – The Stourbridge Line Train in Honesdale, PA
- October 19th – 21st Sight & Sound Theater in Lancaster, PA for “Joshua”

Port Crane Seniors
 Contact Donna 607-648-6071

- May 4th – 8th Michigan Tulip Festival

Vestal Senior Citizens Club
 Contact Jean 607-754-4479

- June 24th – Forestburg Playhouse for "Murder for Two", a musical/comedy (Sign up on 5/28 at 12PM)
- July 7th – Cortland for "9 to 5" a Dolly Parton themed play (Sign up on 6/11 at 12PM)
- August 24th – Auburn, NY for “Carousel” play at the Rev Theater & Lunch (Sign up on 7/16 at 12PM)
- September 2nd – Lunch Cruise on the Seneca Legacy & visit to the Corning store (Sign up 8/6 at 12PM)
- 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 9/24 at 12PM)

Join Us in The Fight Against Elder Abuse!

Broome County Office for Aging will host a World Elder Abuse Awareness Day Expo on Monday, June 15, 2026, from 10-2PM at the Chenango Bridge Senior Center, 740 River Road in Binghamton. The senior center is located in the First United Methodist Church of Chenango Bridge. The goals of this event are to provide information to older adults and other community members on ways to be empowered to prevent ageism and elder abuse. There will be information and speakers from elected positions and community agencies. A delicious lunch and entertainment will be available. You do not need to be a senior center participant to attend. Everyone is welcome! Call Office for Aging at 607-778-2411 for more information.



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. In the month of May, we will be walking through Rio De Janeiro, Puebla, Uganda, Budapest, Accra, 42nd Street, and Ljubljana. These are free classes, and no reservations are required.

May 1st 12PM



Virtual walking tour through Rio De Janeiro, Brazil (streamed to the Northern Broome Senior Center)

May 5th 2:30PM



Virtual walking tour through Puebla, Mexico (streamed to the Johnson City Senior Center)

May 13th 10:30AM



Virtual walking tour through Uganda, East Africa (streamed to the Johnson City, Northern Broome and Vestal Senior Center)

May 20th 11AM



Virtual walking tour through Budapest, Hungary (streamed to the Broome West, Johnson City and Vestal Senior Center)

May 21st 10AM



Virtual walking tour through Accra, Ghana (streamed to the Broome West Senior Center)

May 26th 1:30PM



Virtual walking tour through 42nd Street, NYC (streamed to the Broome West Senior Center)

May 28th 11AM



Virtual walking tour through Ljubljana, Slovenia (streamed to the Johnson City and Vestal Senior Center)



CARIBBEAN FAIR

Hosted by:

Broome County Office for Aging & BU Caribbean Student Association

Event Details:

Date: May 1, 2026 Time: 10 – 2PM

Location: 2801 Wayne St, Endwell, NY 13760

What to Expect:

- Caribbean music & dancing
- Caribbean-inspired food
- Cultural displays
- Fun activities for all ages

Meal Information:

Meal served around noon:

- Choice of Jerk Chicken Thigh OR Citrus Rubbed Fish
- Rice & Peas
- Cabbage & Carrots
- Coconut Cream Pie for Dessert

Contributions for your meals are requested. The voluntary suggested contribution for the meal is \$4.00 per meal for people over age 60 and their spouse of any age and a charge of \$5.00 per meal for people under age 60.

Reservations Required:

Please call Broome West 607-785-1777

Reservations must be made no later than Thursday, April 30th at 12PM.

Broome County

Office for Aging



FRIDAY, MAY 29 • 1PM
AT FIRST WARD SENIOR CENTER

affordable style
Fashion Show

Presented By Ladies of Charity "Nearly New Shop"

ABOUT EVENT

Join us for an afternoon of fashion that won't hurt your wallet! We will have clothing, jewelry and purses for sale. 50/50 raffle and door prizes. As well as, light refreshments. Make a reservation and come early for lunch which is served at 11:45am

TICKET SALES:

ADVANCE TICKETS: \$3

DAY OF EVENT: \$4

For tickets please visit: First Ward Senior Center at 226 Clinton St. or The Nearly New Shop at 331 Main St.

For more information call, Sally at 607-772-9855
For lunch reservations call, 607-729-6214

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

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

Mother's Day Celebration

Celebrate all mothers and special mentors on Friday, May 8th. What a wonderful opportunity to honor those who strive to make a difference in our community and our lives, whether it's our mothers, sisters, or friends.

Enjoy a delicious lunch of chicken cordon bleu or broiled fish with lemon, sides and a refreshing slice of lemon meringue pie for dessert.

Lunch is served around noon.

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

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





CAREGIVER CORNER

Ideas and information for people caring for others.

The Broome West Caregiver Chat:

Date: Wednesday, May 13th 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, May 2nd 11 – 2PM • First Saturday of the Month
St. Anthony's Church Hall • 300 Odell Ave, Endicott

Saturday, May 9th 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, May 16th 11 – 2PM • Third Saturday of the Month
St. Mary's Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, May 30th 11 – 2PM • (Date change for May due to Memorial Day weekend)
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

WEDNESDAY RESPITE

Wednesday, May 13th 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.

BROOME COUNTY OFFICE FOR AGING

Yesteryears Introduces...

Yesteryears North Group Respite

Available Fridays in Whitney Point! 10 – 1PM

Northern Broome Senior Center: 12 Strongs Place, Whitney Point, NY

Introducing a new pilot program designed to help older adults with cognitive impairment or who have been socially isolated build meaningful social connections. This program focuses on peer socialization and community engagement, creating a welcoming environment where participants can comfortably connect with others and take part in activities together.

WHAT TO EXPECT:

- Friendly conversation and peer socialization in a supervised setting
- Table games and group activities
- Community engagement projects
- Meet our staff and learn about the program
- Light lunch provided

To RSVP or get more information, please call Shellie at **607-778-2946**



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

**ANY CARE
COUNTS™**

NEW YORK

**CAREGIVERS ARE EVERYWHERE.
ANY CARE COUNTS.**

Mow the lawn for a loved one? Manage finances? Help with meds? That's care, and any care counts. Almost 1 in 2 of us are caring for someone, and while it can be an honor, it can also be intense.

The Any Care Counts - New York Campaign is a way to recognize and support the millions of unpaid caregivers across the state by connecting them to available support resources in New York.

For more information, please visit <https://www.anycarecountsny.com/>

Caregiver Consults at Broome West Senior Center

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 Broome West Senior Center on May 7th from 10 – 1PM. 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**.

Trivia

What novel by Harper Lee, published in 1960, became an American classic?

Answer: To Kill a Mockingbird



Recipes

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

Homemade Hummus

This classic garbanzo bean dip is easy to make and a versatile dish. Serve hummus with fresh raw vegetables, on a piece of whole wheat pita bread or tortilla, on crackers, or as a sandwich filling.



Ingredients

- 2 cups chickpeas (also known as garbanzo beans, cooked)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon tahini (sesame paste, substitute peanut butter for a sweet taste)
- 2 tablespoons olive oil

Directions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

<https://www.nutrition.gov/recipes/homemade-hummus>

Indian Lentils and Pasta

Treat yourself and your family to this delicious pasta dish seasoned with Indian spices.



Ingredients

- 1 tablespoon oil (vegetable)
- 1 large onion (chopped)
- 2 cloves garlic (finely chopped or 1/2 teaspoon garlic powder)
- 3 cups water
- 15 ounces diced tomatoes (with juice)
- 1/2 cup lentils (dry, rinsed)
- 1 teaspoon cumin (ground)
- 1 teaspoon turmeric
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 cup orzo
- 1/4 cup cilantro (fresh, chopped)

Directions

1. Heat oil in a large skillet over medium heat. Add onion and garlic and cook 3 to 4 minutes.
2. Stir in water, diced tomatoes with juice, lentils, cumin, turmeric, and red pepper flakes, if desired.
3. Bring to a boil. Cover and reduce heat to low. Simmer for 25 minutes.
4. Add pasta and cook uncovered until pasta is tender, for about 10 minutes.
5. Sprinkle with cilantro and serve warm.
6. Refrigerate leftovers within 2 hours.

<https://www.nutrition.gov/recipes/indian-lentils-and-pasta>

Trivia

What television show introduced the phrase, "To the moon, Alice!"?

Answer: The Honeymoners

Red, White, and Green Grilled Cheese

Switch up your cold sandwich with this delicious red, white, and green grilled cheese filled with tomatoes, mozzarella, and spinach.



Ingredients

- 1 teaspoon garlic (minced, about 1/2 clove)
- 1 small onion (minced, about 1/2 cup)
- 2 cups spinach (frozen, thawed, drained or 2 bags (10 oz each) fresh leaf spinach)
- 1/4 teaspoon black pepper
- 8 slices whole wheat bread
- 1 medium tomato (rinsed, cut into 4 slices)
- 1 cup mozzarella cheese (shredded, part-skim)
- non stick spray

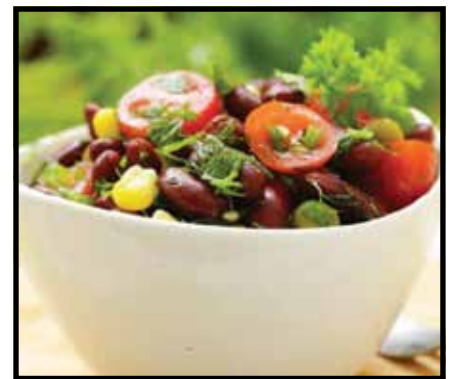
Directions

1. Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
3. Add spinach and toss gently. Cook until the spinach is heated throughout. Season with pepper and set aside to cool.
4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, 1/2 cup of spinach mixture, 1/4 cup of cheese, and a second slice of bread on the top. (For picky eaters, see Healthy Eating Two Ways suggestion below.)
5. Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
6. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.

<https://www.nutrition.gov/recipes/red-white-and-green-grilled-cheese>

Three Sisters Salad

This low-sodium recipe also provides calcium, potassium, protein, iron and fiber. Three Sisters Salad is a perfect crowd-pleasing side dish to bring to pot lucks, family get-togethers, weekend barbeques or just a healthy lunch at home.



Ingredients

- 1/4 cup sugar
- 1/4 cup vinegar (white)
- 2 tablespoons olive oil
- 2 cans corn (drained)
- 2 cans black beans (drained and rinsed)
- 1 cup zucchini (chopped)
- 1 cup squash (yellow, chopped)
- 1/2 cup onion (chopped)
- 1/2 cup bell peppers (green, chopped)

Directions

1. In a small saucepan, mix 1/4 cup sugar, 1/4 cup vinegar, 2 Tablespoons olive oil over medium heat. Heat until hot but NOT boiling. Remove from heat
2. In a large bowl, mix corn, beans, zucchini, squash, onion and green pepper
3. Pour cooled dressing mixture over vegetables and toss. Chill in the refrigerator for at least 30 minutes.

<https://www.nutrition.gov/recipes/three-sisters-salad>

Ask the Office

"I'm caring for my spouse alone and am feeling worn down. What options are available to give me a break? Do I have to pay for respite services?"

Respite care might be a good option for you!

Respite care is temporary care that is provided to a loved one so their caregiver can get a break. Respite can be thought of as a time for caregivers to recharge their batteries. By providing a structured break, caregivers can return to their caregiving feeling more energized and less burnt out.

In our area, there are multiple respite care options, including Yesteryears (group respite), Social Saturdays (Saturday group respites), at-home visitations, and short-term overnight respite. Our organization does not currently provide emergency respite.

Some of these services are free, while others are out of pocket expenses, and some are covered by Medicaid. For example, some churches in our community provide weekend group respite for no fee! Medical day programs like Golden Days accept Medicaid, or you also may be eligible for grant-funded in-home care.

More information is available on the Caregiver Services page of our website located here: <https://broomecountyny.gov/senior/caregiver>

Or you can call the Office for Aging at **607-778-2411** to determine your eligibility and learn more about these programs!

You Have the Means to Age Well By Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension Broome County

"Aging Well" has many definitions and perceptions, yet all of them require active thought and consideration. What is valuable to you and seems necessary to being and feeling well as you get older? What do you hold to be important?

The good thing is that we have many resources to help us achieve that feeling of wellness and happiness. Despite physical and mental challenges, we can choose to take actions that will help us address those challenges.

Finding ways to be active is key to wellness. Consider what obstacles you face and then seek out solutions that may include walking with a friend or trying exercises utilizing a chair or in water. If you are able to be more active, pickleball, Zumba classes, or sports like tennis and badminton are excellent ways to get your heart and lungs working and keep your arms and legs moving.

Also, put some serious thought into how best to manage your food needs. Each person's body is unique, yet foods that are minimally processed are known to benefit most people. Deep-colored fruits and vegetables, whether they are canned, fresh, frozen or dried, provide powerhouses of vitamins, minerals and other nutrients that combat the effects of aging.

Plan what you are going to purchase before you go to the store both to save money and eat nutritiously. Pre-cut produce is a cost-saver if it is easier to eat. Fresh carrots, for example, are ready to be eaten raw as a snack, tossed in a salad, or cooked in a stew or soup.

Making a loose meal plan reduces the stress of what to eat each day and helps to ensure nutritious food is available. Put your mind to it and age well!

New York State Department of Health Recognizes National Stroke Awareness Month in May

Learning "F.A.S.T." Can Help Identify Common Signs and Symptoms of Stroke

The New York State Department of Health encourages all New Yorkers to be aware of the signs and symptoms of stroke in recognition of National Stroke Awareness Month in May. A stroke, sometimes called a brain attack, is always a medical emergency. Knowing the signs and symptoms of stroke, acting quickly, and calling 911 immediately can significantly raise a person's chance of survival.

"When every second counts, I urge all New Yorkers to learn the signs of a stroke so they can act fast and potentially save a life," State Health Commissioner Dr. James McDonald said.

Signs and symptoms of a stroke often occur quickly and may include:

- Sudden confusion, trouble speaking, or trouble understanding speech
- Sudden numbness or weakness, especially on one side of the body
- Sudden severe headache with no known cause
- Sudden trouble seeing from one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination

Getting help as quickly as possible when someone is having a stroke is crucial. Remembering a simple acronym can help identify the symptoms and possibly help save a life. "F.A.S.T." is an easy-to-remember method of recognizing the symptoms of stroke:

Face: Ask the person to smile. Does one side of their face droop?

Arm: Can the person raise both arms? Does one arm drift down? Is their arm weak?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or confusing?

Time: Time is critical. Note the time when stroke symptoms first appear and call 9-1-1 right away. Anyone who may be having a stroke should have an ambulance drive them to the hospital for rapid treatment.

If someone is showing the signs and symptoms of stroke, calling 911 immediately saves precious time and improves the likelihood of a positive outcome.

Sourced from: https://www.health.ny.gov/pressreleases/2025/2025-05-21_stroke.htm

Asian American and Pacific Islander Heritage Month

Throughout our history, the United States has been strengthened by the contributions of citizens from every background, united in the shared pursuit of the American Dream. As we recognize Asian American and Pacific Islander Heritage Month, we celebrate the deep and enduring impact that Asian Americans and Pacific Islanders have had on our Nation. Forged by hardship and trial, they have never wavered in their contributions toward the advancement of our common destiny.

In the 1980s, Lakshmi and Radhakrishna Chilukuri immigrated from India to the United States and dedicated their lives to higher education. They built a life in America and raised a family, their daughters Usha and Shreya, instilling in them the values of hard work, perseverance, and a love of learning. Their daughter, Usha, now serves as the Second Lady of the United States. Tulsi Gabbard, a native of American Samoa, has dedicated her career to protecting our Republic, serving in the military and now as the Director of National Intelligence. Today, more than 77,000 Asian American and Pacific Islanders heroically serve our Nation in the Armed Forces. Their stories, along with many others, have helped build a stronger, safer, and more prosperous country.

This month, we honor the proud legacy of Asian Americans and Pacific Islanders and their contributions to the vast constellation of all our national triumphs. They are woven into the fabric of our Republic, reminding us that the American spirit is one of resilience, independence, and relentless pursuit of freedom and opportunity.

Sourced from: <https://www.whitehouse.gov/presidential-actions/2025/05/asian-american-and-pacific-islander-heritage-month-2025/>



Scam of the Month

Government Imposter Scams

Government imposter scammers pretend to be representatives of government agencies, such as the Social Security Administration (SSA) or Internal Revenue Service (IRS). They may threaten your Social Security benefits, demand payment for back taxes or fees they claim you owe, or claim there is a problem with your account or benefits. Their goal is to steal your money or gain personal information from you. To look legitimate, they may use official-looking documents or images when sending correspondence. According to the United States Senate Special Committee on Aging, Social Security related scams are the most common government imposter scams. According to the Federal Trade Commission (FTC), people lost \$789 million to government imposter scams last year.

Protect yourself and be on the lookout for red flags of a potential scammer. Beware of phone calls, texts, and emails asking you to confirm information that the government agency should already have. This could be information about your address or social security number. If the alleged government representative threatens your benefits or asks you to wire money or put money on a prepaid debit card or gift card, asks you to send money using a delivery service, or asks you to pay using cryptocurrency or an app, this is a scam. Being pressured to decide quickly is also a red flag that it is a scam.

If you receive a suspicious call, hang up the phone. Do not reply to suspicious e-mails or texts. Never give out or confirm sensitive information in response to unexpected calls. Do not blindly trust a name or telephone number. Scammers will use official sounding names to make you trust them. They also use technology to disguise the real phone numbers they are calling from. Government agencies will never ask you to wire money or send money through a gift card. Always call the government agency directly with a known phone number and wait to speak to a representative to verify calls or emails you receive. You can report scams to the FTC at **1-877-382-4257**, the local attorney general at **607-251-2770**, or local law enforcement. Complaints can also be filed online at reportfraud.ftc.gov.

For more information on scams and to alert Office for Aging about a scam, please call **607-778-2411**.

March for Meals

This March, we celebrated March for Meals. March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults age 60 and older. Meals on Wheels is part of the National Nutrition Program. Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers.

In March, we asked for people to consider becoming a volunteer for the Meals on Wheels program. If volunteering was not an option, we asked for monetary donations.

Through volunteering, donating, or speaking out, we can ensure the older adults live healthy, happy, and independent lives at home, where they want to be.

An extra special Thank You to Schneider's Market in Kirkwood, NY. They raised over \$1,500 for the Meals on Wheels program. Their team worked hard and sold over 1,500 pies to their amazing community. All pie proceeds were donated to Broome County Meals on Wheels.

We did get some new volunteers through the March for Meals Campaign, but we could use more, especially in the Harpursville location. Thank you to all the new and current volunteers!

We need volunteers to keep the Meals on Wheels program going strong! For more information on receiving Meals on Wheels or volunteering to deliver meals, please call the Office for Aging at **607-778-2411**.

Translation Services at Office for Aging

Language interpretation services for Office for Aging services and programs are available upon request at no cost. Articles from the Senior News can also be translated for you! Call 607-778-2411.

Los servicios de interpretación para los servicios y programas de la Oficina para la Tercera Edad están disponibles a solicitud y sin costo. ¡También podemos traducir artículos de Senior News! Llame al 607-778-2411.

I servizi di interpretariato linguistico per i servizi e i programmi dell'Ufficio per gli Anziani sono disponibili su richiesta e gratuitamente. È possibile tradurre anche gli articoli del Senior News! Chiama il numero 607-778-2411.

老年事务办公室的服务和项目可应要求提供免费的语言翻译服务。老年新闻的文章也可以翻译！请致电 607-778-2411

Des services d'interprétation sont offerts gratuitement sur demande pour les services et programmes du Bureau des aînés. Nous pouvons également traduire les articles du bulletin d'information pour les aînés. Appelez le 607-778-2411.

Adventures in Nursing



In honor of the National Nurses Month held annually in May we would like to highlight our own Public Health Nurse, Jean. With 29 years of experience from a variety of nursing specialties, Jean plays an integral role with Office for Aging's team. With time spent in dementia care, maternal/child health, STD, immunization, & employee health clinics, hospice, and home visits with various Medicaid programs, Jean brings the experience she has gained to her current work at OFA.

As OFA's Public Health Nurse, Jean works on the Coordinated Aging Supports Project (CASP) where she coordinates with local primary care offices to address health related social needs that affect older adults and their caregivers. In this role she provides holistic assessments, works to develop a collaborative whole-person care model, and provides a closed loop of communication between OFA and the client's primary care provider. The goal is to achieve better health outcomes and quality of life for the client and improve access to needed community services. Jean also assists clients with health literacy, getting connected to medical care, and works closely with OFA caseworkers on cases that involve complicated health issues. Jean goes the extra mile for her clients, "climbing mountains" with them to assist them in overcoming obstacles.

Jean says she appreciates the partnerships she has with OFA caseworkers because they each bring different strengths that work together to help clients meet their goals. One thing Jean loves about working with older adults is getting to know them and learning about their lives and experiences. She treasures the connections she makes with her clients and appreciates what she has learned from them over the years. She gets to learn about times that were different when they were growing up. She enjoys hearing about their experiences and their first-hand accounts of events that she has only heard or read about.

Jean was originally called to nursing because of her love of adventure. She has enjoyed the varied experiences and situations the profession brings. Besides her professional "adventures in nursing," Jean participates in adventures in her personal life as well, having spent time as a volunteer EMT and volunteer firefighter. She also enjoys hiking and climbing the high mountain peaks throughout New York State, backpacking, camping, and kayaking. She has even gone sky diving. Whether it is "climbing mountains" with clients or climbing mountains in real life, OFA can always count on Jean to embrace a challenge and go the extra mile for her clients.



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>

- **Case Worker/Case Worker Trainee** (1 open position)
In-Home Services Unit
Bachelor's Degree required
Full time; M-F 8-4PM, Salary range: \$42,366-\$46,392
Test required and offered on site
Provide support to older adults on your caseload through completion of an assessment and care plan. This program is critical to helping older adults remain independent and in their own homes.
- **Senior Citizen Site Supervisor** (1 position)
Eastern Broome Senior Center in Harpursville
High School Diploma required
30 hours per week M-F 8:30-2:30 pm, \$18.11 per hour
Daily Duties Include:
Responsible for the overall management of the senior center
Responsible for program planning.
Works with kitchen staff and volunteers to facilitate meal service and clean up.
Works with and recruits senior center volunteers.
Help set a pleasant and fun tone at the center.
- **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.

BC Transit needs Van Operators

Van Operators safely operate a 16-passenger van picking up and delivering rides at scheduled times.

- Part time positions 35-38 hours per week
- Most have the ability and patience to effectively communicate and interact with all people, especially senior citizens and people with disabilities
- CDL C license preferred, but BC Transit will train the right person for the job
- Paid comprehensive training, with great wages
- Starting pay is \$18.53/hour
- Mandatory NYSDMV 19A physical
- Mandatory pre-employment drug test
- Apply at BC Transit 413 Old Mill Road, Vestal
- EEO/AA females and minorities encouraged to apply

Save time and apply online at broomecountyny.gov/transit/employment



- 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

The Vestal Museum and Vestal Senior Center are Celebrating the Museum's 50th Anniversary 1976-2026 with a Decades Dance



Brush up your blue suede shoes, wash your bell bottoms, and polish your "mood" ring!

We are having a dance at the Vestal Central Junior High School on Friday, June 5th.

Dinner is at 4:30PM

Chicken stuffed with broccoli and cheese, sides and dessert. (Limited Spots/Reservations are required. Call the Vestal Senior Center at 607-754-9596 by noon on 6/4.)

Dinner is a suggested voluntary contribution of \$4 for those age 60+ and spouse of any age; there is a charge of \$5 for those under age 60.

Music 5-7PM Snacks provided.

Vestal High School volunteers will be onsite.
AP Entertainment providing music (DJ Andy Papaleo/Vestal Alum)

Snacks and Decorations provided by a Visions Cares Grant from Visions Federal Credit Union



Get Help from Getthere

- Getthere **Connection to Care Program** connects older adults with transportation services that best fit their needs
- Getthere **Travel Training** provides training to individuals and groups to help them navigate and utilize local transportation options
- Getthere **Volunteer Transportation Service** helps people with cost-effective transportation to health services
- To access these services, call the **Getthere Call Center** at 607-296-2509.
- Call Center staff complete an intake and determine all possible transportation options
- Hours of operation:
Monday - Friday; 7am-5:30pm.



Older New Yorkers' Day: Broome County Office for Aging Nominations for 2026



Lois

Lois has spent her entire life in New York and takes great pride in her community. Over the years, she built a strong work ethic while working in factories, dedicating herself to providing for her family. Family has always been at the center of her life. She is the proud parent of four children, and the family has grown to include eight grandchildren and fifteen great-grandchildren.

Lois volunteers her time to the home delivered meal program and also enjoys going to church, eating at the Chinese buffet with friends and going to the casino (she loves the slot machines). Giving back, sharing her life experiences, and connecting with others in the community is what she really enjoys.

Volunteering was something new to her as she has worked her entire life. When Lois was approached by a friend to help volunteer, she was unsure. Now six years later, she would tell anyone to try new things. Once you see and feel the gratification you get from volunteering and the many people you connect with you will really enjoy it and want to continue. At 93 this is a great way for her to stay active both physically and mentally!



Pat

For the past 14 years, Pat has dedicated her time, energy, and compassion to making the Broome West Senior Center a welcoming and vibrant place for everyone who walks through the doors. Volunteering is never just about showing up, and Pat proves that every single day through the care and pride she brings to everything she does.

Pat currently serves as the President of our Site Council Board, where her leadership, dedication, and thoughtful decision-making help guide the center forward. Pat's contributions certainly don't stop there. Pat is the friendly face behind the gift shop, where she not only keeps things running smoothly but also brings creativity and joy through the craft classes that she organizes.

She's also the mastermind behind one of our most anticipated events of the year — the silent raffle or "Christmas in July." Thanks to Pat's hard work and organization, it has become an incredibly successful and fun tradition that brings our community together. Whenever an extra set of hands is needed — even in the kitchen — Pat is always ready to step in and help. She worked tirelessly through the challenges of COVID, continuing to support the center and its members.

She is kind-hearted and compassionate, driven and deeply respected by everyone who knows her. She takes great pride in the work she does here, and it shows in the positive impact she has on all of us.

People like Pat are the reason this center feels like more than just a building — it feels like a family.

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

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• ANSWERS •

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"You are never too old to set another goal or to dream a new dream."

– C.S. Lewis

May Menu - Bon Appétit!

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

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

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

<p>Did you know the Senior Center Lunches offer low sugar options for dessert, we call it Alternate (ALT) Just let us know when you make your reservation for your lunch. The alternate menu may be helpful to those with diabetes, those desiring to lose weight, and to those who simply prefer the alternate menu options.</p>				<p>Caribbean Jerk 5/1 Chicken OR Broiled Fish Rice & Peas Cabbage & Carrots Coconut Cream Pie</p>
<p>Beef Stew over 4 Over a Biscuit Cut Green Beans Warm Spiced Apples Cranberry Oatmeal Cookie</p>	<p>Cinco de Mayo 5 Ancho Lime Chicken Chicken Enchilada Soup Mexicorn Key Lime Pie Cups</p>	<p>Grandma's Meatloaf 6 OR Halupki Mashed Potatoes Carrots Fresh Apple</p>	<p>Manicotti w/Sauce 7 Italian Green Beans Garden Salad Banana</p>	<p>Mother's Day Celebration 8 Chicken Cordon Bleu OR Broiled Fish w/Lemon Baked Potato Peas w/Pearl Onions Lemon Meringue Pie</p>
<p>Turkey Tetrazzini 11 Carrots Ice Cream Cup</p>	<p>Kielbasa 12 OR Beer Battered Fish Pierogies w/Onions Broccoli Florets Sugar Cookie</p>	<p>Roasted Chicken Thigh 13 Bread Dressing French Cut Green Beans Pumpkin Pie</p>	<p>Grandma's Meatloaf 14 OR Shrimp Scampi Alfredo Pasta Spinach Fresh Orange</p>	<p>Cream of Broccoli 15 Soup Deluxe Garden Salad Applesauce Oatmeal Raisin Cookie</p>
<p>Carbonara Sauce 18 With Chicken & Spinach Over Pasta Wax Beans w/Pimento Sherbet Cup</p>	<p>Turkey & Provolone 19 On Marble Rye Sausage Florentine Soup Cottage Cheese Pineapple</p>	<p>Salisbury Steak 20 OR Halupki Mashed Potatoes Carrots Chocolate Brownie</p>	<p>Teriyaki Chicken 21 Baked Potato Oriental Blend Vegetables Pineapples & Mandarin Oranges</p>	<p>Pub Burger 22 OR Beer Battered Fish Baked Beans Tossed Salad Blueberry Crisp</p>
<p>Closed in Observance 25 of Memorial Day</p>	<p>Four Cheese Macaroni 26 & Cheese Stewed Tomatoes Brussels Sprouts Fresh Orange</p>	<p>Lasagna Soup 27 Deluxe Garden Salad Applesauce Chocolate Chip Cookie</p>	<p>Roasted Chicken Thigh 28 Mashed Potatoes Country Blend Vegetables Peach Cobbler</p>	<p>Chicken OR Tuna Salad 29 Croissant Vegetable Soup LF Cottage Cheese Pineapple</p>

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



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



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

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

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

Senior News Editorial Policy

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