



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



## Meals on Wheels Holds Open House for Potential Volunteers

Meals on Wheels is looking for volunteers, 18 years and older, to deliver meals at least once a week from 11:15 am to 1:00 pm. Volunteers can choose any day, Monday through Friday. Routes are available in various locations throughout Broome County. You can sign up to be a driver, a visitor, or both. Mileage reimbursement is available for volunteer drivers.



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

Anyone interested in learning more can drop by the MOW Open House from 10:30 am to Noon, April 20 – April 24. See current volunteers in action and find out

more about this rewarding and fun experience. Meals on Wheels is located in the red brick carriage house at 85 Walnut Street in Binghamton. For more information, call 778-6205.

## Go Green for Earth Day: Receive Senior News by Email

April 22, 2020 marks the 50th Anniversary of Earth Day, a day celebrated in more than 193 countries all over the world to demonstrate support for the protection of the Earth's natural environment. What better way to celebrate Earth Day than by choosing to **Go Green** with Senior News? You can sign up to receive the Senior News electronically, by email.

### Why Should I Go Green?

**You will help preserve Earth's natural resources**, such as the paper we print on, the energy it takes to produce printed copies, and the gasoline it takes to deliver paper copies.

**You will be the FIRST to see the news!** Receiving Senior News electronically gives you significantly earlier access to the current events and important information you want, without the wait time needed for printing and mailing.

Simply contact us by phone at (607) 778-2411 or by email at [ofa@co.broome.ny.us](mailto:ofa@co.broome.ny.us) and let us know you would like to start receiving the Senior News by email. You will need to provide your name, your email address, and if you are already a mail subscriber: your current mailing address, so we may remove your name from our postal delivery mailing list. We would appreciate your continued contribution of \$10 per year for the cost of production of the Senior News.

Don't have email? Do you simply prefer a paper copy with your morning coffee? We understand that! You can still help the Senior News to **Go Green** by opting to pick up a paper copy at your local senior center, library, grocery store, or at the Office for Aging, located at 60 Hawley St, Binghamton, NY 13901.



## "Senior to Senior" May Day Dance

Join in the fun for an Intergenerational Dinner Dance. Hosted by Johnson City High School Seniors for Broome County Seniors. There is no charge for this event, but reservations are needed.

Friday, May 1st | 5:00pm – 8:00pm

Dinner at 5:00pm

Entertainment provided by Blue Velvet Band from 6:00-8:00pm

Johnson City Senior Center  
30 Brocton St, Johnson City, NY

Space is limited. Call the Office for Aging at 778-2411 to reserve your spot by April 24th.

Wear your Sunday best! Need a little extra flair for your outfit? Accessories will be available at the event. Sarah Jane Johnson Church also has a complimentary clothing closet for a whole new outfit before the event. Call 797-3938.

*This event is brought to you by:*  
Broome County Office for Aging  
Johnson City Senior Center  
Johnson City School District Senior Class  
JC Connects Community Schools  
Binghamton University Community Schools  
Sarah Jane Johnson Church



# "Volunteering is a Work of Heart"

## Celebrating National Volunteer Month

## Action for Older Persons Seeks Volunteer Advocates

You can make a difference in the life of someone living in a long-term care facility.

The Long-Term Care Ombudsman Program dedicates itself to protecting the rights and ensuring quality of life for residents in nursing homes, adult care, assisted, and enriched living facilities. They can work on behalf of residents with facility staff to show that long-term care can equal excellent quality of life for residents.

NYS Ombudsmen in Region 11 make weekly visits to an assigned care facility in Broome, Chenango, Delaware, or Tioga County to assist residents in advocating for their rights and addressing any concerns. Ombudsmen attend a free 36-hour certificate training to better understand the issues that may occur within facilities and strategies to find impactful solutions.

For a rewarding volunteer experience, please call Action for Older Persons' Morgan White or Reva Mack at (607) 722-1251 to advocate for one of our community's most vulnerable populations. Upcoming training to be held May 2020.

## Plant-Based Meat? That's Impossible!

Many new health and diet trends have developed in the past decade. One such trendy item that seems to be sticking around, and has recently boomed in the consumer market, is plant-based meat.

Plant-based meat? Sounds almost *Impossible*, doesn't it? It's true; the two leading companies of this market are *Beyond Meat* and *Impossible*. These brands are causing a lot of buzz for their ability to create a plant-based product that tastes just like real meat, and due to their claims of the potential health benefits that may come from a plant-based, or vegan, diet.

Should we all make the switch to plant-based meat? The American Institute for Cancer Research (AICR) is clear that consuming too much red meat increases the risk for colorectal cancer. Both *Impossible* and *Beyond Meat* use sources of protein which come from plants rather than animals. *Beyond Meat's* products use pea protein, while the *Impossible* company extracts proteins from soy and potatoes for their products. Keep in mind, because these plant-based meat products are meant to imitate "the real thing," they contain a long list of additional ingredients to achieve the correct texture and taste. Alice Bender is the AICR's dietitian, and she is quick to remind the public of the recommendation of eating whole, minimally-processed foods. Plant-based meat alternatives are far from minimally processed. Products like the *Beyond Burger* and the *Impossible Burger* are brand-new food items created from extracted proteins and oils.

Edward L. Giovannucci, M.D and professor at the Harvard School of Public Health, says that we should treat these plant-based meat alternatives the same way we treat red meat: limiting our intake to no more than 12-18 ounces per week. Plant-based meat products are very new to the food world and have not been fully studied at this time, so there are a lot of things we still don't know. As time passes, it may turn out that these types of meat alternatives are a good choice, but for now it is best to remember that moderation is key!

HOUSING \* MANAGEMENT \* DEVELOPMENT

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**Hamilton House Apartments**  
Binghamton NY | 607-724-6102

**Harry L Apartments**  
Johnson City NY | 607-217-7332

**Kime Apartments**  
Great Bend PA | 570-879-4944

**Marian Apartments**  
Endwell NY | 607-785-5223

**Nichols Notch Apartments**  
Endicott NY | 607-754-0579

**Watkins Glen School Apartments**  
Watkins Glen NY | 800-838-0441

**Wells Apartments**  
Johnson City NY | 607-797-8862

**Whitney Point Apartments**  
Whitney Point NY | 607-692-2609

**Windsor Wood Apartments**  
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## Savor the Senior Centers

with *Pasta-bilities* in April!

This month's pasta recipes bring a wide variety of flavors, ingredients, and colors to your plate!

On Monday, April 6, enjoy creamy chicken alfredo with rotini pasta, and end your meal with a double chocolate cookie.

On Friday, April 10, consider pairing your pasta with fresh pollack, and top it off with a savory spinach parmesan sauce.

On Monday, April 20, treat yourself to a hearty dish of beef stroganoff over buttered noodles.

Later that week on Thursday, April 23, try a traditional plate of penne pasta with meatballs and tomato sauce.

Last, but certainly not least, join us for one of our favorite comfort dishes on Tuesday, April 28: macaroni and cheese with a side of stewed tomatoes. Just save room for a slice of frosted banana cake for dessert!

So, whether you want a creamy alfredo sauce, a hearty brown gravy, or a zesty marinara, April's menu is sure to serve up just what you're craving for the perfect pasta dish.

## Do You Know Which Moles Are Deadly? We Do!

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## Caregiver Corner

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

### Caregiver Event

#### LSVT Big and Loud: Therapy for Parkinson's Disease

Date: Wednesday, April 22  
Time: 10:00-11:00 AM  
Location: Broome West Senior Ctr  
2801 Wayne Street, Endwell

Presenters: An Occupational Therapist and Physical Therapist from Good Shepherd Communities

Join us for an informal discussion on Parkinson's Disease and the caregiver's role. There will be an overview of the primary symptoms of Parkinson's as well as the many secondary symptoms like sleep disturbance and worsening cognition.

Caregivers will learn tools and strategies to help improve or maintain function and enhance the quality of life for those diagnosed with Parkinson's Disease, such as the ways posture, body mechanics and relaxation techniques can help. Examples of simple and safe exercises that can be done at home will also be provided.

Call Caregiver Services at 778-2411 to register.

### Caregiver Chat Groups

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

Place: Stay Healthy Center  
Oakdale Mall, Johnson City  
Date: Monday, April 6  
Time: 1:00-2:30 PM

Place: Broome West Senior Center  
2801 Wayne Street, Endwell  
Date: Wednesday, April 15  
Time: 9:30-11:00 AM

### Want To Advertise in the Senior News?

We Reach Over 7,000 Senior Households in Broome County!

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## Scam of the Month

### Fake Social Security Administration Calls

A common scam these days is a fake call from the Social Security Administration (SSA). A person may call to ask you for your Social Security Number and/or your date of birth. This is not something an actual agent from the SSA would ask of you. The caller may also threaten you with various consequences, such as loss or suspension of your benefits, and/or arrest. Again, this is not something an actual SSA agent would do. The scam artist is trying to intimidate you to get your personal information.

Please, if you get a call like this, and you feel there is a chance it is legitimate, hang up and call the Binghamton Social Security office directly at 1-866-964-3971 to verify the call.

For more questions or to report a scam, please call the Office for Aging at (607) 778-2411.

## Get Counted!

### Complete Your 2020 Census at Your Local Senior Center

#### What is the Census?

As mandated by the U.S. Constitution, our nation gets just one chance each decade to count its population. The U.S. census counts every resident in the United States. The data collected by the census determines the number of seats each state has in the U.S. House of Representatives and is also used to distribute billions in federal funds to local communities. The success of the census depends on everyone's participation and our community will benefit the most if everyone is counted. The Office for Aging encourages all older adults in Broome County to complete the census and help Broome County receive an accurate and complete count.

#### Census Timeline:

Beginning in the middle of March 2020, Broome County residents were mailed an invitation to participate in the 2020 Census. The invitation encourages individuals to complete the census online, by phone, or by mail. Participation in the census is mandatory, and all information is kept confidential. Households that fail to complete the census will eventually receive a visit from a Census Bureau representative.

#### How You Can Get Help with the Census:

If you do not have access to a computer, if you have questions about the census or would like to get help completing the census, consider participating in the "Senior Center Census Day" events scheduled at local senior centers. A representative of the U.S. Census Bureau will be available during these events to help answer census questions and can also help you complete the census online. The "Senior Center Census Day" events will be held at:

- |                                 |                            |
|---------------------------------|----------------------------|
| • Broome West Senior Center     | April 2nd, 12:30 pm – 2 pm |
| • First Ward Senior Center      | April 3rd, 10:45 am – 1 pm |
| • Eastern Broome Senior Center  | April 6th, 11 am – 1 pm    |
| • Vestal Senior Center          | April 7th, 11 am – 1 pm    |
| • Northern Broome Senior Center | April 8th, 10:45 am – 1 pm |
| • Deposit Senior Center         | April 9th, 11 am – 1 pm    |

If you cannot attend one of the "Senior Center Census Day" events listed above and would like to complete the census online, check with your local senior center about the availability of computers. Detailed written instructions will be posted at the senior centers that have computers on site. You can also check with your local library about computer availability to complete your census online.

Please visit [www.2020census.gov](http://www.2020census.gov) or call the Census Call Center at 1-800-923-8282 to learn more about the upcoming census.



**Johnson City Senior Center**  
Contact: Kim, 797-3145

June 11  
"I Left My Dignity in My Other Purse"  
Hunterdon Hills Playhouse;  
Hampton, NJ

June 23  
Pine Creek Gorge: The  
Pennsylvania Grand Canyon  
Wellsboro, PA

July 11  
The Lion King  
New York, NY

July 28  
Erie Canal & Herkimer, NY

**AARP, Endicott Chapter**  
Contact: Marilyn, 748-8849 or  
Betty, 354-4260

April 22  
Woodloch Pines Resort  
Hawley, PA

May 19  
Villa Roma Resort  
Calicoon, NY

May 26-28  
Ocean City, MD

**Eastern Broome Senior Center**  
Contact: Arlene, 759-6306

April 7  
Tioga Downs Casino  
Nichols, NY

May 5  
"The Ultimate Johnny Cash  
Tribute"  
Penn's Peak; Jim Thorpe, PA

July 9  
Seneca Lake Luncheon Cruise &  
Tour of Lakewood Vineyards  
Watkins Glen, NY

## Giving our "Stuff" a Second Chance

After our stuff has served its usefulness with us, we want others to enjoy it as much as we did. But where are those others? If not family, then perhaps taking belongings to one of the several local resale establishments will offer them a second chance. Explore these possibilities at the monthly Declutter Discussion on Tuesday, April 14 at 3 PM. It meets at Broome West Senior Center, 2801 Wayne St., Endwell. Call Michelle at 785-3427 with any questions.

## HEALTH & WELLNESS

### Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center
Tuesday	12:30 pm	Johnson City Senior Center

### Bonesaver Class

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

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

### Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Thursday	10:00 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

### Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

### Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center

### Chair Yoga

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

Monday	9:30 am	Eastern Broome Senior Center
Monday	11:00 am	First Ward Senior Center - \$5 charge
Wednesday	10:15 am	Johnson City Senior Center - \$3 charge
Thursday	1:00 pm	Broome West Senior Center

### Chair Exercises

Increase flexibility, range of motion and circulation.

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

### Low-Impact Aerobics

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

Thursday	10:00 am	Johnson City Senior Center
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### Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center
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### Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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### Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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### Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Monday & Thursdays	4:00-4:30 pm
Open Swim	Monday & Thursdays	4:30-6:00 pm

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

### Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

## Did You Know?

*Office for Aging is on Facebook & Twitter!*

While we all enjoy reading Senior News when it arrives monthly, sometimes it is good to have access to information on a more continuous basis. The Broome County Office for Aging has both a Facebook and a Twitter page to keep followers up to date on everything happening with the agency. Also available is information on other topics of interest to local seniors, plus the occasional uplifting story, picture, or video to make you smile! To find these pages, please visit Facebook or Twitter, and type "Broome County Office for Aging" in the search bar. On Facebook, click "like," and on Twitter, click "follow" to receive information more frequently from our office.

If you would like more information about this topic, please call the Office for Aging at (607) 778-2411.

## Volunteering Benefits You!

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

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

The more we give, the happier we feel  
Improved or stable health  
Sense of purpose  
Connection to others  
Reduced risk of depression  
Stress relief  
Improved social life  
Staying physically healthy  
Learning new skills  
Sense of purpose and fulfillment  
Increased self-confidence  
A natural sense of accomplishment  
FUN!

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

## EVENTS at the CENTERS

### Lourdes Mobile Mammography Van Visits

Thursday, April 2, 9 am – 3 pm  
**Johnson City Senior Center**  
Lourdes makes it easy to get your annual mammogram by bringing it to you! No physician referral required. You do not need to be a Lourdes patient.

### Annual Auction

Saturday, April 4

**Northern Broome Senior Center**  
Have fun bidding on great items! Homemade lunch (sausages, hot dogs, mac-n-cheese, homemade pies & more) available.

### "The Art of Pysanky"

#### Demonstration

Monday, April 6, 1 pm

**Broome West Senior Center**  
Come to learn about Pysanky—beautifully decorated Ukrainian Easter eggs, and watch a demonstration!

### Evening Dining

Wednesday, April 8, 5 pm

**First Ward Senior Center**  
Enjoy dinner and entertainment with friends!

### Vestal Senior Center 38<sup>th</sup>

#### Anniversary Celebration

Tuesday, April 14, 5 pm – 7 pm

**Vestal Senior Center**  
Celebrate 38 years at the Vestal Senior Center with a delicious evening meal!

### Evening Dining & Volunteer Recognition w/Gene Paraska

Thursday, April 16, 4 pm

#### Deposit Senior Center

Join us for a great meal and entertainment as we recognize the center's wonderful volunteers.

### Evening Dining w/Adrian Skarvinko

Thursday, April 16,

doors open 4 pm, dinner 4:30 pm  
**Eastern Broome Senior Center**  
Share a meal, then enjoy piano music by Adrian Skarvinko.

### Earth Day Gardening

Wednesday, April 22, 10:15 am

#### North Shore Towers Center

Celebrate Earth Day by helping to get the center's Community Garden prepared for the season!

**Volunteers:**  
**Broome West Senior Center**



The folks pictured here are just a sample of the devoted individuals who volunteer at Broome West Senior Center. The center is fortunate to have 78 volunteers who help with a variety of

activities and tasks daily. In 2019, volunteers offered a total of 7,657 hours of time—a true indicator of their dedication!

Volunteers at Broome West help with food preparation, food service, wrapping silverware, carrying trays, cleaning tables, dishwashing, leading exercise classes and recreational activities, working as receptionists, maintaining the pool tables, helping with special events and fundraisers, baking goodies for special parties, knitting and crocheting blankets, serving as Site Council Officers, and the list goes on!

The volunteers were asked, “Why do you like to volunteer?” Below are some of their responses:

- “I feel if you can help people, you should.”
- “I enjoy making people happy, spreading happiness and silliness!”
- “I don’t like staying home. When I come to the center, help in the kitchen, I feel better about my day.”
- “I enjoy being a receptionist because of the interaction with people.”
- “When I am able to stand up and tell my jokes before lunch, I enjoy entertaining, and greeting people as a receptionist.”
- “I enjoy helping others; this place saved me because everyone is very supportive, lots of laughter.”

**Hiking Lite with the Triple Cities Hiking Club**

The Triple Cities Hiking Club offers “Hiking Lite” hikes for those who interested in hiking but at a more leisurely pace. If interested in participating, the Club advises bringing the following: a small day pack to carry a quart of water, a snack, a rain coat, or other clothing depending on the season. Insect and tick repellent are also recommended. Each hike is led by a different leader whom interested hikers should contact for more information. Below is the April schedule for Hiking Lite:

**Wednesdays, April 1, 8, 15, 22, 29**  
Jones Park, Vestal—approx. 3 miles. Gentle terrain.  
Meet: Jones Park, State Line Rd, Vestal  
Leader: Frank Adomshick, (607) 786-9888

**Saturday, April 4**  
Buttermilk Falls State Park, Ithaca—approx. 4 miles. Gentle terrain.  
9 AM Carpool (\$7.00 fee) from Johnson City Home Depot parking lot  
Leader: Donna Zajac, (607) 743-4127

**Saturday, April 11**  
IBM Glen, Johnson City—approx. 3 miles. Moderate to hilly terrain.  
1 PM Carpool (\$1.00 fee) from Johnson City Home Depot parking lot  
Leader: Mike Elmore, (607) 777-2004

**Saturday, April 18**  
Waverly Glen Park, Waverly—approx. 3-4 miles. Moderate to hilly terrain.  
9 AM Carpool (\$3.00 fee) from Johnson City Home Depot parking lot  
Leader: Nancy Mills, (607) 821-8060

**Saturday, April 25**  
Chenango Valley State Park, Chenango Forks—approx. 3 miles. Gentle terrain.  
1 PM Carpool (\$3.00 fee) from Johnson City Home Depot parking lot  
Leader: Joyce Dannecker, (607) 648-9467

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



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BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)



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**Volunteer:  
David Diesel**



After retiring from a teaching career that brought him from a Nebraska Indian Reservation to Broome-Tioga BOCES, Dave Diesel has found many ways to keep busy helping those around him. Dave volunteers for Meals on Wheels, at UHS Hospitals in the O.R. Waiting Area, and at the Broome County Humane Society, walking the dogs. At North Shore Towers Senior Center, Dave has become an integral part of the community. He started with delivering Meals on Wheels to some of the building's residents, but has since found numerous other ways to show his generosity and friendliness. His kindness is recognized by all and is genuinely appreciated! Thank you, Dave!

**New York State Bluebird Society (NYSBS) Seeks Volunteers**

The NYSBS began in 1982 and has helped to restore the nesting population of the Eastern Bluebird across the state. It is an affiliate of the North American Bluebird Society (NABS) and supports research studies by partnering with NABS on funding for ornithological grants. NYSBS has established 2 main educational Bluebird trails; the Rt 20 Trail that runs from East to West across the center of New York and the Rt 11 Trail that runs from North to South (Canada to Pennsylvania). It also conducts several educational programs throughout the state to improve nesting success of bluebirds and other cavity nesting species.

**Editor for Bluebird News**

Seeking a person who has knowledge of bluebirds and prior experience on editing/correcting submissions by email and hard copy. The Bluebird News, a quarterly publication, is critical for outreach and education to members. This person will work in conjunction with other members to produce a quality and informative newsletter. Attendance at NYSBS Board meetings (twice/year) is helpful in learning NYSBS concerns and upcoming programs and activities. Interested persons should contact current editor Martha Moran to discuss details. Send email to: [newseditor@nysbs.org](mailto:newseditor@nysbs.org)

**State Bluebird Coordinator**

This key position works directly with people in supervisory roles (Area and County Coordinators) and Bluebird Ambassadors who monitor nestboxes and participate in educational programs. To facilitate communication this person updates a listing of NYSBS volunteers by county showing name, address, phone # and email address. This person also requests needed educational resources (brochures & fact sheets) to supply to those doing outreach and educational presentations. Attendance at NYSBS Board Meetings is highly recommended and ideally this person will become a member of the NYSBS Board. Interested persons should contact NYSBS President Sarah Hodder to learn more about this position. Email [President@NYSBS.org](mailto:President@NYSBS.org) or call 607-242-8807.

**Volunteer:  
Jack Nagle**



Jack Nagle has been a Chenango Bridge Meals on Wheels volunteer for twelve years. This "Jack of All Trades" volunteers his time and talents in a variety of ways. Whether it is delivering meals, spending a few extra minutes with a client to find out how they are doing, running errands, or offering up his computer skills, Jack is there, ready to help. Not only does Jack have a way with people, but with their furry friends as well! Jack is quite the animal lover; as Chenango Bridge Meals on Wheels Site Supervisor

Sandi Jewell says, "I don't know who is happier to see Jack coming, the clients or their dogs." When Jack is not volunteering, he can be found teaching martial arts, traveling, and spending time with his wife of 54 years, Marilyn, and their family.

*Be Our Guest*

**YOU ARE CORDIALLY INVITED TO "BE OUR GUEST"**

**WHO: You!**  
**WHAT: Tour and lunch**  
**WHERE: One of the Eight Broome County Senior Centers**  
**WHEN: Any weekday in April or May**  
**RSVP: Call a number below, before noon on the day before**

If you are not currently a 'regular' at a senior center, the Office for Aging is sponsoring a wonderful opportunity to "Be Our Guest!" this Spring. Our first "Be Our Guest" campaign was in 2018 and resulted in many local seniors enjoying an introduction to the benefits and fun of spending time at their local senior center.

**Why should you take part?** In April and May, you can schedule an appointment for a friendly tour of your local Broome County Senior Center – there are 8 locations to choose from. You will be matched with a staff member or friendly volunteer to learn about programs, activities, meals, and special events.

**Who said there's no such thing as a free lunch?** Allow us to offer you a complimentary, delicious lunch the day of your tour to enjoy with your new friends. As a fun bonus, you will receive two complimentary meal tickets for your next visit to the center – come back on your own or bring a friend.

Michelle at Broome West Sr Center (Endwell): 785-3427  
 Kim at Deposit Sr Center: 467-3953  
 Marcie at Eastern Broome Sr Center (Harpursville): 693-2069  
 Liz at First Ward Sr Center (Binghamton): 729-6214  
 Kim at Johnson City Sr Center: 797-3145  
 Barb at North Shore Towers Center (Binghamton): 772-6214  
 Desirae at Northern Broome Sr Center (Whitney Point): 692-3405  
 Jenn at Vestal Senior Center: 754-9596

**Home Energy Assistance Program**

There is still time to sign up for the Home Energy Assistance Program (HEAP). The 2019-2020 HEAP season is scheduled to close on April 24th, 2020.

You can apply for HEAP online at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) or by submitting a paper application to one of the following agencies:

Broome County Office for Aging (OFA) accepts applications for regular HEAP for homeowners and renters who are age 60 or over and for those with a disability receiving Supplemental Security Income (SSI) or Social Security Disability (SSD) income. To request an application, call the OFA HEAP line at 778-2063. Families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply at OFA. Call OFA at 778-2411 if you have any questions about HEAP or other financial benefits.

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

2019-2020 HEAP Income Eligibility Guidelines (subject to change):

Household Size	Monthly Income Limit
1	\$2,494
2	\$3,262
3	\$4,030
4	\$4,797

**Volunteers:  
Johnson City Senior Center**



Pictured: Karen Derrick, 5 years of service; Jean Vescio, 6 years of service; Eileen Tasber, 6 years of service; Regina Blazey, 4 years of service; Bill Hagopian, 8 years of service.

For many years, these five volunteers have been faithfully folding and labeling over 450 newsletters to be mailed to the members of the Johnson City Senior Center every month. In addition, all five volunteer their time in other ways that are critical to the daily operations at the senior center. Karen volunteers every Monday at Bingo, which is a major fundraiser for the center. She is also an active member of Johnson City's site council and helps with many special events. Regina also volunteers at Bingo, answers phones at the front desk and is active on the site council and at most special events. Jean and Eileen started volunteering in the kitchen at the same time in 2014, serving meals and working the salad bar, and have been doing so ever since. Both Jean and Eileen are also active on the site council and always willing to help with events and whatever needs to be done. Bill has been active on the Board of Directors for 8 years and a faithful volunteer for our rummage sales and many other events here as well. The Johnson City would not exist without all the hard work and dedication of these five and all our volunteers. A big thank you to them!

**April Word Search**

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



- APRIL
- BLOOM
- BOOTS
- BUTTERFLY
- CHICK
- CLOUDY
- DAFFODIL
- GREEN
- LAMB
- LILY
- NEST
- PUDDLE
- RABBIT
- RAIN
- SPRING
- SUNSHINE
- TULIP
- UMBRELLA

**Volunteer:  
Patricia Grant**



Patricia Grant has been a member of the First Ward Senior Center since 2010. Pat has dedicated countless hours to volunteering. Over the years, she has helped in the kitchen, served on the executive board, coordinated special events, and led every dance party. Pat was even treasurer of the First Ward Chorus that travels around the county spreading cheer and goodwill. She represented First Ward at the Action for Older Persons' LipSync Challenge and participates in many of the activities we regularly offer including swim, Zumba, and chorus.

First Ward Site Supervisor, Liz Sarkisian, says, "Pat wears many hats here and can be counted on to welcome new members and help wherever needed. We feel very lucky to have her consider First Ward Senior Center her home away from home."

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-Julie S., Binghamton

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**Volunteer:  
Mary Maricle**



Mary Maricle is no stranger to the Eastern Broome Senior Center—in fact, beginning by attending dances, picnics, parades, and other events with her mother, she has been participating in the activities of the Eastern Broome Seniors for over thirty years! Once Mary became a “regular” at the center, it was not long before she volunteered to join its site council as Assistant Treasurer. Soon after that, she took on the position of Treasurer, which she held for eight years. Today, Mary serves as the Eastern Broome Senior Center’s site council President. She has also been involved in the Office for Aging’s Senior Center Steering Committee for six years: helping to provide feedback, ideas, and suggestions for improving Senior Center services. Mary chairs fundraisers for Eastern Broome Senior Center, is always quick to step up to bake goodies for bake sales, and is happy to greet others and help out at events like Eastern Broome’s evening meals. Mary says she does her best “to make each visit to the center a day of kindness and comfort to us all,” and calls Eastern Broome Senior Center her “second home.” Thank you, Mary!

**Volunteers:  
Vestal Senior Center**



Pictured here are some of the wonderful volunteers at the Vestal Senior Center. These folks, along with many more, assist in making the center a great place. They help with everything from volunteering at

the reception desk, to carrying lunch trays for others, baking for bake sales, taking care of the center’s beautiful plants, and much more. Vestal Senior Center’s Site Supervisor, Jennifer Fontana, says, “The special thing is they don't have to do all this—but it's the kindness of their hearts that makes the Vestal Senior Center a beautiful and friendly place for all to attend. I, from the bottom of my heart, appreciate and care for every one of them.”

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## Medication Drop Boxes Available in Broome County

Disposing of unwanted or unused medications can help to reduce the risk of medications being misused or abused. Therefore it is important to know how to properly dispose of these medications. The below list has thirteen locations throughout Broome County with locked medication drop boxes you can use to dispose of your medications safely. Help keep our community safe by disposing of your unused medications today. Please be advised that these locations' hours of operations vary, and you may wish to call before going.

**Binghamton University Police Department**  
(607) 777-2393  
4400 Vestal Pkwy E  
Binghamton, NY 13902

**Broome County Public Library**  
(607) 778-6400  
185 Court St.  
Binghamton, NY 13901

**Broome County Office Building**  
(607) 778-2109  
60 Hawley St.  
Binghamton, NY 13905

**Broome County Sheriff's Office**  
(607) 778-1911  
155 Lt. VanWinkle Dr.  
Binghamton, NY 13905

**CVS Pharmacy**  
(607) 722-0354  
1276 Front St.  
Binghamton, NY 13901

**Endicott Police Department**  
(607) 785-3341  
1101 Park St.  
Endicott, NY 1370

**Hope Dispensary**  
(607) 584-9376  
477 State St.  
Binghamton, NY 13901

**Lourdes Vestal**  
(607) 754-5342  
3101 Shippers Rd.  
Vestal, NY 13850

**Our Lady of Lourdes Hospital**  
(607) 798-5111  
169 Riverside Dr.  
Binghamton, NY 13905

**PharmScript**  
(908) 389-1818  
441 Commerce Rd.  
Vestal, NY 13850

**UHS Outpatient Mental Health Clinic**  
(607) 762-3281  
33 Mitchell Ave.  
Binghamton, NY 13902

**Vestal Police Department**  
(607) 754-2111  
605 Vestal Pkwy W  
Vestal, NY 13850

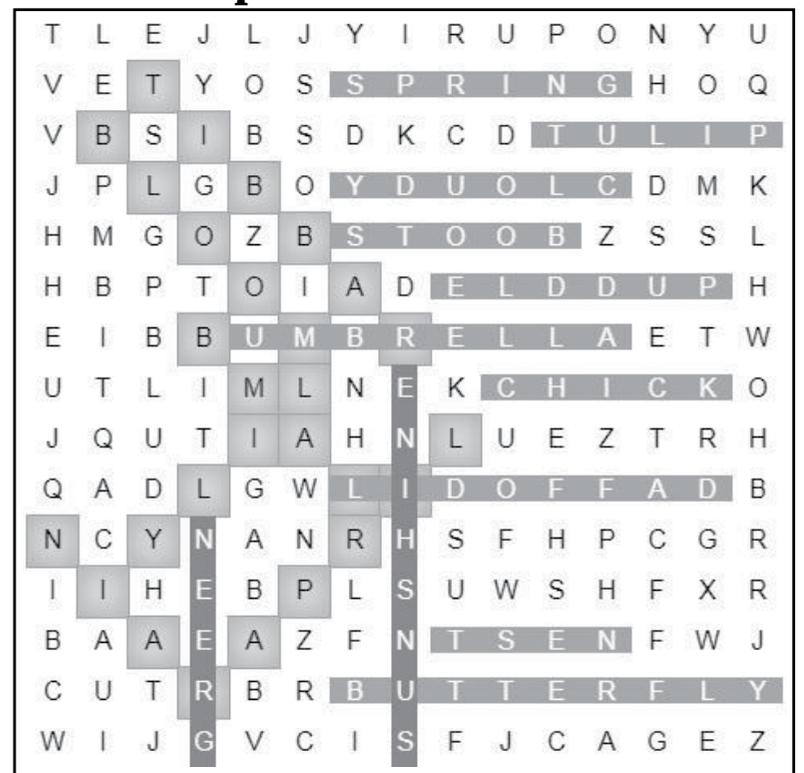
**UHS Wilson Memorial Hospital**  
(607) 763-5523  
33 Harrison St.  
Johnson City, NY 13790



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## April Word Search Answers



Do you have trouble reading the newspaper, recognizing faces, or traveling independently?

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# Look What's Happening at the Centers!

## **BROOME WEST..... 785-3427**

2801 Wayne St., Endwell, NY 13760

**Center Hours:** Mon - Fri, 9:00am - 3:00pm

**Lunch served at Noon call 785-1777**

**Breakfast for Lunch:** Mon 10:30am - 12:30pm

**Sandwich and Soup Bar:** W/Th/F, 11:15 am – 12:30pm

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Cards, Billiards, Shuffleboard

**M:** Bingo 9:30 am, Quilting 9 am-12 pm; Hand & Foot Card Game, 11 am – 3 pm; Blood Pressure Monitoring, 11 am – 12:30 pm

**T:** Ping Pong 1-3 pm;

**W:** Bingo 9:30 am; Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm; Beginners Canasta, 1 pm

**Th:** Wii Bowling, 9:30 am; Social Connections 1-2:30 pm;

**F:** Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am; Line Dancing, 10 am – 11:30 am; Ping Pong 1-3 pm

### **Special Activities**

- 4/2 Hot Dog Day, 12 pm  
2020 Census Assistance, 12:30 pm – 2:30 pm
- 4/6 Karaoke, 10:30 am – 12:30 pm  
“The Art of Pysanky” Ukrainian Decorated Easter Eggs demonstration, 1 pm
- 4/7 “Fabulous Fiber” Nutrition Education w/Food Bank of the Southern Tier, 11 am
- 4/9 “Save Money with Medicare” w/Action for Older Persons, 12 pm
- 4/13 Breakfast Special: French Toast Casserole, 10:30 am – 12:30 pm
- 4/14 Nutrition Education w/Cornell Cooperative Extension, 10:30 am – 11:30 am  
Downsize & Declutter Discussion, 3 pm – 4:30 pm  
Evening Dining (*Rotisserie Chicken & Lemon Meringue Pie*) & Volunteer Recognition w/Orange Blossom Special, 5 pm – 7 pm
- 4/15 Caregiver Chat Group, 9:30 am – 11:30 am
- 4/16 Philly Cheesesteak Day w/Marian Tewksbury, 11 am – 12:30 pm
- 4/20 Karaoke, 10:30 am – 12:30 pm
- 4/22 Caregiver Event: “LSVT Big and Loud: Therapy for Parkinson’s Disease,” 10 am - 11 am
- 4/23 Appts w/Office for Aging Information & Assistance (*call for appt.*), 10 am - 12 pm
- 4/24 Binghamton University Nursing Students Visit, 10 am
- 4/27 Breakfast Special: Western Omelette, 10:30 am – 12 pm
- 4/28 Technology Assistance with Binghamton University Students, 10 am – 11:30 am
- 4/30 Maine-Endwell High School Jazz Ensemble for International Jazz Day, 11 am

## **DEPOSIT..... 467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

**Center Hours:** Tues & Thurs, 9:00am - 2:00pm

**Lunch served at 12:30 pm**

**Weekly Activities** (call for info):

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

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

### **Special Activities**

Tuesdays: Craft Making, 10:30 am  
Bingo, 1 pm: 4/7 Nickel; 4/14 Bag;  
4/21 Quarter; 4/28 Nutrition

Thursdays: Chair Exercises, 11 – 11:30 am

- 4/2 Hot Dog Day, 12 pm
- 4/7 Spring & Easter Crafts, 11 am
- 4/9 2020 Census Assistance, 11 am – 1 pm
- 4/14 Spring Crafts, 11 am
- 4/16 Evening Dining (*Rotisserie Chicken & Lemon Meringue Pie*) & Volunteer Recognition w/Gene Paraska, 4 pm
- 4/21 Food Bank of the Southern Tier at the Deposit Fire Station, 11:30 am
- 4/23 “Save Money with Medicare” w/Action for Older Persons, 12 pm

## **EASTERN BROOME..... 693-2069**

27 Golden Lane, Harpursville, NY 13787

**Center Hours:** Mon - Fri, 9:00am - 2:30pm

**Lunch served at Noon**

**Breakfast:** Tues, 8 - 9:30 am

**Golden Griddle Brunch:** Thurs, 10:30 am – 12:00 pm

**Sandwich and Soup Bar:** Wed, 11:30 am – 12:30 pm

**Burger Bar:** Fri, 11:30 am - 12:30 pm

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Computers, Coffee Hour, Cards, Billiards

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

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

**Th:** Acrylic Painting 9 - 11 am

**F:** Shuffleboard 9:15 am

### **Special Activities**

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

Thursdays: Golden Griddle Special: *Tuna Salad Cold Plate w/Cottage Cheese & Fruit*

- 4/2 Root Beer Floats for dessert, 10:30 am to 12 pm  
Daytime Bingo for Prizes, 11:45 am – 1 pm
- 4/6 2020 Census Assistance, 11 am – 1 pm
- 4/7 Chop & Chat (*must register*), 9:45 am – 10:45 am
- 4/9 Daytime Bingo for Prizes, 11:45 am – 1 pm
- 4/10 Easter Bonnet Parade with Prizes, 11 am  
Indoor Egg Hunt, 12:30 pm  
Easter Basket Raffle, 1 pm
- 4/13 “EB Book Club” w/Kathy Rolston & the Eastern Broome Seniors, 11 am
- 4/15 “Fabulous Fiber” Nutrition Education Class w/Broome County Office for Aging, 12:30 pm
- 4/16 Evening Dining (*Rotisserie Chicken & Lemon Meringue Pie*) w/Pianist Adrian Skarvinko, 4:30 pm
- 4/20 Lourdes Mobile Mammography Van Visits, 9 am – 3 pm
- 4/21 Chop & Chat (*must register*), 9:45 am – 10:45 am
- 4/22 “Save Money with Medicare” w/Action for Older Persons, 12:15 pm
- 4/23 Daytime Bingo for Prizes, 11:45 am – 1 pm
- 4/24 “Rainbow Table” Raffle (*call for info*), 11:30 am  
Guitar Music, Requests & Sing-Along w/Ray Cuadra, 12:15 pm
- 4/27 Horse Racing Game w/Bonnie Hill, 10 am
- 4/30 Evening Dining (*Beef Burgundy & Éclair*), 4:30 pm  
“The Million Dollar Ditch” Chenango Canal Presentation w/Bill Tomic, 5:15 pm

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

226 Clinton St., Binghamton, NY 13905

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

**Lunch served at 11:45 am call 729-6214**

Mondays: Breakfast for Lunch, 10:30 am- 12:00 pm (No Reservations Required)

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Billiards

**M:** Bingo 12:30 pm; Texas Hold'em 12:45 pm

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

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

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

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

### **Special Activities:**

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

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am

Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am

- 4/1 Social Club, 1 pm
- 4/2 Hot Dog Day, 11:45 am
- 4/3 2020 Census Assistance, 10:45 am – 1 pm
- 4/7 Computer Class Cancelled
- 4/8 Legal Aid Society: Appointments with a Lawyer (*by appt only*), 9 am  
Evening Dining (*Layered Meat Lasagna & Éclair*), 5 pm
- 4/10 *Good Friday:* Center Closed
- 4/13 Chop & Chat (*must register*), 1:30 pm  
Music by Scarlet Bonnets, 12:30 pm
- 4/14 “Save Money with Medicare” w/Action for Older Persons, 12:15 pm
- 4/15 Popcorn & a Movie (*call for title*), 1 pm

**FIRST WARD continued**

- 4/16 Philly Cheesesteak Day (*no reservation necessary*), 11:45 am  
Music by Orange Blossom Special, 12:15 pm
- 4/20 Breakfast for Lunch: Waffles w/Cherries, 10:30 am – 12 pm
- 4/27 Chop & Chat (*must register*), 1:30 pm
- 4/29 Popcorn & a Movie (*call for title*), 1 pm
- 4/30 Craft Class: Clothespin Trivets (*\$2 fee for supplies*), 1 pm

**JOHNSON CITY..... 797-3145**

30 Brocton St., Johnson City, NY 13790

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

**Lunch served at 11:45 call 797-1149**

**Hot Lunch (Reservations):** M/W/Th/F

**Walk-Ins Welcome:**

**Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm

**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm

**Weekly Activities:** Exercise classes listed on page 4

- M:** Watercolor Painting 9 am; Knit/Crochet 11:30am;  
Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
- T:** Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
- W:** Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;  
Writers' Workshop 1 pm; Mahjong 1 pm
- Th:** Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;  
Group Meditation 1:30 – 2:30 pm
- F:** Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm

**Special Activities:**

Wednesdays: Technology Assistance w/Binghamton University Students, 11 am – 12:30 pm

- 4/2 Lourdes Mobile Mammography Van Visits, 9 am – 3 pm  
Hot Dog Day, 11:45 am
- 4/4, 5 (Sat. & Sun) Gem and Mineral Show, Sat 9 am – 5 pm & Sun 10 am – 4 pm
- 4/13 Chop & Chat (*must register*), 10:30 am – 11:30 am
- 4/14 Nutrition Education w/Cornell Cooperative Extension, 11:30 am
- 4/15 Haircuts for Men & Women by Debbie Roberts (*by appt only*), 10 am – 11:30 am  
Blood Pressure & Glucose Checks, 10 am – 12 pm  
Book Club: *Orphan Train* by Christine Baker Kline, 3 pm – 4 pm  
James Ross Annual Dinner w/Presentations  
by JCSC Board of Directors, 5:30 pm
- 4/16 Legal Aid Society: Appointments with a Lawyer (*by appt only*), 9 am – 12 pm  
Telehealth Education Presentation  
w/Binghamton University Students, 1 pm – 2:30 pm
- 4/18 (Sat.) Psychic Holistic Fair, 10 am – 6 pm
- 4/21 Cooking Demo by Chef Weaver, 1:30 pm  
Red Hat Society Meeting, 3:30 pm
- 4/25 (Sat.) AARP SmartDriver Course, 8:30 am – 3:15 pm
- 4/27 Chop & Chat (*must register*), 10:30 am – 11:30 am
- 4/28 "Fabulous Fiber" Nutrition Education w/Broome County Office for Aging, 11 am

**NORTHERN BROOME ..... 692-3405**

12 Strongs Place, Whitney Point, NY 13862

**Center Hours:** Mon - Fri, 9:00am - 3:00pm

**Lunch served at Noon**

**Sandwich & Soup Bar:** Mon, Tues, Wed 11:30am - 12:30pm

**Breakfast for Lunch:** Thurs 10-12:30 pm

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

**Weekly Activities:** Exercise classes listed on page 4

- M:** Tai Chi 9:15 am; Horse Racing (1<sup>st</sup>/3<sup>rd</sup>) 10:30 am;  
Bingo 10:30 am;
- T:** Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class  
10 am-3 pm; Bridge Card Group 12 pm
- W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm; Knitting 1 pm
- Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure  
Testing (1<sup>st</sup>/3<sup>rd</sup>) 11 am
- F:** Tai Chi 9:15 am; Bingo, 10:30 am; Sewing & Quilting

**Special Activities:**

- 4/4 Annual Northern Broome Senior Center Auction, 9 am
- 4/6 Horse Racing Game, 10:30 am
- 4/8 2020 Census Assistance, 10:45 am – 1 pm
- 4/14 Northern Broome CARES Shopping Trip:  
Walmart or Target (must reserve), 9 am  
Chop & Chat (*must register*), 1:30 pm  
Evening Dining (*Rotisserie Chicken & Lemon Meringue Pie*)  
w/Ryan Wilson, 4:30 pm
- 4/15 "Save Money with Medicare" w/Action for Older Persons, 11:45 am

**NORTHERN BROOME continued**

- 4/17 Spring Fling Day w/Orange Blossom Special, 11 am
- 4/22 "Fabulous Fiber" Nutrition Education w/Broome County Office for Aging, 11:15 am
- 4/23 Binghamton University Nursing Students Visit, 9 am
- 4/28 Chop & Chat (*must register*), 1:30 pm  
Evening Meal (*Beef Burgundy & Éclair*) w/ Bingo, 4:30 pm
- 4/30 Binghamton University Nursing Students Visit, 9 am

**NORTH SHORE..... 772-6214**

24 Isbell St., Binghamton, NY 13901

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

**Lunch served at Noon**

**Weekly Activities:**

**Daily:** Coffee 8 - 11 am, Games and Cards

**M:** Bingo 10 - 11:30 am

**T:** Wii Bowling 10 - 11:30 am

**W:** Dice & Card Games 10 - 11:30 am

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

**F:** Wii Bowling 10 - 11:30 am

**Special Activities:**

Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on 10<sup>th</sup> Floor, 9–11 am

- 4/2 Hot Dog Day, 12 pm
- 4/7 Easter Crafts, 10:15 am
- 4/9 North Shore Towers Volunteer Appreciation Dinner, 5 pm
- 4/10 Easter Games, 10:15 am
- 4/14 Chop & Chat (*must register*), 10:15 am
- 4/20 Dress Like a Friend for "Look-Alike Day" & win a prize, 10 am
- 4/22 Earth Day Gardening, 10:15 am
- 4/27 Bingo & Donuts, 10 am
- 4/28 Chop & Chat (*must register*), 10:15 am
- 4/29 "Fabulous Fiber" Nutrition Education w/Food Bank of the Southern Tier, 10:30 am
- 4/30 Gardening, 10:15 am

**VESTAL ..... 754-9596**

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

**Center Hours:** Mon - Fri, 9:00am - 2:00pm

**Lunch served at 11:45am**

**Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm**

**Weekly Activities:** Exercise classes listed on page 4

**Daily:** Coffee Klatch, Cards, Games

**M:** Walking Group 8 am

**T:** Pinochle 9:30 am

**W:** Walking Group 8 am; Crochet/Knitting 9:30 am;

Bridge Group 9:30 am; Computer Instruction 10 am; Oil Painting 1-3 pm

**Th:** Bingo (1st & 3rd) 10:15 am; Bridge Group 12:30 pm

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

**Special Activities:**

- 4/1 Speaker Bill Tomic: "Swamp Root & The Kilmers" presentation, 10:30 am  
"Fabulous Fiber" Nutrition Education  
w/Food Bank of the Southern Tier, 12 pm
- 4/2 Bingo, 10:15 am  
Hot Dog Day, 11:45 am
- 4/6 Vestal Senior Club Trip Signup: Steamtown/Electric City, 9:30 am -11:30 am  
Chop & Chat (*must register*), 10:30 am  
King High Card Game, 12 pm
- 4/7 2020 Census Assistance, 11 am – 1 pm
- 4/8 "Save Money with Medicare" w/Action for Older Persons, 10 am  
SUNY Broome Dental Hygiene Students visit, 10:30 am
- 4/14 Vestal Senior Center 38th Anniversary Evening Meal, 5 pm – 7 pm
- 4/15 Nutrition Education w/Cornell Cooperative Extension, 10:30 am
- 4/16 Bingo, 10:15 am  
Philly Cheesesteak Day (*no reservation necessary*), 11:30 am – 12 pm  
Left Right Center Dice Game, 12 pm
- 4/17 Pizza OR Chef Salad for Lunch (*please reserve*), 11:30 am  
Bunko Dice Game, 12 pm
- 4/21 Taco Tuesday: Tacos or Taco Salad, 11:30 am – 12:15 pm
- 4/22 Binghamton University Nursing Students Visit, 9 am – 1 pm
- 4/28 Vestal Senior Club Meeting Day, 12:30 pm
- 4/29 Binghamton University Nursing Students Visit, 9 am – 1 pm
- 4/30 Chop & Chat (*must register*), 10:30 am

# MEET, GREET & EAT

## April Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**  
*No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

		<b>Beef Burgundy</b> 1 Buttered Noodles Caesar Salad Diced Peaches	<b>Hot Dog Day!</b> 2 <b>Hot Dog w/Fixings OR Chicken Thigh w/BBQ Sc.</b> Corn Potato Salad Root Beer Float	<b>Roast Turkey</b> 3 <b>OR Broiled Fish w/Lemon</b> Mashed Potatoes Peas Honey Bran Muffin
<b>Chicken Alfredo</b> 6 <b>Over Rotini Pasta</b> Green Beans w/Mushrooms Double Chocolate Cookie	<b>Liver w/Onions OR Meatloaf w/Gravy</b> 7 Mashed Potatoes Carrots Fruit Cocktail	<b>Roast Pork OR Broiled Fish w/Lemon</b> 8 Scalloped Potatoes Red Cabbage Supreme Peanut Butter Brownie	<b>Chicken Salad On Croissant</b> 9 Cream of Broccoli Soup Ambrosia Lemon Poppyseed Muffin	<b>Beef Burgundy OR Spinach Parm. Pollack</b> 10 Buttered Noodles Tossed Salad Strawberry Mousse
<b>Beef Stew</b> 13 <b>Over a Biscuit</b> California Blend Veggies Warm Spiced Peaches Sugar Cookie	<b>Ham w/Cranberry Glaze OR Chicken Thigh w/ Cranberry Glaze</b> 14 Scalloped Potatoes Broccoli Florets Assorted Cookies	<b>Stuffed Pepper Casserole</b> 15 Green Beans Chocolate Mousse	<b>Roast Turkey</b> 16 Mashed Potatoes Peas & Corn Fruit Cocktail	<b>Breaded Fish Sandwich OR Spiedie Marinated Chicken Thigh Sandwich</b> 17 Tomato Bisque Soup Cottage Cheese Cinnamon Spiced Apples
<b>Beef Stroganoff</b> 20 <b>Over Buttered Noodles</b> Carrots Fresh Banana	<b>Rotisserie Chicken OR Halupki</b> 21 Mashed Potatoes Broccoli Orange Cranberry Bar	<b>Pub Burger OR Tuna Salad Sandwich</b> 22 Baked Beans Baked Potato Strawberry Mousse	<b>Pasta &amp; Meatballs w/Tomato Sauce</b> 23 Spinach Vanilla Pudding w/Cherries	<b>Broiled Fish w/Lemon OR Swiss Steak</b> 24 Macaroni & Cheese Peas & Pearl Onions Vanilla Cake w/Choc. Icing
<b>Meatball Sub</b> 27 Minestrone Soup Diced Peaches Snickerdoodle Cookie	<b>Macaroni &amp; Cheese</b> 28 Stewed Tomatoes Italian Green Beans Frosted Banana Cake	<b>Roast Pork or Herb Chicken Thigh</b> 29 Bread Dressing Peas Cinnamon Apple Slices	<b>Meat Chili over Rice</b> 30 Broccoli Florets Chocolate Mousse	<b>Chinese Pepper Steak OR Lemon Pepper Pollack</b> 5/1 Mashed Potatoes Sonoma Blend Veggies Mandarin Oranges

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



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

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

**On Thursday, April 2** at participating senior centers, enjoy your choice of a hot dog with all the fixings or chicken with barbeque sauce, plus potato salad, fresh corn, and a cool root beer float for dessert. The centers will have a variety of special events happening on this day, such as baseball trivia and other fun games to welcome spring.

The deadline for lunch reservations is noon on **Wednesday, April 1**, and you can find the phone numbers to local centers on the back pages of this paper. There is a suggested contribution for lunch of \$3.50 for those age 60+ and spouse of any age, and a charge of \$4.50 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.



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

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

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

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